Rappahannock Westminster-Canterbury Foundation 2022-2023 Annual Report





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Irvington, VA 804-438-4000

Caring

I recently watched Jane Pauley (CBS Sunday Morning) interview Michael J. Fox. As we all know, Michael has valiantly and publicly fought Parkinson's Disease for over thirty years. Even as the disease wreaks havoc on his body and life, he maintains an incredible outlook and can even find humor in its challenges. When asked by Miss Pauley how he does this, he replied – *"With gratitude, optimism is sustainable."*

Programs for those with Parkinson's Disease and their faithful, enduring caregivers have long been part of Rappahannock Westminster-Canterbury and Foundation endeavors. These programs, faithfully and mightily championed by Rita DePew and her late husband Jay, provide essential information, support, and encouragement for residents and community participants who are among the most thankful people.

Similarly, the determination of a grassroots group of residents who established the Healthcare Education and Support Endowment fund originates with gratitude for present and future caregivers and the optimism to support and encourage healthcare education and career paths.

As always, our Fellowship Program provides optimism for those experiencing financial situations beyond their control who do not have to worry about their residency at Rappahannock Westminster-Canterbury.

A **Caring Community** is grateful, and through that gratitude it sustains optimism. We are grateful for the **Caring Community** of generous benefactors of the RWC Foundation this and every year. Your faithful gifts of treasure, time, and talent demonstrate care and inspire optimism in many, many ways. The pages of this report invite you to see the fruit of your caring generosity on smiling faces, encouraged hearts, and warmed spirits. May our gratitude encourage and sustain your optimism and continued care and support for the present and future beneficiaries and the mission of the Foundation and RWC.

In gratitude,

Sharthour

Stuart Bunting President & CEO

Rappahannock Westminster-Canterbury Corporate Officers



Stuart Bunting President and CEO



Susan Vaughn CFO and Controller



Shanee Jones Vice President of Health Services



Wanda Wallin Vice President of Human Resources



Phil Williams Vice President of Operations

Corporate Board of Trustees

Mr. Scott Blandford Mr. Phillip Q. Booth Mrs. Valda Foulds Mr. Jeff Joy Mrs. Lynn Kellum

Dr. Shannon Kennedy The Rev. Jim Moseley Mrs. Elizabeth Mullins Mrs. Ginger Philbrick The Very Rev. Dr. Megan Limburg

Foundation Board

Mr. Philip Booth, Chairman Mr. Carl Blades Mrs. Ellie Davis Mr. Fred Luxton Mrs. Susan McKenna





Mission and Values

RWC is a church-related continuing care, retirement community committed to providing the highest quality living experience for senior adults

Statement of Values

With a joyful spirit, we pledge ourselves to Excellence, Compassion, Integrity, Innovation, and Commitment, Trust, and Respect.

RWC Foundation Mission

The Rappahannock Westminster-Canterbury Foundation is a not-for-profit corporation whose primary mission is to extend the facilities and the services of Rappahannock Westminster-Canterbury, Inc. Our aim is to enable deserving individuals who could not otherwise afford the cost of care to maintain residency with dignity as well as support facilities and programming that enhance quality of life to the RWC community and the community at large.

Vision

To be a premier center of excellence for senior adult services

RWC's Economic Impact

Rappahannock Westminster-Canterbury depends upon the gifts and talents of staff members to provide a vast range of care and services for residents and clients, the skills and expertise of local businesses that provide necessary goods and services, and other local organizations that directly and indirectly support RWC and our residents, clients, and staff.

For our fiscal year 2022-2023, our payroll for staff living in the greater Northern Neck community exceeded \$9 million with an additional \$1.9 million to staff residing in the Middle Peninsula community.

During the same period, expenditures on goods, services, and capital assets were \$2.4 million in the Northern Neck and exceeded \$193,367 on the Middle Peninsula.

Yes, we do pay taxes as well. Our personal property, real estate, and sales tax expenditures were \$199,436 this fiscal year.

Foundation Financial Statement

Assets	2020-2021	2021-2022	2022-2023
Cash and Cash Equivalents	\$2,159,523	\$1,710,934	\$1,465,726
Receivables	\$400,000	\$200,000	\$37,304
Investments	\$8,949,593	\$8,914,149	\$8,226,944
Total Assets	\$11,509,116	\$10,825,083	\$9,729,974

Liabilities and Fund Balance			
Payable to RW-C, Inc.	\$32,135	\$35,807	\$22,255
Fund Balance (Net Assets)	\$11,476,981	\$10,789,276	\$9,707,719
Total Liabilities and Fund Balance	\$11,509,116	\$10,825,083	\$9,729,974

Annual Fellowship Assistance		
2020-2021	\$272,666	10 individuals
2021-2022	\$229,363	6 individuals
2022-2023	\$165,984	4 individuals

Some examples of funds distributed over fiscal year 2022-2023

• \$20,270 was distributed in Scholarships

• \$546,000 was invested in the Birdsong House

• \$85 was used for the Monarch Butterfly Sanctuary

• \$251 was used for the LEC IL Activities Hobby Shop



Grants and Bequests

We honor and value every gift made to the RWC Foundation. The following designated grants, bequests, and pledges represent donors who share a vision and dedication for RWC's residents and staff. Thank you for your faithful and meaningful support.

The Birdsong Peanuts Charitable Foundation with Mr. and Mrs. Thomas Birdsong III

The final installment of a five-year \$1 million pledge was received for the Birdsong House.

The Thomas Birdsong Trust

RWC received the remainder of a bequest of \$425,000.

The William and Jan Croner Trust

RWC received a bequest of \$2,505 toward the RWC Fellowship Fund.

Lettie Pate Whitehead Foundation, Inc.

RWC received \$172,000 to provide fellowship assistance to Christian women residing at RWC.

The Mason & Lula Cole Charitable Trust

This grant of \$10,000 benefits the RWC Fellowship Fund.

Ted and Lee Ellett Giving Fund RWC received \$100 toward the RWC Fellowship Fund.

The Marion and Leland James Trust Fund of the River Counties in memory of Virginia Cooney, Linwood, and Peggie James RWC received \$3,000 toward the RWC Fellowship Fund

Rodney W. and Phyllis F. Smith Endowment Fund of the River Counties Community Foundation RWC received \$2,870.10 toward the RWC Fellowship Fund

Steiner Augun Family in memory of Thomas Wilhelmsen RWC received \$200 toward the Fellowship Fund.

The Peter G and Tillie M. Weil Charitable Fund of the River Counties Community Foundation RWC received \$13,661.75 toward the RWC Fellowship Fund.

Social Accountability and Giving Back

A community is developed from a vision to bring excellence and success to those around us and to those who keep the soul of our region alive.

Our neighborhood is committed to social accountability serving as a source of support and encouragement for area organizations, clubs, schools, and various initiatives put in place to better the community we all know and love.



The Heritage Society



The Rappahannock Westminster-Canterbury Heritage Society is a giving society of donors who have made or will make a planned gift to the RWC Foundation. In addition, the Heritage Society exists to recognize and thank those who have included a gift in their will, trust, or estate plan to enrich the lives of each resident we serve.

The RWC Heritage Society supports the mission of RWC by assuring continued residency for those whose financial resources have been exhausted despite prudent planning. It aids, strengthens, and extends the work, services, and objectives of Rappahannock Westminster-Canterbury, Inc. We extend our profound appreciation for the generosity of our Heritage Society benefactors.

If you are interested in information about becoming a Society Member, simply notify the RWC Development Office. There is no obligation or need to disclose the amount or nature of your gift.

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Heritage Society Members

The Rev.* & Mrs.* George Barton, III+ Mr.* Matthew "Tim" Blackwood+ Mrs. Patricia Bozarth Mr.* & Mrs.* T. Nash Broaddus+ Dr.* & Mrs.* Mahlon Brown+ Mrs.* Alice Marie Brady+ Mr. Stuart A. Bunting Mr.* & Mrs.* William N. Croner Mrs. S. LuAnne Davis Capt.* Thomas B. Denegre, Jr. + Mr. William A. Estell, Jr. Mrs. Carol Hardy Ms. Elizabeth Harris Mrs. Jane C. Higgins Dr.* & Mrs.* Norman Hughes+ Mrs.* Elsa M. James+ Capt. John Jennings Capt.* & Mrs.* William Knull+ Dr.* Robert Krug Brig. General* & Mrs. Ward M. LeHardy+ Mrs. Katherine Lantz Brig. General William C. Louisell+ Mrs.* Harding S. McClelland Mr. & Mrs. S. F. McLeod Mr. Charles G. Miller, Jr.+ Mrs.* June Rendall Mrs. Doris Rice Mrs. Mary Catherine Rotert Mr.*& Mrs.* Robert Scheu+ Mr.* & Mrs. Robert Shultz Mr.* & Mr.* Rodney W. Smith+ Mrs. Suzanne Thomas Dr.* & Mrs. George Van Sant+ Mr.* & Mrs.* Peter Weil Lt. General* W.H. Sterling Wright+

*Denotes Deceased + Denotes Charter Member

Caring Community – Parkinson's Support Programs

ARWC program that has enhanced the Northern Neck and Surrounding areas for over 20 years is our Parkinson's Support Group. The idea for the Parkinson's Support group was initiated by Mr. and Mrs. Carl Morris. The late Mr. Morris suffered from the disease. He and his wife worked with RWC staff to develop the program. Over the years it has flourished with the leadership of Mr. and Mrs. Jay DePew. During this time the program expanded to include Care Partner support, the Fit to Move exercise classes, and a therapy department that is certified in LSVT BIG.

What is Parkinson's Disease? Parkinson's Disease is a lifelong progressive disease that is thought to be caused by the lack of the chemical dopamine in the brain. Some of the symptoms of Parkinson's disease are tremor, muscular rigidity, and slow movement. These symptoms along with other challenges that arise can be difficult for daily life and relationships. Each person's journey with the disease is unique. One may not display the same set of symptoms as another. However, the Parkinson's Support Group and Care Partners Group contain loving, caring individuals who are sharing similar experiences that have an empathetic and understanding perspective. They provide a unique service to the Northern Neck area. Otherwise those suffering from Parkinson's and their caregivers would have to travel to a metropolitan area to receive the services that are provided. Ellie Davies states,

"[My husband and I] became involved with the Parkinson's Support Group and Care Partners Group which met once a month. These programs provided a place where one could share personal experiences and [be] offered emotional support and encouragement. We learned from one another how to handle certain situations and become more efficient in coping with the challenges that one faces as the disease progresses. It did not take long to build special friendships who helped us every step along the way. We knew we were not alone; we had a support system that prevented social isolation and gave us a sense of belonging."

Another resident also echoed,

"[At RWC] you are in a community that understands what you are going through and provides the support and tools to navigate your journey with the disease. RWC is unique in the services that it provides to this area and should be at the top of the list for anyone who suffers with Parkinson's Disease... the nursing staff here is very loving and takes wonderful care of meeting your needs...." One of the therapies which help to manage daily life with the disease is the drug called Levodopa Carbidopa, but lifestyle changes like exercise and proper diet enable individuals to live a greater quality of life as long as possible. RWC established the Fit to Move class which is available for community members and residents alike. One resident states,

"My husband, joined the exercise program for those with Parkinson's at RWC. ... Exercise is important to maintain strength, flexibility, balance and slow down the disease. The Fit to Move Class meets three times a week."

Mr. Bob Calves, a regular attendee of the Fit to Move class, touts that the class has allowed him to maintain reasonably good health. He says that the instructors in the class are very effective, and the classes have benefited him since he first started taking them. RWC's Fit to Move classes are free to the



community at large and pre-pandemic had mostly non-resident members. The love, support, and friendship that has developed through the Parkinson's program have been a reason that some people have become residents of RWC.

"It did not take long to see that we had all we needed right here in the Northern Neck. We did not have to deal with traffic during rush hour and the fast pace of living in a city.... As my husband's disease progressed, he moved into the Health Care at RWC and remained until his death three years later. The Parkinson's Support Group and Care Partners Group were there for us."

RWC's Parkinson's Support Group, Care Partners Group and Fit to Move Classes have been a caring community where community members can find strength and hope in a difficult time in life. If you are interested in participating in the Parkinson's Support Group or the Care Partners group contact Sarah Wilkins at 804-438-4000. The following is a list of areas to which you can contribute. If you have a project that is not already listed that you would like to support, please contact Stuart Bunting, President and CEO to discuss your plans. If you prefer to support a project monthly, you may choose to do so. Current projects to which you can donate include:

Fellowship FundSupports those residents who have outlived their resources or have fallen upon difficult circumstances where they can no longer afford to maintain residency at RWCHealth Center ActivitiesSupports supplies for activities in the Health Center settingsLandscapingSupport special landscaping projects on campusElizabeth T. Knight Music FundSupports musical programs for residents and the community alikeALC ActivitiesFunds dedicated to supplies for Assisted Living Center activitiesParkinson's Support/Fit To MoveSupports those with Parkinson's disease by providing social and physical programs to enhance their livesLibrarySupports the Resident LibraryHealthcare Education & SupportAn endowed fund that will support furthering nursing education now and in perpetuity to aid in recruiting and maintaining nursing staff from the local high school and local community college. Scholarship stafe a RWC work commitmer to the amount given to student.Mary K. Rotert Nursing ScholarshipProvides assistance to full or regular part-time RWC employees who are pursuing a degree in the field of nursingLife Enrichment CenterSupports programs and equipment in the Life Enrichment CenterMemory SupportSupports the Birdsong House and provides those items that make those tiving with dementia feating and maine and none. The Birdsong House concept benefits dementia patients by giving them a more secure and home-like environment to live with dignity and quality of lifeHealth Center EnrichmentA resident created fund to help to enhance the Health Center areaMenory SupportSupports the Birdsong House and provides those items that make those tiving with dem		
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·	Birdsong House	living with dementia feel more at home. The Birdsong House concept benefits dementia patients by giving them a more secure and home-like environment
Monarch Butterfly SanctuarySupports the development of Monarch Butterflies in the area	Health Center Enrichment	A resident created fund to help to enhance the Health Center area
	Monarch Butterfly Sanctuary	Supports the development of Monarch Butterflies in the area



The Birdsong House

The newest addition to RWC's continuum of care, our memory care unit, has had a name change! The Small House will now be called the Birdsong House in honor of Mr. and Mrs. Thomas Birdsong, III, and the Birdsong Peanuts Charitable Foundation. The Birdsong House is a direct result of the generosity of the Birdsongs. The Birdsong House contains a home-like environment with 8 individual rooms with private baths for community members or current residents who are experiencing mild to moderate Dementia. Current residents who have loved ones living in the Birdsong House are reassured by the wonderful care that their loved one is being provided and how content their loved one is living there. One resident states:

"The experience has been exceptional. The people working there are not just good, they have been unique. Frankly I don't know how they do it. I have observed how the care is tailored individually. And it works so well. It takes very special people to be able to provide this level of care.

'The facility is very much "home like" and that has made all the difference to my wife. The comfort level has been great for her, it's made all the difference. And, for me and the family as well.

'I'm so pleased with what we've been able to achieve."

If you are looking for a person-centered memory care for your loved one please contact, Lauren White at lwhite@ rw-c.org or call 804-438-4010 or Sara Amiss at samiss@ rw-c.org or call 804-438-4346.



LEC Hobby Shop

The Life Enrichment Center was designed to enhance the lives of RWC residents through Art, Activities, and Physical Fitness. When the Life Enrichment Center was planned a woodworking shop was an integral part of the design. As residents moved here, they were looking for space to work with their hands and find great satisfaction. Dr. Alexander McKelway and Dr. Hanspeter Muller donated tools to create the Hobby Shop that we have today. One of the residents who uses the Hobby Shop frequently is Mr. Donald Stone.

Mr. Stone is one of those talented people who can do wonders with his hands. He uses his hobby of woodworking to restore, fix, and improve wooden items for no charge. He is very detailed and excellent in how he uses his gift and most of all it brings him great satisfaction. Some of the recipients of his work exclaim"

"Don Stone is a jewel. An antique tea cart that had been stored in our attic for the past 21 years was battered and broken. The tea cart was bought by Bill's mother in 1935 from an antique shop in Staunton, Va. Don took it apart, rebuilt some parts and refinished it. It is absolutely beautiful and we are grateful for his workmanship and attention to detail." "Don did a fabulous expert job on repairing an antique chair and it turned out beautifully. He is a master wood worker. Glad he is here with us at RWC!!"

Marie Carstensen

"Mr. Stone is so generous with his time and sharing his art of perfection when it comes to restoring wooden furniture. He has restored and extended the life of numerous items used by RWC. Some examples include refinishing the tables and tightening chairs used in the Nurses Lounge and regluing and refinishing chairs used in Main Street station. His patience is remarkable when it comes to carefully disassembling and numbering pieces and then sanding, gluing, reassembling and refinishing furniture. He has breathed new life into many old pieces that are now better than new and saved from being discarded."— Phillip Williams

Mr. Stone's work brings happiness to those who receive it and lengthens the use of items that would not have lasted without his intervention. Donate to the LEC Hobby Shop to support the meaningful work that Mr. Stone does every day as part of RWC's Caring Community.

– Brandon Louisell

Angel Tree Gifts 2022-2023

In Memory of

Mr. Arthur "Boots" and Mrs. Grace Allen Ms. Deirdre Allen

Mrs. Cynthia Barlowe Dr. Robert S. Barlowe

Rebecca Smiley, Bob Longshore, Bill Croner

Mr. Carl F. Blades, Jr.

Cameron Blandford Mrs. Mickey Blandford

Ashfield H. Bozarth, III Mrs. Patricia Bozarth

Mr. Dick Brautigam, Ms. Kathleen Ferrario, Mr. Benjamin A. Frye, III, Ms. Rebecca Smiley

Mrs. Barbara A. Brautigam

Mr. Coles Diggs, Mrs. Anne Diggs, Mr. Allen Sutton, Miss Priscilla Bunting

Mr. and Mrs. Stuart A. Bunting

Mother - Dorothy, Father- Eddie Ms. Judith Caples

Anthony Vitiello, Joseph Vitiello, Johnny Vitiello and Alvin Carstensen Mrs. Marie Carstensen

Vivian Henry, Raymond Smith, Reginald Smith, and Eugene Smith Mrs. Denise Cottrell

Dr. Ronald K. Davis Mrs. Eleanor Davis

Mr. Jay DePew and Mr. Minter Bailey Ralston

Mrs. Nancy T. DePew

Mrs. Tanya Bohlke, Mr. Richard Brautigam, Mr. William Ellyson, Mr. Richard Lillquist, Mr. Frank Schaff Mrs. Mary Parke Dillard

Mr. John Dorsey and Mrs. Margaret Jones Mrs. Mary G. Dorsey

Bob Ellett Mrs. Nancy Ellett William (Billy) Ellyson

Mrs. Catherine Ellyson

Mrs. Judy Epps, Capt. Chester McGhee and Mrs. Cary McGhee Mr. Peterson A. Epps, III

Mrs. Jinny Estell Mr. William A. Estell, Jr.

Judge John H. Frye, III

Mrs. Ethel Frye

Dick Brautigam, Rich Lillquist, and Frank Schaff Mr. and Mrs. Donald Gilmore

Gordon Graham Mrs. Vivian F. Graham

Mrs. Margaret Feil Ms. Yvette Harding

Marvin Lee and Meshanda Lee Ms. Endeshia Haynie

Andre Higgins, Laurance Higgins Mrs. Jane C. Higgins

Ralph Horvath Mrs. Loretta Horvath

Mr. Don and Mrs. Virginia Carlson and Mr. Forrest and Mrs. Idalee Hoskins Mr. and Mrs. Gerald W. Hoskins

Nina Walls, Nancy Galloway, Billy Ellyson, Rev. Ernie Hogge, Tonya Bohlke, Dick Brautigam and Frank Schaff

Mr. and Mrs.* Charles Huckins

Julann Jennings Capt. John Jennings

H. Ben Jones, Jr., Jenny Simpson Ramey, Edythe Simmons Mrs. Susan Jones

Miss Audrey Helm Miss Denise Kenner

Sandie Turner Ms. Amy Lewis

Richard Lillquist, Doreen & Gil, Art & George Mrs. Pamela Lillquist

Dr. Donald B. Longest Mrs. Anke Longest

Nadine Butler (mother) and Clinton Butler (father) Mrs. Genita L. Maiden Robert C. May and Michael S. May Mrs. Mary May

Dr. John D. Mill, Dr. Jerry Dittberner Dr. Betty Mill

Lee Monroe, Frank Wendt, Sheri Monroe, Betsy Heller, Carol Johnson Mrs. Nancy Monroe

Tanya Bohlke Mrs. Janet Mosher

Tonya Bohlke, Dick Brautigam, Frank Schaff, Rev. Ernie Hogge, Dan McGlasson, Skipper Mr. and Mrs. Ted A. Munns, Jr.

Michael Crockett, Bobby Crockett, and Ernest Polk

Mrs. Betty J. Polk

My friend, Nina Walls Mrs. Sylvia Prince

Col. Brooke F. Read, Jr. Mrs. Susan Read

Dana Arthur Rice (son) and Arthur V. Rice

Mrs. Doris E. Rice

Mrs. Elizabeth Knight, Mrs. Jinks Holton

Mr. and Mrs. John E. Roberts, Jr.

Jay DePew and Frank Schaff Mr. and Mrs. Harry Stemple

Wendy Stone Frazier and Robert "NIcky" Dyer

Mr. and Mrs. Donald Stone

James Stone Mrs. Margaret "Peg" Stone

Dorothy Taylor's deceased family members

Ms. Dorothy A. Taylor

Mrs. Tanya Bohlke Mr. and Mrs. Walter Testrake, Jr.

Mr. and Mrs. Quant Mr. and Mrs. William D. Todd

Bucky Mills Mrs. Milena Van Sant

LT Robert W. Vogel, USN Mr. and Mrs. Robert Vogel

John Waite Mrs. Janet Waite



Howard P. Walker Mrs. Alice P. Walker

Betsy Heller Mr. James M. White

Dr. M. Lee Williams, Mrs. Teensa Williams, Mrs. Patricia Dewey Mr. Phillip Williams

Margaret Chappell, Kate and Kevin Mangum, Tom Birdsong Mr. and Mrs. Richard T. Wilson, III

Alice Sontag, Jean Allen Mrs. Helen J. Woolfolk

In Honor of

Chester Smith and BJ Ball Mr. Carl F. Blades, Jr.

Stuart Bunting and Fantastic Staff Mrs. Mickey Blandford

Jennifer Bennett, Jonathan Bennett, and Joshua Bennett

Mr. and Mrs. Peter S. Bennett

RWC Staff, RWC Residents, Mrs. Claire B. Smith, Miss Caroline Bunting

Mr. and Mrs. Stuart A. Bunting

My sibs: Susan, David and John, My Children: Tiffany and Brian Ms. Judith Caples

The Endowed Scholarship Team and the Activities Committee

Mrs. Virginia C. Smithson Burnette

Madison Davis and Lucas Davis Mrs. April Davis

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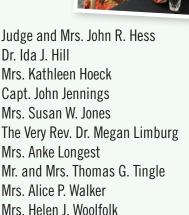
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