

# The Westminster at Lake Ridge CONNECTION

SPRING 2014

## INSIDE THIS ISSUE

OLYMPIC SPIRIT:  
Energy, passion and  
inspiration.

THE LIVEWELL  
FORUMS:  
Free presentations  
that could impact  
your life.

IT'S THAT LIFESTYLE  
AND LOCATION  
THING AGAIN:  
Here's a place where  
you can have it all!

THE RIGHT PLACE AT  
THE RIGHT TIME  
Inventory is low but  
opportunity awaits.

## NEWS & VIEWS FROM WESTMINSTER AT LAKE RIDGE



## WE WELCOME SPRING

*Spring is such a special time at Westminster at Lake Ridge. Aside from the obvious improvement in the weather; in the three months which stretch roughly from mid-March to mid-June our campus is at its most vivid, and dramatically alive. Flowers are blooming, birds are singing, the days are getting brighter—our entire community seems to celebrate this special time of year.*



**Libby B. Bush**  
*Executive Director*

## DIRECTOR'S Corner

We thought this spring season would never come! It felt as if every time we turned on the television, the news anchors were preparing us for another blast from old man winter. The winter of 2013 has been one of the worst that our area has seen in years! Record snow amounts, cancelled school days, and postponed trips have been a usual occurrence this winter season. *I believe that we have had enough!*

Even though it has been a very difficult winter, the Westminster at Lake Ridge community came together to overcome the frigid temperatures. Unlike individuals who live in the local community, Westminster at Lake Ridge residents did not have to shovel their driveways, worry about meals, or snow removal. I marvel at the incredible staff members who work hard to assist with needs or desires of our residents.

Since all the snow has melted and we can hopefully put away our gloves, overcoats, and hats, the time has come to pull out our walking shoes, and spring into action! One of the many benefits of being a resident of our community is the beautiful landscape with walkways that pass by the pond, through colorful flowering trees, tulips, oaks and willows, all bordering on a pristine and cherished wild life area.

Spring is a time of renewal. This is a perfect time to look at your future with a new perspective. Why not make plans to visit us, meet our inspirational residents and staff, and see what a wonderful world we have to offer? I guarantee that you'll see life in full bloom.

Call **703-349-7725** or Toll-Free at **866-369-5782** for an appointment to visit our beautiful community or visit our website at **[www.wlrva.org](http://www.wlrva.org)**.





# Getting to know us.

## Compassion plus talent equals the write stuff.

*“You’re braver than you believe, and stronger than you seem, and smarter than you think.”—Christopher Robin to Pooh*

Helen Fitzgerald believes that we are all capable of much more than we realize, a belief that she has shared through her work as a grief counselor, her teaching and through her writing. As the author of three books on grief and grieving, *The Mourning Handbook*, *The Grieving Teen: A Guide for Teenagers and Their Friends* and *The Grieving Child*, Mrs. Fitzgerald has helped enumerable adults and children with the complex, and sometimes overwhelming process of grieving.



*Helen Fitzgerald is another great example of the remarkable residents at Westminster at Lake Ridge.*

“I became interested in the field when my first husband died in 1974 and there was nothing set up to help me or my children.” Helen said. “I got a job with Mental Health in Fairfax County as the director of a grief program, one of the first of its kind in the country. This was in the very early stages of the Kübler-Ross model becoming known.” She was then approached by the American Hospice Foundation to head up a national training program. She explains. “I traveled all over the country during that time and it has been a very rewarding career in so many ways. I am retired now, although I do a group on grief and loss here at Westminster Lake Ridge and I am available to meet with residents who may need help individually.”

Helen has always dabbled in art and now she has the time to explore the range of her talents more fully. Her works have included oils and acrylics. Currently she has fallen in love with water colors, a difficult medium that she finds especially challenging. She also teaches a watercolor class to fellow residents.

She recently competed in the Northern Virginia Senior Olympics and won a gold medal in the three mile walk. “I don’t think there was anyone more amazed than myself,” she said humbly. “I was just out there having a good time.”

Helen stays busy with an art group and book club in nearby Fairfax, as well as contributing numerous articles that can be found at [americanhospice.org](http://americanhospice.org). In addition she has a column on the site where she answers question regarding grief or loss.



*For a limited time, the first 10 people who close by June 15th, will be able to defer 80% of their Entrance Fee until November!*

## It’s all about lifestyle and location!

Everyone of us looks for an easy breezy lifestyle in a great location. *What if you can have it all?* Consider Westminster at Lake Ridge.

Picture yourself living in a vibrant community where you can enjoy the nature and wildlife during a morning bike ride or afternoon tea with friends on your outdoor patio. Imagine living in a home with housekeeping, a well stocked library, two community dining venues, an indoor heated pool and a fully equipped fitness center. Add live entertainment, community gardens, cultural events, transportation services and on-site health care. See yourself taking a short drive from your doorstep for lunch, dining in a wide choice of wonderful bistros and fine restaurants or spending an afternoon at an art show or browsing the quaint shops in the historic town of Occoquan.

Westminster at Lake Ridge is mere minutes from Ronald Reagan International Airport, convenient for visiting family or your winter escape to the islands. The beauty and history of the Northern Virginia countryside is a short drive to the south, while the culture and excitement of one of the world’s great cities, our nation’s capital, lie just a few miles to the north.

Visit us and you’ll see. You *can* have it all. Take the time to see why so many people are happy to call Westminster at Lake Ridge home.





# LIVEWELL FORUM

## CONVERSATIONS ON A BALANCED LIFE

Wellness is an interactive process of becoming aware of and practicing healthy choices to create a more successful, vibrant and balanced lifestyle. Research shows that wellness programs incorporating a dimensional approach are the key to people keeping their health, their mental skills and their quality of life.

As a part of our commitment to social responsibility, Westminster at Lake Ridge will be hosting free LIVEWELL forums throughout the year. These seminars are open to everyone. You are welcome to participate even if you are not a member of our community. The entertaining and enlightening forums are presented by our in-house wellness team as well as a wide range of health professionals, including health educators, registered dietitians, exercise physiologists and doctors.

At a LIVEWELL forum you will hear from experts on how to develop a clear understanding of the importance of the 9 dimensions of wellness: *Emotional, Occupational, Intellectual, Physical, Social, Spiritual, Environmental, Financial and Creative.*

*Save the date! Please join us for the first LIVEWELL FORUM of the spring season. See details below.*

Wellness is key  
to enhancing  
quality of life.

## Anti-Aging: How to Cheat the Clock



In a *LIVEWELL FORUM* not to be missed, award-winning Washington Post reporter Margaret Webb Pressler visits Westminster at Lake Ridge to discuss her new book *“Cheat the Clock: How New Science Can Help You Look and Feel Younger.”*

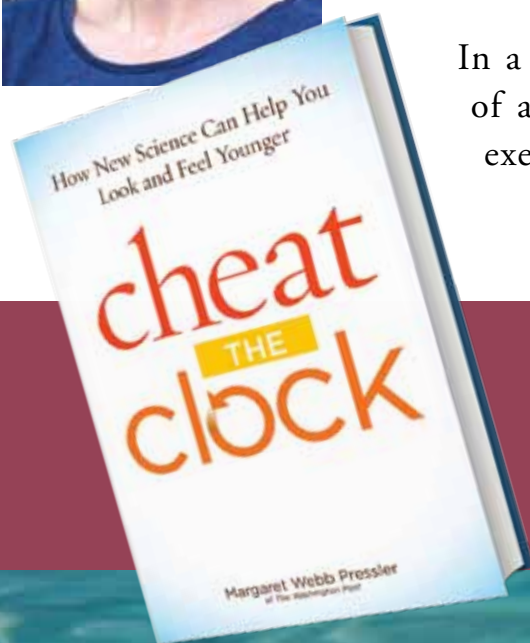
This stimulating discussion is based on Pressler’s research into the important work of some of the world’s leading experts on aging and genetics. Ms. Pressler’s work has brought to light a new world of discoveries about how the aging process works and what you can do to age less, feel better, and look younger.

In a refreshing approach to the topic of aging, her reporting does not suggest the program of a fitness or nutrition fanatic. Rather, she offers good advice and minor tweaks in diet, exercise, lifestyle, and personal care that are painless to adopt and achievable for anyone.

Make plans to attend this important LIVEWELL Forum featuring Margaret Webb Pressler on *April 23rd starting at 1:00pm.*  
*Call 703-349-7725 to reserve a place for you and a friend!*

We don't stop playing  
because we get old,  
we get old because we  
stop playing.

*-George Bernard Shaw*





# Save the *Date*

At Westminster at Lake Ridge we are always happy to show off our great community. Join us for one of our information luncheons or call to schedule a personal visit. Touring provides a perfect opportunity to see first-hand how easy it can be to make Westminster at Lake Ridge your home. Check your mailbox for our personal invitations or give us a call today at **703-349-7725 or Toll-Free at 866-369-5782.**





DROP BY FOR A VISIT  
*Anytime!*

Call 703-349-7725 or  
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to schedule a personal tour.

Visit us right now online at:

**[www.wlrva.org](http://www.wlrva.org)**

# THE RIGHT PLACE AT EXACTLY THE RIGHT TIME

The late Ray Kroc famously said; “The two most important requirements for major success are: first, being in the right place at the right time, and second, doing something about it.”

That statement can certainly apply to today’s retirement community market. The importance of planning ahead is very obvious, especially in today’s challenging time. With uncertainty over health care, the financial markets and questions as to home values, it’s sometimes hard to think about the future. Yet, like anything in life, one has to plan for the future.



Today is a perfect time to investigate a move to Westminster at Lake Ridge. One may ask, “why should I make a move now, why not wait awhile?” The answer is obvious. With the apartment and cottage inventory at Westminster at Lake Ridge at an all time low, plus the costs of quality independent living and any associated health care programs not expecting to be reduced in the foreseeable future, it makes sense to make the move now while your costs can be predictable. This *is* the right place and the right time.