

The Westminster at Lake Ridge CONNECTION



DIRECTOR'S *Corner*



Building On Yesterday, Living For Today
Looking Towards Tomorrow

WLR CELEBRATES 25 YEARS

We are celebrating our 25th Anniversary on October 26, 2018 with our Westminster family. The theme is Yesterday, Today and Tomorrow. As part of our celebration we are including ground breaking ceremony to kick-off the renovations that will include our Center of Healthy Living, a casual bistro setting with alfresco dining, a new main entrance and other intentionally purposed destinations. Each year, Grandparents Day is a main event for our community. During Grandparents Day on September 9, 2018 we will incorporate our 25th Anniversary theme for those who are unable to attend on October 26th.



Brian R. Tenney
EXECUTIVE DIRECTOR

WLR HEALTH SERVICES CONTINUES TO EXCEL

During the first quarter of 2018 we opened a secure 16 resident Memory Support Neighborhood in our Skilled Nursing Center. The newly constructed open kitchen dining environment, living room, and access to our outdoor patio (Secret Garden) allows for events that are tailored to the individual needs of our residents. Great interest has been expressed for the standard of service we have created in this neighborhood. We held a Memory Support Neighborhood Open House on May 16, 2018.

WLR continues to be recognized as one of the Best Nursing Homes in America with the rating of Top Performing by US News and World Report. At the end of April, Medicare issued their updated 5 Star Rating of Skilled Nursing Centers. We are proud to maintain our Overall 5 Star rating which includes 5 Stars in both Quality Measures and Staffing. WLR welcomes short-term rehabilitation patients from outside of WLR to receive inpatient post-acute rehabilitation services as part of their recovery.

AND THE AWARDS GO TO... INGLESIDE AT HOME.



Ingleside at Home was recently recognized by **Home Care Pulse** with three awards, including its highest honor. Home Care Pulse is an industry-leading firm in satisfaction research and quality assurance and presented Ingleside at Home with its **Leader in Excellence, Provider of Choice and Employer of Choice** awards for 2018. As a Leader in Excellence, Ingleside at Home is among the top 10 percent of home care businesses participating in the Home Care Pulse Quality Management Program.

Ingleside at Home services are currently available at Westminster at Lake Ridge and in the surrounding Virginia area. In the coming months, services will be offered to the other Ingleside communities: Ingleside at Rock Creek and Ingleside at King Farm, as well as to the greater community in D.C. and Maryland.



CALL 703-552-6140 FOR INFORMATION

Ingleside at Home staff are trained and certified to provide home care services. Each person served has unique needs and individualized plans, and approach each case with a genuine desire to help maintain the greatest level of independent living possible in the home you love.

EXPLORE THE BENEFITS OF COMFORTABLE COTTAGE LIVING



At Westminster at Lake Ridge cottage living means classic, casual and comfortable. The cottages stand alone on beautiful tree lined streets in a village-like environment. Residents can enjoy all of community life, from Bridge tournaments to Aquasize and fitness classes, to great dining experiences and special events—all within steps of their homes. The cottage neighborhoods are also a short walk from your choice of two beautiful ponds, marked and groomed walking trails, a large community garden, Pickle Ball courts and a dog park.



With spacious floorplans available it makes transitioning from a larger home a bit easier, and the idea of cottage living is also appealing because of the safety factor. In such a close knit engaging community, neighbors watch out for one another. Just like home.

FOCUSING ON THE FUTURE. A PERFECT PICTURE OF ENGAGED LIVING.



Dave and Angie Talaber are coming up on their first anniversary at Westminster at Lake Ridge. It would be difficult to find a more energetic and personable couple on campus. Angie and Dave are coordinators of the OLLI Photo Club at George Mason University. This is a club for OLLI (Osher Life Long Learning Institute) members who are curious about or have a genuine love for photography. Each month the members have the opportunity to meet with others who share information and participate in varied activities to help them grow as photographers. Dave and Angie are passionate about the club and through it have participated in many creative and civic projects and showings throughout Fairfax County.

Dave has an impressive vintage camera collection and he built a working darkroom by converting space in the cottage.

Dave and Angie Talaber only had to go 8 miles when they moved to their cottage at Westminster at Lake Ridge. Long time residents of northern Virginia, the Talabers' have always considered the area their home. They were aware of WLR and had visited many times, as Angie's brother is a resident. She explains. "We knew that Westminster might be in our plans for the future and joined the wait list for a cottage but we weren't quite ready yet. We had begun the downsizing process, gradually getting rid of years worth of "stuff" and then one day it just seemed like we were ready." Cottage living appealed to them and they were offered a choice of available residences. They walked into the cottage that ultimately became their home and fell in love. She continues. "The cottage was light and airy, I loved the kitchen we had lots of space, it reminded me so much of a beautiful Paris apartment."

The Talabers love to travel and life at WLR makes it easy to just pack, lock the doors and go, with no worries about security or upkeep. They enjoy the conviviality of the close-knit family of neighbors and the staff at Westminster. Dave shares. "The people here very welcoming and are from diverse and interesting backgrounds. It's always easy to meet new people and develop friendships."

Asked about advice for those who might consider a move to Westminster, Angie is quick to reply. "Dave was 66 and I was 65 when we got on the waitlist. We didn't want to burden our children with ever making a decision. They have their own kids to raise. Come while you can enjoy it. Dave adds, "I never heard anyone here say "I wish we had stayed in that big house longer."

FUN IN AND OUT OF THE KITCHEN WITH CHEF JEFF.



There's something new cooking at Westminster at Lake Ridge...

Jeff Kurtz, more affectionately known as Chef Jeff, the new executive chef at Westminster at Lake Ridge artfully weaves his life and culinary experiences together, beginning in high school where his expertise and passion for cooking lead him to actually teaching the Foods Course his senior year. He continued through college with degrees in Culinary Arts and Food Service administration. He has served a stint at the Marriott Corporation and worked corporate accounts as diverse as the World Bank and CIA headquarters in Quantico, VA. He honed his skills as an executive chef with Aramark with clients in fields including education, healthcare, business, corrections, and leisure.

Jeff's philosophy about food is all about personality and fun. In food and in life. He explains. "I love being in the kitchen and I also love being out in the front of the house as well." This is best illustrated in his incredibly popular "Action Station" performances where he cooks while interacting with the residents, joking, describing the techniques and the ingredients, while never missing a beat. "I really enjoy my time with the residents. Getting instant feedback on what they have enjoyed and what they may like to see on future menus builds a special rapport. I even share recipes that they can try at home."

Chef Kurtz is another great example of the creative and highly skilled staff that make life at Westminster at Lake Ridge the very best.

A NEW SEASON AND NEW REASONS TO VISIT US

There couldn't be a better time to visit Westminster at Lake Ridge. Occupancy in both apartments and cottages at Westminster at Lake Ridge has remained strong—but that also means that selections can be limited, with a waitlist for popular locations and floorplans. If you are considering a move to the community, now is the very best time to visit and see what we have to offer!





DON'T BLINK! 25 YEARS HAS GONE BY.

It seems like only yesterday, but Westminster at Lake Ridge will be celebrating 25 years of care and service in October.

Westminster at Lake Ridge opened in 1993. From the beginning, the location, the classically beautiful architecture and grounds, and quality of staff made it an ideal place to call home, a statement that holds true today and a testament to Westminster commitment to its mission, vision and values.

Through the years, the retirement industry has continued to grow and evolve, recognizing the ever changing needs for our aging population. Such was the case in 1993 and even more so as we approach our 25th anniversary in 2018. Westminster at Lake Ridge continues to lead the way by offering extraordinary healthcare and lifestyle services to its residents. As we enter our 25th year, we are committed to paving the way for the future with more enhanced services and amenities, community-wide renovations, home health choices and with a renewed spirit of engagement.