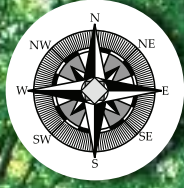


# C O M P A S S



## Dining at Warwick Forest: a culinary and social experience

Eating is much more than basic sustenance. Sharing meals with family and friends is at the core of most of our social interactions. When you're retired, you have the time and luxury to relax over food and drinks, enjoying the companionship of others. As a resident of Warwick Forest, you can also choose to leave the meal preparation to us.

Our diverse and flexible dining experience is an extremely appealing part of the lifestyle at Warwick Forest. You'll find we have designed our dining options to accommodate residents, not the other way around.

Residents receive a quarterly allowance and can enjoy meals in any of our six dining venues. We offer casual and formal dining options, a full bar, catering, a diverse menu that changes often and a retail kiosk for milk, bread, snacks and other basic food items.

"Warwick Forest serves a liberalized menu," explains Erik Czarnatowicz, director of dining services. "We offer home cooking and heart healthy menu items, including low-sodium and diabetic items. In fact, we often change menu items to accommodate residents' needs."

Erik has been with Warwick Forest for eight years. As a graduate of the Culinary Institute of America, he brings world-renown culinary training to Warwick Forest, so residents know they are getting much more than standard dining fare.

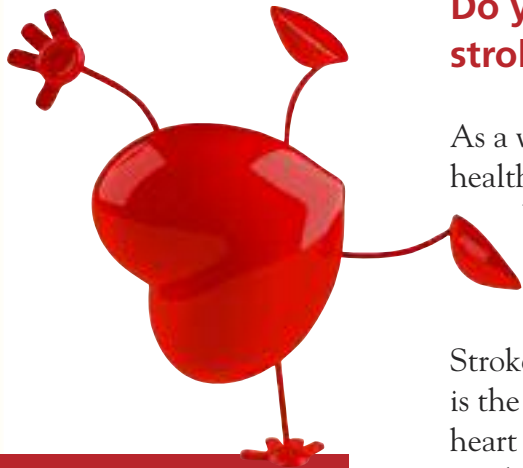
"I like Warwick Forest because it's more like a country club atmosphere," Erik says. "It's nice to see familiar faces and to build relationships with the residents."

Last month, two new managers joined the Dining Services team to enhance the experience for residents – Dining Room Manager Regan Owens and Operations Manager Barry Meahl.

Warwick Forest offers both menu and buffet service, with rotating specials every two days and special theme meals four out of seven days. The regular menu changes every 13 weeks.

"Everyone has to eat," Erik says. "It's one of the most important parts of the day. Residents have the option of coming to one—or to all—meals. There's a lot of socializing among residents. The socializing aspect and the amount of choices we offer at Warwick Forest really make us stand out."





## Do you know your A, B, Cs for preventing heart disease, stroke and heart attack?

As a wellness-focused community, we strive to raise awareness about heart health. You can significantly lower your risk for debilitating heart disease by adopting a healthy lifestyle. Fortunately, living at Warwick Forest makes it easy.

### **The numbers**

Stroke is the number three cause of death in Americans and heart disease is the number one cause of death in women 20 and older. When you have heart disease, plaque builds up in your arteries and creates a clot. The clot can break loose and move through the body through your blood vessels. If the clot blocks an artery that feeds the heart or brain, it causes a heart attack or stroke.

There's good news, however: 80 percent of cardiac events are preventable. The American Heart Association (AHA) has launched its A, B, Cs of Preventing Heart Disease, Stroke and Heart Attack campaign, which illustrates how a few small steps can make a big difference.

- A** — Avoid tobacco
- B** — Become more active
- C** — Choose good nutrition

During American Heart Month (February) we distributed information about preventing heart disease, especially in women. Kelly Knight, fitness coordinator, organized a Go Red Luncheon event. Go Red is the AHA's awareness campaign for women and heart disease.

"It was a ladies-only event and we asked guests to wear red," Knight said. "We provided everyone with a red dress pin, heart health information and heart-healthy hors d'oeuvres and lunch. I gave a Go Red presentation and shared general information about cardiovascular disease and reducing your risk."

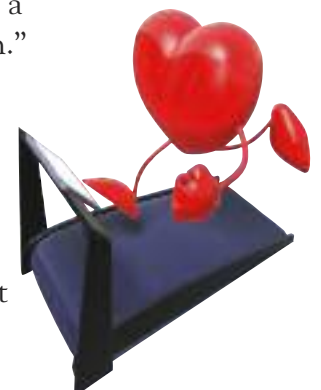
### **What you can do**

With such a wide variety of fitness and dining options, it's easy for Warwick Forest residents to maintain a heart healthy lifestyle. Knight says Warwick Forest offers five strengthening classes, two Arthritis Foundation classes, six aqua aerobics classes and two aqua walking classes. She also offers personal fitness testing and training for residents, and holds gym hours during the week.

"Our newest Arthritis Foundation Aquatic Program (AFAP) is Aquacise: AFAP," said Knight. "It's for those residents who want all the benefits of an Arthritis Foundation class, with a more vigorous workout than our older AFAP class, which we still offer. We also hope to add a certified Arthritis Foundation Tai Chi instructor soon."

You can also choose low-sodium and other healthy menu items in our dining facilities, so you can eat a heart-healthy diet with little effort.

We hope you take these prevention tips to heart so you can enjoy your retirement here at Warwick Forest for many years to come.



# Warwick Forest, or Wellness Forest?



# News from the Forest



## *Message from the Executive Director*

### **GINGER KNIGHT**

Like any healthy forest, ours is growing too! Welcome to all of our new residents. We're glad you're here.

One of the great things about living at Warwick Forest is the sense of community and sharing among residents. The Aubys, who we've profiled in this issue, are a good example. They have brought their love of music and considerable talents to their new home. In addition to performing and leading a sing-along, Tony is planning a musical recital with other Warwick Forest songbirds.

We receive a lot of feedback from residents about the dining at Warwick Forest. After years of preparing family meals, many residents find they really enjoy letting someone else do the cooking. Mealtime is such an important part of our social interactions and a great way to meet new people. Warwick Forest offers such a variety of dining options and flexibility about what—and when—you eat, there's something for everyone, anytime of day.

Look forward to seeing you around the Forest.

Best Regards,

**Ginger Knight**, Executive Director

## *Advantage Club Now Boasts More Advantages*

The Advantage Club has long been the wait list for future residents – both those waiting for a particular residence style to become available, and those who were planning future moves in a certain year. Now there are even more reasons to join the Club and get a real taste for the Warwick Forest lifestyle.

A *fully refundable* \$1,000 deposit enrolls in the Advantage Club, whether you're a single person or a couple. Once you join, you'll enjoy these new benefits: Opportunity to dine at Warwick Forest once a month. You may purchase Riverbucks gift cards for use in any dining venue, including The Woodlands, our formal dining room. As a new club member, you'll get an additional \$25 credit when you purchase a \$25 Riverbucks card. Reservations requested. *Bon Appetit!*

Get healthy and fit in the Fitness and Aquatic Center. Advantage Club members are welcome to use the indoor saltwater pool, hot tub, locker rooms and fitness gym between 1 p.m. and 4 p.m. on Tuesdays and Thursdays. Kelly Knight, full-time fitness coordinator, will gladly show you how to use the equipment.

Enjoy overnight accommodations in any of Warwick Forest's four comfortable guest rooms, featuring phone, flat screen cable TV and kitchenette for only \$55/night. We'll even include breakfast in The Bistro.

These new benefits are on top of the other features of membership – being the first to hear news from Warwick Forest, invitations to exclusive Advantage Club events and the chance to hold your place in line for when your choice residence becomes available.

To join the Advantage Club, call the marketing office at **(757) 886-2200**. Don't wait, because the sooner you join, the better your priority number will be.



Warwick Forest Announces

## **FREEDOM DISCOUNT**

In appreciation for those who served our country, Warwick Forest is offering a \$5,000 entrance fee discount to honorably discharged Veterans of the seven uniformed services.

Widow(er)s of Veterans are entitled to a \$2,500 discount. These offers expire on June 30, 2010.

Call **(757) 886-2200** for details.



# RESIDENT PROFILE

## Slow down in retirement? No way!

When you've lead a full, active life, it's hard to slow down just because you're retired. And, according to the Aubys, two of Warwick Forest's newest residents, you shouldn't have to.

Barbara and Tony Auby have lived in Newport News for 46 years and are deeply ensconced in the community. However, their large, two-story house was getting to be a bit much to care for so their daughter suggested it was time for a change. They visited Warwick Forest in early fall, liked what they saw and moved in October.

"We like it fine here," says Tony. "We don't have a lot to take care of, and we're still active in the community. We're always on the go. One of our favorite things is that we don't have to prepare meals unless we want to. We mostly eat in the dining rooms and enjoy the wide variety of things you can have.

"I compare it to being on a



Barbara and Tony Auby

cruise," he chuckles. "You can go anytime you want and eat. We also have maid service once a week. It's a good situation. We can come and go, as we like. After living in a house, we didn't know we'd like living in an apartment so much."

It seemed inevitable the Aubys would retire at a Riverside community. Their daughter is Administrative Director for Case Management at Riverside Health System. Her twin brother works in the Emergency Room and

Barbara's brother is a retired Riverside neurosurgeon.

Tony was the choral director in the Newport News school system for 30 years and the Aubys continue to perform with the Virginia Chorale Society. Tony also brings his musical gift to Warwick Forest. He sang at a recent Sunday church service, lead a sing-along and is planning a musical recital with other Warwick Forest residents.

When they aren't singing, golfing or traveling, Tony and Barbara also stay busy with their four children, 12 grandchildren and three great grandchildren, who all live minutes from Warwick Forest.

"There are a lot of retirement communities out there," Tony said. "Pick the one that suits you best. It's more of a homey situation here. You don't have to dress up for dinner. We like that. There are all kinds of activities if you want, but there's no pressure to participate."



## RIVERSIDE recognized for outstanding stroke care

Did you know that stroke is the third leading cause of death and the leading cause of serious, long-term disability? When someone is having a stroke, their brain does not receive oxygen and vital nutrients. Immediate medical treatment is critical.

Of course, we hope you never experience the debilitating effects of a stroke. However, if you or a loved one should ever need immediate medical treatment for a stroke, isn't it nice to know there's a certified stroke center minutes away?

Riverside Regional Medical Center (RRMC) offers the first and only certified primary stroke program to serve the Peninsula and surrounding area. In December 2009, the Joint Commission for Accreditation of Healthcare Organizations (JCAHO), the nation's oldest and largest standard setting and accrediting body in healthcare, awarded RRMC Primary Stroke Center Certification and a Gold Seal of Approval for healthcare quality. In addition, the Riverside Rehabilitation Institute (RRI) in Newport News is a nationally-accredited stroke rehabilitation center, ensuring continuity of care with patients from RRMC.

Studies published in the *Journal of the American Medical Association* report that patients treated at hospitals with certified stroke centers have reduced mortality rates, fewer complications and improved long-term outcomes.





## Older adults contribute to exciting new medical advances

As an active, vibrant adult, you know how important it is to be proactive when it comes to your own health. If you've never considered enrolling in a clinical trial, you may find that participation is a rewarding way to gain access to new treatments before they become widely available. At the same time, you help others by contributing to critical medical research.

A clinical trial is a human research study to determine how well a new medicine, treatment or device may work. It is the final step before exciting new therapies become available to people who need them. Clinical trial participants obtain expert care at leading medical institutions during the course of the study.

You can sign up to receive news about upcoming research studies at the Center for Excellence in Aging and Geriatric Health (CEAGH), located right in Williamsburg. Riverside Health System is a part of the coalition of healthcare and other organizations that fund CEAGH. Its mission is to improve the quality of life for older adults by promoting understanding of how people age.

If you take medication for arthritis pain, and have heart disease or are at risk of developing heart disease, you may qualify for one of several current clinical trials at CEAGH, which are still open to new participants.

To learn about these and other clinical trials, or to register for updates, visit CEAGH online at [www.excellenceinaging.org](http://www.excellenceinaging.org) or call **757-220-4751**. Receiving information from CEAGH in no way obligates you to participate in a study.

THE CENTER FOR EXCELLENCE  
IN AGING AND GERIATRIC HEALTH™

## You are what you eat

Eating well is crucial to maintaining good health and warding off illnesses. As we age, our metabolism slows down and our nutritional and calorie needs change. Dietitians recommend that older adults focus on eating wisely. This means eating nutrient-dense foods that are low in fat and sodium and high in fiber and calcium.

According to Hillary Williams, a Riverside clinical dietitian, two of the big mistakes people make are skipping meals (making up for it at future meals) and not realizing that beverages contain empty calories.

### *Here are a few general tips eating a healthy diet.*

- Reduce your salt intake to less than 1500 mg daily. This prevents you from retaining water and developing high blood pressure.
- Monitor fat consumption, and focus on healthy fats, such as olive oil and nuts. Avoid foods with partially hydrogenated vegetable oils.
- Get adequate calcium and vitamins D and B12 to protect your bones. Use supplements if needed.
- Eat fiber-rich foods, especially whole grains.
- Limit consumption of sugar and dry foods, such as chips, and drink plenty of water.
- Exercise. Patriots Colony's fitness programs and trained exercise professionals make it easy to get plenty of physical activity, even if you have limited mobility or special needs.

The U.S. Department of Agriculture [www.usda.gov](http://www.usda.gov) has more information for seniors in its consumer section, including the modified food pyramid for older adults. Here's to your continued heart health!



APRIL - MAY 2010



AT WARWICK FOREST

**April 16, 2 p.m.**

**Health Care Decisions Day**

"Who will speak for you if you can't?"

a presentation on Advanced Directives and Living Wills by attorney Matthew Connors of Hancock, Daniel, Johnson & Nagel PC.

Refreshments served.

RSVP by April 15 to (757) 886-2200.

IN THE AREA

**April 15 - May 30**

Virginia Arts Festival  
virginiaartsfest.com

**April 16**

Virginia Symphony Orchestra  
fergusoncenter.cnu.edu

**April 23 - 24**

Michael Flatley's Lord of the Dance  
fergusoncenter.cnu.edu

**May 5, 6 to 8:30 p.m.**

"Cinco in the City"

citycenter@oysterpoint.com

**May 15**

**Jamestown Day - Jamestown Settlement**

Historic maritime demonstrations, military drills, archaeology and programs mark 403rd anniversary of 1607 founding of Jamestown, America's first permanent English colony.

Separate admission to Jamestown Settlement and Historic Jamestown. Free parking and shuttle available at both sites.

historyisfun.org/calendar

**May 23, 3:00 p.m.**

Richmond Ballet

fergusoncenter.cnu.edu

**May 29 - 30, 9 a.m. to 5 p.m.**

Yorktown Civil War Weekend

Memorial Day Weekend events include encampments, military and surgical demonstrations, a campfire program, and a special walking tour. Wreath laying ceremonies take place in the Yorktown National Cemetery and Confederate Cemetery on Sunday.

Tickets \$10,

(757) 898-2410 www.nps.gov/colo

1004 Old Denbigh Boulevard  
Newport News, VA 23602

