

# Minute-to-Minute

A Monthly Summary of Recent "Fit to Print" Committee Activities

February 2020

## Building Operations and Maintenance

- The need for the "Right Turn Only" sign at the lower South Jefferson Street exit was raised because there is no record of accidents caused by drivers turning left at that exit. A request to remove it will be submitted to Arlington County.
- Suggestions were made to increase the height of the yellow stripes delineating parking spaces in the Crossroads garage and to place vertical guides at the top of the concrete blocks that are supposed to impede the forward motion of cars when parking. Both issues will be investigated for possible implementation.
- Elevator numbers and emergency instructions throughout the Crossroads and Pointe have been evaluated. As a result, new signage will be displayed throughout GHBC.
- The Auditorium will be closed for four weeks beginning Monday, February 24, for installation of mirrors and other equipment to accommodate the exercise classes that are currently crowded into the aerobics room.

*Chair: Carole Hunt – Meets the 2<sup>nd</sup> Thursday of the Month at 10:00 a.m.*

## Community Service

- **Knit for Kids:** A total of 67 sweaters have been completed since the beginning of the October fiscal year for a total of 2,868 items since the project's inception. This project could use some additional knitters.
- **Culmore Clinic:** GHBC volunteers continue to set up the Culmore Clinic operation on Tuesdays and Thursdays. Two or three additional volunteers are needed on Thursdays.
- **GrandInvolve:** Five volunteers returned to their regular Tuesday morning sessions at Parklawn after the winter break.
- **Net Bags for Produce/AFAC:** Volunteers cut and knotted 6,737 net bags for AFAC (Arlington Food Assistance Center) in December. Once a month, the GHBC kitchen donates food for the bags so that volunteers, particularly on the 2<sup>nd</sup> floor, can see how the bags are used.
- **Collection of Warm Clothing and Shoes for First Christian Church (Home of the Culmore Clinic):** GHBC residents responded generously to this collection with the donation of many well-maintained or seldom used warm coats, jackets, sweatshirts, sweaters, gloves, boots and shoes.

*Chair: Donna Cornman – Meets the 2<sup>nd</sup> Thursday at 3:00 p.m.*

Judith Miller, Editor

## Dining Services

The process for hiring an Executive Chef was reviewed:

- There were 18 to 20 applicants for a new Executive Chef which were narrowed down to 3 finalists. Acting Executive Chef, Nina Rakotoarisoa is one of the finalists.
- Six residents and six management personnel participated in “tasting sessions” for the finalists. Each candidate was given a “basket” of the same ingredients and had to prepare a meal within 4 hours.
- Expectations are that management will be able to make an offer to one of the finalists by early February with the hope of having a Chef on-board soon thereafter.
- Reservations for Special Meals are being accepted after 8:00 a.m. two weeks before the event. This practice was implemented to avoid the need to call at midnight.
- After concern was expressed about residents who do not make reservations for holiday meals, it was decided that the Dining Services staff will present options at the next DS Committee meeting regarding more effective ways of using the three venues during these meals.
- Reservations have been implemented for the Fireside. They can be made on the Website or by calling Ext. 7645.

*Chair: Judith Miller – Meets the 2<sup>nd</sup> Tuesday of the Month at 9:30 a.m.*

## Employee Gift Fund

- Although the 2020 campaign will not be launched until Friday, October 30, residents are reminded that they can space their gifts over the year by putting their donations into the Employee Gift Fund Box in the mail room.
- The Employee Gift Fund is the only way our employees can receive gifts from residents.
- The Employee Gift Fund Committee will meet in August to prepare for the 2020 Fund drive.

*Co-Chairs: Nancy DeMarco Ext. 7372 and Eleanor Karro Ext. 7466  
The Committee meets as needed.*

## Fine Arts

- A series of art videos of the Great Course Series was started in January. The History of European Art is conducted by Professor William Kloss, an independent art historian long connected with the Smithsonian Associates. The series is comprised of 48 illustrated lectures. Two lectures (one hour) are shown on Mondays at 1:00 p.m. in the Media Room.
- The Art Center will offer a one-day course by Veronica Priddy on making greeting cards on Wednesday, February 12. Other courses under consideration are: phone photography conducted by Lash LaRue and Chinese brush painting by Frank Spink. The Saturday ceramics course has begun again. The woodworking masters have returned to teach and new resident, Carole Hunt is conducting a jewelry making class.

## Fine Arts...continued

- A trip to the Hirschhorn Gallery is scheduled for Monday, February 10. The sign-up sheet is in the Resident Business Office.

*Chair: Margaret Kelley – Meets 3<sup>rd</sup> Friday of the Month at 2:00 p.m.*

## Fitness Committee

- The Fitness Committee updated its Charter which was approved by the Resident Council and is on the Website.
- Fitness Center staff has restarted the personal training program. A brochure with prices is available in the Fitness Center. This does not replace the free fitness orientations which take place on the second Monday of each month at 2:00 p.m.
- The pool heater has been replaced which, hopefully, resolves the ongoing issues with the fluctuating pool and spa water temperatures.
- Fitness classes in the Auditorium are scheduled to start in the first quarter after the installation of wall mirrors and arrival of needed equipment.

*Chair: Marietta Tanner -- Meets the 2<sup>nd</sup> Thursday of the Month at 12:30 p.m.*

## Green Team

The Green Team's current project supports the Dining Services' new composting program:

- The first month of composting (November 2019) generated 2 tons of food waste. This was waste from the JDR kitchen only. Eventually, food waste will be collected for composting from plates and kitchens in all venues.
- Residents are encouraged to bring food waste such as banana & orange peels, apple cores, left overs, etc., from their apartments to the compost bin in the Market Place.
- Brochures listing items that can be composted will soon be available.



*Chair: Jane McKeel – Meets Quarterly*

## Health Committee

- The Health Committee will be meeting with the Capital Caring Health staff, regarding its presentation at a recent Town Hall meeting and will be addressing the questions raised by residents. The Committee expects to prepare an article for West Winds on the Capital Caring proposal.

*Chair: Nancy Randolph – Meets 1<sup>st</sup> Friday of the Month at 10:00 a.m.*

**EAT  
HEALTHY  
AND  
STAY  
FIT**

## Lectures and Speakers

The evening series of foreign affairs speakers will continue in February:

- Tuesday, February 11 – Tom Pickering on "The Middle East: Mess, Muddle, or Miracle?"
- Thursday, February 27 – Molly Williamson on "Why It's so Hard to Talk About the Environment."

*This is an informal planning group Chaired by Allen Anderson*

## Marketing

- The next Marketing event will be for Priority Club members and will take place on Tuesday, March 10, between 9:30 -11:30 a.m .and 1:30 - 3:30 p.m. Members will be visiting as many apartment configurations as possible. (Lunch in the Bistro may be crowded on that day.)

*Chair: Sally Recinos – Meets the 4<sup>th</sup> Tuesday of the Month at 3:00 p.m.*

## Movies

The Movie Committee has chosen the following movies for February:

- February 8 - *Yesterday*
- February 15 - *Downton Abbey*
- February 19 - *Smiles of a Summer Night* is a Swedish film that is the foreign film Pick-of-the-Month
- February 22 - *Judy*
- February 29 - *Seven Brides for Seven Brothers*

*Chair: Jeanette Wurster – Meets 3<sup>rd</sup> Monday of the Month at 2:30 p.m.*

## Spiritual Life

- The next Senior Quest for Meaning Panel is Monday, February 24, in the Auditorium at 7:30 p.m. The discussion will focus on Goodwin House in the Next Ten Years: Developing Staff.

*Chair: Tony Tambasco-- Meets as Needed*

## Trips and Outings

The following trips are planned for February:

- Thursday, February 6 – MGM Casino. Bus departs at 9:30 a.m.
- Saturday, February 8 – *A Thousand Splendid Suns* at Arena Stage. Bus departs at 11:00 a.m.
- Wednesday, February 12 – A trip to DC to visit the Shrine of Immaculate Conception.
- Thursday, February 27 – *Moonlight and Magnolias* at the Little Theater of Alexandria at 7:00 p.m.

**For additional trips, see the Website/Activities and Events/Outings.**

*Chair: Carolyn Buttolph – Meets 3<sup>rd</sup> Monday of the Month at 3:30 p.m.*

## **VaCCRA**

- VaCCRA held its first quarter meeting on Wednesday, January 29. Penny Gross, Mason District Supervisor, and Dr. Ricardy Anderson, School Board Member, provided an explanation of their work.
- The second quarter speaker will be Dana Parsons, Legislative Affairs Director for Virginia LeadingAge.
- VaCCRA membership dues should now be renewed.

*Chair: Jean Bacon – Meets as Needed*

## **Veterans**

- The Veterans' Committee's "Historic Battle Movie" program continues to attract residents to its movies. For its next movies, the Committee is considering: *They Shall Not Grow Old* (World War I); *A Bridge Too Far* (World war II); and, *Desert Rats* (World War II).
- The plan to install pictures of Veterans in Ground Floor hallways has identified the first two honorees and their pictures will soon be installed.
- The Veterans Committee is continuing to work with Shepherd's Center of Oakton, Virginia, to determine how we can best support their program to reduce loneliness among disabled veterans.

*Chair: Bill Rockey – Meets 1<sup>st</sup> Tuesday of the Month at 1:00 p.m.*