

FOR IMMEDIATE RELEASE

Contact: Elizabeth “Whiz” Harris
(804) 438-4350
wharris@rw-c.org

IRVINGTON, VA – October 7, 2011

Rappahannock Westminster-Canterbury Sponsoring “Voyages” Program to Help Community Seniors Answer Questions about Aging

On Tuesday, October 25, Rappahannock Westminster-Canterbury will host its popular “Voyages” program, a one-day seminar created by the RWC Wellness Team to address some of the medical, legal, administrative, spiritual and health dimensions of aging.

“We want everyone to feel they are in control of decisions that affect their lives and their care as they grow older,” says team member Alice Coates, Director of Social Services at RWC.

Because seniors often have difficulty dealing with issues such as changes in lifestyle, loss of a loved one, or decreased mobility, “Voyages” was created by RWC’s Board of Trustees to help them learn to cope with changes more effectively. Although designed to assist RWC residents and those who have expressed interest in moving to the continuing care facility, “Voyages” is also open to the public.

The seminar begins at 8:30 a.m. with a continental breakfast on the RWC campus, 132 Lancaster Drive, Irvington. Coates will discuss some of the medical and legal issues seniors should consider, including advanced directives that provide instructions for end-of-life care. RWC’s Chaplain, Davis Smith, will engage participants in a discussion about the spiritual dimensions of aging and offer advice about handling spiritual crises. “We have found that the group setting allows seniors to feel comfortable asking questions and addressing topics that might otherwise be difficult for them to face,” Smith says.

Resident Life Coordinator Maria Ferrand will provide guidance for organizing paperwork and identifying documents that seniors should have readily available for themselves and their loved ones. RWC’s Wellness Director Kori Poplin will lead the group in some exercises and offer tips about nutrition and healthy lifestyles.

Lunch is also provided as part of the program. In the afternoon Laura Lee Sampson of Currie Funeral Home will speak with the group. The program ends at 2:00 p.m.

“Everyone who takes part in ‘Voyages’ will walk away with a notebook filled with helpful information and resources,” Coates says. Additionally, RWC staff plan to follow up with attendees after the seminar to check on their progress in following through on actions they might have promised to take.

“Voyages” is offered at no cost, but attendance is limited to 50 participants, so those interested in attending are asked to call 438-4000 before October 20 to reserve a place.