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IRVINGTON, VA – September 23, 2010 –

On Tuesday, October 26, 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.

Now in its eighth year, “Voyages” was created by RWC’s Board of Trustees to address concerns seniors often have about a host of issues that can sometimes be overwhelming. Though designed specifically to assist RWC residents and those who have expressed interest in moving to the continuing care facility, “Voyages” is also open to the public.

“We want all seniors in our area to feel comfortable about this important time in their lives and to feel empowered to make decisions for their future,” says Davis Smith, RWC’s chaplain. Smith says that at every stage in life people face unique challenges. Seniors often have difficulty dealing with issues such as changes in lifestyle, loss of a loved one, or decreased mobility. “Voyages” helps them learn to cope with changes more effectively.

The seminar begins at 8:30 a.m. on the RWC campus, 132 Lancaster Drive, Irvington. After a continental breakfast, Alice Coates, RWC’s Director of Social Services, will discuss some of the medical and legal issues seniors should consider, including advanced directives that provide instructions for end-of-life care. Chaplain Smith will talk about the spiritual dimensions of aging and provide advice for handling the spiritual crises people often face. Resident Life Coordinator Maria Ferrand will present some helpful hints for organizing paperwork and identifying key documents that seniors should have readily available for themselves and their loved ones.

To make sure attendees understand that taking care of themselves is key to happiness at this stage in their voyage through life, RWC’s Wellness Director Kori Poplin will lead the group in some yoga exercises and offer tips about nutrition and healthy lifestyles. After lunch the group will be treated to a presentation by Tom Gale of Currie Funeral Home, whose upbeat style and rich fund of anecdotes have made him a hit in prior seminars. “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.

The program officially ends at 2:00 p.m., but everyone who takes part in “Voyages” will walk away with a notebook filled with helpful information and resources to pursue matters requiring further attention. Additionally, Smith says, 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.