

Westbury World

Volume XIV, Number 3

March, 2010

Westminster-Canterbury Dedicates New Chapel

True to its mission statement*, Shenandoah Valley Westminster-Canterbury dedicated its newly constructed Chapel in a service on February 12. Approximately 175 people attended the dedication ceremony (85 in the Chapel proper and the remainder via live broadcasts in The Abbey and Apple Blossom Room in Wappacomo Hall). Following the dedication service, a delicious luncheon reception was held in The Commons to honor the donors, SVWC committees, designers, builders, and local artisan contributors, without whom the chapel construction would not have been possible.



Photo by Louisa Frederiksen

Officiating at the dedication were (left to right): The Rev. Dan McCoig, Associate Pastor, First Presbyterian, Winchester; The Rt. Rev. David Jones, Bishop Suffragan, Diocese of Virginia; The Rev. Webster Gibson, Rector, Christ Episcopal Church; Ms. Sally Hinchman, Interim General Presbyter, Shenandoah Presbytery; Dr. Terry Sinclair, Chairman of Board of Trustees; SVWC Chaplains The Rev. Elizabeth Lewis and The Rev. Larry Lawhon.

In This Issue:

Westminster-Canterbury	
Dedicates New Chapel	1
Audio-Visual Capacity Expanded	2
SVWC Library Notes	3
Our New Neighbors	3
March Thursday Programs	4
Health Service Grew in '09—	
More Planned for '10.....	4
Swing Jazz Returns to the Bistro.....	4
Chef Chandler Stage Center	5
SVWC's Super Bowl Party	5
Wear Red Day Raises Awareness	
Re Heart Disease	5
From the President's Desk	6
Preparing for the Big Storms.....	6
Around the Campus.....	7
The Chaplain's Corner	8

The Reverend Donald Jones, Honorably Retired, an SVWC resident, welcomed those in attendance. Ms. Sally Hinchman, General Presbyter of the Shenandoah Presbytery, and The Rt. Reverend David C. Jones, Bishop Suffragan of the Diocese of Virginia, presided at the dedication service, together with Westminster-Canterbury's Chaplains, The Reverends Larry Lawhon and Elizabeth Lewis. Additionally, The Reverend Webster Gibson, Rector, Christ Episcopal Church of Winchester, and The Reverend Dr. Dan McCoig, Associate Pastor, First Presbyterian Church of Winchester, participated in the worship service.

Dr. Terry Sinclair, Chairman of the SVWC

See **Dedication**, page 2, column 1

Dedication from page 1

Board of Trustees, and Jeannie Shiley, SVWC President and CEO, addressed those in attendance at the reception in The Commons. After a warm welcome, recognition was given to those directly responsible for the successful addition of the Chapel to the SVWC campus: most notably, The Chapel Committee (Mrs. Janet Waller, Chairman), The Development Committee (Mr. Richard A. Farland, Chairman), The Property Committee (Mr. Robert Kern, Chairman), and all of the remarkably generous donors who made “a plan become a reality.” A listing of Chapel donors (including in-kind donors of time and material), highlighted in the recognition program and handed out at the ceremony, will be permanently displayed in the Chapel.

The plan to build a chapel at Westminster-Canterbury was conceived in 2006. Following a successful capital campaign in 2007 and 2008, final plans were drawn up for the Chapel construction. Completed in December 2009, the Chapel seats 85 people, and is a dedicated place for worship, education, reflection, and meditation for people of all faiths and traditions.

Before the Chapel’s construction, SVWC utilized several locations on its campus for Sunday worship services, and three local churches came monthly to hold communion services: Christ Episcopal Church, First Presbyterian Church, and Sacred Heart of Jesus Catholic Church. The newly-constructed Chapel will not only allow for a dedicated worship space for Sunday services, but will make special holy day services, memorial services, and Bible studies all the more *special* for Shenandoah Valley Westminster-Canterbury, a very *special* community.

Louisa Frederiksen

* **SVWC Mission Statement**

Shenandoah Valley Westminster-Canterbury is a not-for-profit, intimate, church-related continuing care retirement community that is committed to enabling residents to use their gifts fully, and live their lives richly, and enjoy with dignity the years God has given them.

Audio-Visual Capacity Expanded

Deep into Monday night rehearsal last month, the Westbury Choristers discovered they had been featured the previous thirty minutes on Community Channel 21. At first they silently cataloged postures, bad notes, and mistakes, but quickly broke into nervous chatter concluding *Reality TV at SVWC* could be a good thing. “There’s even a bounce to just saying it,” one singer said.

The impromptu broadcast provided opportunity for the new resident volunteer Audio-Visual Team assembled by resident techie guru Harmon Pritchard to rehearse sound and camera cues for the Chapel dedication which was held on February 12. The sound check also gave song leaders from the Choristers in the guest overflow areas, who were responsible for leading hymns during the dedication ceremony, opportunity to practice.

“Aware there are always residents unable to attend regular Sunday worship services,” Chaplain Elizabeth Lewis explained, “expanding audio-visual capabilities was a fundamental part of the vision for our Chapel from the start.” As first used during Christmas Eve services, it was discovered that the system transmitted voices fed only through personal and the Clavinova’s mikes. Other instruments and congregational singing weren’t audible

See **Expanded**, page 3, column 2

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Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster-Canterbury Drive
Winchester, VA 22603 - - - - - www.svwc.org
Phones: (540) 665-0156 1-800-492-9463

Co-Editors:

Resident—Les Hubert Staff—Sue McKenzie

Committee:

Chairman: David Greene
Joan Butler Charles Covey Beryl Evans
Elizabeth Gamble Marcia Greene June Hess
Randolph Jackson Richard Mann Edward Rider

SVWC Library Notes

With Christmas, New Year's and Valentine's dealt with, it's time to recognize Saint Patrick's Day. According to the *World Book Encyclopedia* Saint Patrick is the patron saint of Ireland whose feast day is celebrated on March 17. The question is, who was Patrick and why is he so revered in Ireland? (Not for ridding them of snakes—there never were snakes in Ireland.)

According to Thomas Cahill's book, *How the Irish saved Civilization*, Patrick was not even Irish. He was an English lad of 16 called Patricius, in the Roman fashion, when he was taken prisoner in a raid to England by the Irish. He spent the next six years as a slave in Ireland, surviving by falling back on the God of his parents to pray constantly as he tended the flocks. Following the dictates of a vision, he escaped aboard a ship bound for the continent where, after another period of years, he petitioned for a theological education. He was ordained first as a deacon then as priest and bishop, perhaps the first missionary bishop in history.

Despite his years of servitude in Ireland, but in keeping with his long-held relationship with God, he returned to Ireland determined to bring the Irish into the fold. Cahill says that what is remarkable is not that Patrick should have felt that overwhelming sense of mission, but that in the four centuries between Paul and Patrick there were no missionaries! Paul himself never ventured beyond the Greco-Roman Ecumene while Patrick was the first missionary to barbarians beyond the reach of Roman law. His gift to the Irish was his Christianity—the first de-Romanized Christianity in human history, creating what Cahill calls an “island of saints and scholars.”

And it was these saints and scholars who laboriously preserved the west's written treasury—from the Greek and Roman classics to Jewish and Christian works—while the “dark ages” enveloped the European continent.

So, pause a moment on Saint Patrick's Day, and don't worry about the snakes!

Warner Eliot

Expanded from page 2

on the Channel 21 broadcast. Fortunately, it could be corrected with the purchase of an omnidirectional microphone. Then—Chaplain Lewis cast her bread upon the waters, and a donor stepped forward.

From a closet at the back of the Chapel, sound levels on all mikes can be controlled by an operator, as can the cameras, both to amplify sound and to broadcast on Channel 21 worship and communion services held monthly. Personal hearing devices are also available. Other new A-V equipment in the Chapel includes two projectors, two retracting movie screens, and a cable connection for laptop computers to project Power Point programs. Movie CDs and DVDs, VHS tapes, and music CDs can also be played through the system. “The ultimate goal is to provide closed-circuit broadcasts to The Abbey without going on Channel 21,” Pritchard noted.

Pritchard's resident A-V team has been provided with operation manuals and hands-on training. They are: **Lucia Barbour, Joan and John Claybrook, Bart Hansen, Carl Hess, Lydia Meford, Clyde Pressley, John Waller, and George White**. Half of them have already handled the new equipment during a service. Pritchard has also compiled a nicely-edited version of the Chapel dedication, including the assemblage of dignitaries and the reception. It will be broadcast on Channel 21 at 1:00 p.m., Tuesday, March 2

Possibilities for the Holy Spirit's leading our efforts are endless, and we are deeply grateful.

June Hess

Our New Neighbors

Two new neighbors moved into our community during the month of February.

Mrs. Louise Bowman from Bluemont, VA, moved into Apartment 302, Shenandoah Hall.

Mr. Paul Rittenhouse moved into Apartment 511, Shenandoah Hall. His former home was in Toano, VA.



March Thursday Programs

Thursday evening programs in March will all be presented in The Abbey at 7:30 p.m.

March 4. Pat Richie has roots in Rockingham County near Harrisonburg, and has a lot of lore and bits of interesting information about life in the past. She is the backup person for Trish Ridgeway, head of Handley Regional Library. Her program, "A Shenandoah Valley Story" given at church was well received. You won't hear this story at the Museum.

March 11. "Painting the World" by **Fred Zimmer** will show his impressionistic scenic views and interpretations of paintings and some drawings from 17 countries. Come escape the blahs of winter with this 30-minute video.

March 18. "Music for Strings." A performance of solo and chamber music for violin, viola, and cello will be presented by students from the studios of Doris Lederer and Akemi Tatayama at Shenandoah Conservatory.

March 25. Mary Stickley, Master Gardner at the Museum of the Shenandoah Valley, will talk about "The Gardens at Glen Burnie," how they were developed, how they are managed, and what are the plans for expansion.



Health Services Grew in '09 More Planned for '10

SVWC hired **Carolyn Wagner**, Licensed Nurse Practitioner, in April last year to provide an increased level of health services for residents. Carolyn's many certifications include Adult Nurse Practitioner, Gerontological Nurse Practitioner, and Wound, Ostomy, and Continence Nurse.

She has become well-known throughout our community, and residents greatly appreciate her service, care, and concern. She divides her time between Independent Living, Assisted Living, and Health Care residents depending on the

demand each day. Carolyn's knowledge and expertise have been recognized by both residents and staff. Beginning in January our staff has been seen for acute care needs. They appreciate not having to leave work for treatment.

Because her salary is covered by insurance payments, there is no cost to the community for this wonderful addition to our services.

The Clinic space is being remodeled so that services can continue to expand in 2010, with plans to add dental services in the renovated Clinic area.

Richard Mann

Swing Jazz Returns To the Bistro

On March 19 in the Bistro, **Hot Club Millwood** will play swing jazz from the Paris clubs of the 1930s. This is the music of Django Reinhardt and Stephane Grappelli, two great musicians who shaped the history of American jazz from across the Atlantic.

Hot Club Millwood, a popular Clarke County group, are five guys who love this "Gypsy" jazz. **Chip Schutte, John Friant, Gary McGraw, Gerald Kinzie, and Jim Leach** played our second Bistro Concert on a bitter cold January night. They warmed the room in a spectacular way and now return to give us more great jazz.

The public is cordially invited to enjoy these concerts by the great stone fireplace. The music begins at 7:30. Invite your friends. Morgan's Tavern will remain open into intermission; refreshments will be served. Admission is \$10 per person and a portion of the proceeds benefit the Fellowship Fund. For more information, visit our website at www.svwc.org/bistroconcerts.

Last month, Scott Ainslie told stories that drew us into his songs and helped us better understand the origins of American blues and gospel.

Robert Sherwood

Chef Chandler Stage Center

A record crowd of more than seventy SVWC residents watched Chef Josh Chandler do his magic in mid-February in the Bistro. Equally enjoyable was sampling his three delicious creations. Everyone was served a small portion of each dish. Recipes were provided for each.

Kirby Nickerson, our CFO, was head waiter, and Brandon Clark, Director of Dining Services, poured wine.

Creation number one was a praline sauce with cinnamon, vanilla, nutmeg, cream, brown sugar, and pecans—delicious on waffles, pancakes, and French toast. Creation number two was lobster crêpes, with many ingredients. These are super-thin pancakes filled with lobster, celery, chives, and cheese. Creation number three was triple-berry crême brulée, a creamy custard with raspberries. A highlight was Chef Josh glazing each dish with a workshop gas torch.

Charles Covey



Photo by Joan Claybrook

Sharp-eyed Cheryl Lusby noted these unusual “snow ribbons” in our courtyard and alerted photographer Joan Claybrook.

SVWC’s Super Bowl Party

About eighty SVWC residents enjoyed watching Super Bowl XLIV on the big screen in The Abbey with food and drink, thanks to our Dining Services Department. Starting at 5:00 p.m. residents moved to The Abby and found places at tables—and naturally then moved to the buffet table for sandwiches, lots of green food, dressing, cheese, crackers, cookies, soda, coffee, beer, and a big cake. The ideal position for a football game is to put your elbows on the table, partake of nourishment, talk to neighbors, and watch the action—lots of passes, blitzes, fumbles, sacks, touchdowns—and commercials, commercials, commercials.

Although the Indianapolis Colts scored first, the crowd seemed to favor the New Orleans Saints. In the end, Drew Brees was the hero and Payton Manning would wait until next year to try for his second Super Bowl win. Observers said that it was as much fun watching the commercials as football. The one with Betty White was popular. Beer commercials are always good.

Charles Covey

Wear Red Day Raises Awareness Of Heart Disease

SVWC hosted a “Wear Red Day” luncheon in early February in recognition of women’s struggle against heart disease. More than 100 residents and guests listened to keynote speaker Dr. Juan Pittaluga of Valley Cardiovascular Consultants.

“Traditionally we thought heart disease was really something reserved for men,” Pittaluga told the crowd of men and women. Heart disease is the leading cause of death of females 65 and older, and more women than men die each year from heart disease. About 42 million women nationwide live with the disease, and many are unaware they are at risk.

Dr. Pittaluga said that exercise, consumption of healthy foods, and medications such as aspirin and cholesterol lowering statins can reduce the risk of heart disease.

Cathy Brown

From the President's Desk



Jeannie Shiley
President/CEO

Shenandoah Valley Westminister-Canterbury is committed to providing its residents with the highest quality of care and services. To aid in this effort, each year during the month of March we conduct a resident satisfaction survey. We value your input.

The survey is divided into the following areas: resident information, overall satisfaction, administration, independent living, medical/clinical, daily living, facility/environment, dining services, and final thoughts.

This satisfaction survey is extremely important to our community for a number of reasons. The results help us measure the effectiveness of our operations and the services we provide. We ask that each resident answers the questions honestly based on their experiences at SVWC over the past twelve months. We also encourage that you complete the comment sections of the survey to share your input, whether positive or negative.

Many departments incorporate the results of the surveys into their annual departmental goals on which employees are evaluated. The results of our survey will also be compared to the ranking of similar communities, which is also helpful as we seek ways to improve our operations.

This year Holleran Consulting will conduct the satisfaction survey. Holleran is recognized for its expertise in the aging services and health and human services fields, partnering with retirement communities, healthcare providers, community service organizations, foundations, and government agencies in 37 states and Canada.

Please be assured that all responses are confidential. It is important that all residents take just a few minutes to participate in this process. If there are residents within our community who are unable to complete the form, Holleran will be contacting

family members and responsible parties to answer the questions. They will consolidate the surveys and share the results at a resident meeting in May.

If you have any questions about the survey or the process, please do not hesitate to call Cathy Farmer or me. Thanks for your time and participation.



Preparing for the Big Storms

Climatology promises that snow storms are behind us for the season, but denizens of Westminister-Canterbury will long remember the “triple whammies” delivered by our recent winter. Repeatedly we witnessed the outstanding performance of the SVWC staff. Cottage dwellers viewing ever-deepening drifts were cheered by the midnight sight of the snowplow. Residents in the apartments and health care saw no interruption of services. This didn’t “just happen,” it was the result of advanced planning. *Westbury World* asked CEO Jeannie Shiley about it.

Jeannie said they started planning several days before the beginning of threatening storms. She overwhelmed our reporter with a long list of individual actions taken when large storms are forecast. Here are some high points:

Jeannie calls a meeting of department heads to plan for communication between the departments and to stress *there was to be no interruption in service regardless of the weather*. Every department is involved. Some of the action items are:

Centralize communication at the front desk regarding room assignments.

Purchase more air mattresses as needed.

Insure that linens and mattresses are in place.

Reserve extra rooms at the Holiday Inn Express.

Call staff in each department to insure that all shifts will be covered.

Contract truckers to haul snow. This is the first winter this was necessary. The contractors are

Snow from page 6

on call for future need.



A line of "parked" cars!

As many as fifty employees stayed on campus during the storms, including the CEO, department managers, front desk

staff, Nursing and Dining services, Housekeeping and Environmental Services. Many pitched in on tasks not on their job descriptions—Debbie Teets shoveled snow, Brandon Clark served meals, and Jeannie Shiley bussed dishes!



Sunrise on Elderberry Drive

Richard Mann & Les Hubert

Around the Campus

THE MUSIC BOX

The **SVWC Music Club** will present **The Shenandoah String Band** on Friday, March 12 at 3:00 p.m. in the Apple Blossom Room. Performers include John Kovac, Judith Floyd, and Sally Seabright who will play traditional and folk music. They will also introduce us to their handmade PVC instruments.

SVWC VETERANS GROUP

Business Meeting
Election of Officers
March 25, 7:30 p.m.
The Abbey
All veterans urged to attend

PERIPHERAL NEUROPATHY SUPPORT

A Peripheral Neuropathy Support Group will be forming soon in Westminster-Canterbury.

Would you like to be involved in the start-up? Would you like to be informed about its meetings?

Please call **Janet Foster** at Ext. 832.

CORPS OF ENGINEERS IN IRAN AND AFGHANISTAN

SVWC residents will have an opportunity to hear from a local official as to how the U. S. Army Corps of Engineers is contributing to operations in both Iraq and Afghanistan. The presentation is scheduled for Tuesday, March 23 at 7:45 p.m. in The Abbey.

The speaker will be Col. Ronald M. Light, Commander of the U. S. Army Corps of Engineers, Middle East District, Winchester. Col. Light has extensive experience in the Middle East region with first-hand knowledge of U. S. involvement in a number of countries. His perspective on current events should be of considerable interest. All residents are invited to attend this presentation which is sponsored by the SVWC Veterans Group.

Charles Covey

Spring in the Woods *The Lawrence Legacy*

The winter of our discontent is o'er! Time to rejoice with the discovery of the first cheery wildflowers about to carpet our woods.

See the chart on the bulletin board for a list of those that bloomed in March last year.

Ann Crocker

CHAPLAIN'S

O The Chapel dedication service was thrilling!
R This celebration was the culmination of
N many years of waiting and hoping and plan-
E ning and praying by all of us! It was our
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The Chapel dedication service was thrilling! This celebration was the culmination of many years of waiting and hoping and planning and praying by all of us!

It was our privilege to have several guests participate in our service. The Rt. Rev. David C. Jones, Bishop Suffragan of the Diocese of VA, and Ms. Sally Hinchman, Interim General Presbyter of Shenandoah Presbytery, were our two preachers for the day, and they each did an outstanding job. What a delight to strengthen our relationships with them.

Two other guests were The Rev. Dan McCoig, Associate Pastor at First Presbyterian Winchester, and The Rev. Webster Gibson, Rector at Christ Episcopal Church in Winchester.

These two gentlemen share in ministry in our community regularly, particularly in our Thursday communion services, and we do enjoy their presence here!

Two other guest ministers were The Rev. Dr. Richard Reifsnnyder First Presbyterian and The Rev. Ann Ritonia of Christ Episcopal Church providing a pastoral presence in the satellite locations greeting worshippers and leading in worship. We are also delighted that they too share regularly in ministry here.

Resident greeters who were inadvertently omitted from the worship order were Mr. Hubie Plaster, Mrs. B.J. Fawcett, Mrs. Shirley Mann, Miss Martha Rees, Mr. Joe Wintersteen, Miss Barbara Walsh, The Rev. and Mrs. Fritz Trumbore, Mr. Clyde Pressley, and Mrs. Betty Burkholder. We thank them for a job well done.

And now... let us worship God together!

Westbury World

Shenandoah Valley Westminster-Canterbury
300 Westminster-Canterbury Drive
Winchester, Virginia 22603
(540) 665-0156

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