Resident Artists Shine At General Assembly Exhibit

Twelve SVWC residents were honored to have their artwork displayed at the General Assembly building in Richmond during an exhibit that is sponsored annually by the Virginia Association of Non-Profit Homes for the Aging (VANHA). This is the first time SVWC has participated, joining with 23 other retirement communities.

The exhibitors are Louise Bowman, Jane Campbell, Joan Claybrook, Esther Dovell, David Greene, Ron Jackson, Jeanne McFarland, Wil Pieper, Cari Sherwood, Yvonne Teske, June West, and Fred Zimmer. Their art includes photography, water colors, and oil paintings.

The judges selected ten place winners and 25 honorable mentions from among the 300 pieces of art contributed by more than 200 artists. SVWC is proud to announce that three of our residents were among the winners! David Greene won 3rd place in the photography division for “Moon,” Wil Pieper won 1st place with “Teakettles,” and Joan Claybrook’s “Ribbons of Snow” photograph won honorable mention!

The General Assembly exhibit will be returned to SVWC on February 28 and is expected to be on display in the Lawrence Gallery from March 1 to March 9, with a closing reception on March 9 from 4:00 to 5:30. Congratulations to all the artists—they are all winners!

Marcia Greene
Pioneer Network -
Changing the Culture

So what is the Pioneer Network? What does it mean for us? It is the voice of person-centered care in long-term care settings such as ours. It was formed in the mid-1990s by a handful of senior health care professionals from numerous elder care communities across the country. These people had become uncomfortable with care based primarily on the “hospital model” in which only diagnoses receive attention. They were aware that long-term care is often strikingly different from the acute care featured in our nursing schools.

Today, the Pioneer Network has grown to serve as the leading national advocate for person-centered care in all types of retirement communities. It calls repeatedly for “culture change” because the mindset of many long-term care facilities remains dominated by the hospital model.

Making the shift to resident-centered care is challenging. In part this is because nurses and nursing assistants have long been primarily educated for hospital work where the objective is to “patch them up and send them home.” Gerontological nursing has gotten far less attention. This is beginning to change. Here at SVWC, we are moving rapidly toward the leading edge of improved methods for helping our nursing staff better appreciate and address the special needs of our residents. Our own nursing leadership is working with creativity to move ahead of the curve.

Pioneer Network pursues its mission by convening researchers, policy makers, regulators, providers, and consumers with a nationwide network of state Culture Change Coalitions. It seeks to design and deliver the highest quality, evidence-based, person-centered approaches to enhancing the lives of elders, wherever they reside. Its “webinars” (online seminars) are becoming leading sources for advocating resident-centered long-term care. Our leading nursing staff and others are viewing these webinars currently.

Each August the Pioneer Network annual convention gathers well over a thousand health care professionals to review best practices in resident-centered care. So far, eight people from SVWC have attended. In 2010 our Administrator Cathy Farmer and three staff members went. Last year Dr. Terry Sinclair who chairs our Board of Trustees, our CEO Jeannie Shiley, another member of our Board of Trustees Sara Stern, and one of our residents, Bob Sherwood, attended, where they presented a workshop detailing the SVWC culture change journey. We have been invited to present the workshop again this August. Sherwood was recently named to a three-year term on the national Board of Directors of the Pioneer Network. He is the first person without health care credentials to be named to this Board. This will give SVWC greater access to the Pioneer Network’s considerable resources.

The website of Pioneer Network (www.pioneernetwork.org) is a rich source of extensive information regarding resident-centric culture change. Take a look to learn more.

Bob Sherwood
SVWC Library Notes

-Futures-

Even though our library is temporarily unavailable, the notes go on with books that will be available some day. Most are books that were donated before the ukase on donations, and some were purchased while the library slept.

The funniest is Sailing: the fine art of getting wet and becoming ill while slowly going nowhere at great expense by Henry Beard and Roy McKie. It’s written as a dictionary with cartoons and hilarious definitions from beginning to end. It will be familiar to anyone who has a boat, and a caution to anyone thinking of getting one.

Another is quite different—The Housekeeper and the Professor by Yoko Ogawa is about a brilliant math professor who because of a head injury has only eighty minutes of short-term memory, and is cared for by a housekeeper and her young son. “The professor is capable of discovering connections between the simplest of quantities—” like the housekeeper’s shoe size and the universe at large…” The result is a gentle love story.

Finally, there is War in the Land of Morning Calm by our fellow resident Bob Riggs. It’s a novel based on his own experience as marine fighting in Korea. By the end one wonders how anybody survived that conflict!

Thursday Evening Programs - 7:30 p.m. in The Abbey

March 1. Richard Teske will present “New Views of the Universe.” Orbiting instruments like the Hubble Telescope have “seen” back in time almost to the beginning of the universe, and are showing astronomers how the stars and galaxies have evolved. Ground-based telescopes have revealed that the expansion of the universe is accelerating. Now huge instruments on mountaintops and a larger space telescope are being built to explore the universe to its farthest reaches.

March 8. Stormie Keating, Violinist, will return to SVWC with her outstanding music. She has performed here many times as well as giving concerts in and around the Shenandoah Valley.

March 15. Bruce Johnson. “The Night of the Hummingbird” will focus on ruby-throated hummingbirds, discussing how to attract them to your balcony or patio, when to expect them to arrive and depart each year, how to feed them, their migration patterns, and their importance to the agricultural community. The program will include time for questions and discussion.

March 22. The Shenandoah Singers are a dynamic vocal group that perform an eclectic a cappella repertoire drawn from the popular music tradition, including jazz, pop, and world music. This vocal chamber group is an ensemble of eight to twelve singers who represent Shenandoah Conservatory in performance tours and other off-campus settings. Dr. Jeffrey directs the group.

March 29. Music for Flute and Piano by Yuling Huang-Davie, piano, and Andrea Kapell, flute, members of the faculty at the School of Music at the University of Louisiana at Lafayette. Both present recitals and master classes internationally and have performed on National Public Radio. Dr. Huang was a coach for the Florida State Opera and Dr. Kapell performed with the Mid-America Wind Quintet. The program will focus on music specifically composed for flute and piano during the twentieth century.

♦ ♦ ♦
Celtic Marc Returns To Bistro Concerts

The Celtic Marc band plays Irish, Scottish, and Welsh tunes with gumption and gusto. They will play at 7:30 in the Bistro on Friday evening, March 16, the night before St. Patrick’s Day. They play the classic Celtic musical instruments: Uilleann pipes, tin whistle, bodhran, fiddle, mandolin, and guitar. They sing a few pieces as well.

Their premier instrument is clearly the Uilleann pipes, also known as the Irish bagpipe. After 1745, the English banned bagpipes in Scotland, having recognized their contribution to battle ferocity. The Irish had veered away from that posture and adapted their pipes to a smaller, gentler version that is inflated by a bellows rather than by blowing. The sound is sweet and lively. To learn more, you can visit http://en.wikipedia.org/wiki/Uilleann_pipes.

The group is widely known in and near Washington, D. C., performing often at The Birchmere Theater in Alexandria and on public radio. They seldom perform this side of the Blue Ridge Mountain. However, they played to a large audience here at Westminster-Canterbury last year, their first performance in Winchester. They are all accomplished musicians. You are sure to enjoy their music.

The concert will begin at 7:30 and is open to the public. Admission is $10/person at the door. Part of the proceeds go to the Fellowship Fund. Morgan’s Tavern is open through the intermission and refreshments are served on Main Street. The Bistro acoustics are excellent and the seating is comfortable. Consider inviting your friends and family. The concert series is sponsored by Farland Capital Inc, which provides added support for our Fellowship Fund. You may enjoy viewing our web site for the Bistro Concert Series at www.svwc.org/bistroconcerts.

Our Bistro Concert in April, Madeline MacNeil and Sam Rizzetta return with their hammered dulcimers.

Bob Sherwood

“Youngest” Resident Celebrates Birthday

Lydia Mefford celebrated her twenty-first birthday last month and enjoyed her first “legal” glass of champagne. Unfortunately, she must wait another four years to observe her next anniversary.

Born on February 29, 1928, “leap day” in the leap year, our youngest resident, never experienced a sense of deprivation from entering this world on a date which appears only once every four years on the Gregorian calendar. On the contrary, she had not only an annual joint celebration with her father who was born on February 24, but she has been the object of special attention, publicity, and multiple gifts every four years, as well as the envy of her siblings. Until her next quadrennial celebration, may she enjoy at least another three glasses of champagne.

Edward Rider

Classical Music at SVWCC

Each month a group of residents, the Classical Music Associates, brings classical music to SVWC. Originators Bengt Farnstrom and Bart Hansen present high-quality recorded performances using the audio/video system in the Abbey. Their DVD’s come from their own collections, loans from residents, or
Bylaw Amendment Further Defines Structure Of Board Committees

For a number of years, residents have served on three committees of the SVWC Board of Trustees: Resident Services, Property and Planning, and Development. Last year the Board amended its Bylaws to further define and clarify the structure of the Board committees. Resident Board committee members serve as voting members. In addition, the president of the Residents' Association may attend meetings of the Board of Trustees “...with seat and voice, but without vote.”

The amended Bylaws established criteria for the selection of residents to serve on four board committees. They are as follows, together with the names of the incumbents. Resident Services: President and immediate past-president of the Residents Association (Paul Ziluca and Farley Massey), Finance - Chair of the Residents' Association Financial Liaison Committee (George White), Property and Planning – Chair of the Residents' Association Buildings and Grounds Committee (Bob Strati), plus a resident of each of the following SVWC dwelling units: Shenandoah Hall, (John Waller), Winchester Hall (Jim Mueller), Cottages (Harmon Pritchard), Development - Any resident may volunteer to serve on this committee, although the ones selected are those with fund-raising experience (John Claybrook, Bengt Farnstrom, Tony Fiorelli, Jane Lee, Jim Mueller, Sigrid Mueller, Bob Riggs, Bob Sherwood, Marcia Winfield).

One result of these amendments is that, for the first time, the Residents' Association has been given, in effect, the authority to select those individuals who will represent it on three of the four Board committees. This results from the fact that the president is elected by the Association members and that he, in turn, appoints the chair of the Financial Liaison and the chair of the Buildings and Grounds Committee. The Association's Executive Committee elects representatives of Shenandoah Hall, Winchester Hall, and the cottages, respectively.

Board Chair, Dr. Terry Sinclair, who describes himself as “a fan of resident inclusion,” believes it is a healthy development.” SVWC CEO Jeannie Shiley considers resident participation “an important part of our ongoing effort to achieve improved transparency and communication.” Residents' Association President, Paul Ziluca, an advocate of increased resident involvement in decisions that affect them, predicts that the recent changes will prove beneficial to both trustees and residents.

Copies of the amended Board Bylaws may be obtained by calling Sue McKenzie at Ext . 918.

Edward Rider

Classical Music from page 4

purchases. Recent concerts included the life of Arturo Toscanini, the works of Beethoven, Dvorak, Grieg, Mendelssohn, Vivaldi, and Mozart, and the historic return to Russia by pianist Vladimir Horowitz. Suggestions for other works are welcomed. Each performance is preceded by an introduction to the work and is followed by a discussion, often moderated by a faculty member from the Shenandoah University Conservatory of Music.

Programs are at 7:30 p.m. on the third Tuesday of each month in the Abbey. No tickets or reservations are required. You get a close-up view of performers and knowledgeable commentators increase your appreciation of the music.

David Greene
From the President’s Desk

Early in 2010, SVWC started to explore the whole concept of culture change and how it related to our community. We found ourselves saying, “It isn’t broken, but let’s make it better.” Culture Change refers to creating a more home-like environment. About 20% of our resident population, together with staff, participated in 18 workshops. In April 2011, they released a “Culture Change and More” report and 107 “Steps to an Enhanced Future” (copies are available to residents at the front desk).

Of the 107 identified steps, approximately 20 have been completed. They include an extensive revision of our Resident Handbook. Our Dining Services department improved the readability of menus for the visually impaired and is currently working on food presentation for these residents. A recent survey of independent living residents has provided a basis for enhanced menu planning and educational seminars, which will be conducted by our registered dietician.

Many of the steps are currently works in process; at least 80% have received some attention and nearly 50% are being addressed in a substantial way. Our Chaplains are developing a program that will help our community diminish denial and enhance the celebration of life following the passing of a resident. A group, consisting of three Board members, nurses from our staff, our futures list, a representative from the Winchester Medical Center, the director of the Shenandoah University School of Nursing, and several residents with impressive nursing credentials, have formed to address further education of our nurses. Materials from various programs across the country are being gathered to help develop a program that will be unique to our community. There is also a work group examining ways to enhance the music therapy experience for our residents while another group is working to improve our community’s ability to respond to external threats.

Many of the 107 steps have been influenced by the Pioneer Network, a national organization which focuses their efforts on improving resident-centered care. Our goal, which is the same as the Pioneer Network, is working towards a culture of aging that supports the care of our residents in settings where individual voices are heard and individual choices are respected. We are pleased that our Culture Change document has become a catalyst for change. Not only are we completing the action steps but adding to them as we move forward.

Valentine Party Benefits
SVWC Fellowship Fund

This year’s Valentine’s Day was filled not only with red hearts, but also black spades, clubs, diamonds, dominoes, mah jongg, and poker chips! Everybody had fun at the 2012 Card & Game Party hosted by the Fellowship Committee for Special Events. Eighty-two people attended, helping to raise approximately $1,500 for the Fellowship Fund!

Some played their favorite game, while others came to learn a new one, or just observe. To top off the afternoon, delicious refreshments were served, and door prizes were awarded. Thank you to all who helped making this a very fun and successful event!

Be sure to mark your calendars for our “Murder in the Inn” mystery event which is scheduled for Friday, April 13. More details to come.

Stephanie Landes
“Cave Drawings” Discovered

During renovation of the Shenandoah Hall fifth floor common areas, removal of the wallpaper revealed an early resident’s drawings of a galloping pachyderm and a leopard—not too different from pre-historic cave drawings uncovered by archeologists!

Lydia Mefford noticed these twenty-some inch drawings on the wall next to apartment 516. That apartment was occupied by Brooke Fleck beginning in June 1987. Fleck, an architect who provided cartoons for many early issues of this publication, died October 2007 at the age of 97. Thanks, Brooke, for again sharing your talent.

David Greene

Photos by David Greene

Around the Campus

Westbury World Committee’s Invitation

The Westbury World Committee (work group) meets in the Employee Learning Center on the first Friday of each month at 11:00 a.m. The meeting for planning the April issue meets on March 2nd. Come, observe, and even add your voice.

Lawrence Gallery Schedule

March 1 Resident General Assembly Exhibitions Begins
March 9 4:00 - 5:30 p.m. Reception for General Assembly Exhibitors.
March 13 4:30 - 6:00 p.m. Staff and Family Exhibit Opening Reception
May 18 Staff and Family Exhibit Closes

Jean Rider has been elected to fill the unexpired two-year term of Martha Morse who has resigned as member-at-large of the Residents’ Association Executive Committee.

The Music Box

The next SVWC Music Club Concert will be on Friday, March 9, at 3:00 p.m. in The Abbey. Potpourri will feature residents and friends playing instruments including Bassoons, Clavinova, Piano, Trombone, and Violin. Special performers will be Linda Yonteff and Sallie Robinson, originators of Music Club.

All residents and staff are always welcome to attend the concerts and partake of the refreshments. Please come and enjoy!

Jeanie Shiley, SVWC’s CEO, is currently serving a three-year term on the Board of Directors of the Virginia Association of Non-Profit Homes for the Aging.
One of the joys of working in communities like SVWC is that you get to meet people from various places who have done many different things in their careers. While this community may not be as diverse as some, there is still diversity among us. As more of my baby boomer generation moves into retirement communities I think there will be an increased amount of diversity.

As a chaplain I am interested in the amount of diversity that we have in regards to religious beliefs and practices. I like to think that the decision to hire me is a positive reflection on this community’s commitment to diversity.

This Lenten season is a wonderful time for us to do some self-examination in this area of diversity and tolerance. Perhaps the key word here is understanding. We don’t all share the same beliefs, nor do we need to, and we can’t force others to believe as we do. What we can do is work at having a better understanding of each other and of the things that we believe and hold dear.

Another important thing we can do is to find those areas of agreement among us and build our community on those things we share. Among the things which we may share in common are mutual respect, common courtesy, and listening carefully to each other. By practicing these shared values we will see any potentially divisive issues minimized or eliminated, and will see community life enhanced. I look forward to working with you in helping make this a stronger, more caring community.

Larry Lawhon