Reception Honors SVWC Employees

A “thank you” reception for employees held in the Abbey on the afternoon of February 23 was attended by large numbers of residents and employees, as well as Board of Trustee members. The event, organized by the Executive Committee of the Residents Association, was in recognition of the employees’ extra hard work, on top of their normal duties, in dealing with the expansion project dislocations, the effects of the blizzard in January and the ice storm last month.

There are a host of positive features that attract new residents to SVWC, including comprehensive and newly expanded health care facilities and the dazzling new Vitality Center. But there is also another major benefit to living at SVWC that soon becomes evident to new residents—the fact that they are supported by a pleasant, efficient and responsive work force that adds immeasurably to their daily quality of life.

Paul Arnold

Medical Tax Deduction

Residents who have a LifeCare contract at SVWC are able to deduct a portion of their non-refundable entrance fees and monthly fees in excess of 7.5 percent of adjusted gross income as prepaid medical expenses on their state and federal income taxes.

SVWC engaged CliftonLarsonAllen to prepare the medical tax deduction calculations. For 2015, the tax deduction calculation for entrance fees and monthly fees as a percent is 42 percent. The weighted average calculation for entrance fees for the “first person” on the contract is between $111,351 and $158,994, depending upon the contract type. The monthly fee calculation is between $1,401 and $1,685, depending upon contract type.

The medical tax deduction calculation is provided to residents each year as a percentage and weighted average. Residents are encouraged to seek professional tax or financial advice to help them decide which method is best for them.

Duane Wernecke

Residents and Staff Mingle at the “Thank You” Reception
Library Acquisitions In March

Fiction

In Isabel Allende’s latest novel, The Japanese Lover, Alma Belasco’s story moves in time from World War II to the present and reminds readers of the wartime plight of Japanese-Americans.

John Irving’s new novel, Avenue of Mysteries, tells the story of a child in Mexico, a trash-heap scavenger who used discarded books to teach himself to read literature. As an adult, he is a famous writer and professor at the Iowa Writers’ Workshop.

The Unlikely Pilgrimage of Harold Fry by Rachel Joyce won a major literary award in the UK. Fry’s 87-day walk to visit a dying friend enables him to resolve issues from his past.

The Expatriates by Janice Y. K. Lee follows the lives of three women living in Hong Kong who are described as “compelling characters.”

The Revenant by Michael Punke, which recently was the basis of a prize-winning film, tells the story of a real-life trapper and frontiersman seeking revenge on fellow trappers who left him to die after he was mauled by a bear.

The Maestro Wore Mohair is the 13th liturgical mystery by Mark Schweizer.

Golden Age is the final volume of Jane Smiley’s trilogy about an Iowa farm family.

In The Martian, another book made into a popular film, Andy Weir’s protagonist is stranded on Mars.

A Dangerous Place is Jacqueline Winspear’s 11th Maisie Dobbs mystery.

Nonfiction

The Road to Little Dribbing is Bill Bryson’s amusing account of his zigzag tour of the length of Britain by foot, rail and car.

When Breath Becomes Air is young neurosurgeon Paul Kalanithi’s profound reflections about his life, illness and mortality as he was dying of cancer.

SVWC’s Latest Centenarian

On February 21, Jane Campbell joined the elite group of residents who have celebrated a 100th birthday. She was born near Chicago but lived most of her early years in Kansas City, MO. Jane is a graduate of the University of Kansas. Twice widowed, she and her first husband had three children, two of whom have died. After her second husband, a native of Scotland, died in 2006, she moved from Berryville, VA, to SVWC.

Wherever she has lived, Jane has been active in civic affairs, in volunteer work and in supporting her church. In 2006, she was named Citizen of the Year in Clarke County, VA.

Thanks to her mother’s teaching, Jane has been painting all her life. Some of her watercolors were shown at an exhibit in Richmond. She enjoys reading and is a member of an SVWC book club. Jane also participates in water aerobics.

Patricia Baldwin
Donated Doll House Has a New Home

The doll house that was raffled recently at SVWC and won by Farley Massey is now the property of an ideal recipient, six-year-old Ellie Massey Coffman of Edinburgh, VA. The doll house was built by late resident Alix Elam and given to SVWC by her family. The raffle raised $485 for the Fellowship Fund. Farley is a distant relation of the Coffman family and Ellie seemed to be an appropriate choice to become the owner of the mini-mansion. Ellie withdrew $1 from her piggy bank to donate to the Fund because “it helps others.”

Paul Arnold

Annual Easter Egg Hunt

The Annual Easter Egg Hunt for staff children and residents’ grandchildren will be held on Saturday, March 19 at 1:00 p.m. sharp (eggs go fast!) in the Courtyard. The Easter Bunny will be there.

Combined Valentine’s Day Party

More than 60 residents from Assisted Living and the Health Center attended the Valentine’s Day soiree on the afternoon of February 13 in the Apple Blossom Room. Special desserts were served. Anthony Michael Cornet, a doctor-al-candidate pianist from Shenandoah University, played a number of sentimental love songs. Part-time activities assistant Lee Sanford recited an original love poem and then entertained with some interesting Valentine’s Day trivia. At the end of the afternoon, everyone joined in singing favorite love songs.

Susie Nail

Making a Donation
Farley Massey, Ellie’s Dad and Ellie

Home Inspection

Valentine’s Day Party
Irish Night in the Bistro

This year, the Bistro Concert on Friday, March 18, falls one day after St. Patrick’s Day. But it’s close enough – the Irish band Celtic Marc will entertain us that evening with lively Irish tunes and more.

Celtic Marc is well regarded in the Washington D.C. area. They are less well known in the Valley. Still, their prior appearances here at Westminster-Canterbury have drawn good-sized, enthusiastic audiences. This will be their sixth time here.

The band plays several classic Irish instruments. The Uilleann pipes, a smaller and quieter version of the Scottish bagpipe, takes center stage. Tin whistles, low whistles, and a bodhran (a kind of drum) mix with the more familiar fiddle, guitar, and mandolin. They sprinkle in occasional vocals. Welsh and Scottish tunes creep in among the jigs and reels.

The concert will begin at 7:30 p.m. Admission is $10 per person at the door. The proceeds help support our Fellowship Fund. The concert series is sponsored by BB&T.

The Bistro Concert on April 15 will feature Drymill Road, the exciting bluegrass band.

Bob Sherwood

Student Sculptures

Renovation Timetable

One of the well-known lines penned by Scottish poet Robert Burns is “The best known schemes o’ mice an’ men gang aft a-gley… .” His observation applies to most construction projects, and SVWC’s ongoing renovation/reallocation of its interior space is no exception. The recent spate of bad weather has contributed to delays in achieving previously announced goals.

Following is the new projected timetable. On March 7 the Administrative offices will be relocated to the renovated quarters in the former Fitness Center. On or about March 10, demolition will begin in the area that approximates the entrances to the Marketing Department, Business Center and Front Desk.

On March 8, half of the Blue Ridge Hall residents will be moved to renovated facilities in Laurel Court, and 50 percent of Redbud Court residents will be transferred to refurbished domiciles in Dogwood Court.

On March 14, the second floor of the Vitality Center will be opened for use by residents and employees.

Edward Rider

The opening reception held on Friday, February 12, for the Lawrence Gallery exhibit, Rising Artists II, honored 60 Frederick County art students, their art teachers, and their families. Three years ago, SVWC art committee member Marcia Winfield began working with Frederick County school personnel from seven middle and high schools to bring the first Rising Artist exhibit to Lawrence Gallery. She believed SVWC residents would appreciate student artwork. In this current and second exhibit, talented students had another opportunity to show their art beyond the school setting. Various types of art are on display, including pencil, pen and ink, sculpture, and watercolor. The exhibit continues through April 10.

Yvonne Teske
From the President

On February 4 and 5, SVWC was honored to host the Joint Administrators Meeting, which is attended by the six Westminster-Canterbury communities from across the state, the Sunnyside communities and Goodwin House. Attendees included the chief executive officers, chief financial officers, administrators, directors of marketing, and the directors of human resources.

On arrival, each peer group separated to review its agendas for the afternoon. A labor attorney from Washington, D.C. was the guest speaker at the HR directors’ meeting. The topics discussed included the Affordable Care Act and retirement plan responsibilities and reporting. The group also shared turnover data for their communities. The marketing directors are testing the use of Google Docs for the sharing of information on a monthly basis; this type of tool will also allow CEOs and CFOs to access the data. Details of the joint website (virginiasbestretirement.com) were finalized and discussions centered on new marketing software. The CFO group discussed 403(b) retirement plans, investment firms, group purchasing and refinancing. The administrators talked about 12-hour shifts for nursing staff. (SVWC moved to 12-hour shifts for nursing staff on February 14.) Other topics of discussion included pharmacy and how it integrates with the medical health record, CPR training, and regulatory issues. The CEOs discussed the various opportunities and challenges facing our diverse communities. Each group toured the new Vitality Center and the Health Care areas.

Following the individual meetings, the group was treated to an excellent dinner prepared by Dining Services. Chef Abraham Ybarra created an ice carving that impressed everyone. It was a wonderful evening of fun, food and fellowship.

On February 5, the group spent two hours with Christopher Ridenhour, Director of Employee Engagement and Customer Service Training for a Philadelphia-based CCRC management company. In his spare time, Mr. Ridenhour travels all over the country energizing and entertaining individuals with his observational humor on how to live our community’s mission, vision and values. He spent two days on campus; the first day he met with all of our staffs. The goal was to have employees come away from the training with strategies and tools that increase engagement, accountability and passion for the work they perform on a daily basis. After many laughs, I believe this goal was accomplished.

As always, it was great spending quality time with our colleagues and friends from the other communities. Over the years, this group has come together in some positive ways to address issues affecting our communities. We will continue to embrace opportunities in the future as we seek to improve the quality of life for all the residents we serve.

SVWC Outreach Participation

On Thursday, February 4, SVWC residents and staff went to Virginia Avenue Charlotte Dehart Elementary School to pack bags of food for students to take home. The Blue Ridge Area Food Bank is supplying “family-style” food items to students to help feed them and their families throughout the weekend. This outreach program provides assistance to 120 families. The SVWC team packed the bags in 45 minutes, and they will continue to participate on a monthly basis.

Stephanie Landes

The SVWC Packers
Resident Publishes Book of Poetry

“Enduring Love,” a self-published book of poems by resident Fenton Babcock, was issued last month. Babcock was assisted in its preparation by future resident Edward Bell Jr. and massage therapist Norma Sheets. The book is dedicated to the late Bill and Nancy Lawrence, who provided the land on which SVWC was constructed. The author also pays tribute to the numerous residents and staff who have helped shape the community.

The book may be purchased at the Gift Shoppe for $20.00, of which $8.00 will be donated to the Fellowship Fund. It will also be offered for sale on March 23 at 6:00 p.m. in the second-floor living room of Wappacomo Hall.

Edward Rider


Paul Arnold

Words! Words! Words!

That was the appropriate title of the fourth annual program of SVWC’s Poetry & Prose Group, which was presented in the Abbey on the evening of February 18. Residents Peggy Denison, June Hess, Carl Hess (above, in costume), Alice Lees, Bill Mills, Edward Rider, Yvonne Teske, Cummie York and future resident Ed Bell narrated a potpourri of poems; some were original, some were humorous, some were contemporary, some were “classics,” and one was an original and creative combination of poetry and prose. Bill Mills and Ed Bell coordinated the event.

The group was organized in 2012, and it meets the fourth Wednesday of each month to share in all forms of the written word, including original offerings, old favorites and recent discoveries. Anyone is welcome to attend and to participate or just to listen and enjoy.

Paul Arnold
Chaplain’s Message

How is your Lenten journey going? Is this season of reflection and self evaluation providing you with some helpful insights and inspiration? I hope that is the case. I realize that our SVWC community is diverse and that not everyone is participating in Lent, but the reality is that this season gives us all the opportunity to pause and examine our lives, our priorities and our relationships. We have the opportunity during this season to nourish our souls and be refreshed in our spirits.

Pastor Marjorie J. Thompson is the author of our Lenten study guide and she makes the following statement in chapter one: “Forgiveness is the fountain from which new life flows in a wounded, strife-weary world.” The closing words of that sentence give us a sad but true description of the world we live in. How many lives have been harmed because forgiveness was either not offered or not received when offered? How many conflicts and wars have begun or have been egged on because of failure to work toward reconciliation?

In contrast to the closing words of the sentence above, we have the beautiful description which begins the sentence. Forgiveness is a life-giving fountain as illustrated by God’s willingness to forgive us. In much the same way, when we are willing to forgive each other we become channels through which that life-giving gift can flow.

So how is your Lenten journey going? Whom do you need to forgive and from whom do you need to receive forgiveness? Will you make this Lenten season a time of giving and receiving forgiveness?”

Larry Lawhon

Thursday Night Programs

March 3. Maral Kalbian, architect and daughter of Ada and Vicken Kalbian, will present a program on African-American communities in Clarke County.

March 10. Quarles School educators will discuss the Winchester school system, how education has remained the same, and how it has changed over the years.

March 17. T’ai Raulston (Blandy Farm) will present: “Ecology, Conservation and Importance of Native Bees.” He will explore the intricate biology of bees, their contributions to agriculture and the threats they face.

March 24. Maundy Thursday: No Program

March 31. The Vocal Consort from the Arts Chorale of Winchester, under the direction of Michael Main, will return to share a program of song from its vast repertoire.

Campus Calendar

Healthy Heart Luncheon

On Thursday, March 3, the annual Healthy Heart luncheon will be held in the Abbey from noon to 2 p.m. Cardiologist Phillip O’Donnell will be the guest speaker. A free lunch will be served. To RSVP, call Kathy Headley, x922.

Classical Music Associates

On Tuesday, March 15 at 7:30 p.m. in the Abbey, CMA will present a special double Beethoven program by the Berliner Philharmoniker. Overture Lenore No. 3 is conducted by Simon Rattle followed by Symphony No. 1 with Claudio Abbado conducting.

Aging Backwards

Resident Lydia Mefford celebrated her 22nd birthday on February 29. She was born in 1928 which, like 2016, was a “leap year.”

Shred Day

Shred Day at SVWC will be held on Thursday, April 21. A shred truck will be on site from 11:00 a.m. to 1:00 p.m. No need to remove staples. If you need help in getting your documents to the truck, please call x918.
Ice Sculpture Carved by Chef Abraham Ybarra