

Westbury World

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Celebrating the Arrival of 2019

SVWC's 2019 social season got off to a swinging start when residents congregated in the Abbey/dining room on January 5 for the traditional New Year's Gala. The ladies were elegantly attired, and many of the gentlemen sported tuxedos. As advertised, Dining Services provided an impressive array of "hefty" hors d'oeuvres, and the free bar did a thriving business.

The dance floor was the center of constant activity. Lured by the golden oldies played by the Dale Jarrett Trio, couples responded with many trips of the "light fantastic." Some of the more fearless dancers joined in an exhibition of line dancing.

As the evening wound down, there was a champagne toast to the new year, and the singing of Auld Lang Syne and God Bless America.

Paul Arnold



Photos by Bruce Jackson



From the President/CEO



SVWC staff completed a six-month dementia training series in December with Positive Approach to Care (PAC) which was followed by a personal visit from Teepa Snow, an occupational therapist and founder of the organization.

Her experience in neurological impairment care spans both her personal and professional worlds. The PAC website states that Teepa is an advocate for those living with dementia and has made it her personal mission to help families and professionals better understand how it feels to be living with the challenges and changes that accompany various forms of the condition so that life can be lived fully and well. PAC was founded in 2005 and offers education to family and professional care providers all over the world.

On the morning of January 11, Teepa presented a two-hour training class to approximately 160 SVWC employees that focused on the disease process and the importance of forming relationships based on understanding and awareness of personal limitations brought on by the changes to the brain. Teepa's presentation style is interactive, and no one in the audience is safe when she starts role-playing. The message was clear: Since the persons living with dementia are doing the best they can, then it is up to care partners to change the way they approach and interact with them.

On the afternoon of the 11th, Teepa presented a class at Lord Fairfax Community College to approximately 250 participants that focused on "Engagement for Care Partners." SVWC had staff, residents and board members in attendance. This session focused on meaningful and fun activities that help to fill the day for those persons living with dementia. Teepa also went over tips on how care partners need to take care of themselves and provide balance in life. Care partners need a support system from which to draw strength and rest. Teepa also stressed the importance of diet, exercise and laughter.

Overall, the day was a wonderful success. Individuals from both the morning and afternoon sessions were complimentary and en-

joyed Teepa's presentations. Now that the formal training has been completed, SVWC has a certified team of ten individuals who will continue to train staff, residents and board members going forward on the PAC philosophy. All this was made possible through a generous gift to the SVWC Foundation.

Jeannie Shiley

Co-medical Directors Named

SVWC embarked on a new journey for residents in Health Care and Assisted Living by agreeing to have co-medical directors. Effective January 1, Dr. Eli Snelgrove will work with Dr. Paige Patterson, both of Selma Medical, on the duties, responsibilities and obligations required.



Both physicians will make weekly rounds in Health Care and Assisted Living and cover during vacations and off time. They will be involved with helping shape medical policies, protocols and systems for SVWC. In addition, they will alternate attending our bimonthly quality assurance performance improvement meetings as required by the federal regulations. Other duties will be collaborating with our nurse practitioner with medical oversight and accepting medical responsibility for residents in Health Care and/or Assisted Living whose primary-care provider doesn't come to the campus or if the resident is unable to make office visits.

This is an exciting opportunity for our community and will provide relief to the physicians while creating new and collaborative medical experiences.

Michael Williams

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Nurse Practitioner Joins Clinic Staff

Diane Walker, an experienced nurse practitioner, joined the clinic staff last month. A native of Evanston, Illinois, Diane received her bachelor's degree in nursing from Winona State University, her master's degree in nursing from the University of Virginia and her nurse practitioner degree from Virginia Commonwealth University. In 2000, she accepted a position as nurse practitioner at the Sinclair Health Clinic. For the past three and a half years, Diane has served on the staff of Blue Ridge Hospice. She is a past president of the Virginia Council of Nurse Practitioners. In December, Diane participated in a group bicycle tour of Cambodia and Vietnam. She enjoys folk dancing



Edward Rider

Café Cabaret Introduced

Residents now have an opportunity to enjoy performances of live music in the Canterbury Café in the Vitality Center tentatively once a month on Wednesday evenings.

The café is a casual and comfortable setting with excellent acoustics. Cafe Cabaret is the result of a capacity test run last month. Admission is free, but there is a charge for wine, coffee, cheese, or dessert.

The Cabaret starts at 7:00 p.m. and runs for about an hour. The accent is on informality, so one can come late or leave early.

On February 20, the guest artist will be Glenn Cadula, retired professor of guitar at Shenandoah University's Music Conservatory.

Kate Reed

Difference Between Norovirus and Influenza

Norovirus is a highly contagious gastrointestinal virus. It causes nausea, stomach pain, vomiting and diarrhea. It may also cause low-grade fever, headache and body aches. It is the leading cause of vomiting and diarrhea associated with gastroenteritis.

Transmission of norovirus occurs through contaminated food, water and surfaces. It can live on surfaces for several months. Outbreaks happen most commonly from November through April. Norovirus is not killed with hand sanitizer; it is killed with bleach solution.

Influenza is a different family of viruses that causes respiratory symptoms. Different strains of viruses circulate each year, and the Center for Disease Control and Prevention makes our influenza vaccines based on what is known to be circulating in any given year.

Influenza commonly causes symptoms of cough, fever, headaches, fatigue, and body aches. Influenza can cause further complications such as pneumonia.

The common cold, which is caused by rhinovirus, typically does not have fever associated with it, though it can share some of the same symptoms as influenza.

A test for influenza is available in the Clinic that will provide results in ten minutes. The Clinic offers annual flu vaccinations.

Diane Walker

New Foundation Benchmark

The annual appeal of SVWC's Foundation was mailed to over 1,000 donor addresses, and the responding gifts totaled just over \$100,000. This new benchmark represents a 48-percent increase over last year, and it more than doubled the response of two years ago. The well-received vignettes which comprise the appeal included those about two residents, a board member and staff. Each expressed the impact that those who support SVWC had on them directly.

Todd Lilley

♥ Happy Valentines Day ♥

Second Fireside Recital Scheduled

Toronto-born pianist Aaron Chow will play in the Bistro on Wednesday, February 6, at 7:30 p.m. He has performed in concert venues across the U.S., Canada and Europe. He won first prize at the Bradshaw and Buono International Piano Competition in New York City, culminating in a performance at Carnegie Hall. He has performed with the Koffler Chamber Orchestra under the late maestro Jacques Israellievitch, the former concertmaster of the Toronto Symphony Orchestra.

Chow has competed in international competitions in China, Germany, Spain, and Ireland. He was second-prize winner at the Artist Series Competition in Sarasota, Florida, and a first-prize winner at the Glenn Gould Chamber Music Competition. He also participated in the Beethoven Piano Competition in Bonn and was a soloist in the Schubert Competition in Dortmund, Germany. In China, he has competed in the Zhuhai Mozart Competition and 1st Suzhou Jinji Lake International Piano Competition.

In summers, Aaron has participated in numerous festivals, including Piano Texas, the Banff Master Class, the Dublin Beethoven Bootcamp, and the Prague Piano Institute and Festival. He earned his master of music at Shenandoah University, where he is pursuing an artist diploma. Chow is an advanced student of John O'Connor. He already holds an artist diploma from the Glenn Gould School of Music at the Royal Conservatory of Music in Canada and a bachelor of music from the University of Toronto.

The next recital will be held on March 6. It will feature students from Shenandoah University singing operatic songs. The recitals are free and open to the public.

Rosalind Bovey

Welcome to Our New Neighbor

Belden Dunn moved into #24 Dogwood Court from Winchester, VA.

Irina Muresanu Returns to Bistro Concert

Acclaimed violinist Irina Muresanu will return to the Bistro on Friday, February 15. Last year, she showcased her new CD, "Four Strings Around the World," a tour de force of violin techniques from musical traditions around the globe.

The concert will feature two major pieces. The first is by the composer Kurt Weill. Irina will perform his challenging Concerto for Violin and Wind Orchestra, a work Weill wrote in 1924, early in his career. It foreshadowed some of his later writing for the New York stage but remains an outstanding classical piece of his Berlin period.

The second piece will be the Violin Concerto in D Major written by Peter I. Tchaikovsky in 1878. The work has received much discussion, with fluctuating appreciation over the past century and more. Today, it is said to be one of the world's best-known violin concertos.

The program demands a virtuosity for which Irina is well known, having performed in many outstanding venues in the U.S., Asia and Europe.

Born in Bucharest, Irina first played violin when she was six. She was awarded advanced degrees in music from the New England Conservatory and has taught in the music departments of Harvard and MIT and at the Boston Conservatory. She serves on the music faculty of the University of Maryland and plays in the Boston Trio.

The concert begins at 7:30 p.m. Admission is \$10 at the door. The concert proceeds help support the Fellowship Fund. Union Bank and Trust sponsors the series.

The Bistro Concert on March 15 will be a John Kirby Tribute Concert. It will honor the Winchester-born Kirby who contributed to the development of American jazz in the 1930s and 1940s.

Bob Sherwood



Recommended Non-Fiction Books

The SVWC library circulates more fiction and fiction/mystery books than any other genres, but there are also many non-fiction gems on the shelves that are fascinating. For example, try **Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Olympics**, written by Daniel J. Brown and published in 2013. It concerns the University of Washington rowing crew that represented the U.S. in the 1936 Olympics in Berlin. There are two main stories. One depicts the molding of the team members who came from lower middle class families and the team's rigorous training. The second depicts Nazi-controlled venues and the coverup of the brutal treatment of Jews.

Every booklover should read **The Library Book**, written by Susan Orlean and published in 2018. At its center, it focuses on a seven-hour fire that raged through the Los Angeles Central Library on April 29, 1986, destroying or damaging more than a million books. Orlean wanted "...to tell people about a place I love that doesn't belong to me but feels like it is mine."

The Eighty-dollar Champion: Snowman, the Horse That Inspired a Nation, written by Elizabeth Letts and published in 2012. It is the story of a Dutch immigrant and his horse, Snowman. Originally destined for the glue factory, Snowman's rise to stardom in show jumping captivated the nation. Resident Sylvia Wilson has personal memories of Snowman and his owner competing and winning at events she attended. Sylvia recalled the winners' parade with the owner's children riding Snowman. The owner hoped that his winning jumper would facilitate his entry into the elite society connected with the sport.



Sunrise on Elderberry Drive



February Library Acquisitions

FICTION

Homeward Hound	Rita Mae Brown
A Dog's Way Home	Bruce Cameron
Tom Clancy Oath of Office	Marc Cameron
The Perilous Adventures of the Cowboy King	Jerome Charyn
You Don't Own Me	Mary Higgins Clark
The Paragon Hotel	Lyndsay Faye
Crisis	Felix Francis
Winter in Paradise	Elin Hilderbrand
The Feral Detective	Jonathan Lethem
Broken Ground	Val McDermid
The Choir Director Wore Out	Mark Schweizer
The Lyric Wore Lycra	Mark Schweizer
Once Upon a River	Diane Setterfield
The Other Woman	Daniel Silva
One Day in December	Josie Silver

NON-FICTION

John Marshall	Richard Brookhiser
Sisters First	Jenna Bush Hager and Barbara Pierce Bush
American Dialogue	Joseph J. Ellis
Brief Answers to the Big Questions	Stephen Hawking
Little Dancer Aged Fourteen	Camille Laurens

Garden Plots Available

With the snow and icy winds these days, it is hard to imagine that spring is not far off. Soon, however, SVWC gardeners will be tilling the earth and planting seeds in the spacious residents' garden, which contains 32 individual plots. For those who want to try growing fresh tomatoes, cucumbers, or flowers, here is some good news: A few plots have become available.

Bill Cook, the new garden coordinator, maintains a waiting list of residents who would like a garden plot. To sign up, contact him at x794. If more sign up than there are plots to allocate, he will hold a random drawing sometime late in February. If your name is not pulled from a hat, it is possible that new plots could be developed if there is a substantial demand.

Super Bowl Party

SVWC's annual Super Bowl party will be held on Sunday, February 3, starting at 5:00 p.m. in the Abbey. Kickoff is scheduled for 6:30 p.m. Come and watch the game on the big screen. Tailgate snacks and drinks will be available.

Laura Hager

Cancer Support Group Meeting

The monthly Wednesday meeting of the cancer support group will be on February 6 at 2:00 p.m. in the Activity Room for an informative discussion of all facets of cancer. Cancer survivors, caregivers, those who are newly diagnosed or undergoing treatment or interested in cancer topics are invited to join the group. For more information, contact Kathy Landrum, x922.

Beverly Meadows

Dance Party Scheduled

Get in a pre-Valentine's Day mood by participating in a dance party to be held in the Vitality Center's aerobics room on February 13, beginning at 7:30 p.m. Resident Joe Galletta will be the DJ, spinning familiar favorites. If you have not been able to attend Joe's Thursday dance lessons, this is a good opportunity to start. Singles and beginners are welcome. There will be light refreshments.

Kathy Landrum

Valentine's Day Events

On February 14, Cupid's big day will be celebrated with a "Cupcakes and Ice Cream" party in the Abbey beginning at 2:00 p.m. There will be cupcake decorating and build-your-own ice cream sundae stations, food and some games and prizes. Have a heart and join the fun.

The Assisted Living Valentine's Day party will be held in the Apple Blossom Room between 2:00 and 4:00 p.m. A harpist will provide musical entertainment. Refreshments will be served.

Volunteers are needed to transfer people from Health Care. If you can help, please call Amber Daniel, x625.

Laura Hager and Marcia Greene

Chaplain's Message

"In the New Testament, love is more of a verb than a noun. It has more to do with acting than with feeling. The call to love is not so much a call to a certain state of feeling as it is to a quality of action." R. C. Sproul.

February is associated with love and the heart. It is the month we celebrate romantic relationships with Valentine's Day and heart health with National Heart Month. The idea of love and heart goes beyond romantic love and physical heart health. These things also point to spiritual health of heart and love. What does it mean to love someone? Do we love only those who agree with us and our political, social and theological leanings or can we also love those who differ from us?

These days, we seem to be fractured along these lines to the point of dehumanizing the "other" who stands on the other side of the line-in-the-sand from us. Name calling, disparaging remarks and negative tweets and social media posts seem to be an accepted norm. When we stoop to such lows, we are really saying more about who we are than about the other person or group.

In scripture, we are called to love all others as Jesus loves us. There is no loophole or getting around this. "For God so loved the World," not just the ones who were good or come to faith or are agreeable. God loves all of humanity. God created all people in his image and called us all "good." When we allow hate to numb our hearts, we risk becoming hardened to love, even God's love. How we behave, what we say, write, or post speaks about our ability to love as God has loved us. Love is "a quality of action" rather than a "state of feeling." How will we express our love for all of humanity this month?

Elizabeth Lewis

Driver Safety Class Offered

On February 28, an AARP refresher driver safety course will be held in the Abbey from 8:30 a.m. to 5:00 p.m. Registration forms can be obtained from Fitness Coordinator Kathy Landrum, x922, and have to be returned by February 22. Cost is \$20, with a discount for AARP members. A continental breakfast and a light lunch will be served.

Birds in Winter



European Starling



Cardinal

Photos by Bill Cook



Female House Finch



Male House Finch



White-breasted Nuthatch



Female House Finch

Drone Photo by Bill Cook



Winter Wonderland

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