

Westbury World

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Photo by Bill Cook



Reverend Raymond Wrenn, Lucille Harkless, Jane Campbell, and Esther Dovell

The SVWC 100 Club

SVWC's four centenarians, who each have lived more than 100 years, comprise a vivacious group. Esther Dovell, a bright-eyed, diminutive lady who will be 104 in April, lives in a gallery of 24 spectacular oil paintings, mostly colorful landscapes that she has painted, and she still turns out an occasional watercolor. Jane Campbell, 103 last month, helped paint the Apple Blossom mural during the kitchen renovation. She reads the *Washington Post* every day. A sticker inside her apartment door decries the state of American politics. Lucille Harkless, 101, plays bridge two afternoons a week and enjoys movies and theatrical productions at Shenandoah University. Rev. Raymond Wrenn, 100, works at picture puzzles, does crosswords in ink, writes historical articles, and, like Mrs. Campbell, keeps up with friends by email.

The four have experienced enormous changes. As a child in Herndon, VA, Mr. Wrenn says their family was well-situated. His father

was mayor, yet they had no electric lights, running water or bathrooms. "Electricity was the biggest change," he says. Mrs. Campbell remembers great excitement when Lindbergh flew the Atlantic when she was not yet a teen-ager. "It's really amazing how far we can go on planes these days," she says. She's visited every state and flown to Europe and South America.

Perhaps the biggest differences have been social and political. "When I was born, women did not vote in Virginia," Mr. Wrenn recalls. "When I entered the ministry in 1942, I could not have imagined a time when an African-American woman would be our [Methodist] bishop in Virginia." That happened in 2016. Even so, he wonders "Why is it that we don't have black residents here?"

Mrs. Harkless declares that she certainly enjoys her life, but observes that "The culture has really gone downhill." "You can go to church

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wearing anything," she says. "I hate the language that many people use."

The centenarians cannot explain their long lifespan. "I just lived on and on," says Mrs. Dovell, "and I don't know how that happened." Mrs. Campbell and Mr. Wrenn both note that they had long-lived forebears and that they have always eaten carefully. Mrs. Campbell recalls that she taught women how to cook properly when she was a home economist for a gas company. Yet, she admits, "My father didn't watch his diet, and he lived to be 99." Mr. Wrenn credits his long life to "good genes, good habits and good luck." He could, for example, have drowned once in a rainstorm when he drove his car into a flooded water crossing. He managed to wade to safety, though his Mercedes perished.

Demographers say that we are living longer and that we may see more centenarians in the future. That will certainly be the case at SVWC. By the end of 2020, as many as eight more residents are expected to turn 100.

Bill Cook

Pool's Temporary Hours of Operation

During the spa renovation, which is scheduled to begin on March 4, the pool area will be closed from 7:30 a.m. to 5:00 p.m. Monday through Friday for the first 10 to 12 days of the renovation. Residents may continue to use the pool area for buddy swim before 7:30 a.m. and after 7:00 p.m.

The Fitness staff will offer an open swim time from 7:00 to 8:00 p.m. on Monday, Tuesday and Thursday and from 5:00 to 7:00 p.m. on Friday starting March 4 for those who would like to use the pool without an approved buddy. Once the initial renovation is completed, the pool area will resume normal operating hours and regularly scheduled classes. For more information, contact Kathy Landrum, x922.

Teresa Barton

**Dealing with Diabetes**

Diabetes can have serious complications. Over the years, high blood glucose (blood sugar) can damage nerves and blood vessels, thus leading to heart disease, stroke, nerve problems, and kidney disease. Controlling blood glucose, weight and blood lipids can help prevent short and long-term problems.

Pre-diabetes is the same as impaired glucose tolerance or impaired fasting glucose. It is the stage where blood glucose is above normal but not enough for a diagnosis of diabetes. People with pre-diabetes are at a much greater risk of progression to Type 2 diabetes than individuals with a normal glucose level.

Nutrition managing pre-diabetes and Type 2 diabetes is tied to certain lifestyle behaviors. If, for example, you are overweight, losing five to 10 percent of your body weight and then maintaining a healthy weight can reduce your health risk and improve glucose management.

The risk of developing diabetes or Diabetes Type 2 is also influenced by the overall pattern and content of an individual's diet. Emphasize high-quality foods and concentrate on eating more fruits, vegetables, whole grains, nuts, berries, and legumes. Controlling and monitoring the number of carbohydrates consumed is one key to managing blood glucose.

Adopting and maintaining an exercise program is also important. Increasing physical activity increases blood circulation and decreases the risk of heart attack and stroke. Set a goal of 150 minutes a week, and, for every 30 minutes you are sedentary, get up and move around for three minutes to counter long periods of inactivity.

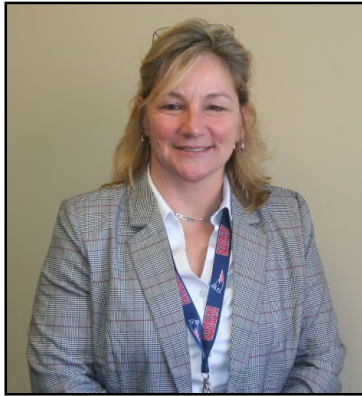
The ABC for medical management of diabetes includes testing for A1C, blood pressure and cholesterol control. (An A1C is a test to determine how well a person's diabetes is controlled over a two- to-three-month period.)

The dietician at SVWC, x623, is available for residents who would like nutrition information or individual nutrition counseling.

Teresa Barton

From the President/CEO

I am pleased to announce that SVWC has hired a part-time controller for the finance office. Laura Conlin joined our team on February 19. Laura comes here from Billerica, MA. She has a BS in accounting and finance from the University of Massachusetts. Laura has spent her career working for Citron Hygiene USA, most recently as the controller. She has also served in the US Army.



Laura Conlin

As the community has grown over the years, so have the responsibilities of the finance team. The finance department will now consist of four positions. Stephanie Chapman is responsible for accounts payable and fixed assets. Nancy Nethers is responsible for resident billing in all levels of care and accounts receivable. She also maintains the actuarial database. The controller position will be cross-trained in all areas of the department. With Laura's arrival, duties and responsibilities can be evaluated and shifted as needed.

This newly created, part-time position will assist Duane Wernecke, Chief Financial Officer, in directing and coordinating SVWC's financial planning and accounting practices. Laura will direct the monthly preparation and analysis of statistical and routine reports, including income statements, balance sheets, statement of revenue and expense, and departmental operating statements. She will also assist in completing the summaries and forecasts for future business growth.

The new position will allow SVWC to further segregate duties for auditing purposes. It is always difficult with small departments to incorporate all the necessary checks and balances. With my accounting background, I have been helping with this process by approving month-end closing entries and account reconciliations. Laura and Duane will divide these duties.

To round out her position, Laura will assist in preparing the annual operating and capital budgets, the annual financial audit and the preparation of the tax form. She will also assist in

the financial screening of prospective residents.

Laura will be located in Duane's former office in the finance hallway. Duane is in his new office in the Administration area. Please join me in welcoming Laura to the community.

Jeannie Shiley

Contributing to Food Banks and Pantries

The partial government shutdown underscored the need to keep food banks and pantries well-stocked. Aside from the continuing requirement to provide food for needy families and individuals, emergency situations like the shutdown put added strain on the system. During the shutdown, an estimated 25 percent of furloughed workers required supplies from local pantries.

Feeding America is the leading hunger advocate, and it has a network of 200 food banks across the nation. The banks then serve local pantries. The Winchester branch of the Blue Ridge Area Food Bank (BRAFB) serves over 40 food pantries and soup kitchens in Virginia within a 50-mile radius.

The most needed items include canned meat or fish, canned fruits and vegetables, pasta, grain products, baby food and formula, soups, peanut butter, milk products, cereal, and personal-care items.

SVWC residents and staff can put such supplies in the donation basket in the Chapel. But contributing money is the quickest way to show support via BRAFB. Its website, www.brafb.org, states that for every dollar donated they can provide four meals.

Todd Lilley

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Celebrating Valentines Day

Photo by Lee Sanford



Wappacomo Welcome

Photo by Lee Sanford



Wappacomo Party

Photo by Peggy Jackson



Cupcakes and Ice Cream Party in The Abbey

Photo by Peggy Jackson



Dance Party in the Aerobics Room

John Kirby Tribute Concert

SVWC will celebrate the Winchester-born jazzman, John Kirby, in a Tribute Bistro Concert on Friday, March 15. Kirby made significant contributions to the development of American jazz in the 1930s and 1940s.

Kirby deserves to be better known in Winchester. He was born in 1908 and adopted by an older couple early in his life. The couple knew classical music as well as ragtime and Southern Gospel and young Kirby learned from them. He played trombone in school, left Winchester when a young man, and landed in New York City, where he took up the double bass.

Kirby soon began playing with some of the top jazz musicians of the day. He displayed skill in writing, arranging and playing the latest trends in jazz. By 1936, he had his own band and before 1940 hosted the first radio show devoted to jazz. His early training in classical music led to his creation of "classical jazz" which has recently been rediscovered and praised by jazz historians.

A sextet led by Bob Larson, chair of jazz studies at Shenandoah Conservatory, will recreate Kirby's best-known group, the Onyx Club Band. Alan Williams, Kirby's grandson, will offer an appreciation of Kirby's role in American jazz. This Bistro Concert program will be a rare treat.

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

The Bistro Concert on April 12 will feature "Bridging the Gap," the Marine Corps soloists, Peter Wilson (violin) and Aaron Clay (double bass). On April 26, world-renowned flutist Jonathan Snowden and his wife Su return to the Bistro to further explore the world of the flute in a lecture recital.

Bob Sherwood

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, live their lives richly, and enjoy with dignity the years God has given them.



March Library Acquisitions

FICTION

The Only Woman in the Room Marie Benedict
The New Iberia Blues James Lee Burke
The Boy Tami Hoag
Liar Liar (LP) James Patterson
Verses for the Dead

Douglas Preston & Lincoln Child

The Alice Network Kate Quinn
Turning Point (LP) Danielle Steel
A Delicate Touch Stuart Woods

NON-FICTION

The Point of It All Charles Krauthammer
The First Conspiracy Brad Meltzer & Josh Mensch
Inheritance Dani Shapiro

Audio Books Donated

The Library has received a large donation of audio book CDs and cassettes. They can entertain the vision-impaired, and the CDs can be played in most cars. The CDs are in cabinet drawers marked Audio CDs in the Wappacomo Library in the third-floor living room. They are not cataloged and can be signed out on a notepad.

There are also two full boxes of audio cassettes. To see these, call Marcia Greene, x601. If there is not sufficient interest in them, they eventually will be discarded.

Marcia Greene

Music-related Photos Needed

The History Committee is completing work on the 2018 History and is planning for the 2019 History, which will have music as its theme. Residents and staff are encouraged to begin submitting, at any time, photos taken of musical events at SVWC.

Any photos taken in January or February can be sent now. Photos should be sent to Barbara Chaplin by email at barbarachaplin@earthlink.net or put on a flash drive.

Marcia Greene

Staff Changes

Kimberly Cheeks has been appointed Human Resources Generalist. Her responsibilities include recruiting, hiring and orienting new staff. She will also help plan and execute staff events. For the past three years, Kim has served as front-of-the-house manager for the Main Dining Room, Bistro, Tavern and Café.

Born in Washington, D.C., she lives in Front Royal, VA, with her chocolate Labrador, Nestle. Her twin children, a boy and a girl, will celebrate their 20th birthday in April. Kim enjoys hiking and sketching. She is "excited to grow and move up within the 'one big family' that is SVWC."

Kim's replacement is Mike Hoffman, who for the past three years has been a Diet Aide Supervisor in Assisted Living and Health Care. Since he joined SVWC nine years ago, he has worked in various positions throughout Dining Services. He will assume his new job once a replacement has been hired.

Mike resides in Winchester, where he was born and raised. In his free time, he enjoys the outdoors; hunting, hiking and camping.

Edward Rider



Kim Cheeks and Mike Hoffman

Photo by Sue McKenzie

Welcome to Our New Neighbors

Susan Russell moved into 301 Shenandoah Hall from Winchester, VA.

June Gritsko moved into 109 Shenandoah Hall from Winchester, VA.

Pauline Archambault moved into 112 Shenandoah Hall from Cross Junction, VA.

Chaplain's Message

Spirit Song is a combined effort of the chaplains and Music Therapist Abigail D'Arcangelis. It is a spiritually-based program in which music, quotes, prayer and meditation are used to stimulate discussion of various life issues. Meetings are held in the Chapel on Tuesdays at 4:00 p.m., with the exception of the last Tuesday of the month, when there is a hymn sing. Residents are welcome to take part in this great community-building opportunity.

The theme of a recent meeting was love. Mother Teresa is the source of the following quote, which the group discussed. She said, "I am not sure exactly what heaven will be like, but I know that when we die and it comes time for God to judge us, (God) will not ask, 'How many good things have you done in your life?' Rather, (God) will ask, 'How much love did you put into what you do?'"

Love, in its many expressions, is a beautiful gift to share with each other and with our world. It is like a glue that binds together a family, a community or any collection of people. Its absence makes for a dark, lonesome existence.

Mother Teresa offers something powerful to consider in her quote as she invites us to consider more than just what we have done in life. Her words ask us to consider just how much love motivates, inspires and leads us to think and act in our relationships with each other and with our world. Love is a powerful agent for change in our challenging world.

Larry Lawhon

Weekly Bird-spotting Walks Begin

Mother Nature's Team is starting bird walks on Saturday mornings, rain or shine. The walks begin at the entrance to Shenandoah Hall and cover trails in the nature area from the pond to Winchester Green. During winter, the walks will start promptly at 8:00 a.m. Individuals at all levels of bird-watching are welcome.

Residents Judi Booker and Sandy Galletta will lead the walks. To receive weekly reminders of the walks and reports of birds sighted, email Judi at judib22@outlook.com or provide your email address on the bulletin board sign-up sheet under Clubs.

Health and Wellness Meeting

Another health and wellness meeting will be held on Monday, March 4, at 2:00 p.m. in the Abbey. The topic will be "Who is in Charge of Our Medical Care." It will examine the issue from the perspective of Independent Living, Assisted Living and Health Care. The meeting will also look at any changes that may occur as one moves from one level of care to another, both on a permanent or part-time basis. CEO Jeanie Shiley and Administrator Michael Williams will lead the discussion.

Gina Hammond

Fireside Recital to Feature Duets and Trios from Mozart Operas

The free Fireside Recital Series in the Bistro continues on Wednesday, March 6, at 7:30 p.m.

Voice students from Shenandoah Conservatory, under the direction of Dr. Byron Jones, Chair, Vocal/Choral Division, will present short excerpts from three Mozart operas, in the original language, with piano accompaniment. Music from popular favorites *Le Nozze di Figaro* (*The Marriage of Figaro*), *Così fan tutte* (*Women are like that*) and *La Clemenza di Tito* (*The Clemency of Titus*), will be featured, along with brief commentaries about the operas and their plots.

The young singers will introduce themselves and say a little about their study programs. The following students will perform: Katie Bell, soprano; Franchesca Henry, soprano; Maryann Hayden, soprano; Kaley Reid, mezzo; Maria Maldonado, mezzo; Seth Lowery, tenor; Daniel Burston, baritone; Alex Clark, baritone; and Cahal Masterson, pianist.

Byron Jones has given master classes for the Washington National Institute for Young Singers and the American Singers Opera Project. During the summer, he joins the faculty at Seagle Music Colony in Schroon Lake, NY, one of the top training programs in the U.S. for aspiring young opera singers.

The next recital will be on April 3, featuring chamber music students of Doris Lederer, Director of Chamber Music at Shenandoah Conservatory.

Rosalind Bovey

DMV Visit Scheduled

The DMV mobile office will be in the Employee Learning Center on Monday, March 11, from 10:00 a.m. to 3:00 p.m. Representatives will be able to process all DMV transactions, to include renewing ID cards, ordering disabled placards or plates and updating DMV and voter registration addresses.

Cabaret Series to Celebrate St. Patrick's Day

The second Cabaret in the Canterbury Café will be held on March 20 from 7:00 to 8:00 p.m. Future resident David Bicking, who performed at the first Cabaret, will return to sing Irish songs honoring St. Patrick's Day. Resident Frank Brauch will also sing a few numbers. Keep in mind café seating is limited. Light refreshments, coffee and wine may be purchased.

Kate Reed

Wine-tasting Event

SVWC's Fellowship Committee for Special Events is staging an Ides of March Wine Tasting to be held on Friday, March 22, from 6:30 to 9:30 p.m. in the Commons and Abbey. The event is a fundraiser for the Fellowship Fund.

The cost is \$25 per person and includes one glass of wine, heavy hors d'oeuvres, and up to 12 wine tastings. For those who do not want to imbibe, the cost is \$10.

The featured tastings from Kysela Pere et Fils, LTD, will include selections from France, Italy and South America. Event attendees will have the opportunity to purchase wine at a half-case minimum, and the order can have varied selections.

The evening will include a Silent Auction consisting of trips to Charleston, Annapolis, and the Brandywine Valley, all enriched with super surprises. Additional auction highlights include concerts and dinners, local adventures, spa treatments, and exclusive gift certificates. There will also be a Wine Pull and Cork Guess. Cash, check or credit card will be accepted.


For more information on the tasting or to RSVP, call the Foundation office, x657.

Ann Turner

Photo by Sue McKenzie



SVWC's First Responders

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