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# Westbury World

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## SVWC's Planned Expansion

Photo by Bill Cook



I am excited to share some news this month as it relates to our master site planning process. The master site plan that SVWC has been working on contains three key components: develop the newly acquired 22 acres with villas, replace the existing Shenandoah Hall apartment building and build a new memory support house.

In-depth financial planning analyses were performed to help determine the financial feasibility of each of the three components, as well as sequence and timing of addressing each of them. Marketing and actuarial studies were also performed. It was determined that the villas should be developed first.

A villa is a mini-apartment building that contains eight or more apartments with under-building parking. Each building would also have its own elevator. I have toured many villas over the past several years, and they are very unique, depending on the communities.

At the July 15 Board of Trustees meeting, the Board approved spending the dollars required to engage the SFCS architectural firm to

develop schematic design documents and to obtain a civil engineer to conduct survey and design work for development of villas on the newly acquired property.

If there are no surprises and things move smoothly through the schematic design and civil engineering phase, construction of the villas could begin as soon as mid to late 2020. We are anticipating an 18-month construction period. This means that new residents would be moving into the villas in the early months of 2022.

After completion of the villa project and with Board approval, the next project would be Phase I and Phase II of replacing Shenandoah Hall. Phase I will be new construction to the north end of the existing building.

At the end of Phase I, residents will be moved to the new area of Shenandoah Hall. Phase II will include the demolition of the existing building, the addition of new apartments that

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will connect back to Winchester Hall, a new multi-purpose space and the construction of addition of a new memory support house.

All this work is a major undertaking for our community, so it makes sense to break the project into smaller, manageable pieces. As the process moves forward, we will keep everyone informed and share drawings and renderings as they become available.

The villas will provide us with a new product that we hope will generate a lot of activity for our Marketing Department. It will allow for controlled growth and enhance our long-term financial viability. Again, this will be a multi-phase project that will require multiple approvals by our Board at various levels. I will do my best to keep everyone informed along the way. Your continued support is greatly appreciated.

*Jeannie Shiley*



Photo by Nancy Law

### Peeping Bambi

A curious deer recently decided to check out Nancy Law's Wappacomo Hall apartment.

### Bird-feeder Station in Business

Mother Nature's Team has established a feeder station to provide the opportunity for bird-watching to the SVWC community. The station can be viewed from the third-floor bridge connecting Shenandoah Hall and Winchester Hall; it is to the left of the generator enclosure. This location allows residents to watch birds while sitting comfortably inside. Two pairs of binoculars and a bird book are available in the corner cabinet. SVWC's Grounds Team installed the donated station.

As of July 19, the birds were beginning to discover the feeders. An American Goldfinch was the first sighting, and a Common Grackle and Northern Cardinal were seen on the ground later that same day. Once the birds spread the word, a wide variety of birds are likely to

visit the avian restaurant. Additional species should be attracted during fall and spring migration and in winter. Once it is cooler, a suet feeder will be added to entice more birds.

In November, members of Mother Nature's team will participate in an organized bird-watching activity, Cornell Lab of Ornithology's Project Feederwatch. It collects data nationwide on the abundance and distribution of winter birds using "citizen scientists," welcoming birders of all levels. When the project begins for this year, SVWC's station will be registered with Cornell.

Residents interested in participating in Project Feederwatch or in monitoring the seed supply in the feeders should contact Mother Nature's Team. The Team would appreciate tax-deductible contributions to its foundation fund to help pay for bird seed. A box for contributions will soon be placed on the cabinet near the viewing area.



Photo by Judi Booker

*Judi Booker*



## Bistro Concert to Feature Employee Talent

The Bistro Concert on August 16 will be the 2019 edition of "Westminster's Got Talent!" This is one of the series' most popular evenings. Residents enjoy seeing employees shed their workday roles and show their talented stuff in a mix of humor, vocals and instrumentals.

As usual, at this early stage, the program is evolving. Some "veterans" will return, with Jacob Rhodes as master of ceremonies, joined by Travis Ross, music therapist Abby D'Arcangelis, Helen Bricker, Lee and Steven Sanford, and others. There will be new faces, too. Even senior staff members may perform.

The Concert begins at 7:30 p.m. in the Abbey. Admission is \$10 at the door. All proceeds go to the Employee Emergency Fund. The series is sponsored by Atlantic Union Bank.

*Bob Sherwood*

## Thursday Night Programs Resuming

The Residents Association is reviving the programs which previously were held on Thursday evenings. As before, they will begin at 7:30 p.m. in the Abbey, and they will run from September through May. The overall program will depend heavily on residents' suggestions for speakers. Participating residents will be responsible for booking the date for the speaker and for arranging for any audio-visual support. The resident host will also be required to dine with the speaker, to introduce the speaker and, if the speaker is a non-resident, to serve as his or her escort.

All residents are invited to participate in hosting an evening, whether it concerns their own careers and experiences or for arranging for an interesting guest speaker. This arrangement eliminates the need for a committee.

Mary Owen, 540-667-9166, is the program coordinator. She will take a resident's information on the type of program the resident is suggesting. She will also coordinate with Resident Concierge Laura Hager who reserves the space, arranges to have chairs set up and orders refreshments when an outside speaker is involved.

*Cari Sherwood*

## The Power of Words

(Using language that supports a dignified and respectful culture of aging)

*August's Word of the Month:*

**Community**

(instead of Facility or Institution)

### **Westbury World**

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Phones: 540-665-0156 800-492-9463

#### **Co-Editors:**

Paul Arnold\* — Text Carl Hess — Layout  
Staff Liaison: Sue McKenzie

#### **Work Group:**

Patricia Baldwin - Bill Cook - David Greene  
Marcia Greene - Bruce Jackson - Peggy Jackson  
Hartley Schearer  
\* Contact Person

Photo by Peggy Jackson



Trying out the new shuffleboard table in Wappacomo Hall.

### The Summer Sports Scene



Photos by  
Peggy Jackson  
and Bruce Jackson





## New Music Intern on Board

Photo by Shannon Hartsfield



On July 1, Sabrina Hartsfield joined SVWC as its seventh music therapy intern. Under the supervision of Abigail D'Arcangelis, she will be working here until December to complete the requirements for eligibility to take the board certification exam in music therapy and to complete her bachelor's of music degree in music therapy. As a full-

time intern, she will be working to obtain nearly 1,000 hours of clinical training. She will be living in Shenandoah Hall for the duration of her internship.

Sabrina moved here from her hometown of Tallahassee, FL, where she attended Florida State University. In addition to music therapy coursework, she has earned a minor in religion. Her major field is voice, and she plays guitar and piano. In her free time, Sabrina enjoys singing in choirs, listening to podcasts, attending live theater, and going to coffee shops.

*Abigail D'Arcangelis*

## Something for Everyone at SVWC

SVWC has an abundance of regularly scheduled activities and events, but residents and staff continue to find creative ideas to enhance community life. A sampling of recent innovations follows:

The Fireside Recitals and the Canterbury Café musicales have supplemented the Bistro Concerts, creating a varied musical tripod.

With Mother Nature's Team in the lead, a number of residents are engaged in a program to help preserve the Monarch butterfly.

The mini-art displays in Wappacomo Hall and near the Canterbury Café that primarily highlight the works of residents complement the Lawrence Hall Gallery exhibits.

A traveling aviary and an indoor shuffleboard game are being enjoyed by residents in Health Care and Wappacomo Hall.

An active bird-watching group has formed, and has set up an observable bird-feeding station.

On the social side, a sundown garden party was held outdoors adjacent to the residents' gardens in late July.

Several residents revived Sunday night movies in the Abbey and served as projectionists.

*Paul Arnold*

## Welcome to our New Neighbors

**Richard and Cindy Shropshire** moved into 230 Winchester Hall from Vienna, VA.

**Ruth Snapp** moved into 116 Shenandoah Hall from Winchester, VA.

## Addendum

In the article in the July edition about employees who work off hours, two from Environmental Services were inadvertently omitted. Dusty McDonald works from 3:30 p.m. until midnight Monday through Friday. Ethan Wren works from 7:30 a.m. to 4 p.m. They handle general maintenance problems. Both can be reached on x821.

Photo by Peggy Jackson



## Chaplain's Message

Some years ago, I had a resident who was living with a form of dementia ask me what would happen if God forgot her. I readily assured her that God would never forget any of us. God's memory is perfect.

I was reminded of that event while reading Isaiah 43:1-3 again recently.

We are told in that text that God created, formed and redeemed us. God says, "Do not fear, for I have redeemed you; I have called you by name, you are mine."

The problem is that most of us at some point forget God. We forget that it is God who created us, and that we are the creature and not the creator. We do not need to try to be in control. We forget that we have been claimed by God and belong completely to God. We forget that God is watching out for us. When the rough places come, God is not sitting idly by with unconcern. God is guarding and directing our steps through the difficulty. Nowhere are we told in scripture that we will not face hardship, but we are told that God is always with us.

Isaiah 43:2 says, "When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you." (No "ifs" in this, but "when.")

We all face challenges big and small in life, and sometimes we lose sight of the fact (forget) that we do not face them alone or control them. When we feel out of control in a situation that is probably when we are at our best. It is then that we have to stop trying to control the situation and allow God to carry us through.

*Elizabeth Lewis*

## Foundation Activity Update

Foundation Director Todd Lilley will be absent for several weeks in August due to a minor medical matter. This has resulted in the postponement of the 2019 Employee Gifts Campaign, a staff peer-to-peer fundraising initiative. The campaign raises money for the Employee Emergency Fund, the Fellowship Fund, and the Helen Abrahamsen Employee Scholarship and Lynn Shearouse Cultural Arts Funds. It will begin in October.

The Foundation is completing work on the *2018 Annual Report*, which is scheduled for delivery at the end of July. It will be informative and contain entertaining stories and statistics.

The Foundation Board will reschedule its August meeting to the end of September. At its meeting in May, Foundation Board Chair Harry Smith thanked resident John Claybrook for his years of service to the Foundation Board and its forerunner, the Development Committee. A new trustee election to fill John's seat and another open seat is scheduled for September. Also at the May meeting, the Foundation Board Trustees voted to secure Wilbanks, Smith, and Thomas as its investment advisor and management firm. This firm was selected earlier in the year for the same duties by SVWC's Board of Trustees.

## SVWC's Bell-ringing Tradition

Every July 4, the bronze bell across the street from the flagpole is rung for five minutes at 2:00 p.m., joining the chorus of other bells throughout America. The bell is also rung for 15 minutes on Memorial Day and Veterans Day. Resident Jimmie Harp has overseen these ceremonies since the bell was installed in the spring of 2010, and any resident can ring it on the appointed holidays.

The bell was a gift from George and Frances (nee Zollinger) White. According to the plaque at the bell's base, the bell was forged in Baltimore around 1898. It probably was first used as a train bell. The Zollinger family in Virginia obtained it circa 1900 and used it as a farm bell. In the 1970s, the bell was moved to Winchester, where it stayed in the backyard of the Whites until they donated it to SVWC in 2009.

*Paul Arnold*



Photo by Peggy Jackson





**Library News - August Acquisitions**

**FICTION**

**Courting Mr. Lincoln** Louis Bayard  
**Pride, Prejudice, and Other Flavors** Sonali Dev

**Queen Bee (LP)** Dorothea Benton Frank  
**Summer of '69** Elin Hilderbrand

**Searching for Sylvie Lee (LP)** Jean Kwok  
**Unsolved** James Patterson

**Triple Jeopardy** Anne Perry

**The Book Woman of Troublesome Creek**  
 Kim Michele Richardson

**The Things We Cannot Say** Kelly Rimmer  
**Mrs. Everything** Jennifer Weiner

**NON-FICTION**

**The League of Wives** Heath Hardage Lee  
**Spying on the South** Tony Horwitz  
**Sea Stories** William H. McRaven

**Songs of America** Jon Meacham, Tim McGraw  
**The White Devil's Daughters** Julia Flynn Siler

**Library Odds and Ends**

The Library has a large print collection shelved between the fiction and the mysteries collections. In this collection, the fiction and mystery books are interfiled by author. Non-fiction large print books on other subjects (biography, history, health, and so forth) are shelved with the category.

When it becomes necessary to weed or cull the collection (identify books for discard), one criterion is whether the book has been checked out in the last three years. If it has not (and therefore seems to be unpopular), the book may be selected for discard. If the book is about Winchester or the Valley, it probably will be retained.

The Library also contains a collection of works written by residents. These may be on any subject. This collection is shelved in the "nook," the area housing most of the Library's non-fiction. Walk down the aisle at the right, past the mysteries, large print, and fiction collections and then look to the left for the shelf labeled Residents' Writings.

For residents with vision problems, the Library has an Optelec (magnifying reader). Its magnification helps in reading magazines and newspapers and many forms of fine print.

*Mary Kay Pietris*



Photos by Kitty Zuckerman

A trio of paintings by artist Michele Melanie, part of her current exhibit in the Lawrence Gallery. It will be on display until September 8.

Butterfly Watch



Great Spangled Fritillary



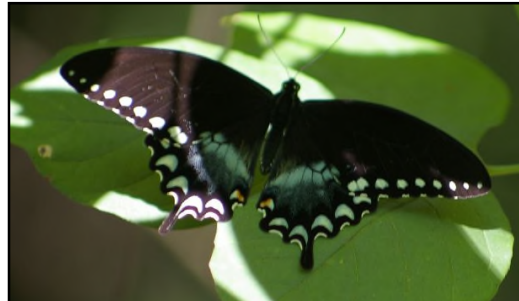
Tawny Emperor



Southern Pearly Eye



Rosy Maple Moth



Spicebush Swallowtail



Tiger Swallowtail

Photos by Bill Young

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

