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# Westbury World

*Published by Shenandoah Valley Westminster-Canterbury  
A Continuing Care Retirement Community*

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Volume XXVI Number 1

January 2022

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## SVWC Earns CARF Accreditation

In October 2021, SVWC was surveyed by a group of peer reviewers sent by the Commission on Accreditation of Rehabilitation Facilities (CARF). CARF issued a final report on December 2, 2021, stating that SVWC has earned accreditation as a continuing care retirement community through December 2026.

The accreditation report includes areas of strength and areas for improvement and recommendations or consultation items. The following excerpt is from report: "SVWC is a beautiful CCRC with many residents and staff members bringing vibrant life within the buildings. The campus has three levels of care, and all areas are clean and well maintained. There is mutual support among the staff, starting with leadership and going through every level of the organization. A robust performance improvement program focuses on quality assurance and ongoing performance improvement. A person-centered care approach is evident throughout the organization. Residents are happy, feeling well cared for, respected, and safe. Staff is dedicated to the care and happiness of the residents."

Fourteen areas of strengths were noted in the report. A couple of key highlights include: The rights of persons served are communicated in numerous ways that are both understandable and meaningful. Activities offered at SVWC are as varied as a person can imagine or desire, including the very active, moderately active, or contemplative. Staff members enjoy their work at the organization and report feeling appreciated. The commitment of leadership to enhance the residents' quality of life with passionate and enthusiastic staff is commendable.



Six areas of recommendation were identified in the report. It is recommended that corporate responsibility efforts include written ethical codes of conduct that include the prohibition of waste, fraud, abuse, and other wrongdoing. Three financial ratios fell below the conformance range set by CARF. SVWC should consistently implement written procedures for performance appraisals that address measurable goals for all its employees. Unannounced testing of each emergency procedure be conducted at least annually on each shift and include a complete actual or simulated physical evacuation drill. A written analysis of all critical incidents be provided to or conducted by the leadership at least annually that addresses trends. An analysis of all formal complaints be conducted annually to include trends and whether the actions taken accomplished the intended results. A Quality Improvement Plan will be completed for these areas and sent to CARF for approval and future monitoring.

SVWC did receive an exemplary conformance in regard to the days cash on hand and cash to debt ratio.

SVWC also received a five-year accreditation as a Dementia Care Specialty Provider. SVWC has worked towards obtaining this accreditation for the past five years. SVWC uses the Positive Approach to Care (PAC) philosophy developed by leading dementia advocate and expert Teepa Snow. PAC provides education, support, and training to improve the world of dementia care, one mind at a time, through a relationship-first approach. Care partners learn to use their talents and abilities to develop

See **CARF**, page 2

*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.*



## Securing Library Shelves

Since they were installed in November 2017, some library shelves have occasionally fallen. Recently, the collapse of the Gardening shelf, which also took out the Nature shelves below, led to a search for a permanent solution. Resident Herman Mast researched brackets and ideas for affixing them. Maintenance Assistance Vince Williams assembled a work crew which quickly secured the shelves in two days.

The display shelves and the shelves in the work room were left free and adjustable, as they do not bear much weight. The bottom shelves, many of which are slanted for better visibility, were not secured.

*Mary Kay Pietris*



Photo by Bill Young

## Resale Shop Christmas Sale Result

The Resale Shop's Christmas sale on December 2 earned \$1,606, a record amount. All proceeds went to the Fellowship Fund.

*Barbara Jackson*

## Residents Participate in Annual Bird Count

Ten SVWC residents participated in Northern Shenandoah Valley Audubon Society's (NSVAS) Christmas Bird Count on December 18. This is an annual, nationwide event organized by the National Audubon Society and coordinated locally by NSVAS.

At the national level, the count is organized into circles throughout the country each having a 15-mile diameter. Each circle is then divided into smaller sectors and with an individual assigned to organize the count for that sector. The count circle covered by NSVAS centered on Lake Frederick, extending to Winchester, south and east of Cedar Creek Grade, and included some territory east and south of the Shenandoah River. The SVWC residents, Peggy Kenney, John Lotz, Kay Jones, Bob Fitz, Paul Miller, Judi Booker, Sandy Galletta, Joyce Palm, Jack Palm, and Laurraine Landolt covered the sector located on the south and east side of the Shenandoah River, just downstream of Front Royal.

Counting began early in the morning with the hope of seeing waterfowl lifting from the river, but with the mild weather few waterfowl were seen. The count sector included the scenic property of Christendom College, several boat ramps, a mile-long trail of Royal Horsehoe Farm along Manassas Run, as well as many country roads and residential areas.

Given the cloudy and damp day, the birds were not particularly active, yet the team counted over 1,000 birds of 42 species.

*Judi Booker*



Photo by Laurraine Landolt

Bird Counters

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Published and distributed by  
Shenandoah Valley Westminster-Canterbury  
300 Westminster Canterbury Drive  
Winchester, VA 22603 - - - - - [www.svwc.org](http://www.svwc.org)  
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## Holiday Happenings

Photo by Peggy Jackson



Residents and staff decorating cookies for the Kids Club of Northern Shenandoah Valley.



Christmas Carolers

Photos by  
Bill Young



Cottage Luminaria



Health Care Angel Tree Gift Giving

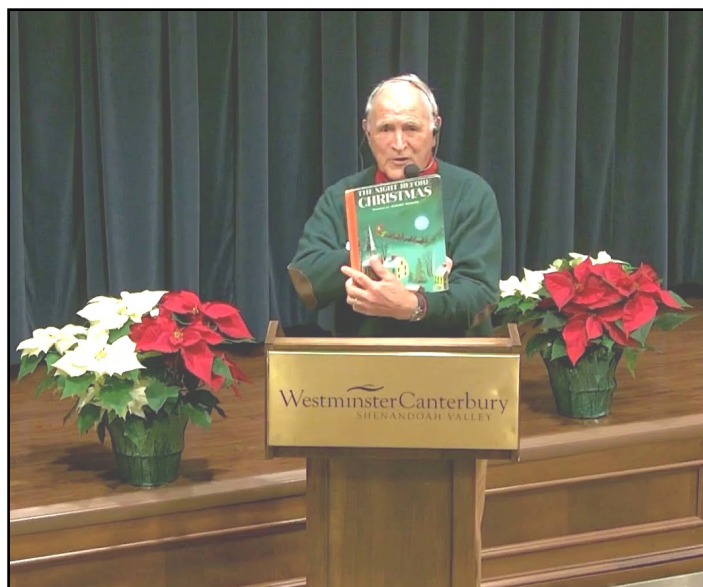


Who needs reindeer!





Front Desk - One of the Staff Door Decorating Contest Winners



Variety Show: George White reads "The Night Before Christmas"



Christmas Eve Chapel in the Abbey



Ray Finney — A Door Decorating Contest Winner



Santa Paws: Donations for local animal shelters

## Chaplain's Message

Is it just me, or have we really been “doing” the pandemic for two years? I admit that I never dreamed it would last this long, and it is not over.

At first, I felt that my life was in a holding pattern in a plane circling the airport waiting for a runway so it could land and I could get on with my life. But the plane ran out of fuel and the fumes only lasted so long, and I finally realized that life goes on, circling pattern or not, and we have to find ways to refuel and carry on right where we are. Our changed situation is not a holding pattern for getting back to “normal,” so we have to adjust our psyches, hearts, and expectations about what we think life is supposed to be.

The people of Israel did not want to be in captivity (about 400 years) or wandering around the desert (40 years). They longed for things to be as they once were with their temples intact and their ways of life preserved and God bestowing blessings. As it turned out, even when their ordeals were over, things were different. It was many centuries before they were able to look back at those days and realize that God was with them the entire time. In both Jewish and Christian worship today, we celebrate God's presence, release, and blessings of the Hebrew people as a way of girding strength and hope for the present and future now.

Some struggle to apply meaning to difficult or traumatic events by either blaming God or sin so that there is outrage at God, or condemnation of all those others whose sin we think to be worse than our own, or pure shame at ourselves. So, let us refuel. There is a place for bringing our hurt and outrage about God's silence in the hard times, (read the Psalms or Job), and there is certainly a place for turning to God in repentance so that we are renewed. Herein lies step one.

Knowing that God's blessing is not always spelled out in bold letters written on a wall, I firmly believe God is and will bring blessings from the experience of this pandemic. We just have to have the eyes to see, the heart to be attentive, and the courage to keep the faith as we live different lives than we wanted or ex-

pected. And there is step two.

Listen to this hymn for renewed hope and courage: “Our God, our help in ages past, our hope for years to come, our shelter from the stormy blast, and our eternal home! Beneath the shadow of thy throne thy saints have dwelt secure; sufficient is thine arm alone, and our defense is sure.”

## The Christmas Variety Show

The 2021 holiday variety show on December 22 on Channel 970 had something for everyone. The talent recruited by concierge Laura Hager provided an entertaining mix of music and comedy filmed and assembled by Bill Young. There were some familiar faces and some new ones.

The SVWC Jug Band led off with several traditional Christmas songs and one that was not. The band was followed by SVWC's favorite songbirds, Lee and Steven Sanford, who sang “Silver Bells” and “White Christmas.”

Time for some comedy, or memory magic, as Mary Kay Pietrus once again gave her amazing recitation of “A Good Fat Hen.” Then back to Christmas music featuring a video provided by Ross Curtis of an outside men's choral group he belongs to singing various carols.

Chaplain Elizabeth Lewis showed her flair for comedy when she read the “12 Thank You Notes of Christmas,” wherein a woman actually received the 12 gifts in her home and the ensuing chaos that drove her mad. Amy Fielder and Abby D'Arcangelis restored calm with violin and viola duets.

A bit of nostalgia came next, when George White read “A Night Before Christmas.” He was followed by a silly skit, “The Mad Libbers.” It is difficult to describe. An attempt to do so will not be made here.

The show ended, fittingly, with a concert of Christmas carols by the busy SVWC caroling group.

*Paul Arnold*





## Lecture Series Returns

Calvin University, a private Christian university in Grand Rapids, MI, will again offer The January Series, an award-winning series about important issues of the day featuring world-renowned speakers. SVWC has been one of over 50 nationwide remote sites for the series for the past five years, thanks to the efforts of resident Margaret Toxopeus, a Calvin alumnus.

The series starts January 10 and concludes January 28. Each lecture will be televised on inhouse Channel 970 from 12:30 to 1:30 p.m. If you cannot watch at that time, the lecture will be available for the entire day through midnight via the university website ([calvin.edu/January](http://calvin.edu/January)). The topic for each lecture can be found on the website, in a brochure posted on the IL bulletin board in the Bistro information area, and on the monthly calendars.

*Paul Arnold*

## Thursday Night Programs

**January 6. National Geographic Photo Ark.** Mary Ladrick narrates a presentation of the Photo Ark exhibit at the Museum of the Shenandoah Valley. The photographs are part of an effort to document every species of animal living in zoos or wildlife sanctuaries.

**January 13. Miracle on the Hudson, Was it the Only One? (re-scheduled).** Join retired Air Force engineer and glider pilot Jim Anderson as he considers the flying skills necessary to land an aircraft without power.

**January 20. Return to the Caribbean,** Dive with George Magurn on a June trip to the Turneffe Atoll in Belize and an August trip to Cozumel, Mexico.

**January 27. Letters from the War,** Kay Jones will read letters from her surgeon father Gwin Mounger, written when he was serving in a Portable Surgical Hospital behind the front lines in the Philippines during the war in the Pacific.



## Library News — January Acquisitions

### FICTION

<b>A Stranger in the Lifeboat (LP)</b>	Mitch Albom
<b>Mercy</b>	David Baldacci
<b>Gone Missing</b>	Linda Castillo
<b>Better Off Dead (LP)</b>	Lee Child
<b>The Dark Hours (LP)</b>	Michael Connelly
<b>The Sentence</b>	Louise Erdrich
<b>Game On</b>	Janet Evanovich
<b>Never</b>	Ken Follett
<b>When the Nightingale Sings</b>	Suzanne Kelman
<b>Forgiving Paris</b>	Karen Kingsbury
<b>Three Sisters (LP)</b>	Heather Morris
<b>The Jailhouse Lawyer</b>	James Patterson
<b>Wish You Were Here</b>	Jodi Picoult
<b>The Joy and Light Bus Company</b>	Alexander McCall Smith
<b>Still Life</b>	Sarah Winman

### NON-FICTION

<b>To Rescue the Republic</b>	Bret Baier
<b>Vanderbilt</b>	Anderson Cooper
<b>The Book of Hope</b>	Jane Goodall
<b>These Precious Days</b>	Ann Patchett
<b>Maverick: A Biography of Thomas Sowell</b>	Jason L. Riley
<b>Cokie</b>	Steven V. Roberts

## Welcome to our New Neighbors

**Clark “Doug” McCurdy and Robert Dyer** moved into 114 Shenandoah Hall from Alexandria, VA.

## Correction

In last month's edition, it was incorrectly stated that new neighbor Dolores Lowe came from Berkeley Springs, WV. She came from Shepherdstown, WV.

Photo by Amber Daniel



Caroling at Blue Ridge Hall

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