

Westbury World

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A Life Plan Community*

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Dining Services Testing Robot Technology

With the difficult labor market being felt nationwide, our community is trying to find solutions that work and are cost-effective. This includes exploring technology options. We have contacted several communities that use robotics in their dining venues, and they relate that they are pleased with the outcomes.

Bear Robotics developed a server robot that is capable of performing repetitive tasks, such as delivering meals to your table. It uses precise GPS mapping to navigate. The robot has a limited vocabulary, and can even sing Happy Birthday.

In July, John Ferrulli, Danny Festa, Chanda Palmer, and I traveled to Arlington to see a server robot in action at lunchtime. We were impressed with the demonstration and felt this type of technology could work on our campus.

Therefore, to assist our staff and enhance the dining experience for our residents, SVWC has partnered with Bear Robotics to test a robot in our Dining Services Department to deliver meals in the Bistro dining room. The robot is currently delivering about 50 meals a day.

SVWC will test this technology for approximately 30 days, at which time we will decide whether to keep the robot. If we do, we will hold a contest to officially name it. There may also be other departments that could use this technology.

We stress that the robot is not replacing staff, only assisting staff with meal delivery. As with any new service or program, we appreciate the residents' feedback.

Jeannie Shiley



Danny Festa and the Robot



Robot sings "Happy Birthday" to Mayo Brown

Photos by Bill Young

From the President/CEO



SVWC's administration is committed to providing specialized training on a selective basis for qualified individuals who desire to acquire state licensure as a long-term care administrator. The field of senior living is in desperate need of knowledgeable, compassionate individuals willing to work in a heavily regulated environment. To offer an AIT (Administrator in Training) program, the community has to have an individual licensed as a nursing home preceptor. I received my preceptor license in June 2006.

Since then, I have precepted a number of our employees interested in acquiring a nursing home administrator license. In 2018, I received a call from a lady asking if I would be willing to serve as her preceptor. We talked on several occasions, and she even visited the community. At the time, she had a daughter in high school, and they were getting ready to move out of the country for a short period for her husband's overseas job. That lady was Janinne Hutson-Black.

Over the years, Janinne and I stayed in touch via email. Covid hit, her family returned to the U.S., her daughter graduated high school, and Janinne finished her Master of Health Administration degree from Liberty University. This July, Janinne asked me if she could complete her training at SVWC. I was so impressed with her dedication and unwavering commitment over the past four years, that I quickly agreed.

Since Janinne has her master's degree, she is required to complete 320 hours divided into five different domains: Customer Care, Supports and Services, Human Resources, Finance, Environment and Management, and Leadership. As a team, we are working to give Janinne a comprehensive, well-rounded experience during her training. She has been attend-

ing many meetings, participating in resident-care meetings, shadowing our nursing staff, and participating in a life-safety mock inspection.

When Janinne has completed her hours, documentation will be submitted to the Virginia Department of Health Professions that all the training requirements have been met. Once she receives the state's final approval, Janinne will be able to sit for the Nursing Home Administrator test.

I hope you join me in welcoming Janinne to our community. She will be here through October. She has been a joy to work with, and I know she will be successful in the future.

Jeannie Shiley

Support for the Employee Appreciation Fund

"Evidence suggests that we can actively choose to practice gratitude—and that doing so raises our happiness." "One explanation is that acting happy, regardless of feelings, coaxes one's brain into processing positive emotions." "In addition to building our own happiness, choosing gratitude can also bring out the best in those around us." These quotes from Arthur Brooks' Op-Ed "Choose to Be Grateful. It Will Make You Happier" in *The New York Times* say to me that every SVWC resident will benefit from considering the many blessings of living in this community and showing their gratitude by contributing to the Employee Appreciation Fund.

SVWC employees care in some way for each resident's comfort, safety, happiness, and quality of life. The recommended contribution for several years has been \$750 per person, but having 100 percent of residents contribute to this year's fund would be so affirming of the staff's efforts on our behalf. The last date for making a donation to this year's gift is October 26. Checks should be made out to SVWC Residents Association, and "EAF" written on the memo line. Place them in the EAF box near the Post Office or the box on the second floor of Wappacomo Hall. These gifts are not tax deductible.

Cathie Russell



A Musical Month



Winchester Pipes and Drums play in the Courtyard.



Bistro Concert featuring Eugene B. Smith on guitar with Chaplain Bill Everhart on drums.



Blue and Grey Barbershop Chorus, which includes residents Ross Curtis, Kate Reed, and Jacki Brown.

Photos by Bill Young

October's Bistro Concert

The next Bistro Concert, on Friday, October 21, will feature the Caleb Nei Quartet. They will play tunes from the Great American Songbook and add a few originals.

Caleb has played here five times before, so many residents know his soft, thoughtful jazz- piano playing style. He is a church musician and has taught at Shenandoah Conservatory. He delighted patrons at the V-2 Lounge of Village Square on the Loudoun Mall before the pandemic.

Caleb is joined by John Kocur on saxophone, Daniel Kelly on drums, and Kevin Johnson on double bass. Each has impressive musical credentials. Kocur, a composer and creative educator, teaches at George Mason University's music conservatory and directs a military band. Kelly has played internationally, won drumming competitions, and performed with the Shenandoah University Summer Music Theater. Johnson has played in Bistro Concerts with Caleb and with Donovan Stokes, a Shenandoah University professor of double bass. He is active in community education and edits a specialized publication for bass players.

The concert begins at 7:30 p.m. Once again, all residents are invited. Those on the futures list who present their vaccination documentation at the Front Desk are also invited. Masks are strongly recommended.

Bob Sherwood



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A Logo for the Residents Association



For the first time, the Residents Association has a logo to represent the organization.

A competition, restricted to residents, produced 16 creative designs. Independent Living, Assisted Living, and Health Care residents had the opportunity to vote for their favorite image; 199 ballots were tallied.

The winning entry, submitted by Gina Hammond, reflects the togetherness of our community.

Sylvia Wilson

New Form of Therapy Available

Milo, a 10-month-old golden retriever, is one of the newest members of the SVWC therapy staff as he recently received his Dementia and Alzheimer's Focused Therapeutic Service Dog Certification. Milo has been working with a Certified Dog Behaviorist who came here from New Jersey to ensure his success at SVWC. After overcoming long hours and precise obstacles, he has officially passed all three of his state tests. Milo now will be able to serve as a therapy dog, as well as one who can also assist those living with dementia, not just in Blue Ridge Hall, but also all other neighborhoods in the community. He lives with staff member Jill Huhn. Milo can make house calls across the campus Tuesdays through Saturdays. For a visit from Milo, call 540-542-0649 or email jhuhn@svwc.org.

Photo by Jill Huhn



Milo and friends

Welby Brown Nearing 101

Welby will be 101 on October 27. She is from Upperville, VA. As a child, her family moved extensively to various cities across the U.S. In the South, she attended public schools and graduated from St. Agnes School in Alexandria.

After graduation, she worked in a bank in Alexandria and for the Red Cross. During World War II, she worked for the Air Force Motion Picture Unit in Culver City, CA.

In January 1953, Welby married the Rev. E. Guthrie Brown. She accompanied him to parishes in Manassas, VA, Moorhead City NC, Staunton, VA, and in Millwood, Boyce, and Old Chapel, VA. Her husband died in 1996.

The Browns raised two daughters. Mary spent many years training race horses. Lucy, a professional photographer, has specialized in children, parties, and weddings. Welby also has two step-grandchildren.

Welby's past volunteer activities have included many church-related activities. She has enjoyed flower arranging, gardening, reading, and riding. She was especially active in Brownies. She was also president of the Upperville Library, the smallest lending library in the U.S.



New Maintenance Manager

Jerry Johnson is SVWC's new Mr. Fix It. He was born and raised in Winchester and still resides here. After graduating from high school, he went to work for Lockheed Martin for 25 years in Reston, VA, in the Facilities Maintenance and Engineering Departments. His next job was at the George Washington University campus in Ashburn, VA, where he was Facilities Manager for 10 years.

Jerry's wife is a surgical technician. They have four sons and two daughters. He enjoys sports, hunting, fishing, and boating.

Paul Arnold



Successful Wappacomo Bluebird Trail Season



The third season for Mother Nature's Team's 10-box Wappacomo Bluebird Trail was a success. Each year, the number of boxes used by birds for breeding has increased. In 2020, four boxes were occupied with eight Carolina Wrens, six House Wrens, and seven Carolina Chickadees chicks being bred; in 2021, five boxes were occupied with four Eastern Bluebirds, five Carolina Wrens, and 17 House Wrens. This year, eight of the boxes were occupied, resulting in seven Eastern Bluebird and 28 House Wren chicks leaving the nests.

Fourteen dedicated residents monitored the trail from March to mid-August. Each week, four team members visited the 10 boxes to record activity and to address any issues such as ant invasions. These weekly visits were followed by a second visit to those boxes with activity or concerns. At season end, these results are reported to the licensee, the Virginia Bluebird Society and to Cornell Lab of Ornithology's citizen-science NestWatch program.

We are looking forward to extending our bluebird trail to the villas, as the meadow habitat planned there may be more conducive to Eastern Bluebirds than our woodlands.

Judi Booker

Chaplain's Message

Wouldn't it be great if we could read God's mind? Think about that. *And* think about what an advantage it would give us in our lives – like when things happen we don't understand, or when we are lost and seeking direction. Wouldn't it be great if at those times we could read God's mind and discern the answers we seek?

Well, we can't read God's mind, but we *are* given some clues about God's will. God does have an agenda. God does use body language. God does have an attitude, and they're all revealed both in Christ himself *and* in scripture. No, we can't read God's mind, but in the Word we *can* be transformed so that we can discern God's will.

Paul advises us not to become too caught up in the affairs of the world – which can cause us to lose focus – but, rather, to focus on the will of *God* for our lives. He says we are transformed when we recognize that revealed to us in Christ is God's will for us. Through the power of the Holy Spirit we can then accept that revelation and see clearly what is good, acceptable and perfect.

We can't read God's mind, but we can discern something of God's will through the presence and guidance of the Holy Spirit. Then, with those gifts God gives us, we are sent into the world to share with others that which has been revealed to us. Thanks be to God.

Bill Everhart

Annual Blessing of the Animals

The blessing of the animals service will be held on October 4 at 2:00 p.m. in the Abbey. The service is traditionally held on St. Francis of Assisi Day. St. Francis is the patron saint of animals and the environment. If you cannot bring your pet or a photo, arrangements can be made for a private blessing later on. All dogs have to be on a leash and all cats in a carrier.

Bill Everhart



Croquet/Lawn Bowling Court gets AstroTurf

New Activities Coordinator for Assisted Living

Photo by Kitty Zuckerman



Lyle Rolfes recently was appointed as Activities Coordinator for Assisted Living. He was born in Tallahassee, FL, and earned a bachelor of arts degree in history from Florida State University. He has been working elsewhere in Activities for nine years. He previously worked at Lynn Care in Front Royal and Greenfield Senior Living in Strasburg.

Lyle attends Laurel Ridge Community College, and he hopes eventually to enter the master's program of occupational therapy at Shenandoah University. He enjoys pickle ball and hiking.

Marcia Greene



Illiterate Deer

Photo by George White



Library News — October Acquisitions

FICTION

The Codebreaker's Secret: A WWII Novel

Sarah Ackerman

Local Gone Missing (LP)

Fiona Barton

Bookish People

Susan Coll

Reckoning: An FBI Thriller (LP) *

Catherine Coulter

Robert Ludlum's The Bourne Sacrifice (LP)

Brian Freeman

Grace Under Fire

Julie Garwood

A Lady's Guide to Fortune-Hunting

Sophie Irwin

The Best is Yet to Come (LP) *

Debbie Macomber

The Librarian Spy

Madeline Martin

The Shadow Lily

Johanna Mo

Shattered (Michael Bennett) (LP)

James Patterson

The Poet's House

Jean Thompson

Sugar and Salt (LP) *

Susan Wiggs

Black Dog (LP)

Stuart Woods

NON-FICTION

Picasso's War: How Modern Art Came to America

Hugh Eakin

The Watermen: The Birth of American

Swimming

Michael Loynd

Learning to Talk

Hillary Mantel

A Place in the World: Finding the Meaning of Home

Frances Mayes

Bad City: Peril & Power in the City of Angels

Paul Pringle

Shy: The Alarming Outspoken Memoirs

Mary Rodgers

They Called us Girls

Kathleen Courtenay Stone

*A Copy in Wappacomo Library



Goff Pond Renovation

The renovation of Goff Pond is finally underway. As of late September, the liner installation is finished and the pond aeration system is on-site for placement.

Draining the pond began on September 1. Once empty, the pond was excavated to an additional four feet of depth. Then a felt liner was placed over the entire pond to prevent rock punctures, and placement of the synthetic liner and heat-sealing of the seams was completed.

The lining installation will be followed by a general cleanup of the area and the planting of a wildflower meadow buffer around most of the pond. Some weeks later, shrubs will be added to the steep hillside north of the pond to reduce erosion.

Judi Booker

Photos by Judi Booker



Fall Fun Day

On September 22, the first day of fall, a large number of residents gathered in the courtyard to celebrate the resumption of fall fun day following a two-year, covid-imposed hiatus. There was an excellent buffet, shuffleboard and cornhole games, and free potted flowers. First Bank was again the generous sponsor of the enjoyable event.

Paul Arnold

Photos by Bill Young



Photo by Bill Cook



Villa Construction Area

Westbury World

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