
Westbury World

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A Continuing Care Retirement Community*

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Photos by Bill Cook



Coronavirus Creativity

SVWC residents may have been socially confined in the time of COVID-19, but all the while their creativity and industry quietly exploded. Long-delayed projects were revived, new skills learned, social practices upended.

Many spent weeks organizing photos, clippings, and cherished objects. Margie Sheppard had 28 boxes gathering dust for the past eight years. “Slowly and reluctantly, I opened the first memory box,” she recalls. “Soon I was immersed in the visual reminders of the joys, sorrows, and accomplishments of my dear family. Tears flowed, smiles beamed, pride glowed—what a great life’s journey it has been so far.” Now she has winnowed it down to three carefully curated boxes to pass on.

“The coronavirus helped me get a scrapbook,” recalls Jo Ann Whitacre. She had stored all the family pictures going back to the 1800s when she moved into her cottage 14 years ago. Now they are all organized into a 64-page volume for her five children. It was hard work, she says, “but it was joyful.”

The How to Draw video series organized by art instructor Gale Bowman-Harlow persuaded some who had never before drawn a line to display hidden talents. Novice Jim Anderson, for example, compiled an impressive notebook of drawings. When Carol Ebert observed that residents ought to have colorful “license plates” on their wheelchairs, her inventive colleagues created them. Others tackled miniature sculptures and models that will be displayed later in a show.



Margie

See **Coronavirus**, page 2, column 1

Coronavirus from page 1**Chaplain's Message**

Alice Lees (photo on page 1) worked on a different set of skills: “learning the brakes, shifters, pedals, and battery” of her new yellow tricycle, named Rosie. As a former horse and bicycle rider, she picked the three-wheeler because she was afraid of falling over on a two-wheeled bike. She can be seen speeding along campus streets. “It’s a mental and physical outlet that works on my brain and my body,” she says.

Keeping in touch meant learning new ways. Last year no one knew about Zoom. Now it’s so familiar it’s become a verb. Many residents Zoomed with far-away family members. A few even learned from their grandchildren how to change their video background, to transform their bedroom back wall into a lovely lakeside or flower garden. One resident devotes his time to crafting partisan political poems for select friends.

Some developed substitutes for travel. For 25 summers, Amy Fielder attended the Chautauqua programs in New York. This year, she watched lectures during the day and concerts in the evening on her computer. She recommends watching at chq.org.

As the weather warmed, some perfected the six-foot cocktail party: Sharing a late-afternoon beverage—sometimes called a quarantini—with one or two others, each six feet away, outside on a shaded patio. Other residents regularly meet on Zoom to have a drink and share stories. And more than a hundred exercised their green thumbs by growing vegetables on their balconies.

Books were rediscovered. Marcia Greene says earlier she was so busy with the Library Committee that she never had time to read. Now, she says, “I have read 14 books and I’m on the 15th.” Each takes her to a different place. “I like to think I’m traveling.” Her favorite so far is Michelle Obama’s **Becoming**.

Finally, the confinement was an opportunity to try something new. Bill Cook had long wanted to try a beard, but every time his itchy stubble got a week old he lost heart. Now, with no one looking, he let his whiskers grow. When he emerged with a snow-white beard, few recognized him. Even at this stage of life, he said, “it’s possible to try out a new persona.”

*Paul Arnold, Bill Cook, Marcia Greene
and Bill Young*

Before I entered seminary in 2015, I was a public librarian in the Savannah, GA, area. Recently, I have found myself reflecting on the various encounters I had while working at the reference desk. The sign over the desk read, “Ask a Librarian.” And people did ask me.

Sometimes, a customer would approach and say, “I have just been to the doctor, and he told me I have [diagnosis]. I would like to know more about it.” We would look together at the various reference materials to see what they had to say about the person’s condition, and sometimes the person would tell me their story: the symptoms they had, what tests were to come, and what treatments had been suggested. Their wonderings, their hopes, and even their fears would be expressed in these conversations.

As I reflected on these encounters, I also remembered reading a research article, which demonstrated that people who talk with reference librarians based their satisfaction with the encounter not on the information they received, but on how they were treated during the encounter. This impressed me, and I have never forgotten it.

During my career as a librarian, I usually knew where to find the information the customers were looking for, but I did not have the answers to their deeper questions. All I could do was to listen, to hold space for another human being who needed to be heard and seen as they truly are.

We all need that. To know that there is someone with whom we can be ourselves—truly ourselves—without fear of judgment or abandonment. Someone to whom we can reveal all our questions—even the questions we suspect of having no easy answers. This is why I want to encourage you to hold your questions gently, giving them the space that they need. Your questions and the emotions they represent are valid, important parts of your human experience, particularly as we navigate the troubled times we face right now.

Betsy Stow

From the President/CEO



On Thursday, July 9, 20 members of the Virginia National Guard arrived on campus to conduct SVWC's Point Prevalence Survey (PPS) COVID testing. The following information about the PPS

test is directly from the Virginia Department of Health website:

Due to the large impact COVID-19 is having on Long-Term Care Facilities (LTCFs) and other congregate settings, Governor Northam and the COVID-19 Long-Term Care Task Force have initiated the VDH Point Prevalence Survey (PPS) project. A PPS entails testing all individuals in a designated area of a facility, whether or not they have symptoms, on one day. Experience to date suggests that there are often positive but asymptomatic residents and staff in LTCFs, which contribute to silent transmission. The results will inform facility administrators about the extent and distribution of infection with the virus that causes COVID-19 on that specific day. A PPS is a powerful tool that can be used to intervene early in outbreaks, especially in LTCFs, as a PPS can help guide decisions regarding cohorting residents and staff.



Photos by Peggy Jackson

PPS testing and re-testing are also required by VDH before a regulated area can initiate a reopening plan.

The National Guard tested 622 residents, staff, contractors, and private companions. There were two positive tests among our independent living residents. Both individuals were asymptomatic. VDH did the contact tracing which resulted in seven residents being quarantined. I want to thank everyone for all of your hard work and diligence in keeping our community safe.



The last four months have been difficult, but what we have in place is helping to prevent the spread of the virus.

Repeat testing will be necessary going forward and Michael Williams is addressing that issue in the following article. I want to caution residents and staff that the testing was only good for that point in time. We have to continue to practice good infection control to protect others and ourselves.

The leadership team will be working over the next weeks on our re-opening plan. We will proceed slowly with caution because it is the prudent thing to do. We know that the last several months have been hard mentally and emotionally for our residents and their families. Our Resident Services Department is working with residents in Assisted Living and Health Care to offer family visits using appropriate safety measures.

Administration continues to hold Coffee meetings three times a week to keep residents updated. We are also sending out a weekly recap of these meetings to residents and family members.

We greatly appreciate everyone's understanding and cooperation. Stay safe and stay well.

Jeannie Shiley

Retesting to Reopen

Repeat testing for COVID-19 is a required component to move the regulated areas of our campus forward. This is an ongoing measure of how consistent our infection control practices are and staff practices and measures outside of work. We are officially in Phase 1 under the Virginia Department of Health's plan and completed our latest round of testing on July 23, for all residents in Health Care and Assisted Living, as well as staff who are primarily assigned or have offices in those areas.

All future testing will be conducted by our clinical staff who been trained by the emergency department staff of Winchester Medical Center/Valley Health (WMC/VH). Future testing called for the use of WMC Outreach Lab to process our specimens. However, there a shortage of reagent across the Commonwealth led us back to Mako Medical labs. Based in Raleigh, NC, they processed all the PPS tests, getting results back in a quick 48 to 72 hours.

After this round of 327, we only had two positive results; one resident in the regulated area and one staff member. We have conducted over 950 tests with only four asymptomatic cases on the campus, reflecting a tremendous effort by staff and residents to stay well and safe.

Due to having a positive resident case, we will have to conduct weekly testing of staff and residents in AL and HC until all residents are negative. This would also cause us to regress to Phase 1 from what point we are at in the plan. There is more information on the entire reopening process for nursing on the Virginia Department of Health's website under long-term care phased reopening plans.

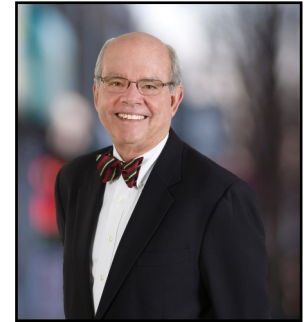
Michael Williams

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.

Trustee Emeritus Appointed

At the Board of Trustees meeting on July 20, the Board accorded former Board member Dennis J. McLoughlin the position of Trustee Emeritus in recognition of 18 years of exemplary service and loyalty to SVWC.



Staff Photo

Dennis served on the Board from 2002 to May 2020 and served as chair of the Board from May 2017 to May 2020.

Welcome to our New Neighbor

Suzanne McNally moved into 325 Winchester Hall from Pittsburgh, PA.

The Power of Words

Word of the Month:

Older Adults

(instead of elderly, senior citizens or old people)

Westbury World

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**SVWC's
10 Most Wanted**



Photos by
Peggy Jackson

Information Technology and Security: A Key Combination

The personnel of SVWC's department of Information Technology and Security are responsible for the community's continuous forms of communication and for its 24/7 security shield. On the technology side, the department is responsible for the architecture, hardware, software and network infrastructure of SVWC. Other tasks include running the in-house TV channel, supporting regular and special events, broadcasting community-wide messages and warnings, and responding to resident requests for technical assistance.

For the past 18 years, John Ferrulli has been the department's director. Previously, the IT function had always been handled by an outside organization.

John was born in Jersey City, NJ. He earned a computer technology degree from Brick Computer Science Institute. In 1984, he went to work for a computer firm in Herndon, VA, as a technician. In 1990, he joined a computer firm in Winchester as the technical manager. Ten years later, he moved to a firm in Front Royal, where he was the client services manager. Next stop, SVWC.

John and his wife have four children and five grandchildren. He enjoys bowling and spending time with his family.

Marcus Varner is IT's network coordinator. As such, he manages network hardware and network users. He also helps handle software applications. He has an associate degree in computer science from Lord Fairfax Community College.

Marcus was born in Texas. At 21, he joined the Marines. When he retired in 1991, he moved to Winchester. For several years, he worked for a local company that handled computer contracts for the U.S. Government. In 2005, he signed on with SVWC.

Marcus and his wife have two sons, a daughter, and a granddaughter. He enjoys teaching bible study classes and tinkering with computers.

Damian Nita is IT's associate network administrator. In effect, he is IT's troubleshooter. He is Mr. Fix-it, a one-man Geek Squad. Dami-

an was born in Romania, and he came to the U.S. at age 20. Following a brief stint teaching English as a Second Language and also computers in Herndon, VA, he moved to Winchester, where in time he obtained a network engineering degree from Lord Fairfax Community College. In 2014, he moved to SVWC as a network technician.

Damian and his wife live in Capon Bridge, WV. He has three stepchildren. He enjoys movies and building model cars.

Thomas Hahn is SVWC's security manager. As "chief of police," he is in charge of the security officers and all aspects of their training. The officers' responsibilities include patrolling the campus on an around-the-clock basis, monitoring all surveillance equipment and alarm systems, performing periodic security checks in all buildings, and responding to calls for emergency assistance. Thomas ensures policies and procedures are enforced and writes reports for all activities and incidents.

Thomas was born in Oxon Hill, MD. He has a degree in systems analysis programming from Prince George's Community College. He joined SVWC in 2011.

Thomas and his wife live in Augusta, WV. They have two sons, a daughter, and seven grandchildren. He likes sculpting, woodworking, and is an amateur ham radio operator.

Paul Arnold



Thomas, Marcus, Damian and John



Library News — August Acquisitions

FICTION

Red Dress in Black and White

The Vanishing Half	Elliot Ackerman
Exciting Times	Brit Bennett
The Guest List	Naoise Dolan
Pizza Girl	Lucy Foley
Beach Read	Jean Kyoung Frazier
28 Summers	Emily Henry
A Burning	Elin Hilderbrand
How the Penguins Saved Veronica	Megha Majumdar

The Daughters of Erietown	Hazel Prior
Daddy's Girls (LP)	Connie Schultz
Friends and Strangers	Danielle Steel
Girls of Summer	J. Courtney Sullivan
	Nancy Thayer

NON-FICTION

Countdown 1945	Chris Wallace
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The Library's Biography Section

The large Biography section of the Library contains three kinds of biographies. The most common biography is the life story of an individual person, written by another person, sometimes an official biographer. Other books are autobiographies. A few books are collective biographies, recounting the experience of individuals related by birth or marriage (the Romanovs, the Roosevelts) or unrelated individuals who share a profession, life experience, or other element.

Because the collection is arranged by the person written about, collective biographies of unrelated individuals are identified by their common attribute. So far, the Library has books on Artists, Celebrities, First Ladies, Founding Fathers, Heiresses, Mothers (which is actually about mothers of presidents), and Presidents. These categories are filed alphabetically by category with books about individual persons.

Mary Kay Pietris



Raccoon

Nocturnal Visitors

Photos taken by a motion-sensor camera set up by Grounds Manager John Poe



Turkey



Deer Family

Photo by Bill Cook



Before the Rain

Westbury World

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