
Westbury World

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

Volume XXV Number 8

August 2021

Happy Hour is Almost Here Again



August 6 is the most welcome date on the SVWC social calendar since Covid-19 raised its ugly head for it signals the return of Happy Hour, which for now is restricted to residents only. The gathering will begin in the Commons and the Abbey at 4:30 p.m. It will afford participants the opportunity to chat with old friends, meet newcomers, and enjoy free beer, wine and sangria and fun finger food provided by Dining Services.

This Happy Hour is particularly important for it is the first time that the many new residents that moved in during the isolating, masked months of the virus will have an opportunity to meet and mingle on a large scale with established residents. So, everyone needs to make a special effort to make some new friends, thereby strengthening the overall spirit of community. And it is also important that everyone wear his or her name badge.

In past years, Happy Hour was capped off with a buffet in the Main Dining Room. Perhaps ere long, that tradition will also be renewed.



Paul Arnold

From the President/CEO



SVWC has been an accredited continuing care retirement community (CCRC) since 1995, first by the Continuing Care Accreditation Commission (CCAC) and now through the Commission on Accreditation of Rehabilitation Facilities (CARF). CCAC was acquired by CARF in 2003 and the CCAC entity and accreditation process has been fully integrated into CARF.

CARF is an independent, nonprofit organization focused on advancing the quality of services provided by continuing care retirement communities to meet the needs of their residents and to achieve the best possible outcomes. Accreditation provides a visible symbol that assures the public of a provider's commitment to continually enhance the quality of services and programs with a focus on the satisfaction of the residents served.

In October, SVWC will be surveyed for our fifth re-accreditation. Preparations have been underway for over the past year as we prepare for the visit. This work involves answering the standards and pulling together all the required documentation. In addition to accrediting the entire community, SVWC will also be seeking a Dementia Care Specialty designation for Blue Ridge Hall.

Surveyors will be on-site October 13 to 15. They will tour the community, interview residents, staff, and Board members and verify compliance to their standards. Approximately six to eight weeks after the survey, CARF will notify SVWC of the survey findings in a written report and issue a decision to award a five-year accreditation or non-accreditation. CARF will also offer recommendations to which SVWC will have 90 days to follow up with a Quality Improvement Plan in response to the recommendations.

This accreditation process is important to our community. As we get closer to the survey dates, more information will be shared about the schedule. I want to thank everyone ahead of time for your participation and cooperation.

Jeannie Shiley

Meet SVWC's New Medical Director

As of July 1, Dr. Paige Patterson is SVWC's medical director and attending physician. She will have limited hours on campus Monday, Tuesday, Thursday, and Friday. Wednesday will be staffed with a nurse practitioner or physician assistant. Dr. Patterson and her assistants will see Independent Living residents for appointments in the Clinic.

Dr. Patterson was born in Winston-Salem, NC, and raised a country girl. From about age 12, she knew she wanted to be a doctor. She attended Wake Forest University on a scholarship and, after graduating in 1986, went to medical school at Georgetown University, specializing in family care. During that time, she met her future husband Richard, who was also a student studying orthopedics. They graduated and married in 1990. Three-year residencies followed at the Temple University Medical School in Philadelphia.



In their search for a place to settle down, the Pattersons finally selected Winchester, where Paige joined Selma in 1995 and her husband joined a private medical group. They have raised three sons, two of which have embarked on their own careers, one in Fairfax and one in Denver. The third is a student at Marshall University in West Virginia.

Dr. Patterson has visited all 50 states and now she wants to visit as many national parks as possible. She likes to ski and especially enjoys walks with her rescue dog Harley—as in Davidson, her husband has a motorcycle).

Paul Arnold

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.

Art Exhibits

New Exhibit Opens in Lawrence Gallery

From August 2 to September 30, some residents will be loaning some of their favorite works of art to the Lawrence Gallery's new exhibit, "Treasures Shared." The collection is primarily made up of works by local artists, lesser-known artists, and well-known artists primarily from the 20th and 21st centuries. A guide booklet provides information about the artists. Subject matter includes wildlife, flowers, animals, landscapes, oriental art, sculpture and more.

Virginia Fluet

Wappacomo Gallery Featuring Elizabeth Taylor's Paintings

Elizabeth (Liz), who was born in Louisville, KY, received her BA and MA from the University of Kentucky and her MSW from Virginia Commonwealth University. Her career was spent as an elementary school teacher, a social worker, and as a psychotherapist.

Liz began painting in the 1960s. For many years, she also created wreaths, baskets, and wall hangings using silk and dried flowers and plants. Since moving to SVWC from Centreville, VA, in 2015, she has taken watercolor classes and developed her writing skills.

Gale Bowman-Harlow



Chaplain's Message

Charles Swindoll has a beautiful writing on "Attitude," and I would like to share part of it with you here. The last paragraph says, "We cannot change the inevitable. The only thing we can do is play on the strength we have, and that is our attitude ... I am convinced that life is 10 percent what happens to me and 90 percent how I react to it. And so it is with you ... we are in charge of our attitudes." I believe this to be true. We have a choice about how we will respond to the circumstances of our lives and those of others.

We can judge or condemn others for their choices or things out of their control, for their health issues or for their disabilities, or we can accept and love them as they are. This is clearly what Jesus taught – to love others unconditionally.

To do so means, at least in part, that we treat and speak to them with respect and compassion, offering them dignity and grace.

Sometimes illnesses and injuries seem to rob us of these things, and we feel unacceptable or less than the person we really are. One is still a complete person even if some abilities have been lost. One is still acceptable and is to be cherished even if life has been difficult.

As a community, we have the distinct opportunity and privilege of cherishing, honoring and accepting one another in all circumstances.

We are fortunate to live in this community where God gives us daily the opportunity to practice His love in our home and workplace. I challenge each of us to work toward accepting ourselves and others just as we are, loving and offering dignity and grace, no matter what.

Elizabeth Lewis

Photo by Bill Young



Courtyard Turtle

The Spotted Lantern Fly Threat

Now that the cicadas have disappeared, the emergence of the Spotted Lantern Fly (SLF) poses a much more serious insect problem. The SLF is a significantly important economic and lifestyle pest to residents, businesses, tourism, forestry, and agriculture.

The SLF problem began in 2014, when a load of Chinese landscaping stone bearing SLF egg masses arrived in Berks County, PA. The eggs hatched, and the insect established itself. In Pennsylvania alone, whole orchards and vineyards have been destroyed.



Here at SVWC, the SLFs are massively present in the Resident Garden plots. The sides of some buildings have been covered with them in their first three nymphal forms of black and white or, now, in their fourth nymphal form that is red with white spots.

In the current infestations, the SLF has shown to have one generation per year consisting of four nymphal stages and an adult stage. It overwinters as egg masses. The first instar nymphs appeared this April, much earlier than in previous years. Mating occurs in late July to early August, again earlier this year than last, with egg laying taking place thereafter into early November or until the first killing freeze.

The female lays one or two egg masses, each containing 30 to 60 eggs laid in rows. Depending on the surface, the eggs can be well camouflaged. She prefers to lay on any hard, smooth surface. If the population density is high enough, she will lay on cushions and outdoor furniture, barbecues, cars, and the bark of conifers.

The beak of both nymphs and adults pierces through plant tissue and sucks sap directly from the phloem of leaves, stems, branches, and trunks. First through third instar nymphs feed on shoots of young perennials and annuals. This is what they are doing in our gardens,

SLFs are quick to jump, and a fly swatter is a good weapon against them. Tree trunks can be wrapped with sticky paper like Tanglefoot or even Duct tape with the adhesive side out to trap the insects. To date, no insecticide has been effective against the pest.

Kate Reed

“Summertime, and the Livin’ is Easy”



Photos by Bill Young & Sue McKenzie

Saturday Morning Nature Excursions

Mother Nature's Team (MNT) does a lot of beneficial things for the community but the Saturday morning nature rides deserve special recognition. Every Saturday morning, weather permitting, at 10:00 and 11:00 two residents have the opportunity to take a 45-minute guided tour throughout SVWC's Nature Area in the marketing cart. First priority goes to residents of Wappacomo Hall who have limited outdoor opportunities. If there are no reservations from Wappacomo, then other residents can fill in.

There is a roster of three drivers (Charles Wakeley, Chuck Walters, and Dennis McFaden) and three guides (Kate Reed, Sally Walters, and Sylvia Wilson). All are MNT members.

On Saturday, July 10, Marcia Greene and Ann Thomas were the passengers. They were picked up at Wappacomo's main entrance, and Marcia's trip report follows.

"Chuck and Sally Walters took us on a delightful ride, giving us the history of the area and showing maps of our Nature Area. Starting out on the original Wappacomo Trail, we soon got to the Residents Garden, where some were growing vegetables and some flowers. They pointed out the herb garden for the kitchen, which the chef picks daily. We then went on to Winchester Green, sampling delicious wineberries along the way. Bluebird houses were pointed out, as

well as cameras used to film wildlife. We saw many gravel roads; one to the dump and one flattened for scooters and walkers. We also saw the trees that had been planted on Arbor Days. We passed the logs that the grounds crew had cut from fallen trees that eventually end up as firewood for C-CAP.



Finally, we reached Goff Pond, and Chuck said that it did indeed contain fish. On the way back, we passed Teresa's Wildflower Garden, named after the lady who brought the plants for the garden with her when she moved here. The ride underscored the fact that our Nature Area is a beautiful addition to what makes SVWC so special!"

Marcia Greene, Paul Arnold

Residents Garden Social

On a perfect early-July afternoon, more than 50 SVWC green-thumbers who till plots in the Residents Garden held their first Garden Social. "What a delight to share some time in the garden with fellow gardeners," exclaimed Margie Sheppard. "I loved walking around seeing who was doing what and asking questions about successes and failures in planting." Grounds Coordinator John Poe and his crew erected a pop-up tent with tables and chairs. Dining Services provided iced water and several attendees provided plates of nibbles. "The party was a great success," said Kay Pace. "I hope it becomes an annual event."

Bill Cook

Photo by Bill Young





Library News — August Acquisitions

FICTION

The Personal Librarian (LP)	Marie Benedict
The Saboteurs	Clive Cussler
V for Victory	Lissa Evans
The Other Black Girl	Zakiya Dalila Harris
Morningside Heights	Joshua Henkin
Golden Girl (LP)	Elin Hilderbrand
Summer on the Bluffs (LP)	Sunny Hostin
The Plot	Jean Hanff Korelitz
Dream Girl (LP)	Laura Lippman
The Maidens	Alex Michaelides
Malibu Rising	Taylor Jenkins Reid
Legacy (LP)	Nora Roberts
The Disappearing Act (LP)	Catherine Steadman
Where the Grass Is Green and the Girls Are Pretty	Lauren Weisberger
That Summer	Jennifer Weiner

NON-FICTION

The Ride of Her Life (LP)	Elizabeth Letts
The Premonition	Michael Lewis
Killing the Mob	Bill O'Reilly
Finding the Mother Tree	Suzanne Simard
The Triumph of Nancy Reagan	Karen Tumulty

Welcome to our New Neighbors

Joyce Schmidt moved into 315 Shenandoah Hall from Somers, NY.

Samuel and Joanna McCall moved into 217 Shenandoah Hall from Winchester, VA.

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Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, VA 22603 - - - - www.svwc.org
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Library Book Donations

Thanks to a legacy, the SVWC Library has a generous book budget. Therefore, donations are not necessary to develop the collections. Donations may be accepted, however, under certain circumstances.

The best donations are newly published books that residents have recently purchased, read, and wish to make available to others. Fiction, mystery, biography, history, and other selected nonfiction may be accepted. Large books (but not heavy ones), consisting mainly of pictures, may be accepted.

Donated books must be in pristine condition with no markings, damage, or odor. Donated books must have sufficiently large type to be judged readable. Large print books are welcome.

Donations are accepted with the understanding that SVWC may add the books to the collection, donate them elsewhere, or dispose of them.

Acceptable donations should be placed in the Donations basket. No more than five books may be donated at a time.

Larger book collections may be donated to area charities. Two possibilities are Handley Regional Library (540 662-9041, ext. 31) or Literacy Volunteers (540 536-1648).

Mary Kay Piertris



Photo by Judi Booker

Afternoon of the Fawns

Photo by Bill Young



Summer Social Circle

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