

CommunityConnection



Sometimes, "Old Folks" have "words of
wisdom" to share.
And now, this "Old Person" has
have "words of wisdom" to share.
Recall the PAST,
reminiscently and thoughtfully -
live the PRESENT -
with anticipation -
And now
don't tell me - to
"live the future".

In this issue:
SVWC's 35th Anniversary
Villa Groundbreaking
Ceremony
Donielle W. Palmer Wins
Prestigious Award

On the Cover

Jeannie Shiley, SVWC President & CEO stands with resident, Ruth Farley Massey (who had lived at SVWC the longest - 23 years) as Farley shared her words of wisdom with the crowd. Sadly, Farley passed away on August 2, 2022.

CEO Corner

Jeannie Shiley, President and CEO

On Friday, May 20, 2022, SVWC celebrated two special milestones, the groundbreaking for our Villa project and the **35th anniversary** of this community. This article will focus on how SVWC has grown and evolved over the past 35 years.

The campus looks a little different than it did 35 years ago. Change in the life of an organization is inevitable and necessary. As long as you hold tight to those values that are truly important, then change can be exciting and very rewarding.

This timeline shows just how much we've grown over the past 35 years:

January 2, 1987 – The first resident moved into this wonderful community.

1991 – Construction began on the original 26 cottages.

2000 – A 48-apartment Assisted Living building was added (Wappacomo Hall) which was followed by the renovation of the Health Center to create private health care rooms.

2004 – 23 additional cottages were built.

2007 – The addition of Winchester Hall, Independent Living apartment building, and the Vitality Center.

2009 – Chapel created in Lawrence Hall.

2016 – 11 Health Care apartments were added to the Health Center and the addition of the Vitality Center wellness building to include an aerobics room, fitness center, and art studio.

In 2016, SVWC purchased its first home in Westbury Commons. SVWC now owns four homes in that development.

2017 – A Greenhouse was constructed.

May 2019 – SVWC purchased 22 acres adjacent to the campus. In May 2022, Phase One construction began on five villa buildings, containing 48 Independent Living apartments to be completed in the fall of 2023.

*Jeannie Shiley,
President
& CEO*



Over the years, approximately 2,830 residents have called SVWC home, and about 4,285 employees have been hired. Imagine all the wonderful stories that have been shared and all the memories that have been made.

What has not changed over the years is our mission and commitment to our residents. As a community, we always look at new programming and services to offer residents. We also take our responsibility as community partners very seriously and are proud of our outreach and volunteer programs.

I have been blessed to be part of this community for the past 23 years, and for the past 14-1/2 years, I have had the absolute privilege to be the CEO. I have learned that it is not the beautiful buildings that make this place so special (although the buildings are important), it is the beautiful people inside those buildings who live at Westminster, work at Westminster, and partner with Westminster that make this community so special.

Here's to the next 35 years...



Community Connection

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Foundation Update

Niki Wilson, Foundation and Marketing Director

Imagine that you had to leave your home because you outlived your resources. Leaving the home would include leaving behind friends, quality health care, a support system, and the life you created. The residents at Shenandoah Valley Westminster-Canterbury have the peace of mind that this will not happen because of the **Fellowship Fund**. The Fellowship Fund was the original fund created when SVWC was formed, long before the existence of the Foundation. The fund was one of the conditions

of becoming a Westminster Community. It provides confidential financial assistance to qualified residents who, despite careful planning and saving, find themselves in need of support. The Fellowship Fund allows a person to continue living at Westminster-Canterbury in dignity and with grace, regardless of their financial situation. Our goal is to provide a safety net for all residents so that no member of our community will ever be forced to relocate due to a lack of resources.



On this **35th anniversary**, we recognize those that started the Fellowship Fund with the foresight to create this fund for our residents to be able to remain in their homes no matter what their circumstances become, and to all of the donors that have supported this fund throughout its existence. ■

Director of Resident Services Wins Prestigious Award



On July 15, SVWC's Director of Resident Services, **Donielle W. Palmer** (above, center), was awarded the 2022 Advocacy Award at the LeadingAge Virginia Conference in Roanoke. LeadingAge

Virginia is an association of not-for-profit aging services organizations in Virginia whose mission is to expand the world of possibilities for each Virginian. According to LeadingAge Virginia, this award

is bestowed to someone whose work demonstrates “**exceptional achievement in advocacy initiatives that have advanced the nonprofit mission, expanded the possibilities for aging, and/or improved the legal, public, and/or regulatory environment and influenced the provision of aging services; champions resident life enrichment and exceptional care delivery. They hear every voice and are the voice for those we serve.**” Donielle was nominated for this award by her resident services team and co-workers. Though she is treasured here at SVWC, Donielle's colleagues felt it was about time her passionate, dedicated, exceptional work be recognized outside of her SVWC community. **Congratulations, Donielle! We are so proud!** ■

Villa Groundbreaking & 35th Anniversary Soiree

by Kitty Zuckerman/Marketing Communications Specialist



On Friday, May 20, SVWC reveled in two milestones. First, we hosted a **Groundbreaking Ceremony for our new Villa expansion project** and then marked our **35th Anniversary with an outdoor Soiree**. A committee, led by Kitty Zuckerman/Marketing Communications Specialist, included Chanda Palmer/COO, Niki Wilson/Marketing and Foundation Director, Danny Festa/Director of Dining Services, Laura Hager/Resident Concierge, Erin Johnson/Dining Services Operations Manager, John Poe/Grounds Manager, and Stephanie Keeler/Housekeeping and Linen Manager.

After two months of weekly planning meetings, the event came together with nary a hitch.

A large tent was placed in the parking area of Wappacomo Hall, and approximately 75 guests were in attendance. The Groundbreaking Ceremony began at 3:00 p.m. with a welcome and introductions by CEO/President Jeannie Shiley, followed by an invocation and blessing of the property by Dr. Dan McCoig/Chair of the Board of Trustees. Dr. McCoig then presented remarks from the Board of Trustees. Next, Matt Hartzler, President of Warfel Construction, spoke to the crowd



about the Villa project. Long-time resident Farley Massey, 99, had lived in the community for the most extended period (and was instrumental in the community's planning) and had some words of wisdom to share with the crowd, after which Jeannie made her closing remarks. Members of our



management team and Warfel Construction's staff members joined Villa depositors in shoveling ceremonial soil from the future site, making for perfect photo opportunities.

At 4:30 P.M., the party began as current residents funneled into the parking area in front of the resident gardens. Round tables donned peach tablecloths, and centerpieces consisted of peach and blue flowers. Food stations were easily accessible on both sides of the lot, and the food was absolutely delectable. Staff wore peach logoed t-shirts and shuffled about refilling beverage and food stations. Jeannie Shiley and Farley Massey said a few words in the middle of the festivities and cut the gorgeous 35th Anniversary cake. Local musician Robbie Limon provided background music as guests danced to his familiar tunes. Though the weather was a tad bit on the warm side, and an actual tornado watch was called mid-day, the event ran extremely well, and everyone enjoyed it immensely. ■





Music Intern

by Abigail D'Arcangelis

After a two-year pause, our national music therapy internship has resumed! On July 5th, we excitedly welcomed our ninth music therapy intern! Valerie Gearhart will be working at SVWC until mid-December to complete the requirements for eligibility to take the national board certification exam in music therapy and to complete her bachelor's degree in music therapy from Augsburg University in Minneapolis, MN. Valerie has lived all across the U.S., including Indiana, North Carolina, Wisconsin, and Minnesota, but most recently called Bristol, Virginia home. She and her two rescue cats, Destiny and Delilah, will be living in Shenandoah Hall during Valerie's internship. In her free time, Valerie enjoys hiking, reading, and trying to teach herself a new skill every few months, which most recently includes crocheting. ■



Board of Trustees Member Highlight

Q&A with Rick Eisenstadt Foundation Trustee



Getting to know you:

"We (wife Ginny and I) formally became residents of SVWC in August 2020. We continued to reside in Culpeper until we sold our home the following spring and moved into our Shenandoah Hall apartment on June 15, 2021. Ginny and I were both born in NY, raised in Delaware County, PA, near Philadelphia, and were high school classmates. I later attended Lehigh University in Bethlehem, PA, where I obtained a degree in civil engineering in 1967.

The Vietnam War was going full bore, and I was fortunate to get a slot in Officer Candidate School in Newport, RI. I received my commission into the Navy Civil Engineer Corps in June 1969 and was assigned to the Naval Communication Station, Guam, in the Mariana Islands, where I served until May 1971. After the Navy, I attended Albany Law School in the NY State capital. In 1974, Ginny and I moved to Glens Falls, NY, for my private practice, which fortunately was located very near Lake George and the Adirondacks. We eventually relocated to the Philadelphia suburbs to be nearer to our families, and I shifted my efforts to increasingly responsible positions with corporate law departments within public companies."

Q: What is meaningful to you about SVWC's mission?

A: "I have always had an interest in philanthropy, having been involved in several church

stewardship campaigns. As a result, I became a member of the Board of Trustees at Eastern University in St. David's, PA, and chaired the Development Committee. Some years later, I decided to transition from corporate law to full-time fundraising and became President of the Eastern University Foundation. While at Eastern, I joined the Board of Directors of a small regional bank in the Philadelphia suburbs and served as Board Chair.

After retirement to Culpeper, VA, I joined the Board of Hospice of the Piedmont with its principal office in Charlottesville, where I again chaired the Advancement Committee."

Q: Rewards of living at SVWC:

A: "Ginny and I love being part of the SVWC community. Everyone has been extremely kind and friendly, and we feel very comfortable here among our many new friends. We admire the many opportunities SVWC residents are afforded to share individual resources for the greater good such as the Foundation Fellowship Fund, Employee Emergency Fund, and an Employee Scholarship fund, as well as aiding Winchester area charities. We are a giving community; our collective response has been most gratifying and noteworthy. I look forward to being a part of the SVWC Foundation and its noble mission." ■

Holleran Survey - Resident Engagement

Resident Engagement measures how well a senior living organization supports the successful aging of its residents. Resident Engagement is not just about the preferences of each resident (like satisfaction) but rather the degree to which a community creates an environment that promotes and facilitates residents' investment in themselves, the organization, and the community.

SVWC has long been a proponent of utilizing the Holleran Survey to seek

answers and assist in planning. Of course, not every resident seeks to be engaged in the same way, but creating an environment that facilitates engagement across the four domains will offer a variety of opportunities for different residents to engage with the community in different ways. Such engagement and investment by residents results in positive outcomes for both the organization and the residents themselves. Extensive research by Holleran has determined that Resident Engagement hinges on four key domains

Voice – Engagement with the Community

Connection – Engagement with Others

Fulfillment – Engagement with Life Goals

Well-Being – Engagement with Health and Wellness

The survey determined this year that the area receiving the highest satisfaction score was:

“Staff Friendliness,” earning a score of 4.73 out of five!

It is often said that the SVWC staff comprises compassionate, kind individuals who genuinely care about our residents. But seeing these survey results in black and white made a statement about our most significant strength on campus...those who strive to provide the best life possible for our residents. ■

SVWC Community Support

Food Donations:

432 cases of food donated to the following organizations:



- Kids Clubs of NSV
- Highland Food Pantry
- Fremont Street Nursery
- C-CAP
- Bright Futures
- Shenandoah Area Agency on Aging

Community Baby Shower for Healthy Families:

- 983 diapers collected
- Wipes, clothes, child safety items, blankets, bibs, hygiene toiletries



School Supplies collected for Bright Futures:

Over 100 items (backpacks, crayons, pencils, paper, binders, etc.)



Please Welcome:



Megan Brown,
Occupational
Therapy Assistant



Emily DeHaven,
Physical Therapy
Assistant - Aquatics



Bill Everhart,
Chaplain



Jerry Johnson,
Maintenance Manager



Stephanie Keeler,
Housekeeping and
Linen Manager



Brandy Lewis,
Housekeeping and
Linen Supervisor



Lyle Rolfes,
Activities Associate -
Assisted Living



Becky Schultz,
Physical Therapy
Assistant



Jamie Ujvari,
Controller

Positive Approach to Care (PAC), developed by leading dementia expert Teepa Snow, 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 awareness, knowledge, and skill with all people that will transform what exists into a more positive dementia care culture.

2022 Culture Change Champions Award Winners (Feb. – July 2022)

2022 Winners:

Feb.	Tanya Bell	May	Debbie Ambrose
Mar.	Kim Gardner	June	Victoria Arnold
Apr.	Lisa Chrystal	July	Angie Douglas

February 2022



February's Culture Change Champion is Tanya Bell, LPN.

Tanya is fantastic at creating positive personal connections (PPC) in our memory enhancement neighborhood. For example, Tanya recently joined in with the residents

during a musical sing-along. Not only did she sing, but she wasn't afraid to encourage the residents to dance and get silly with her! This promoted redirection when needed. Tanya builds personal connections and gets to know those living with dementia to improve their quality of life every day. Thank you, Tanya, for making a difference in our community and the lives of the residents!

March 2022



SVWC's "Culture Change Champion" for March is Kim Gardner!

Kim works in Transportation and has been here for over nine years. During Blue Ridge neighborhood's biweekly scenic drive trip, Kim came up with the idea of taking

the residents to see her family member's baby goats. Visiting the farm and getting to hold a baby goat was a joyful experience that the residents absolutely loved. Not only did it provide a sense of reminiscing for those who once lived on a farm, but also a positive personal experience for all. Thank you, Kim, for everything you do for our residents daily!

April 2022



Have you ever been under the care of someone who went out of their way to make you feel understood and comfortable? Maybe you've witnessed a medical professional shine this way while interacting with a challenging person who would

otherwise ruffle most feathers.

These statements can be said about April's "Culture Change Champion," Lisa Chrystal!

Lisa has been a part of the SVWC family for 14 years, working as a CNA in our health care neighborhoods, as Scheduling Coordinator, and now as Clinical Coordinator, working primarily with residents from Independent Living. We hope you know how appreciated you are, Lisa!

May 2022



Our Culture Change Champion for May is Debbie Ambrose.

To know Debbie is to know a true leader of dementia care, culture change, and person-directed care. Debbie recently retired as the full-time housekeeper in our memory

enhancement neighborhood after working at SVWC for eight years.

In her time at Westminster, Debbie went above and beyond her job duties to share her passion for persons living with dementia. She was an active leader and coach in the Positive Approach to Care (PAC), a role she took seriously and modeled consistently in her everyday work. She routinely offered friendly suggestions to staff struggling with the PAC approach. Debbie also bravely stepped up to the plate to facilitate the Living With Dementia support group when a leader was needed. Day in and day out, Debbie wore a smile and shared genuine, heartfelt, positive interactions with residents and staff. Your everyday presence will be missed, Debbie. Thank you for your years of service and inspiring leadership!

CHAMPION

June 2022



Meet our “Culture Change Champion” for June. **Victoria Arnold truly is a one-of-a-kind CNA who does whatever she can to ensure that the respect and dignity of a resident are honored.** She will never hesitate to lend a helping hand to a resident who needs her

assistance. She treats each resident with a personal touch, and she will do everything to make a resident feel at home. Her praises have been sung by residents, family members, and staff alike because of her positive attitude and excellent approach to every resident. She always takes the initiative to engage residents in conversations and activities, is always ready to learn more about them, and makes sure they enjoy their time in Health Care. No matter what, you will always find Victoria with a smile and a willingness to be the best care partner and friend to everyone.

July 2022



Angie Douglas from our SVWC Salon is our “Culture Change Champion” for July. She always goes out of her way to make each resident she interacts with feel special.

Before transporting a resident to an appointment, she tells them who she is and where she wants to take them. Angie is always willing to get a resident’s mail or go to the Gift Shop and pick up something they need. She’ll let the nursing staff know if there is a concern about a resident’s scalp, hair, or disposition. Her keen eyes have been helpful so that some issues have not progressed.

It doesn’t matter what neighborhood they reside in; she treats all residents with the same care and respect. Angie’s always ready with a smile, a kind word, or something to make them laugh. She wants everyone’s experience in the Salon to be positive but, most of all, fun. Ms. Douglas has a genuine heart and is a true asset to the Salon and SVWC. ■



Memory Café

Started in 2020 as a first of its kind in our area, the Memory Café is resuming after being on hold with the rest of the world. It is a monthly program overseen by Donielle Weatherholtz-Palmer, SVWC’s Director of Resident Services. A Memory Café offers a safe and comfortable space where care partners and their loved ones living with any type of dementia can gather to socialize, play games, and enjoy activities together. Ms. Palmer has been working diligently on various programming for those living with dementia. We have partnered with the **Hideaway Café in Old Town Winchester** for the moment, but hope to eventually switch back and forth between businesses on the north and south ends of the Loudoun Street Mall. In July and August, a few area residents attended and interacted with our staff members, providing their caregivers a brief respite. Anyone is invited to come experience community, laughter, and conversation with others navigating similar changes and make new memories together. The Memory Café is a FREE event hosted by SVWC on the second Monday of each month from 10 – 11 A.M. ■



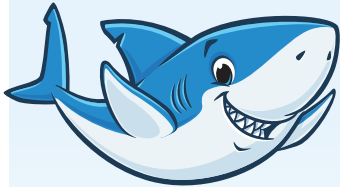


The Villas at SVWC

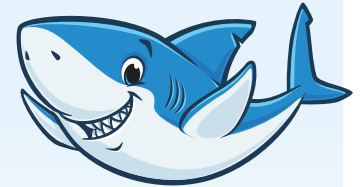


Anyone who drives down Fox Drive these days is astonished at the transformation of the 22 acres adjacent to our campus. Our fantastic project partners continue to be ahead of schedule. Those companies include Corporate Interior Consulting, Inc., Greenway Engineering, HG Design Studio, Matthews Development Company, Perry Engineering, SFCS Architects, Tandem Senior Living Advisors, and Warfel Construction.

SVWC's Sales Counselor, Leila Orndorff, has done an incredible job of selling the Villa apartments. As of September, we have received deposits on 56 of the 97 Villa apartments. The expected move-in date for Phase One is the fall of 2023.



Shark Tank Dreams - Realized!



Resident Bob Sherwood and Gale Bowman-Harlow, SVWC's art instructor, had a vision, which became a proposal, which became a winning grant, which became two separate areas for creative pursuits. Initially, they saw a need in our Health Care neighborhoods for a space

where residents could paint, build, sculpt, and use their hands and minds whenever they wanted to. Furniture and equipment were ordered and put into place, and that's when the magic began!

In the Laurel Court neighborhood, the two new electric art tables are adjustable and, thus, wheelchair accessible. There is storage for art supplies, and the two studios attract residents like Jane, who still loves to paint at 106 years young, or Liz, who still enjoys watercolors post-stroke.


In the Dogwood Court neighborhood, three workstations

are available, allowing Ralph to build a clock from a kit, Warner to put together a game to play with, and Linda to paint small pieces to fit on a sign. It's the "Imagination Station," and the joy that residents and staff have witnessed in these areas is nothing short of amazing! The studios are about autonomy, doing and making, and giving people a purpose with meaningful and useful projects. ■





Equine Therapy




Blue Ridge Hall residents participated in Equine Therapy at the Blue Ridge Center for Therapeutic Riding. The eight-week program funded by the SVWC Foundation provided residents the opportunity to connect with the horses and enjoy an outdoor farm setting.

A study found that “spending time with horses eased symptoms in mid-stage Alzheimer’s patients, improving mood and making

participants less likely to resist care or become upset later in the day. Participants also grew more physically active with return visits to the farm, and the families reported that their loved ones remained engaged and could remember farm activities after returning home.”*

The equine therapy program for the Blue Ridge Hall residents will resume in the fall. ■



*<https://www.todaysgeriaticmedicine.com/archive/MA20p26.shtml>



Art Exhibit Opening Reception — A Welcome Return!

On Friday, June 17, the Art Committee hosted their first Lawrence Gallery exhibit opening reception in over two years. While it was closed to the public, a friendly crowd turned out to socialize and view the outstanding display of needlework created by 17 SVWC residents. The handiwork varied from fanciful clothing pieces, intricate wall hangings, and imaginative miniature quilts to unique purses and exquisite ornaments! In each case, the viewer undoubtedly

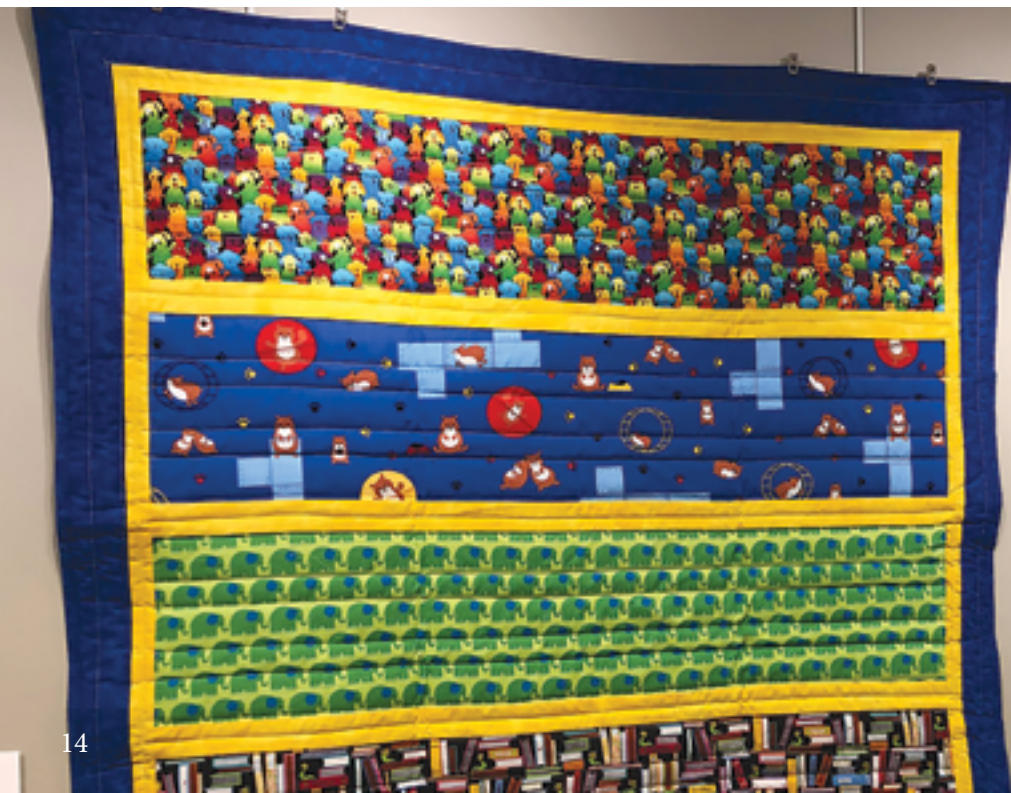


appreciated the time and effort that went into the fascinating projects.

Dining services provided delicious finger foods and cold beverages. At the same time, a PowerPoint presentation was shown on a smartboard in the lobby and the Employee Learning Center (ELC), and the show coordinator, Jim Anderson, introduced all participants. By 6:30, the halls had emptied, but there had been

a feeling of accomplishment, having inched a step closer to our pre-COVID days.

With every new exhibit, the Committee will inquire about the feasibility of inviting the outside public to attend an Opening Reception, and we will gratefully take each opportunity as it comes. ■





RECIPE

Hummus with Sautéed Shrimp and Rustic Pesto

(Serves 4)

20 Shrimp, raw, deveined
2 cups fresh basil leaves
¼ cup Extra Virgin Olive Oil, divided
1 tbsp. kosher salt, divided
½ tsp black pepper, divided
2 tbsp. Pine nuts
2 tbsp. fresh parmesan, shredded
2 cups chickpeas
1 tbsp. tahini
2 garlic cloves
2 tsp. lemon juice
¼ tsp. ground cumin

Directions:

Lay the shrimp out on a plate, and sprinkle 1/3 of the salt evenly over shrimp. Let sit while preparing the pesto.

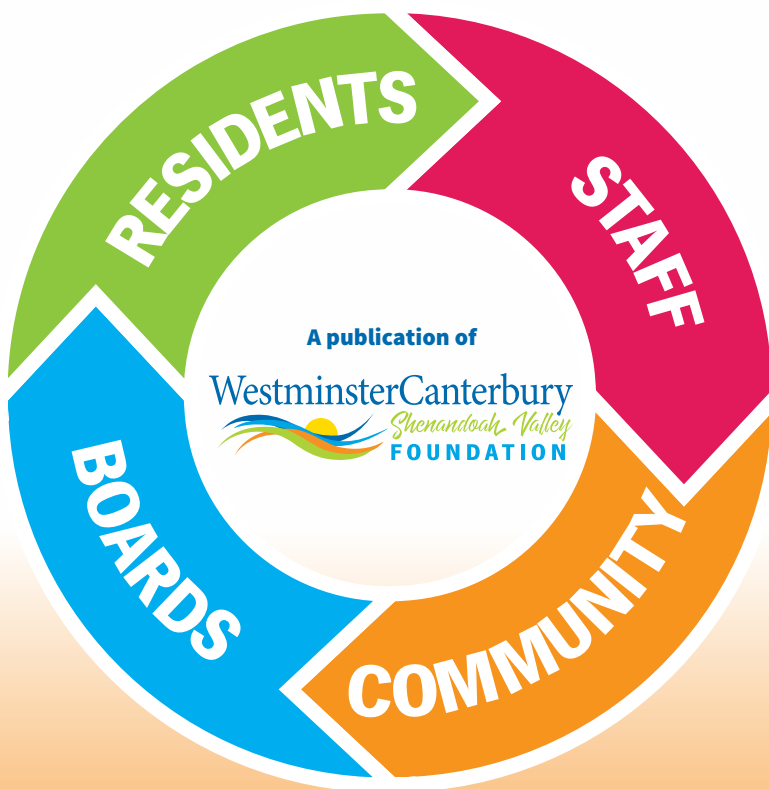
Take the basil leaves and stack them on top of each other in a single stack. Roll them up into a single roll and shave them into thin strips. Place the pine nuts on an oven safe pan and roast at 350 degrees until browned and toasted, about 6 minutes. Take 1 garlic glove and smash with the flat side of your knife, then mince. In a mixing bowl put the basil, 1/3 of the salt, half of the pepper, the pine nuts, half the olive oil, 1 tsp. of the lemon juice, the garlic, and the parmesan cheese, mixing thoroughly, then set aside to allow the basil to mellow.

In a food processor place the chickpeas, the last third of the olive oil, 1 tsp. lemon juice, the last third of the salt, half of the pepper, the cumin, and the tahini. Blend until smooth, you might need to add cold water, 1 tsp. at a time until the desired consistency is reached.

For plating, put ¼ of the hummus onto the center of each plate. Immediately before serving, sauté the shrimp in olive oil until cooked. Place shrimp in a circle on the hummus, and spoon the pesto onto the center of the hummus. Drizzle olive oil from the bowl of pesto onto the shrimp and around the plate for garnish.

CommunityConnection

Summer 2022



SVWC Mission:

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 that God has given them.

SVWC Foundation Mission:

To provide support for older adults and the people who care for them, and to fund programs and services dedicated to improving well-being.