

Westbury World

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

Volume XXIV Number 11

November 2020

An Unusual Welcome for Cottage Newcomers

Photo by Bill Cook



The reduction in daily social interactions and the elimination of special social events at SVWC have been some of the onerous consequences of the virus. Cottage residents, however, recently found a way on a perfect fall day to turn back the clock for an hour and stage an enjoyable social occasion.

In normal times, cottage residents would gather every three months for a seasonal dinner. In addition to the socialization benefits, the dinners afforded the opportunity to introduce new residents who had arrived during the quarter. But the virus called a halt to the dinners.

As a substitute, on the afternoon of October 7, cottage residents staged a “walk-by welcome” of the residents of the following newcomers, all of whom were seated in their driveways: Buddy and Judy Lloyd; Dennis and Sue McFaden; Raymond and Barbara Leonard; Nick and Martha Parthemous; and Jerome Prochaska.

The walkers stopped and introduced themselves and chatted and some dropped off a card of welcome. A few wore costumes or carried signs or balloons. All appreciated the chance to see and visit with some friends they had not seen since March. So it was a day for renewing old friendships and starting new ones.

Paul Arnold

More photos on page 2



Welcome Photos

Photos by
Bill Cook



New Foundation Coordinator

Melissa Boies has recently been selected as SVWC's Foundation Coordinator. She will be taking on Ann Turner's responsibilities upon Ann's retirement, as well as additional Foundation initiatives.



Photo by Sue McKenzie

Melissa is a graduate of James Madison University with a BS in Recreation Management and Master of Public Administration. She previously worked at Valley Health, Warren Memorial Hospital, as Director of Volunteer Services and most recently as Patient Experience Coordinator. Melissa enjoys reading, seeing the local tourist attractions, and going for walks.

Melissa is from the Shenandoah Valley, and grew up in Front Royal. She lives in Strasburg with her husband deLyn, daughter Violet, and two dogs.

Sign Up for the Pre-Turkey Trot Walk

Put on your walking shoes and get moving for a great cause. For the first-time, SVWC is holding a Pre-Turkey Trot Walk, or Run, around the campus between October 14 and November 18th. Collect pledges per mile or a flat donation. You can choose which fund you want to support: Fellowship, Employee Emergency, Employee Scholarship, or Cultural Arts.

Pick up the Turkey Trot packet that includes the pledge form, maps, tracking sheet, and a distance sheet at the Fitness Center, Front Desk, or Foundation Office. All miles have to be completed on the campus within the designated time frame. A buddy system is encouraged while maintaining physical distancing. If you take any photos while walking, you can send them to nwilson@svwc.org for possible use in SVWC publications.

Melissa Boies

From the President/CEO



I am happy to give another update this month on our villa expansion project. To start on a positive note, the project is on schedule and on budget. Michael Matthews, our

Owner's Representative, gives a monthly update to the Property and Planning Committee. He also reports to the Finance Committee and full Board as necessary. This is in addition to the weekly calls that he has with me and Bill Pifer, chair of our Board of Trustees.

There is some more good news. The Winchester City Council unanimously voted to approve SVWC's rezoning application at its October 13 meeting. I would like to thank our entire team who worked so hard during this process. They went above and beyond answering questions from our neighbors and council members which resulted in zero public comments at the council meeting. This approval will allow us to move forward on the property with some testing that will help finalize the design work and marketing opportunities.

As far as our marketing efforts are concerned, our team has been busy conducting Zoom meetings, developing new collaterals, and preparing a new website. As of October 19, SVWC has reservation deposits on 11 of the new villa apartments. A large sign will be placed on the property, along Fox Drive, announcing the future development by SVWC. We also plan to place another sign by CVS.

Warfel Construction completed their design development estimate the first week of October. They continue to work on major areas such as retaining walls, mechanical systems, storm water challenges, and low-voltage systems. Working with their various trade partners, the Warfel bid team will continue to work on pricing as part of the estimating process.

Next steps include submitting a site plan to both the city and county for approval. This process could take up to six months to complete. During this time, SFCS will also be working on refining and finalizing the design in order to complete the construction documents.

It is an interesting time to be planning a major campus expansion. We are dealing with a worldwide pandemic and a presidential election. Both issues can have a direct impact on major life decisions. We just need to stay diligent in our efforts and continue to educate prospective residents about the wonderful benefits of living in a life plan community.

Jeannie Shiley

The Power of Words

Word of the Month:

physical distancing

(instead of social distancing)

We can remain socially connected while staying six feet apart for physical distancing.

Welcome to our New Neighbors

Daniel "Rock" Myers moved into 212 Shenandoah Hall from Winchester, VA.

Herman and Linda Mast moved into 117 Shenandoah Hall from Block Island, RI.



Westbury World

Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, VA 22603 - - - - www.svwc.org
Phones: 540-665-0156 800-492-9463

Co-Editors:

Paul Arnold* — Text Carl Hess — Layout
Staff Liaison: Sue McKenzie

Work Group:

Patricia Baldwin - Bill Cook - David Greene
Marcia Greene - Bruce Jackson
Peggy Jackson - Mattie Olson - Roland Olson
Hartley Scheerer - Bill Young

* Contact Person

Blessing of the Animals

On October 5, the annual Blessing of the Animals was held in the courtyard gazebo with Chaplains Elizabeth Lewis and Betsy Stow bestowing the blessings on the pets, predominately dogs, brought to the ceremony.



"Gabby" (Wilson)



"Gabriel" (Baxter/Bowling)

Photos by Peggy Jackson



"Rosie" (Richard)

Bridge Gallery Displaying Works by Wappacomo Artists

Artworks by the following Wappacomo Hall residents are now on exhibit in the Bridge Gallery: Edwina Apostle, Pat Baldwin, Deb Brewster, Betty Cantrell, Dot Jones, Nancy Law, Jane Lee, Mona Pugh, Audrey Shropshire, Louisa Sowers, Shirley Turner, and Charles Zuckerman. They favored watercolors, acrylics, gouache, and one employed water-soluble graphite.



Second Scavenger Hunt

Mother Nature's Team members encouraged residents and staff to further explore the SVWC trails with Scavenger Hunt #2. This event includes 10 colorful pictures taken by Kay Jones and Bill Young of plants and objects to find. Some are obvious, and others take more time to discover. Cards can be turned into the Fitness Center through November 2.

Wellness and Vitality Manager Teresa Barton is again sponsoring a prize of a gift card for those that participated. A drawing will be held on November 4 during Coffee with Administration to pick the winner.

Sylvia Wilson

A Fish Tale

SVWC's list of recreational activities has a new (and unexpected) addition—fishing. Residents Mike Masnik and Jim Wilson recently discovered Goff Pond was supporting a breeding population of healthy, well-fed largemouth bass. All of the fish they caught ranged between seven and 10 inches. Avid fly fisherman Chuck Walters verified their findings. Mike and Jim record the length of each fish, notch one part of the dorsal fin so it can be identified if recaptured, and quickly return it to the water. Catch and release is the recommended rule.

Sylvia Wilson



Angler Jim

Chaplain's Message

I have been thinking about **All I Really Need to Know I Learned in Kindergarten** by Robert Fulghum, which I read many years ago. It came to mind as the election is upon us. I really miss kindness, courtesy, respect and knowing how to play in the sandbox together even when we want to build different things and dig different holes.

The book begins with Fulghum's Credo for life, and he discovered that the truth is, we learned it all in kindergarten. It boils down to this: "The Golden Rule, love and basic sanitation. Ecology and politics and equality and sane living." The bottom line for me in this Credo is to take care of ourselves, one another and our world, and do it with common courtesy and respect.

The worst part for me in this political battle is hearing all the hate speech and verbal assaults, slander and abuse. This kind of speech and disrespect are becoming the norm in the lives of individuals. Later in his book, Fulghum says, "Sticks and stones may break our bones, but words will break our hearts." Our words matter.

We are a heartbroken nation right now. No matter who wins this epic election, we are grieving. This year has been too much, and it is punctuated with hatred, division, and slander.

So I encourage everyone to speak healing words, offer gestures of kindness, and support one another, even if we have different convictions, and pray for our nation and the world.

I encourage all of us to remember what we were taught in the sandbox and Sunday school--love one another as you have been loved with the no-matter-what love that God freely offers us.

"Think what a better world it would be if we all--the whole world--had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are, when you go out into the world, it is best to hold hands and stick together." Robert Fulghum

Elizabeth Lewis

Culinary Contest



Anne Crocker and Gina Hammond

Obstacle Course



Barbara Jackson

Basketball Toss



Margie Sheppard

Active Aging Week Contest Winners

Photos by
Peggy Jackson

Wellness Challenge



Margaret Biggs

Scavenger Hunt



Barbara Jackson

Baby Photo Guessing Game



Lucia Barbour



Library News - November Acquisitions

FICTION

Anxious People	Fredrik Backman
Thick as Thieves	Sandra Brown
The Darkest Evening	Ann Cleeves
The Wright Sister	Patty Dann
The Lying Life of Adults	Elena Ferrante
The Evening and the Morning	Ken Follett
Troubled Blood	Robert Galbraith
The Killings at Kingfisher Hill	Sophie Hannah
The Cabinets of Barnaby Mayne	Elsa Hart
Squeeze Me	Carl Hiaasen
The Exiles	Christina Baker Kline
The Brilliant Life of Eudora Honeysett	Annie Lyons
Monogamy (LP)	Sue Miller
A Question of Betrayal	Anne Perry
The Discomfort of Evening	Marieke Lucas Rijneveld
Jack	Marilynne Robinson
The Return	Nicholas Sparks
One by One	Ruth Ware
The Tunnel	A.B. Yehoshua

NON-FICTION

How to Lead	David M. Rubenstein
Finding Freedom	Omid Scobie

Music for Masks Songwriting Competition

Music Therapist Abby D'Arcangelis recently initiated a Music for Masks songwriting competition, a creative contest in which residents were encouraged to rewrite song lyrics to a well-known song of their choice with a message highlighting the importance of wearing masks for combatting the spread of the COVID-19 virus. All entries were to be submitted by October 19.

In the next few weeks, Abby will be working with contest participants to create a video of all the entries, which will be shown at a later date. The winner will be chosen by viewer voting, so keep an eye on SVWC's Facebook, the portal and coming announcements at Coffee with Administration for opportunities to view and vote for your favorite music for masks song.

Countering the COVID Shutdown with Art

During the months of isolation after the onset of the virus, everyone in the country chose to spend their time differently. Some were scared and could only muster the energy to watch endless hours of television. Others got on board with the new Zoom technology to stay in touch with loved ones. An ambitious group of SVWC residents filled their time productively by participating in online drawing classes.

For a couple of them, it was their initial experience with drawing. Several others had years of practice in drawing and painting. One novice was so excited about this newfound hobby that he decided that the drawings would make an excellent exhibit in Lawrence Gallery. Since the next scheduled show had to be postponed, his idea was the perfect solution.



Photos by Kitty Zuckerman

Ellen Brauch



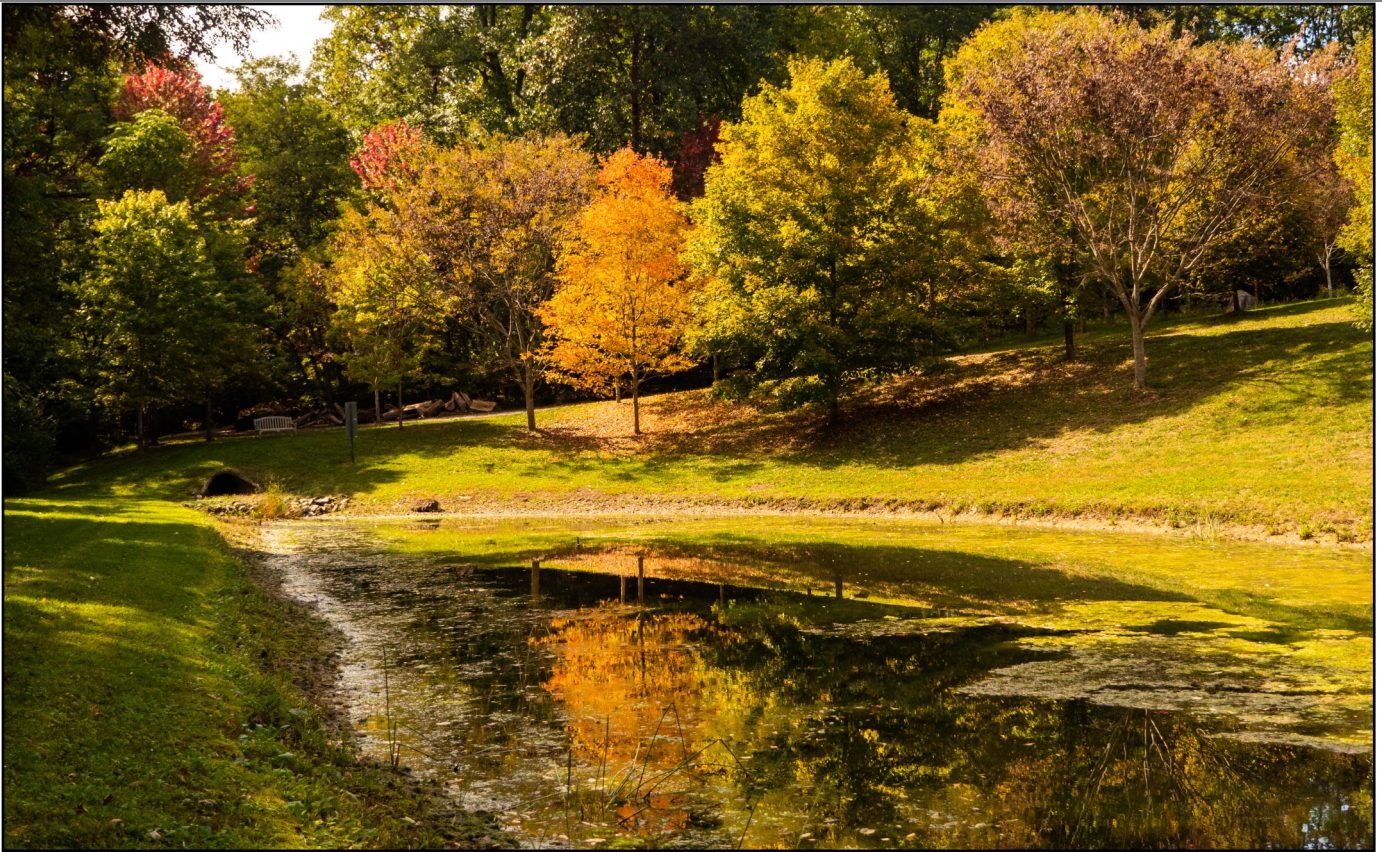
Jack Helm

Thanks to the enthusiastic coordination by cottage resident Jim Anderson, with support from Art Instructor Gale Bowman-Harlow, this new exhibit will be a fresh alternative for the gallery. In addition to Jim, the participating

artists include Ellen Brauch, Jack Helm, Bill Jackson, Carmen Burnette, Loretta Johnston, Katherine Perry, and Yvonne Teske. The artwork was born from the "How to Draw" video class and "Drawing Together" accessed via Artistsnetwork.com. We hope that all will delight in the variety of pencil and charcoal sketches on display for the next couple of months.

Kitty Zuckerman

Photo by Bill Cook



SVWC's Autumn Leaves

Westbury World

Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, Virginia 22603
(540) 665-0156
www.svwc.org



WE  RECYCLE