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# Westbury World

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A Continuing Care Retirement Community*

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## Snow Crew Comes Through Again

SVWC's intrepid snow removal team responded with its customary efficiency on February 18 when a snowstorm accompanied by icy conditions blanketed the campus and froze mobility.

Once the accumulation reached three inches, the snowplows began periodic sweeps of streets and parking lots. When the snow finally tapered off, small plows, snow blowers, other machinery, and shovels were used to clear walkways and driveways. Salt was scattered to provide safe footing in certain areas.

By day's end, the overall situation had substantially improved, thanks to the hard work of the men pictured below, whose names are: Tim Adams, Grover Espinosa, Shawn Gilhuys, Pat Hott, Andy and Ethan Keeler, Dusty and Mike McDonald, Chris Miller, John Poe, Neil Sharp (not pictured), George Sloan, Bruce Sowers, Matt Strosnider, Jim White, and Vince Williams. Whenever the snow starts to fall, they're on the ball.

*Paul Arnold*

Photo by Bill Young



## From the President/CEO



As many of you know, I have served on the LeadingAge Virginia Board for many years. I am proud of the mission and vision of the association and believe its advocacy and education have had an incredible impact on aging services in Virginia.

The LAV Board was recently asked to participate in a special project to create a video for LAV members. The video is titled "Leadership During the Pandemic." Each board member was asked the question, "What is the biggest lesson you've learned from the past year regarding your leadership style, organizational culture, or needs of our field?" The video's purpose is to remind the greater membership who the LAV board is, and through that, the power of community within LeadingAge Virginia. The question was thought-provoking, and I pondered how to answer it. The past year was so challenging for everyone, both personally and professionally, that it was hard to summarize.

I did learn that we do not always have all the answers. This made me feel vulnerable and uncomfortable at times. Things were changing so rapidly that it was challenging to keep up with the influx of information. We had to be flexible and ready to pivot at any given time. For someone like me who tends to overthink items, this occasionally was a little unnerving.

I learned just how powerful communication is. Honesty and transparency are always the right choices. Initially, Administration was holding daily meetings via the internal channel with residents to keep them updated on our ever-changing environment. LeadingAge held countless webinars to educate its members and answer questions. SVWC sent OneDay videos to staffs' smartphones regularly to keep them informed.

I also learned about the power of true community, not only within the walls of SVWC but also from colleagues around the state. Communities reached out and supported one another with information, supplies, and encouragement. We were learning as we went and shared that knowledge to help one another. Our residents, staff, and boards were incredibly sup-

portive despite the crazy schedules, screening, and testing.

Individually and as an organization we are stronger and more resilient than ever, with a renewed commitment to our mission and one another. And for that, I am very grateful!

*Jeannie Shiley*

## SVWC Wellness Program Wins Award

SVWC recently received one of the International Council on Active Aging's (ICAA) NuStep Beacon Awards. The ICAA is a professional association that leads, connects, and defines the active-aging industry, supports organizations and professionals that develop wellness environments and services for adults over 50.

The Beacon award honors the top 25 senior living communities in North America whose achievements, innovations, directions or commitments in the field of wellness stand out as guiding lights for all senior communities. It recognizes the value and importance of creating cultures where wellness is a way of life that will have lasting and positive impact on many lives.

The entry for the award consisted of 11 questions focused on wellness culture for residents and staff within the community. Selected residents and staff were invited to provide their perspectives and insights regarding the questions.

SVWC ranked 12th in the 25 chosen communities and will receive a crystal award trophy.

*Teresa Barton*

## 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.*



## Winter 2021 and 2016

This winter thus far has been an uneven season here. After two years of scant snowfall, there have been just two relatively modest snowstorms, one in late January and the one on February 18. They were a far cry from the three-day blizzard of January 2016 that buried SVWC and the rest of the mid-Atlantic region.

Many residents have vivid memories of that endless snowfall. It was particularly unfortunate timing for Jim and Margaret Anderson, who began moving into their cottage on Tuesday, January 19, three days before the storm started on Friday. Dining Services managed to deliver takeout meals beforehand to the cottages for the coming weekend.

By Saturday morning, there were 22 inches of snow in front of the Andersons' garage and by Sunday morning the snow had reached their mailbox (37 inches). When the snow let up on Monday, the plowing of roads and parking lots and the clearing of driveways and sidewalks began in full force. The volume of snow was so great that much of it had to be hauled off campus.

As newcomers, the Andersons were impressed by the fact that key staff and those providing medical, dining, housekeeping, and maintenance services all stayed throughout the weekend "camping out" where rooms and beds were available and providing meals, and continuing medical care and keeping at least the main road open for medical emergencies. For their part, longtime residents knew the super staff would rise to the occasion.

*Jim Anderson, Paul Arnold*



Photo by Jim Anderson

January 2016

## Chaplain's Message

I feel like we have been in the longest season of Lent in history. We have had to give up much for the last year, including activities, visits, dining out, vacations, and simple things like circulating within the community and seeing loved ones and friends face to face. Our whole way of life has changed, and we have changed. One day, things will reopen so that we can create a new and better normal.

This year, we surrendered much to protect ourselves and others in order to help to save lives. Most understood the need and willingly abided by the protection guidelines.

Sometimes, life calls on us to sacrifice something now for something better later. Sometimes, life calls on us to sacrifice personal comfort for the comfort or protection of others. We are doing that. It is not easy, and many grumble. Maybe the satisfaction of knowing that we are playing a part in protecting others will be enough.

Fasting during Lent is often considered an attempt to change God's attitude toward us or bring God's favor, or to demonstrate our piety. But none of these things are a true fast. Our fasting is to acknowledge our need for God and God's mercy so that we might show mercy to the world. Our fast calls us to know our own hearts more deeply so that we might be changed more into God's likeness and image.

This year-long, virus-imposed fast has and is changing us, and, I hope, will continue to change us. I think we value the more important things more now – a greeting in the hall, a hug, seeing another's face. I also think we have a heightened appreciation for the blessings of "enough" that we experience in the face of the reality that so many do not have enough medical access, shelter, food, work, and freedom from injustice. How will we let this past year change us? Will we allow our fast to change our hearts and guide our lives so that we are more diligent in seeking justice, love, and "enough" for all?

Elizabeth Lewis

## Moore Trail Rehabilitation

Mother Nature's Team members frequently hear a desire from residents who use a walker or scooter to be able to enjoy one of SVWC's nature trails. In Farley Massey's *Historical Walking Tour* brochure, Peggy Moore, daughter-in-law of William Lawrence, Jr., is given credit for donating gravel so that a section of a trail could be used by those in wheelchairs.

This 0.2 mile section became known as the Moore Trail. It begins across from the Shenandoah Hall entrance and just opposite Teresa's Garden and loops through a section of woods and returns to the road to the pond.

CEO Shiley agreed this section should be refurbished to achieve its original goal.

A quote for the work was received and included in the Property and Planning Committee's capital budget proposal for 2021 which was approved by the Trustee's Finance Committee.

In January, dead trees with limbs overhanging the trail were removed for safety reasons. Previously fallen branches were removed. Work will begin soon to pack gravel on the trail so that it will have a firm base.

Some time this spring, residents will be invited by Mother Nature's Team to the official ribbon cutting ceremony opening the "new" Moore Trail.

*Sylvia Wilson*

## Jane Campbell Observes 105th Birthday

On February 21, Jane reached that remarkable milestone, preserving her position as SVWC's leading centenarian. She was born



near Chicago but lived most of her early years near Kansas City, MO. She graduated from the University of Kansas. Of Jane's three children, only a son survives.

Lady Longevity was always active in civic affairs, in volunteer work, and in her church. Thanks to her mother's teaching, she has been a lifelong, talented watercolorist. Jane moved to SVWC from Berryville in 2008.

*Paul Arnold*



Photos by Bill Young

## Gardening Opportunities

The Residents' Garden is expanding again. Five plots added for 2021 means more opportunities for new gardeners to grow their own delicious tomatoes, cucumbers, other vegetables, and lovely flowers. All you need is enthusiasm. The garden shed contains every tool you will require, faucets and hoses are located throughout the garden so you never have to carry water, and your fellow tillers will offer friendly advice. And it is a healthy way to help beat covid boredom.

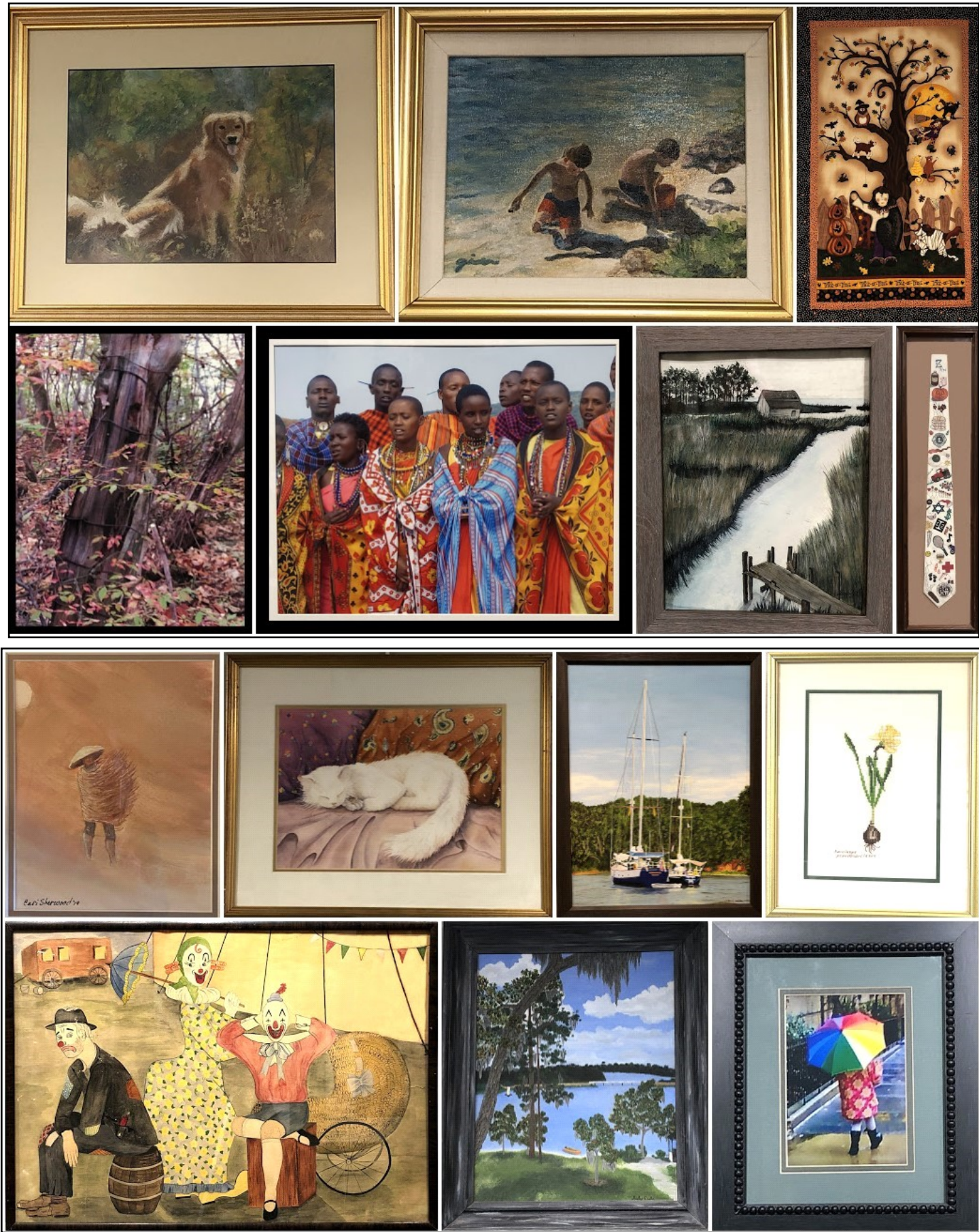
Call garden coordinator Bill Cook, x794, for a guided tour and to sign up.



Photo by Bill Cook



Some of the artwork by residents and staff now displayed in the Lawrence Gallery



Photos by Bill Young



## Virtual Auction Offering Attractive Items

Among the items donated thus far to the auction sponsored by Fellowship Committee for Special Events are jewelry, gold coins, a mink jacket, bar stools, a rocking chair, Victorian chairs, china and silver, framed artwork, wine baskets, an Easter wreath from Fabulous Wreaths, special dinners, and trips. A picture preview of many of the items will be shown at the end of Coffee with Administration on March 10 and then placed on the portal.

Bidding begins on March 17 at 8:00 a.m. To view the items and bid, go to <https://www.32auctions.com/svwc>. To place a bid, create a login using email address and password. Once a bid is submitted you will receive emails updating you on the bidding history.

Bidding ends on March 24 at 8:00 p.m. Winners may pay by credit card or Pay Pal.

If you are not interested in bidding, you may click on the DONATE button and make a donation. All monies will go to the Fellowship Fund.

Residents may pick up their winnings at the Foundation Office or may ask for in-house delivery. For more information, call 665-5923.



Photos by  
Bill Young



*Martha Parthemos*





## Library News — March Acquisitions

### FICTION

<b>Robert B. Parker's Someone to Watch Over Me</b>	Ace Atkins
<b>The Push (LP)</b>	Ashley Audrain
<b>The Children's Blizzard</b>	Melanie Benjamin
<b>Before She Disappeared</b>	Lisa Gardner
<b>The Four Winds</b>	Kristin Hannah
<b>The Survivors</b>	Jane Harper
<b>The Unwilling</b>	John Hart
<b>The Wife Upstairs</b>	Rachel Hawkins
<b>The Last Garden in England</b>	Julia Kelly
<b>The Russian (LP)</b>	James Patterson
<b>West with Giraffes</b>	Lynda Rutledge
<b>Pianos and Flowers (LP)</b>	Alexander McCall Smith
<b>Neighbors (LP)</b>	Danielle Steel
<b>The Liar's Dictionary (LP)</b>	Eley Williams
<b>Hush-Hush</b>	Stuart Woods

### NON-FICTION

<b>Tiny Love Stories</b>	Daniel Jones
<b>Kamala's Way</b>	Dan Morain
<b>The Doctors Blackwell</b>	Janice P. Nimura

## Audio Books Available

Audio books on CD are available in the Wappacomo Library. The list of books is on the portal under LIBRARY entitled Audio Books in the Wappa Library. Until Assisted Living is open to everyone, call Marcia Greene, x601, to get your choice delivered to you.

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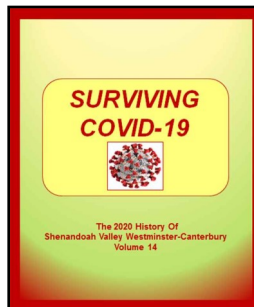
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## SVWC 2020 History Has Arrived!

*Looking for something interesting to read while staying at home?*

The History Committee, with staff support, has made arrangements to deliver to your door the beautiful, photo-filled SVWC 2020 History, "**Surviving COVID-19**", for a \$10.00 donation to the Fellowship Fund. This edition features "**Surviving COVID-19**" survival stories, resident and staff activities, and special events with photos galore; "**Residents Involved With Nature**"; "**Art At SVWC**"; and resident and staff reports. Look for order forms and directions for ordering in your mailbox. Copies will also be available in the Gift Shop and at Sue McKenzie's office.



*Residents Association History Committee*

## The Power of Words

Word of the Month:

**Apartment**

(instead of room or bed)

## Welcome to our New Neighbor

**Sara Blum** moved into 511 Shenandoah Hall from Germantown, MD.



Photo by Peggy Jackson

"Snow Cones:" Winter's Ice Cream



Photo by Bill Cook



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