
Westbury World

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

Volume XXV Number 5

May 2021

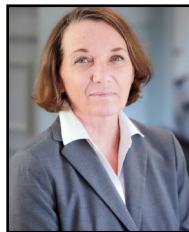
New Board of Trustees Members Elected

The Board of Trustees will welcome five new Board members in May. Linda Gibson, Christopher (“Kit”) Molden, and Patricia Barnes were elected to serve as Class I members, replacing longstanding Board members, Sara Stern, Stephen Pettit, and Bill Pifer, who have completed their Board terms. Newly-elected Class II Board members Donald Ganske and John Armstrong, M.D., will replace Kathy Ganske, Ph.D., and Joe Kalbach, who also served long term and have completed their term limit. We thank those going off the Board for their dedication and service to the community.



John Armstrong, M.D., resides in Winchester. He is a retired board-certified Internal Medicine and Infectious Disease physician. Dr. Armstrong received his undergraduate education from Miami University in Oxford, OH. He is a member of First Presbyterian Church, serving as a member of the Ushers Guild, Mission Committee, and Helper Fund Committee. He is a volunteer physician at Neighborhood Health Clinic in Naples, FL, and a mission physician for the People for Guatemala in Antigua, Guatemala.

Patricia Barnes resides in Winchester. She graduated from Norfolk Academy and Randolph Macon Woman’s College with a BA in German. She studied accounting at Elizabeth City State University. For the past 11 years, Patricia has been employed by Yount, Hyde, & Barbour PC in their Middleburg office. She is a member of Christ Episcopal Church, a past vestry member, and a member of the finance committee.



Donald Ganske resides in Winchester. He graduated from the University of Wisconsin-Platteville with degrees in Chemistry and Soil & Crop Science. After college, he started a lifelong career with DuPont in the Agrichemicals Division, retiring in 2016. Don is a member of First Presbyterian Church, and has held the positions of deacon and elder, taught Sunday school, led middle and senior youth fellowship groups, and served as chairman of the pastor search committee, chairman of Sanctuary Renovation Project, and Moderator of Facilities Council. Within the Winchester community, he has volunteered with the Boy Scouts of America, the Discovery Museum, Habitat for Humanity, and the Winchester Area Temporary Thermal Shelter.

Linda Gibson and her family moved to Winchester in 2009. Linda is the Assistant Director of the Frederick County Department of Social Services. She is a member of Christ Episcopal Church. Linda is a member of the Virginia League of Social Services Executives and serves as the Chair of the Professional Development Committee for the League. She is also a member of the Board of Directors for People, Inc. – the community action agency representing Frederick County.



Christopher Molden resides in Winchester. He is a member of Christ Episcopal Church. Christopher attended Virginia Tech and obtained a BA degree. He is president and sole owner of Melco, Inc., a multi-family/commercial

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development and management “C” corporation. His business and civic participation includes Top of Virginia Building Association, Homebuilders Association of Virginia, National Association of Homebuilders, Frederick County Sanitation Authority, and the American Red Cross. He serves on a local board of the Building and Fire Code Appeals, City of Winchester, and various ad hoc committees, representing the building and development industry in meetings with numerous local officials over zoning and development issues affecting the industry. He is a member of the Winchester Rotary Club, The Museum of the Shenandoah Valley and Glen Burnie Historic House & Gardens, and Boy Scouts of America, Shenandoah Area Council.



Sue McKenzie

Rides to the Pond and Beyond

“Rides to the Pond and Beyond” will start in May, if covid restrictions permit. This popular program began last year to give all residents a chance to see the pond, Winchester Green, and other exterior campus sights.

Approved drivers for the Marketing Cart are Charlie Wakeley and Chuck Walters, with Kate Reed and Sally Walters serving as tour guides.

Signup sheets will be posted for these Saturday morning rides. Only two sightseers will be allowed/per trip with covid regulations applying. Dress according to the weather prediction for the day.

Sylvia Wilson



Photo by Ray Leonard

Foxy Lady and Kits

From the President/CEO



I am excited to report that SVWC has purchased another home in Westbury Commons, a 55-plus community located directly behind the CVS on Westminster Canterbury Drive. There are 11 homes in the community and SVWC now owns three. Even though the homes are not directly connected to the main campus, they are close enough to fit smoothly into our technology and services.

Marketing does have a strong waitlist for prospective residents wanting these standalone homes. The home SVWC just purchased is being renovated and will be available for occupancy in approximately 60 days.



Photo by Bill Young

100 Westbury Place

On a sad note, Michael Williams has submitted his resignation effective May 14. Michael has been SVWC's Administrator since 2014. He will be relocating to the Williamsburg area to pursue other opportunities.

I want to personally thank Michael for seven years of dedicated service. His last year has been quite challenging with the pandemic and the unrelenting changes in regulations. Michael handled these challenges with a strong determination to protect our residents and staff. He will be missed by all of us.

SVWC is actively recruiting for this position. The candidate needs to be a licensed nursing home administrator and have at least five year's experience in senior living. The title for this position has been changed to Chief Operating Officer/Administrator to incorporate all the job responsibilities. Interviews will begin in early May.

Jeannie Shiley

Directions for Voting in the Residents Association Election

Independent Living Residents in Apartments

Ballots will be distributed to Resident mail slots on April 27. Boxes will be placed in the elevator lobbies of Shenandoah Hall and Winchester Hall. Ballots should be deposited in the boxes no later than 4:00 p.m. on May 10. The ballots will be collected by a member of the Nominating and Election Committee.

Cottage Residents

Ballots will be distributed to Resident mail slots on April 27. A box will be placed at the Front Desk in Lawrence Hall. Place ballots in that box no later than 4:00 p.m. on May 10. The ballots will be collected by a member of the Nominating and Election Committee.

Assisted Living

Ballots will be distributed to Assisted Living Residents on April 27 in the mail boxes. A member of the Nominating and Elections Committee and Tina Davis will collect the ballots and take them to the collection point in the Commons in Lawrence Hall, no later than 4:00 p.m. on May 10.

Health Care Residents

Ballots will be distributed on April 27. Kara Jenkins will assist residents in Health Care with voting procedures. She will return the ballots to the Nominating and Elections Committee in the Commons in Lawrence Hall no later than 4:00 p.m. on May 10.

Cari Sherwood

Residents Participate in National Focus Groups

Recently, via Zoom meetings, nine SVWC residents, with residents from other communities, contributed to focus groups that probed how they experience life in retirement communities. These meetings, held in February and March, were organized by the Beryl Institute and Pioneer Network. Beryl is focused on improving the patient experience in the hospital industry. Pioneer Network seeks to improve the culture of living in retirement communities.

The residents were asked to comment on eight open-ended questions about their overall experience in their communities. This included what happened under covid restrictions. The information gained will be used to develop a white paper about the Resident Experience in Senior Living to be published nationally later this year.

The residents who participated were Margaret Anderson, Judi Booker, Charlotte Collins, Barbara Dennis, Moira DeWilde, Mary Jane Lee, Bob and Cari Sherwood, and Audrey Shropshire.

Bob Sherwood



Moore Trail is Open

Have you seen all the rocks, smaller gravel, and pea-sized material spread on the Moore Trail? A big roller/vibrator has packed it down to make a smooth walking surface. Principally designed for those with walkers, rollators and scooters, the refurbished trail is open to all.

Come join these residents in testing the surface and enjoying a walk along the trail. A new attractive spur trail winds its way through the trees. Virginia Bluebells, May Apples, and other wildflowers are popping up for all to enjoy.

Sylvia Wilson

Photo by Bill Young



The Sinclairs test Moore Trail

Collective Art Exhibit in Wappacomo Hall

"Paintings in the Spring" is the title of the new exhibit by eight resident artists in the Wappacomo Hall Gallery. Who would have suspected that Wappacomo is home to such a talented artists' colony? The exhibitors are Edwina Apostle, Deb Brewster, Dot Jones, Nancy Law, Jane Lee, Monna Pugh, Audrey Shropshire, and Shirley Turner. They have used different mediums and tried new techniques.

Paul Arnold



Photos by Peggy Jackson



New Bridge Gallery Exhibit

Photo by Peggy Jackson



A collection of paintings by resident Chuck Rodgers is now on display in the Bridge Gallery next to the Café. Chuck was born in Ft. Collins, CO. He worked for the Fish and Wildlife Service throughout his career. Despite living in many states and Winchester for 30 years, he still calls the beautiful Colorado mountains his home. He moved to SVWC in 2007.

Chuck's talents as a painter were revealed when he entered some of his work in the current "Handmade from Westminster, Part Two" exhibit in the Lawrence Gallery. That led to his own exhibit.

Gale Bowman-Harlow

Kit Voigt to Celebrate Her 100th



On May 20, Kit Voigt will join SVWC's Century Club. She was born in Lincoln, MO, and is a graduate of the University of Missouri, where she majored in education. After graduation, she taught in grade school for six years in her hometown of Sedalia,

MO. Kit moved to Kansas City, where she worked in advertising for Macy's Department Store writing copy and scripts for their radio ads. She even took on the character "Kay Arnold" in the shows describing and selling their clothes as was apropos for the era. She married Jack Voigt, an executive for Carrier, in 1950. They moved to Syracuse, NY, and raised four children.

Jack died at age 48 in 1969. Kit then returned to work for the Syracuse City Schools helping to distribute books for the city schools. She is a role model for her children whom she raised on her own, putting all four through college.

In 2013, Kit moved to SVWC to be closer to one of her daughters. She also has seven grandchildren and one great-granddaughter. Kit has always enjoyed gardening, golf, bridge, and reading.

Kit's friends and family would all agree she can attribute her longevity to her endless curiosity of life, her optimism, and her sense of humor.

Thursday Night Programs

All programs start at 7:30 p.m. on Ch 977.

May 6. **Introduction to the Mahabharat**, presented by Rick Kinsey. A lecture on the classic Indian epic that is a combination of Homer and the 1,001 Nights.

May 13. **John's Letter to Mummy and Daddy from Camp**, presented by Jim Wilcox. Were there hidden meanings in some of John's letters? Probably, considering that John was a British naval officer and the camp was a WWII German POW camp. You will learn how John could get anything he wanted past the censors.

May 20. **Skating with the Ice Capades**, presented by Pauline Archambault. Back by popular demand, first presented in January 2020. Pauline will describe her time with the Ice Capades, the famous traveling show of ice-skating performances, recounting her experiences in leaving Canada to join the show, her roles on ice and the preparations and costumes for them, travels with the show, and much more. You will learn about a unique and historic side of show business.

May 27. **Mountains to Tropical Lagoon: Winchester Has It All**, presented by Denis McFaden. This discussion will focus on the geologic events and the tectonic forces that gave rise to the Blue Ridge, Massanutten, and Appalachian Mountains, as well as the circumstances that created the ancient tropical reefs. Basic geologic explanations included in the presentation will provide the foundation for a visual geologic road trip from Tyson's Corner west along I-66 to Winchester. No previous knowledge of geology is necessary to understand the presentation.

Mary Owen

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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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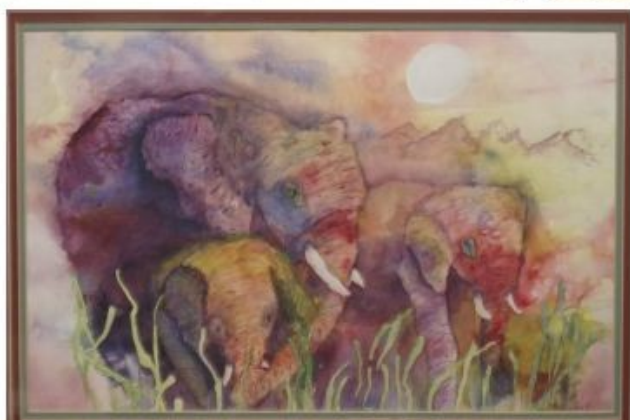
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Mission Statement

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.

Artwork from “Handmade in Winchester, Part II”



Photos by Bill Young



Library News—May Acquisitions

FICTION

The Kaiser's Web	Steve Berry
Surviving Savannah	Patti Callahan
Win	Harlan Coben
Finlay Donovan Is Killing It	Elle Cosimano
What's Mine and Yours	Naima Coster
Fast Ice (LP)	Clive Cussler
Every Last Fear	Alex Finlay
Triple Chocolate Cheesecake Murder	Joanne Fluke
Missing and Endangered (LP)	J.A. Jance
Nantucket Threads	Pamela M. Kelley
Transient Desires	Donna Leon
The Vineyard at Painted Moon	Susan Mallery
The Red Book (LP)	James Patterson
The Lost Apothecary	Sarah Penner
The Rose Code	Kate Quinn
The Affair (LP)	Danielle Steel
We Begin at the End	Chris Whitaker
This Is Happiness	Niall Williams
Band of Sisters	Lauren Willig
The Seed Keeper	Diane Wilson
The Consequences of Fear (LP)	Jacqueline Winspear

NON-FICTION

The Soul of a Woman	Isabel Allende
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Virtual Auction Results

The Fellowship Committee for Special Events Spring Forward Virtual Auction was a huge hit. It was nail-biting time in the final minutes of the auction as the bids rolled in and disappointing for those that went to bed thinking they had won something only to find out the next morning they were outbid. All the purchased auction items have been delivered to the winners.

The auction raised over \$8,500 to support the Fellowship Fund. Now, the Fellowship Committee for Special Events has a difficult task ahead. What event can it host next that will be as successful as the auction?

Niki Wilson

Chaplain's Message

Have you ever stood frozen at the end of the high-dive with your toes curled around the end of the board trying to muster the courage to take the plunge? I used to love to do that. I both loved and feared the long drop to the water. It took my breath away even as I raced to climb the ladder again.

That is about how I feel right now as we move closer to recovering from the virus that has had us frozen in time and space. I cannot wait to get there, and I am a bit afraid of the drop. Will it really be safe? Will things be the way they used to be? What exactly was it that I used to do with my time and energy other than work, do chores at home, and be alone? Is "normal" what I really want back, or is there something more?

We have learned things this last year about ourselves, society, and life. Necessity truly is the mother of invention. We have figured out creative ways to do things differently. Who knew we could have family meetings every week with people spread out all over the globe? Meeting with friends in smaller groups has allowed deep friendships to blossom. There has been so much new gardening that there is now a shortage of garden gnomes.

Rather than longing for all things to get back to "normal," let us stand on the high-dive and take a plunge into newness. The drop may take our breath away, but the result will be refreshing.

Elizabeth Lewis

The Power of Words

Word of the Month:

Expressive communication

(instead of "behaviors" or "agitated")

SVWC Foundation Mission Statement

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

Photo by Bill Cook



Redbud Reflections

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