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A Life Plan Community

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Making Ukrainian Easter Eggs

On April 8 and 9, some residents had the rare opportunity to learn about the process of making Ukrainian Easter eggs ("pysanky") in what was, in effect, a Masnik family event. Mike and Annette Masnik's son Greg Mitchell drove up from North Carolina to serve as instructor. The Masniks are of Ukrainian descent and the expertise has been passed down through many generations. The eggs are meant to be given away and represent the gift of life.

The Masniks organized and set up the Activities Room. They also furnished all the unique equipment needed, including beeswax, 12 dyes, lathes, and electric kistkas, the tool used to apply melted wax to the eggs. In addition, they installed and taped down at least 14 extension cords and brought refreshments. The classes were free. They ran all day Friday and a half day on Saturday. Many Masnik eggs were displayed.

Anne Crocker





Photos by Peggy Jackson





An Easter Sunday Brunch to Savor

The Easter brunch in the specially reopened Main Dining Room evoked memories of pre-pandemic holiday gatherings. Residents, their visiting family members and outside guests were treated to an outstanding array of menu choices prepared by Danny Festa and his hard-working Dining Services team. In addition to regular staff, some senior staff, from the CEO on down, also helped out. were servers and others were waiters. another example of why SVWC's staff is second to none.

Paul Arnold





Photos by Bill Young





New Facilities Director

Al Foster is SVWC's new Facilities Director. As such, he is responsible for Grounds, Security, Maintenance, and Housekeeping.

Al has a Bachelor of Science degree in Industrial Engineering from the University of Tennessee and a Master's in Business Administration from West Virginia University. He was previously employed at Amazon Clearbrook, VA, as an



Photo by Sue McKenzie

Operations Manager. His other positions include Director of Safety, Security, and Maintenance for the Hampton County school system in Romney, WV.

Al lives in Middletown, VA, with his wife, Angie, who is a teacher. They have three teenage children, Allison, Will, and Gabby, plus a dog and a cat. In his spare time, he likes to play golf, listen to music, and ride his motorcycle. Al enjoys sports, and has coached youth soccer and track and field teams. diehard fan of the Tennessee Volunteers.

Sue McKenzie

Concert for Residents

On Friday evening, May 27, a brilliant young Irish pianist will perform in the Bistro. Eoin Fleming is an advanced pupil of John O'Conor, Shenandoah Conservatory's Distinguished Pianist in Residence. Fleming will play works by Liszt, Schumann, and Albaniz.

Bob Sherwood

From the President/CEO



SVWC has been working hard over the past two years to keep residents and staff as safe as possible during the covid-19 pandemic. After many conversations with our Medical Director, the vaccines were mandated for residents and staff in the fall

of 2021. Evidence shows the vaccines are effective in reducing the number of hospitalizations and deaths related to the virus and that has been our experience. We have had some positive cases since the mandate, but no one has become seriously ill once vaccinated.

On March 10, the Centers for Medicare and Medicaid Services issued new guidance replacing the term "vaccinated" with "up to date with all recommended covid-19 vaccine doses." This change had a major impact on our covid testing protocols.

The guidance went on to say that routine testing of staff, who are not up to date, should be based on the level of community transmission in their county. Based on historic rates for Frederick County and Winchester City, this means staff would need to be tested once or twice a week. Before this change, SVWC was only testing employees if they were showing symptoms. Not only did this guidance change create a logistical nightmare for our clinical team, but it also created a financial burden on the community in the form of increased testing costs. Once again, after careful deliberation with our Medical Director. SVWC decided to mandate the booster for both residents and staff effective April 29.

On March 29, the Food and Drug Administration approved a second booster dose for adults over 50 and immunocompromised individuals. SVWC was able to host a number of booster clinics during April to accommodate everyone wishing to receive their first or second booster.

Our priority during this pandemic has been the safety and wellness of our residents and staff. That will not change.

Jeannie Shiley

Appreciating SVWC's Volunteers

National Volunteer Week was celebrated from April 17 to 25. At Coffee with Administration on April 20, Foundation Director Niki Wilson expressed appreciation to all volunteers not only for their contributions to local community programs (such as support for Afghan refugees) but also for helping out in various ways here at SVWC, including working in the Resale Shop and the Gift Shop. And during the pandemic, they have been and still are filling in for staff shortages in such ad hoc ways as running a package delivery system for a time and continuing to act as servers at dinner in the Bistro.

One resident was singled out for special recognition for his work with C-CAP. For many years, Bill Huehn and his team have delivered countless pickup truck loads of firewood cut and split from fallen trees and other available lumber from around to SVWC to C-CAP for distribution. It goes to needy families to heat their homes in the winter. In Bill's honor, SVWC has donated \$500 to C-CAP.

For those interested in volunteer work, contact Melissa Boies on Ext. 657.

Paul Arnold

Cocktail Naming Competition

During Coffee with Administration on May 4, the winner of the cocktail competition will be announced. The previous week, at dinner time in the Tavern, residents were able sip samples and then vote for one of the three final candidates. The finalists were: Southern Comfort Cocktail, Chambord Spritzer, and the Apple Blossom Cocktail. The winner will be added to the Tavern's drink menu.

Erin Johnson



Easter Monday!

Wappacomo Hall Elevator Installed



On Monday, April 4, the installation of a second elevator for Hall. Wappacomo which was beset by many construction and other ups and downs, finally was officially recognized as completed when Ann Beaver cut the ceremonial ribbon at 10:30 a.m. Ann was also the elevator's First Passenger because she won the drawing for that honor.

She said she was a bit anxious because a few years ago she got stuck in an elevator at her church for about an hour.

Lift off was at 10:37. Ann subsequently reported that it was a smooth, quiet ride to the third floor docking station and that the return trip was equally enjoyable. On exiting the new lift, she gave a reassuring "thumbs up" to the audience.

The elevator is just off Wappacomo's main lobby, near the original elevator.

Paul Arnold

Wappacomo Gallery Showing Works by Audrey Shropshire

Audrey was born in Washington D.C. and is a graduate of George Washington University. To help pass the time during the pandemic, she produced small watercolors, pastels, and colored pencil drawings in her apartment. In the process, she learned a



lot about drawing techniques. As subjects, she often worked from personal photographs and postcards from the time she lived and traveled in Europe. Audrey and her late husband Walt moved to SVWC in 2010.

Gale Bowman-Harlow

Kit Voigt to Mark 101st Birthday

Kit was born on May 20, 1921, in Lincoln, MO. With a degree in education from the University of Missouri. she taught in grade school for six years in Sedalia, MO. her hometown. Kit then moved to Kansas City, MO, to work in Macy's Department Store writing copy and scripts for its radio



Photo by Amber Daniel

ads. For two years, she played a role in the ads, describing and selling clothes.

In 1950, Kit married Jack Voigt, an executive for Carrier, and they moved to Syracuse, NY, where they raised three daughters and one son. When Jack died in 1969, Kit then went back to work for the Syracuse City Schools helping distribute books to the schools. On her own, she managed to put all her children through college.

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

New Exhibit in Bridge Gallery

Carol Lash is the featured artist, and she began painting at McGuffey in Charlottesville, VA, 15 or 20 years ago. She starts a painting by coating the paper with gesso, adding texture. When it dries, she uses watercolors, moving from



Photo by Peggy Jackson

dark to light. As subjects, she mostly uses photos she has taken. Carol moved to SVWC last year and lives in Wappacomo Hall.

Gale Bowman-Harlow

Little Library Boxes, Part 2

The photo shows one of the Little Library boxes built in the Woodworking Shop (see article in previous edition) after it had been painted. The painting was done by a large group of volunteers from Health Care and Blue Ridge and Wappacomo Halls. The group from Wappacomo came up with the idea of children book illustrations as a design, drew it out, and painted the background scene. Folks from Blue Ridge, Wappacomo, and Health Care painted the little animals. What surprised me was that everyone who worked on it was so joyful as they painted. Lots of laughter!

Gale Bowman-Harlow



SVWC's Korean War Vets Honored

On April 11 in the Abbey, three representatives of the Sons of the American Revolution, in colonial costume, presented certificates of appreciation to Bill Jackson, Joe Reiff, and Sam Worsley for their service during the Korean War. Eight other Korean War vets were not able to attend for health or other reasons.

Laura Hager



Sam receiving certificate

Chaplain's Parting Message

When I arrived at SVWC in October, 2002, I knew I had found my "dream job," as I called it. It has remained so every single day. I have loved every minute of my service here. I have cherished every late-night call and the honor of being with people in their darkest moments, every instance of eye contact, whether it was twinkles or tears, every brief encounter in the hall, every meal or cup of coffee shared, and every opportunity to sit down together for a chat. Thank you for sharing yourselves and your lives with me. You are forever in my heart, my thoughts, and my prayers.

As I venture into the next chapter of my ministry, I take all you have given me as inspiration and courage. You have taught me how to face change with mettle, even when my cheeks are tear-stained and my heart is breaking.

You are also on the verge of fresh adventure. I know that God has a plan for newness here. God is already preparing another chaplain to love you, serve you, and be welcomed and taught by you. God is even now getting you ready to embrace your new chaplain. I expect that the changes that person will bring will be refreshing and offer inspiration. Be open to what will be. God says, "I am about to do a new thing; now it springs up, do you not perceive it? I will make a way in the wilderness and rivers in the desert." Isaiah 43:19.

Have your eyes wide open so you do not miss a single moment of the innovations that your next chaplain will bring. Embrace change, anticipate adventure, and enjoy the ride giving glory and praise to God all the way. May God give you expectant hearts for the new thing God is doing with and in you.

My benediction is this: May you eagerly anticipate a future of hope and healing, as God continues to be present in and among you in ministry, life, and change.

With abiding love, Elizabeth Lewis

SVWC's Own Apple Blossom Parade

On April 28, SVWC held a Apple Blossom parade that wended its way throughout the campus. It was a mix of various pink and green decorated vehicles with enthusiastic costumed riders interspersed with celebrating walkers. The centerpiece was a float bearing seated staff members that would appear in the grand feature parade downtown two days later.





bloom

Photos by Bill Cook, Peggy Jackson, and Bill Young







Residents Association Election

On the second Monday in May every year, the Residents Association elects its executive officers and several Executive Committee Members-at-Large. The latter have two-year terms that are staggered. Ballot boxes will be used for collecting ballots until 4:00 p.m. on election day, May 9.

The week before, the Executive Committee will have elected the Resident Representatives to the Board Property and Planning and the Interiors Committees. These have three-year terms that also are staggered. This year, the Cottage Representative will be elected.

A second ballot, also to be used on May 9, is to upgrade the by-laws. Amendments include a change in voting procedure from a live meeting to remote balloting using ballot boxes in Winchester, Wappacomo, Shenandoah, and Lawrence Halls. This became necessary during covid and has proven effective, increasing participation. Second, the metric used for the Employee Appreciation Fund gift for those who have left SVWC with less than 100 hours will be set at \$50. Finally, there are text edits for clarity.

Biographies have been posted in the Bistro and in Wappacomo Hall for the candidates and the changes to the by-laws. Each resident receives one ballot for electing the candidates, the other for the by-laws revision. A booklet with the candidate biographies will also be provided.

Details regarding nominations, voting, and proxy voting may be found on the portal under Residents Association. There, you will find Bylaws 3/7/22 (current version), Amendments to the By-Laws, Proxy Voting Request, and Candidate Biographies. The slate of candidates will be posted by May 2.

Bruce Jackson





Library News — May Acquisitions

FICTION

Shadows Reel LP)

The Match
Caramel Pecan Roll Murder
Booth
Nothing to Lose (LP)
The Swimmers (LP)

Shadows Reel LP)

Harlan Coben
Joanne Fluke
Karen Joy Fowler
J.A. Jance
Julie Otsuka
The Magnificent Lives of Marjorie Post

Allison Pataki

Run, Rose, Run

Dolly Parton and James Patterson
The Diamond Eye (LP) Kate Quinn
The Lady's Mine (LP) Francine Rivers
Abandoned in Death (LP) J.D. Robb
The Great Passion James Runcie
The Unsinkable Greta James (LP)

Jennifer E. Smith

French Braid (LP) Anne Tyler **A Sunlit Weapon** (LP) Jacqueline Winspear

NON-FICTION

Funny Farm: My Unexpected Life with 600 Rescue Animals Laurie Zaleski

Welcome to Our New Neighbors

Meta Beth Marcus moved into 117 Shenandoah Hall from Winchester, VA.

Christine Tirpak moved into 206 Shenandoah Hall from Bradenton, FL.

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