

Westbury World

*Published by Shenandoah Valley Westminster-Canterbury
A Life Plan Community*

Volume XXVII Number 4

April 2023



Photo by Bill Young

Town Hall Focuses on the Villas and Budget

Administration held a spring Town Hall with residents on March 23 in The Abbey. Seven members of the Board of Trustees, along with SVWC's management team, were in attendance. The meeting was also broadcast on the internal channel so residents in all levels of care could participate. Residents watching from their homes were able to email questions which were then read and answered.

Mike Matthews, SVWC's owner's representative for the Villa expansion, gave an informative overview of the project. He also shared some drone pictures that he had taken that day while on the site. Residents were able to ask Mike questions which he welcomed and aptly answered. We want to thank Mike for spending the afternoon with us and for being

such a wonderful partner to SVWC.

Duane Wernecke, CFO, then gave a financial overview for the first two months of 2023. Our Finance team is in the process of completing the 2022 audit. Duane will present the audited financial numbers at the April lecture series.

The last part of the meeting was a robust question and answer session. We want to thank everyone who attended and participated in the meeting.

The next Town Hall will be at the end of June.

*Jeannie Shiley
President/CEO*

Shenandoah Hall Focus Groups Held



As I discussed in my March article, SVWC is working with SFCS to develop an action plan for Shenandoah Hall. On March 9, Kevin Deck, from SFCS, met with two focus groups of Shenandoah Hall residents to discuss the

future of this building.

Both meetings generated some lively and informative conversation. Residents shared their thoughts on some of the mechanical and electrical systems that need upgrading. However, they also discussed what they loved about their homes, which is also important to consider in this process.

A couple of areas that residents mentioned that are critical to any planning are the connectivity of the buildings and having a variety of floor plans available to accommodate the financial needs of prospective residents. Administration agrees with both points and will work with SFCS to make sure these points are incorporated into the design process.

SFCS now has the task of taking all of the information about the building into account and developing several scenarios for potential consideration. These scenarios will then be priced by a general contractor and a financial feasibility study will be conducted. All this needs to happen so the Board of Trustees will have all the information it needs to make the best decision for the future of our community.

It will take approximately six months for this work to be completed. Replacing or renovating a building does not come without challenges. Our goal is to always minimize any impact on our residents. We will continue to keep everyone updated throughout the process.

Thanks again to all the Shenandoah Hall residents for sharing your suggestions and feedback.

Jeannie Shiley

Photo by Bill Young

New Aquatics and Fitness Coordinator

Kelsey Young joined SVWC in March as Aquatics and Fitness Coordinator. She has a bachelor of science degree from Davis and Elkins, a master of education with exercise science degree from Fairmont State University, and is at work on her dissertation for a PhD in health and human performance from Concordia University/Chicago.

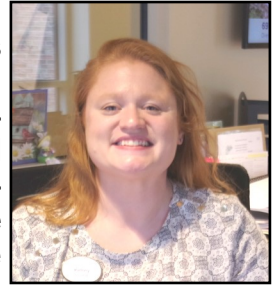


Photo by Bill Young

Previously, Kelsey was employed as activities director at Charlottesville Health and Rehab and at Valley Health Fitness and Rehab in Berkeley Springs, WV, as pool and exercise specialist.

Kelsey enjoys working with seniors. With that in mind, she plans to offer new classes, Better Balance, EZ Movers, and Sweat Express, and this month Zumba Gold. She will continue the three pool classes.

Tuesdays and Thursdays will find Kelsey holding classes in Assisted Living and Health Care.

Living on five acres in West Virginia, Kelsey and her husband are renovating and adding a room to their house. They have two older cats and two young dogs. The couple likes to hike and attend live music concerts. When not swimming, working out, studying, practicing her carpentry skills, or walking the dogs, Kelsey is an avid reader.



Photo by Bill Young

What is going on here? The answer to this question about Pop's socks will be revealed in the next edition of *Westbury World*. TikTok, TikTok.

The Next Bistro Concert Will Be a Mandolin Delight

In the Bistro concert on April 21, the Rigatoni Quartet consisting of two mandolins, a classical guitar, and a lovely soprano will perform Italian American music from the early 1900s. This is festive music, intricate and often emotional. This is sheer entertainment by accomplished musicians. Thanks to resident Robert Chamberlain for recommending the group.

Paul Oorts is the lead mandolinist, a professor who loves sharing the history of this fascinating music. Mandolinist Gina Faber, who has performed in previous Bistro Concerts with another group, enriches the texture of this special music. Jay Benfoeado adds the timbre of the classical guitar. Soprano Maria Lostoski adds vocals to the repertoire, sometimes in English, but often in Italian. Her Italian roots emerge whatever the language.

Many will recognize the popular tunes, snatches of opera, dances, and ballads brought to this country with the Italian immigration that have so greatly enlivened American musical culture. The group is well known in the D. C. area. We appreciate their willingness to travel to the Shenandoah Valley for this performance.

The concert begins at 7:30 p.m. Admission is \$10 cash at the door. It is open to the public. The concert benefits the Fellowship Fund.



Gardening Season is Here Again

Signs of spring are everywhere and residents are preparing for the coming season's crop of tomatoes, cucumbers, squash, lettuces, and flowers.

These gardeners comprise one of SVWC's largest activity groups—about 60 green thumbs till individual plots—and it is certainly the oldest. Before anyone moved into our community, far-sighted trustees in 1985 thought “to provide residents an opportunity to use muscles often otherwise neglected.” When the Residents' Garden was made ready by the grounds staff in 1988, the plots were immediately claimed. To meet residents' growing interest in recent years, grounds crews have improved raised beds already in place and built new ones.

This spring, all 47 plots are spoken for. The herb garden, where basil and other herbs are grown for the kitchen staff, has been rejuvenated by a new group coordinated by Linda Mast.

Due to the gardens popularity, Administration is identifying other areas on campus to accommodate more gardeners.

Thursday Night Programs

April 6. No program. Maundy Thursday.

April 13. The Grace of the World. Led by Alice Lees, SVWC's Poetry and Prose Group present selected works.

April 20. The Wonderful World of Nature at SVWC. Mother Nature's Team is proud to offer a review of resident and staff nature-related presentations, some live and some via video.

April 27. Shenandoah University Goes to the Super Bowl. Shenandoah University Professor Brian Wigley and his team of Sports Management students explain that not all action takes place on the field at the Super Bowl.

All programs are broadcast from The Abbey at 7:30 p.m. on Channel 970. Live audience encouraged.

Marjorie Prochaska

Shred Day

The annual Shred Day at SVWC will be held on Thursday, April 20 from 11 a.m. to 1 p.m. A shred truck will be parked next to the Vitality Center. Call Ext. 821 for assistance.

Resident Technology Specialist Hired

Wes Strejcek has joined SVWC as Resident Technology Specialist. He attended Triplett Business & Technical Institute in Mount Jackson and earned certification in computer and basic networking.



Wes was previously employed by Wave2Net, a wireless internet company, where he provided technical support. He also worked at Shentel as a technician in the network operations center.

Wes's primary responsibilities will be to help residents with their technology needs, which include:

- Help desk support, which includes installing, configuring, and troubleshooting both SVWC-provided and resident-owned equipment, such as PCs, laptops, mobile devices, printers, TV, and phones. He will provide solutions in person, over the phone, and by connecting remotely to your equipment.
- Assist residents with setup and training on company-provided technology including, but not limited to, phones/voicemail, WI-FI, resident portal, the FullCount point of sale portal, and TV services.
- Provide educational sessions on a variety of technical subjects.
- Work with the Resident Technology Group to develop new services and opportunities.
- Provide technical support for resident programs.

Wes can be reached at Ext. 722 or wstrejcek@svwc.org, Monday through Friday between 8:30 a.m. and 5 p.m. A fee will apply for troubleshooting and repair of resident-owned equipment and technology.

Wes resides in Middletown. In his free time, he likes to go exploring and hiking with his girlfriend. They also enjoy doing puzzles, playing games, and watching movies.

Chaplain's Message

"O sing to the Lord a new song; sing to the Lord, all the earth. Sing to the Lord, bless his name; tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples. For great is the Lord, and greatly to be praised!" – Psalm 96.

When I was a boy, music was one of my greatest joys. I loved listening to music on the radio throughout the day, and even late into the night on a little transistor radio and earphone I kept by my bed. And, I also loved listening to music on records, whether it was the music of the Beatles or Motown, my favorites, or the music of Mozart or Gilbert and Sullivan, two of my father's favorites.

Music is a special gift. It can motivate and move us. It can soothe us off to sleep. Music can bring back beautiful memories of days long past, or it can help us celebrate in the here and now. It can help us express the love we have for someone else. Or it can tell a story. It can do all these things, and, in fact, it does.

I think music is a gift from God. And while it can do all the things I just mentioned, in the context of worship, it is one of the most powerful and expressive ways we have of praising God.

Psalm 96 is a psalm of proclamation. It proclaims that the Lord reigns. It is a call to praise – or a summons to praise – and the summons to praise is then followed by the reason for praise. It says, in other words, praise the Lord. Why? Because the Lord is great!

Music is a gift that we use to glorify God in our worship. My prayer is that through the use of music, we might continue to sing to the Lord a new song; blessing God's name; telling of God's salvation from day to day; and declaring God's glory among the nations. As God's humble servants, let us worship the Lord, for God is greatly to be praised. And may all we do in our lives and throughout the world—bless God's holy name!

Bill Everhart

Wonderful World Week Activities

Wonderful World Week, celebrating Earth Day and Arbor Day, will run from April 17 to 21. The week will include a variety of activities, inside and outside, conducted by Mother Nature's Team and SVWC staff. Appropriate activities are planned for all residents. Each day's features include:

Monday. Craft workshop with Concierge Laura Hager at 2:00 p.m. in the café.

Tuesday. Singing Bingo with Abby D'Arcangelis and Mary McIntyre in The Abbey at 10:30 a.m.

Wednesday. Garden tour at the Shenandoah Valley Museum arranged especially for SVWC by museum staff from 9:45 a.m. to noon. Bus transportation provided. \$10 fee. Sign-up sheet limited to 15 persons.

Thursday. The Wonderful World of Nature at SVWC. A review of nature photos music, poetry, and much more, some live and some videos. Join the fun at 7:30 p.m. in The Abbey or on Channel 970.

Friday. A picnic lunch will be served from 11:30 a.m. to 1:00 p.m. in the courtyard. From 1:00 to 3:00 p.m., many activities are planned to celebrate the opening of the renovated Goff Pond and to honor the late Farley Massey. Transportation will be provided.

Many other activities will be offered throughout the week.

For additional information, contact Kay Pace or Sally Walters.



Library Acquisitions New in April

FICTION

The Mitford Affair (LP) * Marie Benedict
A Killing of Innocents (LP) *

Deborah Crombie
The Mitford Secret Jessica Fellowes
This Other Eden Paul Harding
Exiles Jane Harper
The Villa (LP) * Rachel Hawkins
Code Name Sapphire Pam Jenoff
The House at the End of the World

Dean Koontz

Babel: Or the Necessity of Violence

R. F. Kuang

My Father's House Joseph O'Connor

Encore in Death J. D. Robb

The Sound of Light Sarah Sundin

The Dictionary of Lost Words Pip Williams

NON-FICTION

From Strength to Strength Arthur C. Brooks

The Wise Hours Miriam Darlington

What's Gotten Into You Dan Levitt

*A Copy in Wappacomo Library

Welcome to our New Neighbors

Patricia "Pat" Harper moved into 515 Shenandoah Hall from Front Royal, VA.

John "Jay" and Linda Russell moved into 425 Winchester Hall from Winchester, VA.

Photo by Bill Young



Installing solar panels to provide power for a fountain in Goff Pond.

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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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A Delight of Daffodils

Photo by Bill Young

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