

# Westbury World

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A Life Plan Community*

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## Board of Trustees Holds Annual Meeting



The Board of Trustees held its Annual Meeting on May 15. This was the first in-person meeting of the Board since 2019. Following the reading of the Mission Statement, Chief Financial Officer Duane Wernecke provided an overview of the 2022 audited financial statements.

The Board then discussed a recommendation from the Finance Committee to approve an early release of funds for Phase II of the Villas. This will allow site work for Phase II to begin in June 2023. The June start date is important to avoid construction discontinuity, disruption to Phase I residents, and subcontractor exhaustion in pricing. Mike Matthews, the owner's representative for SVWC, was on hand to help facilitate the discussion and answer questions. The Board voted to approve the early release. Marketing efforts remain strong for the Villas and the hope is that the financial closing for Phase II will occur in early fall.

At the meeting, Rev. Dan McCoig, Chair; Cindia Stewart, Vice Chair; and Rob Boyd, Secretary and Treasurer, were re-elected to serve another year as officers of the corporation, as well as Jeannie Shiley, President and Chief Executive Officer; Duane Wernecke, and Chanda Palmer, Chief Operating Officer.

The Virginia Diocesan Homes, Inc. Board approved the election of Bob Puttock as a Class I Trustee. His term is in effect until May 2026. Bob and his wife Mary reside in Winchester. He is a retired information technology manager and software engineer. Bob is active in the community, including Christ Episcopal

Church, Raven Pointe Homeowners Association and Dance Club Shenandoah.

Bridget Aikens and David Wingenbach elected to not renew their terms and were thanked for their service on the Board.



The Board also approved the appointment of resident Diane Sinclair to the Foundation Board. Foundation Board members are either appointed by the corporate board or elected by the Foundation Board.

Following the meeting, a small social was held with the leadership team to welcome the Board back on campus. We greatly appreciate their leadership and ongoing support of SVWC.

*Jeannie Shiley*

### 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.*

## Meet the Staff: Teresa Barton

In 2017, SVWC hired Teresa Barton, a Registered Dietician, in a newly-created and unique position, Dietician and Wellness Manager. Her office is in the Fitness Center.

Photo by Bill Young



As dietitian, for residents in Health Care, she is responsible for nutrition assessments that happen quarterly, annually, and on admission. In Assisted Living, duties include weight monitoring and, for anyone on an altered diet, a review every six months. Teresa works with Dining Services in creating healthy menus. She also holds small group discussions on various nutritional subjects and arranges special events for wellness and fitness.

As wellness manager, Teresa oversees the Fitness Center and the pool and supervises fitness specialists Kelsey Young and Elaine Stonesifer. She manages the budget, procures gym equipment, and maintains schedules and calendars. She also encourages resident-led activities, such as the self-defense class offered by Buddy Lloyd. In addition, she leads the "Good Vibes" staff team that arranges special events and activities for staff to promote staff morale, retention, and wellness.

Teresa is available to residents and staff if they would like a one-on-one consultation related to nutrition health or weight concerns.

Teresa and her husband have two boys and two girls ranging in age from 16 to 21. Hiking is a favorite pastime of the couple, along with attending live music venues. Teresa's greatest pleasure is reading.

*Beverley Simpson*

## You Scream, I Scream, We All Scream...

For ice cream. That craving will be satisfied on Wednesday, June 21, the first day of summer, when Smiley's Ice Cream makes its traditional stop on campus to dispense free ice cream to residents and staff from 1:00 to 3:30 p.m. The truck will be parked in front of Lawrence Hall. Rain or shine. Cups or cones. Ten flavors. Bliss.

*Paul Arnold*

## Chaplain's Message

You hear a lot of conversation these days about the subject of wellbeing: emotional, physical, financial, and social wellbeing – each important to one's overall sense of self. There is not quite as much discussion about *spiritual* wellbeing. When you do, it is often simply included in the list of all the others, as if equal in importance and rank. I would like to suggest that *spiritual* wellbeing is a much larger concept and one worthy of primary consideration.

I say this because many people view their sense of identity, purpose, and place in the world as directly related to how they see themselves spiritually – for instance, as a child of God or part of the larger universe. This vision then serves as the source of their identity and directs how they live out their life, directly affecting their emotional, physical, financial and social health.

In my work as a pastor and therapist, I have seen first-hand how a person's spiritual outlook, whatever that may be, can contribute positively to his or her overall physical and mental health, providing a larger context in which to understand, work through, and accept life's challenges. Conversely, those without a strong spiritual foundation are often at a loss to understand, and often struggle with how to make sense of their present situation.

As chaplain, I am given the privilege and honor of helping the residents and staff of SVWC grow in their faith and understand more clearly their spiritual selves as they work through a variety of daily challenges, including grief and end of life issues. I consider it a gift to be able to combine my experience as a clergy person and mental health therapist in that effort.

*Bill Everhart*





## Library Acquisitions New in June

### FICTION

<b>Simply Lies</b> (LP)	David Baldacci
<b>Earth's the Right Place for Love</b> (LP) *	Elizabeth Berg
<b>Hiss &amp; Tell</b>	Rita Mae Brown
<b>Where are the Children Now?</b>	Mary Higgins Clark
<b>Weyward</b>	Emilia Hart
<b>Pineapple Street</b> (LP) *	Jenny Jackson
<b>Calling Ukraine</b>	Johannes Lichtman
<b>On the Line</b>	Fern Michaels
<b>Homecoming</b>	Kate Morton
<b>Hello Beautiful</b> (LP) *	Ann Napolit
<b>The Mostly True Story of Tanner &amp; Louise</b>	Colleen Oakley
<b>Countdown</b> (LP)	James Patterson
<b>The Fourth Enemy</b>	Anne Perry
<b>Dark Angel</b> (LP)	John Sandford
<b>Loyalty</b> (LP)	Lisa Scottoline
<b>Worthy Opponents</b> (LP)	Danielle Steel
<b>Hang the Moon</b>	Jeannette Walls

### NON-FICTION

<b>The Other Family Doctor: A Veterinarian</b>	Karen Fine
<b>The Wager</b>	David Grann
<b>A Man of Iron: The Turbulent Life and Improbable Presidency of Grover Cleveland</b>	Troy Senik
<b>Spare</b>	Duke of Sussex, Prince Harry

\*A copy in Wappacomo Library

## Residents Association Elections

Please thank those residents who have served you well on various RA committees as their term comes to an end and welcome your new representatives:

Elected by General Membership

<b>President</b>	Sylvia Wilson
<b>Vice President</b>	Peggy Kenney
<b>Members at Large</b>	

Bill Andres  
Dolores Lowe  
Dorothy Lowe  
Anne Whitelaw

Elected by the RA Executive Committee as voting representatives to Board of Trustees Committees:

<b>Finance</b>	Gina Hammond Ross Curtis
<b>Property and Planning</b>	Kent Stevens Robert Ingraham
<b>Interiors Subcommittee of Property and Planning</b>	Sigrid Mueller

## Residents Association Governance

The newly rewritten SVWC Residents Association Organizational Authority, Bylaws, and Procedures document is now divided into those three sections for improved clarity.

The RA Bylaws Committee worked diligently to provide a useful and accurate document with ample review time provided for the entire resident membership.

The SVWC Board of Trustees recently granted the addition of the RA Vice-President with voting rights to the Board Resident Services Committee and an additional resident vote on the Board Finance Committee. This information is included.

By vote of the resident membership, the updated document was approved 211 in favor to 5 against.

*Sylvia Wilson*

### **Westbury World**

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## Bistro Concert: Clarinet, Soprano and Piano

The Bistro Concert on June 16 features Garrick and Marianna Zoeter, clarinetist and soprano with accompanist Sue Boyd. They will perform a variety of love songs and laments from many cultures, plus jazz and classically oriented works both old and new. This is charming and passionate music brilliantly performed.



Clarinetist Garrick Zoeter is prominent in the Shenandoah Conservatory faculty. He holds music degrees from Juilliard and Yale. He made his solo debut at 17 with the National Symphony Orchestra at the Kennedy Center. He has won numerous international prizes and awards and has played in many of the world's leading venues. His chamber music interests have included founding several recognized quartets, and he is a strong proponent of modern works.

Marianna Mihai-Zoeter is a sparkling soprano with a varied career of performance, voice, pedagogy, and directing. She has performed in many of the world's great music halls, including magnificent Sala in Sao Paulo and the opulent Amazonas Opera House 1,000 miles up the Amazon River in Manaus. At Shenandoah Conservatory, she earned her masters and doctoral degrees in vocal performance.

Pianist Sue Boyd retired as professor emerita after 37 years as a member of the keyboard faculty of Shenandoah Conservatory. She is highly regarded as an accompanist and remains engaged in chamber music performance at Shenandoah University and in the area. She is also on our "futures" list.

The concert begins at 7:30 p.m. Admission is \$10 cash at the door. The concert is open to the public. Atlantic Union Bank is the corporate sponsor for the series. The performance benefits the Fellowship Fund.

*Bob Sherwood*

## Memorial Day Commemorations

As a prelude to Memorial Day, the renewed Westbury Choristers gave a patriotic and peace themed concert, "An American Tribute," in the Abbey on the evening of May 25. The thirty-one talented singers directed by Sue Correll and accompanied by music therapy intern Miguel Montalvan sang many old patriotic favorites, some with audience participation.

Besides the songs, there were some solemn readings. Anne Whitelaw read "In Flanders Fields" and Alice Lees was the reader of "Peace." In that vein, the Choristers (and audience) concluded with "Let There Be Peace on Earth" and "Peace Like a River Kum Ba Yah."

In addition to a splendid concert, it was a welcome sight to see the Abbey completely filled again with residents seated in row upon row.

On Memorial Day itself, Jimmie Harp, in keeping with tradition, rang the bell (across the road from the flagpole) for 10 minutes at 2:00 p.m. Residents could then ring it. John Sterle led the group in prayer and a memorial remembrance. The ceremony concluded with the playing of recordings of "Taps" and the national anthem.

*Beverley Simpson*



Photo by Bill Young

Ring the Bell

## Music Intern's Farewell Recital

Miguel Montalvan, SVWC's music therapy intern from Lima, Peru, who is leaving soon, will give a piano recital Friday evening, June 2, in a bonus Bistro Concert at 7:30 p.m. This is another SVWC "family" event in the Bistro.



Miguel's first piece will be the one he played to win entry to the National Conservatory of Peru, where he later earned a bachelor's degree in music performance. He will close with a piece he played in his senior recital at Florida Gulf Coast University (FGCU) in Fort Myers, FL, where he earned

his second music performance bachelor's degree. He will also play pieces requested by residents and other works.

Miguel never thought about music therapy until the head of Shenandoah Conservatory's music therapy program visited FGCU to confer with piano performance students about careers in that field. Miguel liked the idea of helping people so he opted for a second major at FGCU. To gain his full credentials for music therapy, he came to SVWC for his internship with Abby D'Arcangelis.

Miguel took piano lessons for a few months at age seven until his father could not afford more. In his mid-teens he returned to the piano and bought an old upright with meager savings.

Miguel taught himself piano, learning pieces by memory. He was admitted to the National Conservatory on his first try, something almost unheard of. He earned his degree at the top of his class and won a scholarship to FGCU.

Admission to Miguel's recital is free. Still, if you would like, you may make a donation in gratitude of Miguel's sharing his musical talents outside his music therapy internship requirements and to support his future professional endeavors. Please join us.

*Bob Sherwood*



Photo by Bill Cook

## Surprise Social Event

On the afternoon of May 17 residents and staff filled the Bistro to form a surprise pre-wedding party for Dining Services Operations Manager Erin Johnson and her fiancé, Adam Hernandez. In a "family" atmosphere, there were (short) speeches, jokes, an "Always" sing-along, and cake. And Rosie the robot, who needs to add to her repertoire, sang "Happy Birthday" to Erin.

*Paul Arnold*

## Welcome to our New Neighbors

**Ms. Margaret "Peggy" Miller** moved into 412 Shenandoah Hall from Berkeley Springs, WV.

**Ms. Loretta Hugel** moved into 524 Shenandoah Hall from Winchester, VA.

**Mr. Rupert Werner** moved into 100 Elderberry Drive from Winchester, VA.

**Mr. and Mrs. Grady and Linda Botens** moved into 102 Elderberry Drive from Culpeper, VA.

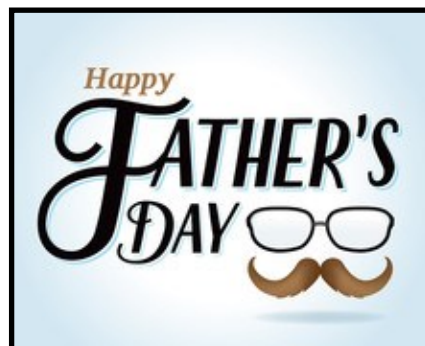




Photo by Bill Young



The Return of the Westbury Choristers

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