

Westbury World

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A Life Plan Community*

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A Pause That Refreshed

Twice a year, the department head team schedules an off-site retreat. These retreats are usually held in June/July and December. On Friday, July 14, the team held our summer retreat at the beautiful Blandy Experimental Farm.

The day started with Chief Financial Officer Duane Wernecke giving a financial overview for the first six months of the year. This led to a conversation on the 2024 operational and capital budgets. Department heads are reviewing their position controls, as they relate to staffing and other operational considerations for 2024. A draft capital budget will be submitted to the Property and Planning Committee in August. The Finance Committee will also be reviewing budget assumptions as they relate to operations at its August meeting.

Jack Monsted, the assistant curator at Blandy, gave us a mid-morning tour of the native plant trail. The weather was a bit humid,

The discussions then shifted to the mandatory training that is required for all employees on an annual basis. The pros and cons of having in-person training versus digital training were discussed. It was decided to research available options for future conversations. Our Human Resources Department will also reach out to the other communities for their feedback.

The team then discussed the performance review process that was just completed for our employees. As with all processes, there are things that work well and things that do not. We decided to poll our employees to get their input on the process and whether any changes need to be made.

SVWC has been exploring various scheduling packages for quite some time. This technology is needed in our larger departments, such as Nursing and Dining, to help streamline staffing efficiencies. The team working on this project decided it would make a final decision on an implementation schedule by the end of July.

The afternoon was spent discussing CARF standards, Positive Approach to Care training, digital technology, and the Villa move-in process.

The day ended with our sous chef, Jazz Curtis, teaching the team how to make a tasty and decorative charcuterie board. Thanks to Jazz for her patience while working with amateurs.

The day was full but well spent. It is an exciting time for SVWC as we continue to grow and get ready to welcome new residents to our campus. I feel truly blessed to work with a team that is committed to the success of this community.

Jeannie Shiley



Available Pet Aid and Information

SVWC's Pet Pals group recently was formed to offer assistance and knowledge to existing residents and new residents about their pets. This get-together of residents and staff reviews SVWC pet policies, gathers helpful information for selecting veterinarians, emergency veterinarian care, groomers, dog walkers, and cat sitters. Pet owners are encouraged to alert other pet owners of any symptoms of illness their pet may be experiencing. Sympathy cards are sent to those who have experienced a loss.

SVWC is currently home to 68 cats and dogs. A list of residents willing to help out with pet care in an emergency situation, such as sudden hospitalization, has been compiled. Stickers for balcony and hallway doors are being selected; they will alert the emergency services that there is a pet inside. A manual is being prepared for incoming residents that will be distributed by the Marketing Department. Pet Pals members remind everyone to always clean up after their dogs and to use the convenient bag stations, more of which are being requested.

Pets Pals, with 30 registered members, meets the first Monday of each month at noon in the Vitality Center Conference Room. Bev Meadows is the founder and contact.

Beverley Simpson

Welcome to Our New Neighbor

Diana Lieber moved into 521 Shenandoah Hall from Front Royal, Virginia.

Chaplain's Message

In the ninth chapter of the Gospel According to John, we read about Jesus healing a blind man by making mud with his saliva and some dirt, wiping it on the man's eyes, and sending the man away to wash his face clean. The man returns cured of his blindness. He credits Jesus with the miracle.

As a miracle story, this account speaks of Jesus's divine power, and of his ability to do what no human being can. But there is another side to this story that speaks in a more symbolic way about Jesus's ability to open the eyes of those who are blind. On this level, Jesus reveals to us that which was formerly hidden from us: the love of God.

Paul calls us to live as "children of light" because to us has been revealed an understanding of God's love – and an understanding of who we are and who God is. To us has been revealed an understanding of God as creator, redeemer, and sustainer. For us as God's children, there need be no doubt that we are loved by God, and that God loves and cares for us, and wants good things for us.

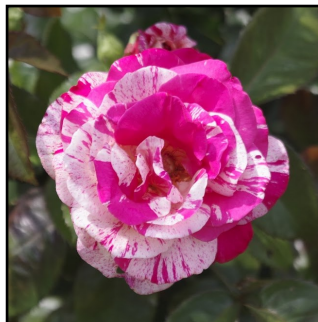
Accordingly, as God's children, we have a responsibility. As children of light, we have a call to reveal to the world through our words and our actions the splendor and wonder of God's love. We do that by living lives of goodness and righteousness. As Paul says, "Live as children of light, for the fruit of the light is found in all that is good and right and true."

Bill Everhart



Resident Gardens in Peak Production

By mid-July, resident gardeners were reaping what they sowed in the spring. Peas, radishes, carrots, lettuce, and beets have been harvested. Now it is time to gather in the tomatoes (most popular vegetable in the plots), cucumbers, squash, and string beans. Many residents have also planted a variety of flowers in their plots and, of course, there are J.D. Berlin's famous roses!



Bill Cook retired as the garden coordinator after five years of doing an outstanding job. Charlie Wakeley volunteered to be the new coordinator.

Currently, the gardens have two main problems. The first is the Spotted Lantern fly, which can destroy a cucumber plant in a short period. Fortunately, however, a combination of Neem Oil, Dawn detergent, and water sprayed on the plant can help keep the flies away.

The other problem is one that has been going on for years, the deer. Grounds Manager John Poe is going to raise the fence around the garden to six feet, hoping that will help.

Dining Services has the largest plot in the garden, where a large amount of herbs is grown. It is maintained by Linda Mast. Because Dining does not need the gardens' surplus vegetables, Charlie and two other residents plan to distribute them to a local charity.

The third annual garden party was held on July 13. Due to the extreme heat, however, attendance was down. A hardy group of 28 did attend.

Come and visit the gardens, for they are lush and colorful this time of year. Please contact Charlie if you would like to be on the waiting list for a plot.



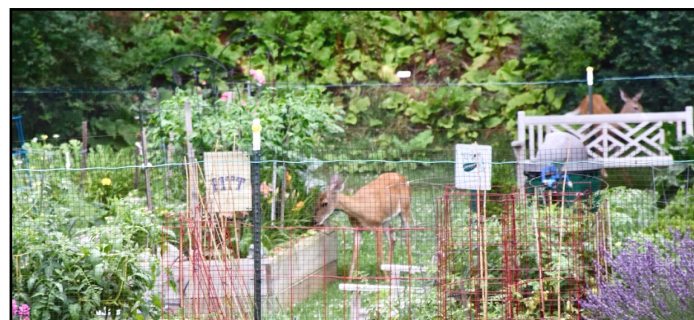
J.D. and Friends



Cucumber Bill



World's Smallest Carrot



Perpetual Pest

Photos by Bill Young

Photo by Peggy Jackson



Library Acquisitions New in August

FICTION

Rogue Justice (LP)	Stacey Abrams
Mrs. Nash's Ashes	Sarah Adler
The Wind Knows My Name	Isabel Allende
The Postcard	Anne Berest
The Road to Dalton	Shannon Bowring
The Spectacular (LP)*	Fiona Davis
The Last Remains	Elly Griffiths
Night Will Find You	Julia Heaberlin
The Five-Star Weekend (LP) *	Elin Hilderbrand
A Love Catastrophe	Helena Hunting
Drowning: The Rescue of Flight 1421	T. J. Newman
Cross Down (LP)*	James Patterson
The Three Deaths of Willa Stannard	Kate Robards
The Wishing Game	Meg Shaffer
Vera Wong's Unsolicited Advice for Murderers	Jesse Q. Sutanto
Good Night, Irene	Luis Alberto Urrea
Zero Days	Ruth Ware
Welcome to Beach Town	Susan Wiggs

NON-FICTION

Travelers to Unimaginable Lands: Dementia	Dasha Kiper
21 Lessons for the 21st Century	Yuval Noah Harari

*A copy in the Wappacomo Library

SVWC Salvaging Plastic Film

The Residents Association is encouraging residents and staff to recycle plastic film for Trex Corporation. If the goal of 500 pounds in six months is reached, SVWC will receive an attractive bench from Trex Corporation.

This is an all-campus endeavor. Boxes have been placed in the recycling rooms in Shenandoah Hall, Winchester Hall, and Wappacomo Hall. Cottage residents and employees have a container in Lawrence Hall. Dining, Housekeeping, Maintenance, and Grounds are also participating.

Members of the Board of Trustees have asked to be included in this project. They will bring their plastic items to Lawrence Hall.

Acceptable items are displayed on the actual boxes and on flyers posted throughout the campus. Please study the "Do Not Include" flyers for appropriate items to be recycled.

This is a win-win project: we help save the environment and obtain a comfortable bench for the campus.

Sylvia Wilson

New Art Instructor

Helen Chestnut is SVWC's new art instructor. She was born and raised in Ashburn, VA. She attended Virginia Commonwealth University in Richmond, where she earned a bachelor of arts degree.



Helen's love of art dates from her childhood days, so it is only fitting that after graduation she began teaching art at the elementary and middle school levels in Loudoun County. She does not favor one particular art form over another.

Helen has some family in Winchester. She is in the process of moving to Stephens City with her two cats.

Paul Arnold

Photo by Bill Young

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Exhibit by Future Resident in Bridge Gallery

Nancy Tabaka is a long time Winchester artist. For years, she has taken art classes from previous SVWC art instructor Gale Bowman-Harlow, creating beautiful watercolor paintings of her travels with her husband Marty, an SVWC Board of Trustees member.

If you would like to purchase a painting, please call Cari Sherwood at Ext. 257 or contact Kitty Zuckerman in the Foundation Office. A portion of the sales price will be donated to the Arts and Cultural Fund.

Nancy and Marty will be moving to SVWC this fall.

Cari Sherwood



Photo by Bill Young

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.

Bistro Concert: Saxophone and Piano Redux



On Friday, August 18, father and son, saxophonist Timothy Roberts and pianist Charles Roberts, will perform an exciting program of mostly classical music in the Bistro. Many will recall their outstanding Bistro performance in early January this year.

As one of the U.S. Navy Band's premier concert soloists from 1987 to 2011, Roberts performed for five U.S. presidents, many foreign leaders, and audiences across this country and around the world. On his retirement, he became Professor of Saxophone and Instrumental Division Chair at Shenandoah Conservatory. *The Washington Post* noted a performance of his with the National Symphony Orchestra as "simply stunning." A Dallas music critic described his performance with the Dallas Symphony as "the most gorgeous sounds ever heard from a saxophone."

Son Charles, currently studying with John O'Connor at the University of Toronto's music conservatory, was accepted by Shenandoah Conservatory at age 14. While studying there, he was pianist with the Conservatory's Symphony Orchestra. He performed with the orchestra on its tour in Chile in May 2020 and has performed at the World Saxophone Congress in Japan in 2022. His European premiere was with his father in Paris in October 2017. Since then, they have performed together in some of Europe's finest concert venues.

The concert begins at 7:30 p.m. Admission is \$10 at the door (cash only, please). This is exceptionally fine entertainment, close to home.

Bob Sherwood



Photos by Ray Leonard

Laid back Mrs. Fox and kits

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