

Westbury World

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A Life Plan Community*

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An Easter Message

My first call in ministry was to a small church in rural eastern North Carolina. And my first Easter there I was introduced to the concept of the Easter sunrise service. At the crack of dawn, we (and by we I mean the Presbyterians and the Baptists in the town) would gather at the town cemetery for worship, as we watched the sun slowly rise over the eastern North Carolina countryside.

Now that first year, along with being introduced to the concept of the sunrise service in general, I was also introduced to the classic hymn *He Lives*. (Yes, that's right, I was 36 years old before hearing the hymn *He Lives*. Oh, well -- me and my sheltered youth.) The hymn *He Lives* was written in 1933 by a Presbyterian minister and musician named Alfred Ackley. It is one of our most popular Easter hymns, and known for its opening line, "I serve a risen savior; He's in the world today."

In the gospel according to Luke, we read about the women who came to the tomb that first Easter morning. They came at early dawn,

Luke tells us, bringing spices to prepare Jesus' body for burial. We can assume they thought they would find Jesus' body, left there two days before, but, in fact the tomb was empty. The women then encountered two men who told them, "He is not here; he has risen." A simple answer to the question that was undoubtedly on their minds. And with those words there was no longer any doubt as to why Jesus is not in the tomb. The women understood.

The miracle of Christ's resurrection provides hope for our very lives *and* for the life of the world. Because Jesus lives, we live. And because he lives we can live with hope -- hope for a world where love reigns over hatred; hope for a world where there is no weeping and distress; hope for a world where the wolf and the lamb feed together; hope for a world in which, guided by God, we come to celebrate the understanding that we are all children of God.

Happy Easter!

Bill Everhart, Chaplain

From the President & CEO

The first two months of the year have certainly passed by quickly. Spring is just around the corner and SVWC has many projects, either underway or on the horizon.

The renovations to the pool and pool area are almost complete. We appreciate everyone's patience during this renovation, and we are grateful for our relationship with the Valley Health Fitness Center.

The Interiors Committee is going to have a busy year. New carpet and furniture have been ordered for the fourth and fifth floors of Winchester Hall. Once the carpet has arrived, the installation will be scheduled and coordinated with the residents in those areas. New carpet has also been ordered for the first-floor corridor in the Health Care Center (from the Chapel to the lobby of Wappacomo Hall). Following a survey of Shenandoah Hall residents, a new carpet has been selected and the committee is working on furniture selections that will complement and enhance this space.

Other interior projects include renovation of the Wrenn Activities Room, new carpet for the Commons, the Wappacomo Hall Dining Room, and a facelift to the Bistro restrooms located near the pool overlook.

Our Transportation Department is also anxiously awaiting the arrival of a new six-seater electric vehicle, which will be used for on-campus transportation needs. Plus our new bus, which is being built, is scheduled for delivery in early summer.

Outside projects include the connecting sidewalks from Travertine Way to the Vitality Center. Additionally, SVWC continues to look for areas to add additional parking both for vehicles and golf carts.

Finally, but certainly not least, work continues on Phase II of the Villas. The project was 56% complete as of mid-February. Warfel has a perfect safety record on the project which remains on schedule and under budget.

SVWC will Spring ahead and we will continue to provide updates on these projects over the coming months.



Jeannie Shiley

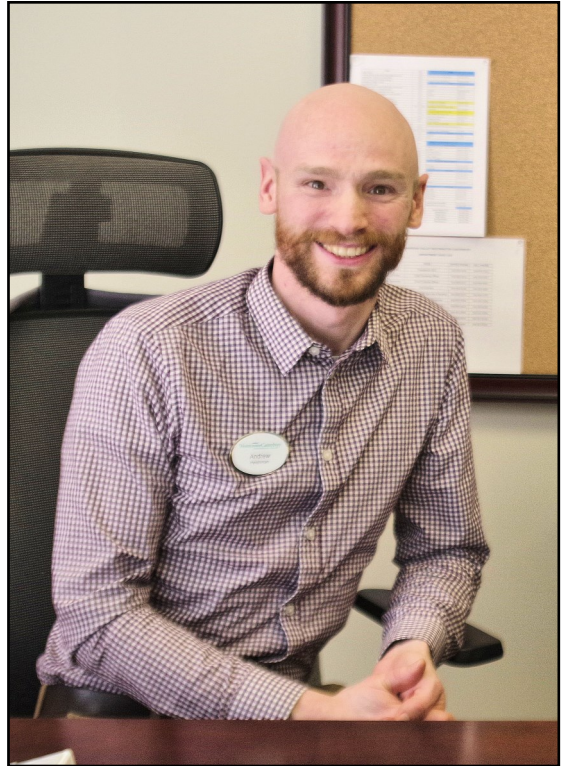


Photo by Bill Young

Introducing Andrew Heishman

Andrew Heishman was hired as the community's Administrator in February.

Andrew was born in Woodstock, VA, and raised in Edinburg, VA. He graduated from Bridgewater College in Bridgewater, VA, with a degree in Health and Exercise Science. It was while volunteering at a local nursing home that he fell in love with serving the aging.

Andrew has been working in the field as a Licensed Nursing Home Administrator since 2013. He has operated Skilled Nursing Facilities, Assisted Living Facilities, and Memory Care units. Andrew and his family were residing in Bellingham, WA when the COVID-19 outbreak and lockdown occurred, this situation prompted a decision in 2021 to relocate back to Virginia to be closer to family.

Andrew resides in Stephens City with his wife, Megan, four-year-old son, Ridge, and their dog, Whiskey.

When not working, Andrew loves being with his family, spending time outdoors, hiking, skiing, snowboarding, and exploring national and state parks. He is very happy to be back home in the Shenandoah Valley.

Residents Volunteer at Local Animal Shelter



One of the community volunteer opportunities for residents is at the Esther Boyd Animal Shelter where they can spend time with the cats and dogs.

Residents and staff may donate dog and cat food, supplies, and newspapers to the Esther Boyd Shelter and the Winchester Area SPCA at any time. There is a collection tote just beyond the double doors by the Gift Shop.

Sylvia Wilson is the contact if you wish to volunteer at Esther Boyd.



Photo by Bill Young

Meet Our Concierge

Laura Hager will be celebrating 20 years at SVWC on April 4 as our resident concierge. This talented and creative lady came to Westminster-Canterbury with a background in accounting, marketing, and purchasing.

The position of concierge was created by Laura and includes many areas of community activities. She coordinates day trips, private trips, overnight trips, and cruises. She also arranges airport transportation upon request.

Bingo, craft classes, and the Mystique group are led by Laura. She also helps residents form groups with common interest. Laura creates invitations for residents. She does all the Christmas decorating, including the numerous beautiful trees and arranges Christmas events.

She coordinates the popular New Year's Gala, Super Bowl party, Kentucky Derby party, and the Valentine's party. She announces the Pet of the Month, and produces the monthly Independent Living calendar and portal information.

She assists in the gift shop whenever she is needed. Laura makes numerous trips to Shenandoah University theater box office to obtain tickets for residents. With all this, she still finds time to visit Stephens City and Clarke County Senior Centers once a month for bingo.

Laura and her son, Devin, reside in her hometown of Ridgeway, West Virginia where she is very active in her church, Mount View Church of the Brethren, where her family have been members for five generations. A proud graduate of Musselman High School, she also attended Shepherd University.

"I love my job!" Laura says. And we love having you here, Laura!

Beverley Simpson



Photos by Bill Young

Ann Thomas is Turning 100!



Photo by Bill Young

Ann was born in Nelson County, Virginia on March 28, 1924. An honor graduate of Mary Baldwin University, she also attended the University of Richmond Business School, and the National University of Mexico.

After marriage to her husband, Rogers, Ann moved to Loudoun County where she was very involved in civic affairs and her church, St. Peter's Episcopal in Purcellville. She is the author of *A Story of Round Hill*.

Ann has one daughter and three grandchildren.

Since her move to SVWC in 2007, Ann has been active in the community, enjoying swimming, canasta, and sometimes bridge.

Happy Birthday, Ann!!!

Spring is Coming....and so is Wonderful World Week



Save the dates April 22 - 26
A week of Nature at SVWC

Prepare to Discuss the World

On March 4, the Lifelong Learning program about the CIA will conclude. Then, March 11 through April 29, Great Decisions 2024 will be part of SVWC's Lifelong Learning program, addressing significant world affairs. Each program will be followed by a group discussion on these critical global issues facing America today. The programs are held on Mondays at 2:30 p.m. in The Abbey.

March 4	CIA Balance Sheet: Wins and Losses
March 11	Mideast Realignment
March 18	Science Across Borders
March 25	US-China Trade
April 1	NATO's Future
April 8	Pandemic Preparedness
April 15	Understanding Indonesia (program begins at 1:30 p.m.)
April 22	Climate Change & Technology
April 29	High Seas Treaty

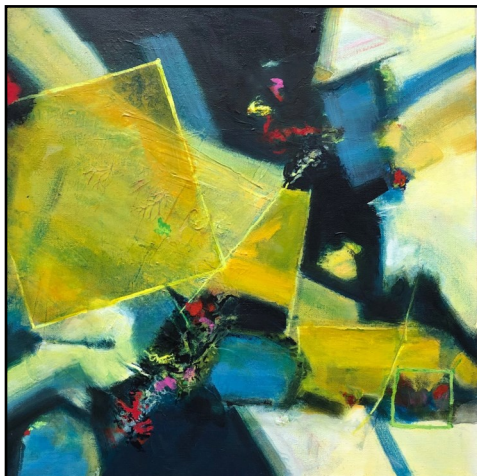


Thursday Night Programs

- March 7 **Favorite Photos** presented by Winchester Star photographer Jeff Taylor
- March 14 **The National Sporting Library and Museum** presented by Claudia Pfeiffer
(A bus trip to visit the Museum is scheduled for March 21)
- March 21 **Preview of Kernstown Battlefield** presented by docent Susan Weston and Bruce Randall
(A bus trip to tour the battlefield is scheduled for April)
- March 28 No Program (Maundy Thursday)

Programs begin at 7:30 p.m. Attend the program in the Abbey or view on Channel 970.

Lawrence Gallery Features Local Artist



The Art Committee is pleased to announce that the next exhibition from March 18 - May 10 will feature the delightfully imaginative canvases of the local well-known and widely celebrated artist, Donald Black.

Some residents may remember his wonderful 2015 exhibit which was accompanied by a Thursday evening program in which he illustrated the creative process behind his art. Although there will be no talk by the artist this time, we are sure you will be captivated by his latest artwork in "Abstract Improv II."

In addition to studying art and being a successful professional artist, Don Black is a retired professor of music who directed the orchestra and taught other classes at Shenandoah Conservatory of Music for many years. Some of his paintings also reflect his insights as an accomplished jazz musician who performed with the group, "The Professors."

Please come meet Don Black at the Opening Reception to be held on Friday, March 22 from 5:00 to 6:30 p.m.

Loretta Johnston

Shred Day

The annual Shred Day at SVWC will be held on Thursday, April 18 from 11 a.m. to 1 p.m. A shred truck will be parked next to the Fitness Center. Call (540) 665-5821 or Ext. 2821 for assistance.

Bistro Concert: The Celtic Lute

The renowned lutanist, composer and arranger, Ronn McFarlane, will present a program of Celtic lute music in the Bistro on March 15. These beautiful tunes are from the musical heritage of Ireland and Scotland. You'll also hear Celtic-inspired original compositions of his own.



McFarlane's musical journey began as a self-taught rock guitarist. Later, as a Shenandoah Conservatory honors student, he began to explore the lute. Further study at Peabody Conservatory was devoted primarily to classical guitar, but in 1978 he turned his full attention to the lute.

Lutes go back to antiquity. Varieties of lutes made music in many parts of the world. Some had long necks, other short. Some had frets, others not. The number of lute strings ranged from a few to many. By the late middle ages, lutes were known across Europe and among the Celtic tribes of Ireland and Scotland.

By the early Renaissance, the lute was widely popular in peasant homes and fancy parlors. Folk tunes and new tunes flourished. McFarlane has deeply researched this rarified literature, making its richness and beauty more widely available through recordings and performances. Early Irish lute music was rarely written down, but McFarlane found harp music scores composed by a celebrated blind musician, which he arranged for lute. There are no better traces of the Scottish lute tunes.

Many of these cherished tunes were available only as single melodic lines without chords. He has painstakingly created arrangements of these tunes. The music critic John Croall says this music "is tuneful, fun, romantic, tragic, stirring, thoughtful and . . . enjoyable". McFarlane has taken Celtic folk music, refined it, and turned it into beautiful chamber music. This is his remarkable gift to the world of music. It's a treat for us.

Admission is \$10 at the door (cash only, please). The concert begins at 7:30 pm. Atlantic Union Bank sponsors the series.

Bob Sherwood



From the Archives

The historic Wappacomo Trail, as described 26 years ago in the *Westbury World* for March, 1998:

Traveling Westward in the Eighteenth Century

No one will be surprised to learn that highway 50 and highway 522 were not available for travel west of Winchester in the mid-eighteenth century. But you may not know that an Indian Trail, called Wappacomo, was the only road westward, out of Winchester, according to the (1754) Frye and Jefferson map of Virginia (2nd edition).

Wappacomo Trail also appears on a modern map, "Frederick County, City of Winchester, Commonwealth of Virginia," (1992) drawn by Eugene Scheel for the F & M National Bank. The trail branched westward from Fairmont Avenue, over Lawrence property, and along the west boundary of SVWC.

Editor's Note: Trails and roads tend to become boundary lines. Had the Indians trekked a bit more to the west, perhaps our Building Committee would have been spared its discord with the city planning group!



Photo by Bill Young

Tiva the Groundhog

On Groundhog Day, we had a fun visit from a live groundhog named Tiva who predicted an early spring. Now THAT'S what we like to hear!

Many thanks to Lynn and Robin from the nonprofit Valley Wildlife Care. First, they provided a presentation to educate the audience about what they do and how they handle/protect orphaned wildlife. Then, they went on to teach us about groundhogs and introduced us to Tiva.

No one was allowed to touch her, but everyone surely enjoyed looking at the adorable creature. Check out that face!!

Bill Young

Welcome to Our New Neighbors

Mary and Jim Riley moved into 1400 Bold Rock Drive, Apartment 102 from Winchester, VA.

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Library Acquisitions New in March

Fiction

The Lace Widow	Mollie Ann Cox
First Lie Wins (LP) 2 copies	Ashley Elston
Mrs. Quinn's Rise to Fame (LP) 2 copies	Olivia Ford
The Heiress	Rachel Hawkins
Robert B. Parker's Broken Trust	Mike Lupica
Absolution	Alice McDermott
The Fury	Alex Michaelides
The Curse of Pietro Houdini	Derek Miller
Holmes, Marple & Poe	James Patterson
Random in Death	J.D. Robb
Mrs. Winchester's Biographer	Deanna Lynn Sletten
Murder Crossed Her Mind	Stephen Spotswood
Upside Down	Danielle Steel

Non-Fiction

The Age of Deer : Trouble and	
Kinship with Our Wild Neighbors	Erika Howsare



Super Bowl Sunday

Valentine's Day Celebrations

Photos by Bill Young





Photo by Bill Cook

“Lenten Roses” in Bloom

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