

Westbury World

*Published by Shenandoah Valley Westminster-Canterbury
A Continuing Care Retirement Community*

Volume XX Number 9

September 2016

Employees Shine in Bistro Concert

“Winchester’s Got Talent,” the annual musical variety show presented entirely by SVWC employees, has become one of the most popular attractions of the Bistro Concert series. The 2016 version on August 19 drew another capacity crowd of residents, future residents and guests.

SVWC Administrator Michael Williams introduced each of the performing participants as they took their turns.



The Zuckermans, SVWC’s First Family of Song, ended last year’s program, but this year

they had the opening spot. Father Charles, mother Virginia, daughters Kitty, Ann and son Phil, on the guitar, led off with “What a Wonderful World,” and the three



offspring concluded with “Let It Be Me.”

Next, SVWC Music Therapist Abby Amidon provided viola accompaniment for her intern, Bailey Hunter, as she sweetly sang



“Shenandoah” and “Scarborough Fair.”

The youngest performer followed. Emma Creech, accompanied by her father Jim on guitar, sang “La Vie en Rose.” She closed with a solo from “Les Miz” that really shook the rafters.



Cindy Sarver ended the first half with a smooth vocal treatment of “Close to You.”

After intermission, Helen Bricker resumed the show by singing “Bel Piacere” and “Hear My Cry.” She accompanied herself on the piano.

Cassandra Kelly came after Helen. She sang a soaring “Wind Beneath My Wings” and then a plaintive “Danny Boy.” Helen provided piano accompaniment.

The final act featured the team of Stephen and Lee Sandford who sang a Mozart duet with comic flourishes. They closed with a tender “People Will Say We’re in Love” from “Oklahoma.”



Once again, Helen accompanied.

The entire proceeds of \$1,215 from ticket sales benefit the Employee Emergency Fund. The concert has become one of those special community events that reinforces the atmosphere of “one big, happy family” at SVWC.

What an wonderful evening. What a wonderful world.

Paul Arnold

Photos by Peggy Jackson

A Trio of Talent

Photos by Peggy Jackson



Cindy Sarver



Helen Bricker



Cassandra Kelly

Dealing With Wind Storm Damage

SVWC's maintenance staff led the way in cleaning up a number of downed trees on campus following a violent windstorm on July 25. As was the case with last January's blizzard, they responded quickly and efficiently. One situation deserves special mention. The Doyles' cottage sustained some serious damage when a falling limb punched three holes in its roof. After a tree company removed the fallen trees, maintenance completed the required repairs within 48 hours.

The employees' response to this weather event underscores anew the excellent work they do on behalf of all residents, not only in dealing with major emergencies but also in the performance of their regular day-to-day duties in all departments.

The best way for individual residents to express gratitude to employees is to donate as generously as possible to the annual Employee Appreciation Fund. There is no set, required amount, but past donations have averaged about \$700 per resident.

This year, residents are encouraged to donate by the end of October so employees will receive their gifts in time to do early Christmas shopping. Checks should be made payable to "SVWC Employee Appreciation Fund" and placed in Residents Association Treasurer John Greely's mailbox, SH 108.

Paul Arnold

Westbury World
 Published and distributed by
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Residents Enjoy An Imaginary Voyage

For occupants of SVWC's Assisted Living and Health Care facilities, wheelchairs were miraculously transformed into deck chairs as they enjoyed an imaginary voyage to exotic tropical destinations aboard the "Shenandoah Star."



The July 29 cruise party, conceived and organized by Susie Nail, Health Care activities associate, was held in the Apple Blossom Room of Wappacomo Hall which had been authentically converted

into a ship's lounge. The numerous decorations included an ice-sculpted ship's anchor created by Executive Chef Abraham Ybarra. The tropical illusion was reinforced by steel drummer Michael Weiner, who performed songs of the islands.



Each "passenger" was presented with a Hawaiian lei, escorted to a table, and served snacks individually by an efficient crew of staff members commanded by "Captain" Michael Williams.



A nautical quiz and a mock hula dance performance by staff members Teresa Barton and Kathy Headley concluded a memorable voyage.



Photos by Kitty Zuckerman

Demolition/Renovation/Relocation

Last month's accomplishments:

- Remaining residents of Blue Ridge Hall and Redbud Court were moved into renovated facilities, and the Wisteria Dining Room was reopened.
- Demolition was begun in the former locations of Information Technology and Security, Rehabilitation Services and two resident rooms of Redbud Court.
- Renovation of the former office of the Assistant Director of Health Services was begun in preparation for its conversion to an Assisted Living Fitness Center.
- Both chaplains moved into new individual offices across the hall from their former combined office. Medical Records was relocated to the space between their offices.
- The Salon was reopened in its new location on the ground floor of Wappacomo Hall.
- Two parking spaces were converted into more accessible ones in the area between Winchester Hall and the Vitality Center.

Future Projects:

- The Tavern will be reopened on or about September 11.
- A greenhouse is scheduled for delivery next month. It will be located behind the Assisted Living Courtyard.
- New landscaping will be installed in the Assisted Living Courtyard (which will encompass the meditation garden) and in the Laurel Court Courtyard.
- The shuffleboard court will be reopened in the Laurel Court Courtyard.

Edward Rider

Correction

In the August edition, Rev. Raymond Wrenn was not cited as the author of *Westminster-Canterbury: The Name*. We regret this omission.



Library News

New Acquisitions

Fiction

Flight of the Sparrow by Amy Belding Brown and **America's First Daughter** by Stephanie Dray and Laura Kamoie bring history to life. The former is an account of Puritan Mary Rowlandson's capture by Indians in 1676. The latter tells the fascinating story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph.

The Corners of the Globe is the second eagerly awaited international thriller in a Robert Goddard trilogy.

The plot of Noah Hawley's *NY Times* bestseller **Before the Fall** revolves around a plane crash and the odd coincidences that point to a conspiracy.

In **A Great Reckoning**, Louise Penny fans will again be able to follow Armand Gamache as he's sleuthing in Three Pines, his small Quebec village.

Described as "the dog book you must read this summer," **Lily and the Octopus** by Steven Rowley is the emotional story of Ted Flask and Lily, his special aging companion.

Nonfiction

In 1938, Atlanta attorney Joseph Madison Beck's father, a young white rural lawyer, defended an African-American man accused of raping a white woman. Unlike Atticus Finch, however, Foster Beck paid "for the rest of his life for the 'crime' of defending a black man too vigorously." **My Father & Atticus Finch** is Foster's story.

When Betsy Lerner, a literary agent and author of **The Bridge Ladies**, joins her mother's bridge club, she discovers that bridge and the ladies are more complicated than she thought. Her memoir also makes a "case for spending time together under the rules of neutrality imposed by a game."

The Dog Who Could Fly by Damien Lewis recounts the rescue of a lost puppy by a

Czech airman in the Royal Air Force. In the months that followed, Robert Bozdech and Ant, his tiny German shepherd, saved each other's lives as they flew.

Dimestore, a memoir written by one of SVWC's favorite authors, Lee Smith, brings to life her years in Grundy, Virginia.

The aforementioned books and 10 other new releases are now available for your enjoy-

Lute Virtuoso in Bistro Concert

Ronn McFarlane, a Grammy-nominated classical 12-string lute virtuoso, will make this highly popular Renaissance instrument richly enjoyable for our Bistro Concert audience on Friday, September 16. This will be his first performance here. His program will feature a sampling of early music, then the challenging Suite in C by J. S. Bach, and an assortment of his own compositions in modern "crossover" style.

He has toured throughout the US, Canada and Europe, both as a soloist and with the Baltimore Consort. Born in West Virginia, he graduated with honors from Shenandoah Conservatory, then continued studies at Peabody Conservatory in Baltimore. In 1978, he turned his full attention to the lute, soon performed solo recitals and joined the Baltimore Consort.

McFarlane taught at Peabody from 1984 to 1995. In 1996, Shenandoah Conservatory awarded him an honorary Doctorate of Music for achievements in making the lute and its music accessible to contemporary audiences. He has over 35 recordings, including solo albums of his own composition, lute duets, flute and lute duets, lute songs, the complete lute music of Vivaldi, a collection of Elizabethan lute music and poetry, and recordings with the Baltimore Consort.

The program begins at 7:30 p.m. Admission is \$10 at the door. The proceeds help support the Fellowship Fund.

The Bistro Concert on Friday, October 21, will feature the always popular Robbie Limon, singing top-of-the chart love songs from the '60s and '70s.

Bob Sherwood

From the President/CEO



Jeannie Shiley

On Wednesday, August 17, our first official Ladies Group met at 3:00 pm in the Employee Learning Center. There were 25 attendees present for this inaugural event. Cindy Hunter, Director of Human Resources, was the invited guest speaker for the program. She shared an overview of what it takes to get an employee in the door, a review of benefits offered to our employees and a comprehensive breakdown of base wages to total compensation. Even though Cindy says she is not a “numbers person,” she did a fantastic job of explaining a complicated and sometimes confusing process. The ladies asked great questions which helped to further clarify the subject.

The Ladies Group will follow the same structure as our Gentlemen’s Group, which has been meeting for over 10 years. Once a quarter, I will meet with both groups in an informal setting to discuss what is happening on campus. I often take an invited guest to the meeting to talk about a specific programming area, such as dining or security. I have also used



Photo by Peggy Jackson

Ladies Group

this time to highlight new technology or new staff members. For example, the Gentlemen’s Group met with Jason Love, our new Director of Dining Services, in August. Jason shared his background and vision for dining programs. A big thanks to Administrator Michael Williams for facilitating this group in my absence .

In addition to our larger gatherings, such as our weekly Coffee with the Administration, these smaller group settings provide another opportunity for residents and staff to interact, ask questions and provide feedback on the various programs and services at SVWC. I am open to any suggestions on various topics that are of interest to residents.

I also want to provide a quick update on our new suggestion box that is in the main lobby. I check the box on a weekly basis and have been pleased with the amount and variety of suggestions. Once I review a suggestion, I pass it along to the appropriate department manager for consideration and execution. Thanks to everyone for your input and keep the ideas flowing.

New Maintenance Assistant

Vince Williams is SVWC’s new Maintenance Assistant. He is a second-generation employee of SVWC; his father, Michael Williams, has been working on the grounds crew for about a decade. (Yes, SVWC has two employees named Michael Williams.)



Photo by S. McKenzie

Vince Williams

He is a graduate of Winchester’s James Wood High School and of Lord Fairfax Community College. He went on to get a degree in finance from Old Dominion University in Richmond, VA, and is working on a degree in management.

From working in seasonal grounds jobs at SVWC, Vince knew he would like to work here and he looks forward to working with residents. He enjoys softball, bowling, hiking, and rafting. Residents who need to submit a work order should call Vince on x821.

Hartley Schearer

Chaplain's Message

"Be Prepared" is the motto for scouting, and it is good advice for any of us to follow in our lives, regardless of age. Many young people have been better prepared for life because they learned to take that motto seriously. It is an especially good motto for thinking ahead about how to approach the end of our lives.

The best-selling book "Being Mortal," which is available in the SVWC library, is an excellent account by its author, Dr. Atul Gawande, about how he not only dealt with the mortality of his patients but also how he faced the impending death of his father. If you have not read the book, I recommend that you do so as it will help stir your thinking about your own mortality and that of your loved ones. It is about living life fully, even in the face of an incurable illness.

Dr. Gawande writes "You may not control life's circumstances, but getting to be the author of your life means getting control of what you do with them." He encourages people to take the lead in making their wishes known regarding their personal end-of-life care.

I hope you will make it a top priority now to be thinking and talking with your loved ones about how you want to live out your life. Living wills, advance medical directives, powers of attorney, and the "Five Wishes" booklet are all important documents that are necessary parts of any end-of-life preparations. Elizabeth and I, as your chaplains, are always available to advise and assist you in your planning.

Larry Lawhon

Welcome to Our New Neighbors

Harriet Warfield moved into 412 Shenandoah Hall from Winchester, VA.

Terry and Diane Sinclair moved into 225 Winchester Hall from Winchester, VA.

Elizabeth "Libby" Jeffries moved into 220 Shenandoah Hall from Winchester, VA.

Hospice Presentation and Panel

On August 9, the Abbey was filled with residents, future residents, staff and professionals from the community to watch the PBS documentary "Being Mortal," which was based on the book with the same title by Dr. Atul Gawande (see Chaplain's Message). Blue Ridge Hospice was awarded a grant from the Hospice Foundation of America to show public screenings of the documentary and reached out to SVWC to host the first screening. Following the film, a panel consisting of representatives from Blue Ridge Hospice and Larry Lawhon led the discussion focusing on various aspects of end-of-life considerations.

Donielle Palmer

Home Repair Outreach

SVWC recently served again as a sponsor of the Impact the Valley mission project, a local effort to combat the effects of poverty by engaging teens and adults from different churches in home repair projects for people in need. The project closest to SVWC was a 1975 mobile home, owned by a widow, that needed repairs to improve her living conditions. Her only source of income is a Social Security check, and she has several health-related problems. Last summer, a project work crew replaced flooring in her home.

This year, a crew of about 12 teens and adults took five days to complete several jobs, including interior and exterior painting and placing new skirting around the trailer. The big job was gutting the old kitchen and installing a new one with a working range.

This project was one of 11 different projects in four different counties that were tackled during the week. Besides the corporate sponsorship, three SVWC staff members were involved. Stephanie Landes and I planned the worship theme and T-shirt design for the week; Stephanie and one of SVWC's nurses, Brenda Gant, assisted in leading worship during the week.

Larry Lawhon

Campus Calendar

Thursday Night Programs

September 8. *Factory Man: One Book One Community.* Mary Froehlich, retired from the Handley Regional Library, will be our speaker. Chosen by the OBOC committee as this year's community read, *New York Times* bestseller by Beth Macy tells the story of John Bassett III, and his determined battle to save his Virginia furniture company and his workers from overseas competition.

September 15. "Going to the Poorhouse." Yes, Winchester once had one, and Katherine Solenberger and Patrick Farris will be here to tell you all about it. Katherine will address the history of the local poorhouse, located on her family farm; Patrick, an anthropologist historian, will address the concept and the society that gave rise to the institution.

September 22. Nick Nerangis, actor, Naval officer, local businessman, and raconteur extraordinaire, will read letters written by Clarence A. Johnson, a resident of Lyndonville, NY, who enlisted in the Union army at the age of 15. His letters home describe his experiences, passionate beliefs, and observations, as he was thrust into the civil war at its dramatic conclusion.

September 29. Thomas Albert, retired SU professor, producing artistic director and conductor of Shenandoah Summer Music Theatre, will return with a second installment on the history and structure of musical theatre. If you heard him speak last year, you know we are in for a treat.

Photographic Art Exhibit

The "Mother Nature Poses" exhibit will open on Friday, September 16, with a reception from 5:30 to 7:00 p.m. Fifteen residents submitted photographs that they had taken on campus over the past year. A local professional photographer made the final selections and approximately 40 photos will fill Lawrence Gallery through November 12.

Resident and Board Social

The annual Resident and Board of Trustees Social will be held on Monday, September 19, at 3:15 p.m. in the Commons. This year, the Foundation Board members will also attend. Light refreshments will be served and music will be provided by the Cranberry Chamber Ensemble.

Classical Music Associates

On Monday (this month only), September 19, at 7:30 p.m. in the Abbey, CMA will present Berlioz's "Symphonie Fantastique" with Michael Tilson Thomas conducting the San Francisco Symphony. Residents, staff and guests are invited to enjoy this DVD.

Health Fair

A Health Fair will be held Thursday, September 29, from 9 a.m. to 3 p.m. in the Abbey. Health care services and businesses will be on hand.

Senior Olympics Schedule

SVWC's 2016 Senior Olympics will begin on Monday, September 26, with an opening ceremony at 10:00 a.m. in the Lobby and conclude on Friday, September 30, with an awards ceremony at 2:00 p.m. in the Abbey. Sign-up sheets for individual events will be posted in the Bistro in the area overlooking the pool as of 10:00 a.m. on Monday, September 12. The schedule of events follows:

Monday: Obstacle Course at 11:00 a.m. in the Abbey.

Tuesday: Corn Hole at 10:00 a.m. in the Courtyard.

Ping-pong at 2:00 p.m. in the Vitality Center's Aerobics Room.

Wednesday: Pizza Bingo at 11:30 a.m. in the Abbey.

Thursday: Dog Obstacle Course at 10:00 a.m. in the Courtyard.

Croquet at 4:00 p.m. at the Croquet Court.

Friday: Putting at 10:30 a.m. in the Courtyard.

Photo by Peggy Jackson



Putting Competition in the Courtyard

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