
Westbury World

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A Continuing Care Retirement Community*

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Photo by Bob Sherwood



The Adventure of Campus-grown Vegetables

In mid-June, vegetables grown on campus began reaching our tables. The last of 185 pails growing vegetables left the greenhouse on June 13. The project cost little; the pails were free and the plants were all started from seed.

Over 50 balconies, Wappacomo Hall's terrace, Blue Ridge courtyard, six cottage yards, and 27 garden plots are now growing vegetables, boosting our food supply. The Café patio has become an art space garden for dining. New friendships have formed around gardening. Conversations begin with "How are your plants?"

Fresh vegetables boost immune systems. The bounty is especially important for those living in Wappacomo Hall and the Health Center. Because our food supply chains remain shaky, one observer suggested the term VIP means Very Important Plants, as well as Vegetables in Pails.

Bob Sherwood



Photos by Bob Sherwood
and Bill Young



From the President/CEO



As we enter the design development phase for the villa project, we are preparing to kick off our pre-sale (or initial) marketing efforts. There will be 10 villas built on the newly-purchased 22 acres of the campus, for a total of 97 apartments. As we progress through the pre-construction and construction phases, I will keep you abreast of new details at Coffee with Administration and other special meetings that I plan to hold.

This month, I would like to address some recent questions about the project and give a little history about the process in deciding to purchase the adjoining property and build the villas. One of the strategic directions of the 2016-2020 Strategic Plan was to diversify and grow the community and included the initiative to pursue additional independent living units.

As the adjoining property to SVWC was available, studies were performed to see if it would be a viable location to expand and grow the campus. In addition to evaluating the physical aspects of the property, a market assessment was completed and focus groups were held. Existing infrastructure (to include dining, wellness, medical services, and health care beds) was evaluated to determine if these services could accommodate additional residents. A financial feasibility study was completed to ensure that SVWC would remain financially viable in the short and long term. The study included the addition of housekeeping, dining, and maintenance staff that will be necessary with the growth of the community.

SVWC has the capacity to serve existing and future residents. In 2018, the main kitchen and Bistro servery were redesigned and renovated. The Abbey can be used for additional dining space with multiple seatings and expanded hours if needed. We also have the Café and Bistro, which are not being used to their full capacity. The new villa area will not have a separate dining venue, although each villa will have a common area space for small social gatherings. The gym is equipped to handle more participants and, if needed, additional wellness programming could be added. A great deal of time has been spent on the landscaping and outdoor

space at the villas, to include additional walking trails.

Please know that studies have been done in recent months to determine if the project remains viable. I am pleased to say that we continue to believe that the villas will become a vibrant addition to our campus.

Through each growth opportunity at SVWC, the Assisted Living building, additional cottages, freestanding homes, and Winchester Hall, each new resident has been welcomed with open arms and has truly made our community the wonderful place it has become today. I have no doubt the same thing will happen again. A community is not defined by bricks and mortar; it is defined by those who call the place home.

Jeannie Shiley

New Foundation Director Named

Niki Wilson has been selected to fill the Foundation Director position. She is a graduate of Shenandoah University with a BA in business and marketing and a master's degree in business administration. She has over 15 years experience in fundraising.



Niki resides in Strasburg, VA, with her husband Chad, who works for Fauquier Co. Fire & Rescue, and their hound dog Sadie. She and Chad enjoy camping, hiking, and kayaking on the Shenandoah River. Niki also likes to bake, garden, and spend time relaxing with a good book.

Welcome to Our New Neighbor

Elisabeth "Liz" Lindon moved into 509 Shenandoah Hall from Winchester, VA.

My Resident Friends,

I want to take this opportunity to thank the Board for this opportunity to serve you the residents, families, and our staff to uphold and improve the 'Standard of Excellence' of Westminster-Canterbury.

This standard was so ably demonstrated during the recent COVID-19 onset and a situation in which we should take pride. Thank you to you and the staff for that response.

I commit myself to work with the Board as well as the Finance Committee to continue tight-fisted fiscal management through monitoring metrics and budgets. Our financial strength will allow us to confidently take on the additional obligations which will be part of the villa project if the economy and market continue as we currently see them moving.

Our Resident Services Committee will continue to evaluate programming and staffing which will continue to enhance our campus. And the Property & Planning Committee will continue steady progress on the villas project with a dynamic team. We are committed to being on budget and schedule.

I see us as a three-legged stool. The residents, the staff, and the Board working together. All three have to be engaged and coordinated. That currently occurs through multiple channels of communication. But I want to be available to anyone and any group as the need or desire arises. My direct line is 540-323-0279.

I give you my commitment; any comments or suggestions from any source, whether it be resident, staff, or interested party will be fully vetted. The backbone of our "Standard of Excellence" is having open lines of communication that foster improvements.

I look forward to the next year in which we will have significant and important decisions to make together.

Sincerely,

Bill Pifer, Chair, Board of Trustees

A Small Source of Inspiration

On a Sunday morning in late May, Aubrey and Mary Owen discovered that a fawn had been born the night before right next to their cottage. The birth coincided with a particularly tumultuous and troubled time in the country and the contrast prompted Aubrey to write the following poem, "The Fawn."

Peaceful Sunday morning of late spring 2020,
Quiet fills the air, as does its coolness,
All as if there is no pandemic caused by a virus,
All as if a human has not lost his life at the knee
of another,
All as if peaceful demonstrations have not led to
violence among humans,
Yet life continues with peace and hope.



Photo by Mary Owen

The Power of Words

Word of the Month:

Assisting resident with eating

(instead of "feeding resident" or referring to resident as a "feeder")

Now Showing at the Mini Galleries

The Bridge Gallery is featuring photographs of marine life taken by resident George Magurn, who is well known for his three Thursday night presentations of his scuba diving trips to the Caribbean and Fiji.

George is from Worcester, MA. He served four years in the US Navy and has a BA in English from Bethany College. For 40 years, he was employed by the Loudoun County Public School system. In addition to scuba diving, he enjoys photography and gardening.

At the Wappacomo Gallery, some of the paintings of Environmental Services Director Jim White are on display. Jim has always drawn landscapes and fantasy-themed figures. Earlier this year, he took an acrylic painting class with SVWC art instructor Gale Bowman-Harlow. Some of Jim's paintings are also being displayed in the Canterbury Café.



Photos by Peggy Jackson

New Exhibit Scheduled for Lawrence Gallery

The Lawrence Gallery will open a new exhibit on July 10, "Around the World in 80 Years," featuring the travel photos of resident Marie E. Kingdon. She has traveled extensively and honed her photography skills under the tutelage of the esteemed, late world travel photographer, Bill Bachmann.

Marie's framed photographs display an artist's approach to composition, shadow, and color. She has chosen the exhibit from her large collection of photos of the many places she has visited from Antarctica to West Virginia. Each work reflects Marie's eye for capturing the unusual and the familiar in a unique way.

The display cases by the Gift Shop will contain some of Marie's beautiful ceramic bowls, along with smaller photos and other items of interest.

Due to the restrictions imposed by the COVID-19 virus, an opening reception is not possible for this exhibit. The PowerPoint Presentation describing Marie's background will be shown on July 10 from 5:30 p.m. to 6:30 p.m. on the internal channel 977.

The exhibit is scheduled to be taken down on September 7. The Lawrence Gallery Art Committee may extend the viewing time as it did with Charles Thorne's exhibit in observance of the SVWC safety rules concerning the participation of outside artists during the pandemic.



Photo by Marie Kingdon

Paul Arnold

Loretta Johnston

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Annual Shred Day

The Annual Shred Day will occur on Friday, July 17 from 9:00 a.m. to 11:00 a.m. The shred truck will be parked next to the Fitness Center. If you need assistance, please call Ext. 821.

Observing Spring Bird Migration

A silver lining to the COVID-19 restrictions has been the chance to spend more time outdoors. Some of SVWC's Saturday Bird Walk participants seized the opportunity and spent many mornings in the Nature Area and woods during spring bird migration. The official SVWC bird list, started in late 2018, grew from 73 to 93 species during this year's migration.

Many additions to the list are species of Wood-Warblers, which, in spring, generally sport bright breeding colors, often making the birds easy to see. However, their gleaning among the trees on their journey north makes photography a challenge. Other species seen include Ovenbird and Black-throated Green, Black-throated Blue, Black and White, Canada, Magnolia, Blackburnian, Chestnut-sided, Bay-breasted, Yellow-rump, and Pine Warblers.

The non-warbler migrants spotted included the following species: Scarlet Tanager, Baltimore Oriole, Indigo Bunting, Rose-breasted Grosbeak, three species of thrush (other than Robins and Bluebirds), and Ruby-throated Hummingbird. Some shorebirds and a handsome Green Heron, as pictured below, are attracted to the muddy edges and reeds of Goff Pond.

Many of the birds spend the summer and breed locally, including the Redstart, Ovenbird, and Black and White and Pine Warblers; and Scarlet Tanager, Baltimore Oriole, Indigo Bunting, Green Heron, and Ruby-throated Hummingbird. Although they may be around for the summer, they are much quieter now, having selected a mate and started raising a family, and are difficult to see in the heavy leaf cover. Others breed locally at higher elevations, while some of the migrants continue on to summer grounds in Canada.

Judi Booker



Green Heron

Photo by Judi Booker

Pollinator and Wildflower Education Project

SVWC Butterfly Project volunteers have turned their focus to a Pollinator Habitat and Wildflower Education Project. National nature and gardening publications are raising the alarm about the tremendous decline in pollinators due to the decline in habitat, use of pesticides, and global warming. Almost 90 percent of wild flowering plants and 75 percent of food crops around the world depend on pollination for successful seed and fruit production.

The bare hill to the left of the garden shed was chosen for a demonstration garden. John Poe and his grounds crew prepared the ground and brought in topsoil. Marcia Keech consulted with SVWC future resident Sandra Markus, who had experience in developing a wildflower garden, before buying perennial wildflower seeds appropriate for the area; Kay Jones chose wildflowers from the woods that could be transplanted into the new garden; and June Hess, who tends to Teresa's Garden, helped select native plants, including Twinleaf, President Jefferson's favorite wildflower. Sylvia Wilson, Annette Masnik, and Ann Stribling also donated plants. John Sterle took on the task of daily watering, while Margaret Biggs and Lynn Marthinuss water the original Butterfly Garden.

This is a completely organic garden. No pesticides or herbicides are used. The goal is to label the plants as soon as they have recovered from being transplanted so that everyone can learn their names. The wildflower seeds along the top are already sprouting. Most of the transplants are still alive. By next year, they will look a lot better.

Rosalind Bovey

MNT Scavenger Hunt & Contest

Mother Nature's Team has prepared a scavenger hunt for residents and staff in the area of Teresa's Garden and Goff Pond. Cards depicting 10 nature items to be identified and photographed by Bill Young and Kay Jones are available at the Front Desk and near the Post Office. There will be a drawing for a \$25 gift card on July 8 at Coffee With Administration.



Library News - July Acquisitions

FICTION

Afterlife	Julia Alvarez
Hello, Summer	Mary Kay Andrews
Furmidable Foes	Rita Mae Brown
Fair Warning	Michael Connelly
I'd Give Anything	Marisa de los Santos
My Kind of People	Lisa Duffy
Sea Wife	Amity Gaige
Camino Winds (LP)	John Grisham
The Jane Austen Society	Natalie Jenner
Writers & Lovers	Lily King
Beheld	TaraShea Nesbit
The 20th Victim	James Patterson
Nanaville (LP)	Anna Quindlen
The Wedding Dress (LP)	Danielle Steel
The Women in Black	Madeleine St John
All Adults Here	Emma Straub
The Last Trial	Scott Turow
Big Summer	Jennifer Weiner
The End of October	Lawrence Wright

NON-FICTION

The Silver Swan	Sallie Bingham
The Boston Massacre	Serena Zabin

Trail Maps

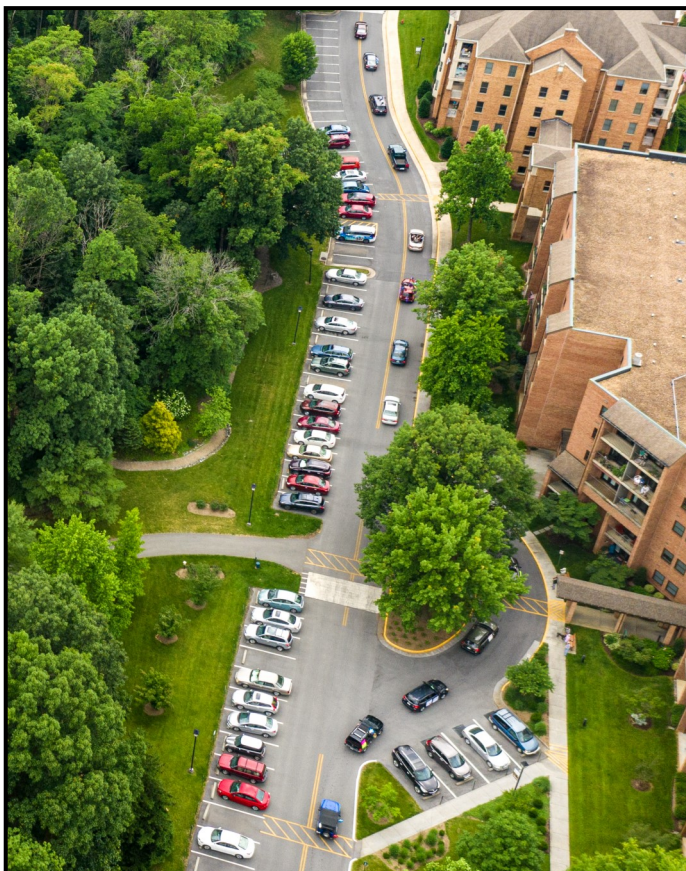
Some members of Mother Nature's Team have pooled their talents to produce five trail walk maps. Some time ago, David Doyle measured the walking trails in the woods. Sally and Chuck Walters made additional calculations. Larry Pettinger used this information to lay out trail walks of varying distances. Bill Young managed to put these into a similar format that he used for the Arbor Day "Visual Tour of the Trails" program.

The trail walks are from a distance of .2 miles to .8 miles. Each one begins at Kiosk A, just past Teresa's Garden.

Enjoy the beauties of nature as you get a bit of exercise!

Sylvia Wilson

Father's Day Auto Parade On June 20



Photos by Bill Cook

Photo by Peggy Jackson

Photo by Bill Young



Free Ice Cream—A Traditional Summer Treat

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