
Westbury World

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SVWC's Fitness Center: More Important Than Ever

One beneficial way to reduce the sense of personal stagnation engendered by the virus is to participate in the various exercise activities, either individually or in classes, offered in the Fitness Center. These activities are directed by Wellness and Vitality Manager Teresa Barton, who is assisted by a trio of instructors who hold exercise training certifications from the National Exercise Trainer Association.

Teresa actually wears two hats, as she is also SVWC's Registered Dietitian (RD). (She spends more than half her time as Wellness Manager, and this article will focus on that responsibility.)

Teresa was born and raised in Winchester. She graduated from Winthrop University with a B. S. degree in food and nutrition. For six years, she was a RD at the Winchester Medical Center. From 2001 to 2007, she worked part-time as a RD consultant at SVWC as she began raising a family. She returned to SVWC to her current position in 2016. Teresa oversees the running of the Center, initiates new programs, orders equipment, and assists with scheduling and the budget.

Teresa and her husband, Todd, who is a project manager in Prince William County, have two sons and two daughters. They live in Winchester. Teresa enjoys reading and travel abroad.

Elaine Stonesifer is SVWC's longest employed fitness instructor. She is also

from Winchester. Before joining SVWC in 2007, she worked at Winchester's Centre for Fitness (women only) for 25 years. She teaches a number of classes, including variations of yoga, meditation, tone and strength, and chair exercises. She conducts some classes in Wappacomo Hall, and she maintains the satellite gym there.

Elaine and her husband Mike, a retired pipe insulator, will have been married for 50 years in January. They have one son. She and Mike have a Mickey Mouse addiction, as they have made 25 annual trips to Disneyworld in Orlando, FL. At home in Winchester, they enjoy flower gardening.

Donna Laing came to work in 2007 at SVWC as a water aerobics instructor. Before that, from 1998 to 2006, she also was employed by the Centre for Fitness, primarily as a dance instructor.

Donna was born in Warrenton, VA. She and her husband, Larry, a long-time construction worker, have been married for 34 years. They have a daughter and two sons. They live in Gore, VA. Donna is active in her church. She enjoys reading and walking her dog.

Kathy Landrum was born in Winchester. She has a degree in psychology from James Madison University and a degree in elementary education from Shenandoah University. Before joining SVWC in 2009, Kathy



Kathy, Donna, Teresa and Elaine

See **Fitness**, page 2

Fitness from page 1

was a social worker at the Evans Home for Children in Winchester, taught kindergarten briefly, and was on the staff of the Centre for Fitness. She teaches balance classes, water aerobics classes, and a number of specialized classes in Blue Ridge and Health Care.

Kathy and her husband, who died in 2010, had three children and five grandchildren. In 2018, she married Andy Landrum, a widowed, retired FEMA employee who has two daughters and three grandchildren.

When asked what does she do in her spare time, she said she “likes to go to her local gym to work out.” Well, of course. What else would you expect from someone whose license plate reads “UBFIT.”

Paul Arnold

An Appreciative Kitchen

When the harvest of vegetables grown this summer on balconies and in the garden began to arrive in the kitchen, the culinary staff realized it would be able to offer fresh vegetables with their excellent taste and high nutritional value we all shared in bringing them to our tables. This in itself made these bounties extra special for us to prepare.

On several evenings, we were able to feed the entire community with a side dish of campus-grown squash. At other times, we supplemented commercial deliveries with these garden vegetables.

Since food supply chains have continued to be unreliable in this prolonged pandemic era, we have been repeatedly grateful for the food resident gardens have provided.

As of mid-August, Dining Services had received 800 portions of squash, 250 portions of green beans, 400 portions of cucumbers, 600 tomatoes, and lots of herbs. Homegrown vegetables continue to be most welcome as long as they are available.

My family and I garden at home, so I know the pleasure you get from gardening. My kitchen team and I thank you for your contributions.

Danny Festa

Geocaching at SVWC

Geocaching, a worldwide hobby created in 2000, has come to SVWC. Geocaching is the use of electronic devices, such as a GPS receiver or Smartphone, to find a hidden object, and log the successful find on the geocaching.com website. It is a great way to get outdoors and explore, and it is also helpful in learning about a new town or location. You may already know that your adult children or grandchildren are avid geocachers. SVWC's modified version of geocaching will allow those with or without electronic devices to participate on our campus.

Unlike geocaches available to the general public, SVWC's geocaches will not be published on the public geocaching.com website. Instead, information on each cache will be provided on a card. The set of cards with a green stripe will have GPS coordinates. If you do not have an electronic device, use the brochure and cards with the white stripe.

To participate, obtain the SVWC Geocaching brochure, which provides general instructions, and Geocache Cards from the Lawrence Hall Front Desk or the document pockets in the pool overlook. Each side of a card describes a different cache. Be sure you obtain the items that fit your needs—green-striped for those with electronic devices and white-striped for those without devices.

If you need help getting started, contact Mother Nature's Team members Sally or Chuck Walters, Jim Wilcox, or Judi Booker.

Additional geocache cards will be issued over the next few months. These new geocaches will be a bit more challenging.

Judi Booker



The Trail to Where?

A cache by **Mother Nature's Team**

Difficulty: ★☆☆☆☆ Size:  (small)

Terrain: ★☆☆☆☆

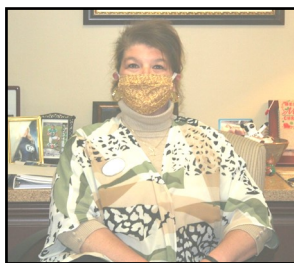
N 39° 12.113' • W 078° 10.600'

Geocache Description:

This cache is located near a portion of a historic Indian trail later used during the French and Indian War. During the war, it was used for travel between Fort Loudoun in Winchester and Fort Cumberland on the South Branch of the Potomac River, in current-day Cumberland MD.

~~The name of the trail, Warpatomoc, was the Indian name for the South Branch of the Potomac. The trail was used on~~

From the President/CEO



Even though there is no physical evidence that we are planning a major expansion project, a great deal of work continues to happen behind the scene. A major milestone will be the completion of the Design Development phase at the end of August. The completion of this phase will take us past the conceptual drawings into the detailing of building systems, materials, and site layouts. It will also allow Warfel Construction to provide a cost estimate sometime in October.

SVWC has also been using this time to educate and communicate to the neighboring communities on the villa project. After SVWC submitted rezoning documents to the City of Winchester, we sent a letter and a copy of our plans to all adjoining neighbors. On July 21, our team held an informational ZOOM meeting with these neighbors to share our vision and answer any questions. The meeting went very well and our team did a great job of answering their questions. The majority of the questions dealt with landscaping, buffering of the property, lighting, and elevation concerns.

The Winchester City Planner issued a preliminary report at the Planning Commission work session on August 4. Overall, the work session went very well, and again our team was available to answer any questions. The Planning Commission met on August 18 and voted unanimously to recommend the rezoning application to the City Council. A work session with the Winchester City Council met on August 25 and the City Council public hearing will be held on September 22. SVWC does not need to pursue rezoning for the county portion of the property.

Our marketing team has been working extremely hard to develop digital renderings (see page 8) and other marketing collaterals to support the coming campaign. The plan is to schedule an event with existing residents first, followed by an event with the focus group participants and those on our waitlist. We will next engage those prospects within our current and purchased database lists. To obtain financing, SVWC will need to pre-sell 70 percent or 68 apartments.

Chief Financial Officer Duane Wernecke, Marketing Director Chanda Palmer, and I held an informational session with our residents on Wednesday, August 5, to share the latest renderings and to discuss and answer questions about the impact of the villas on our existing campus. We divided the meeting into four areas: historical, marketing, financial, and infrastructure information. We had invited residents to submit questions before the meeting and we were able to address the questions during this time. A copy of the presentation is on the resident portal. We will continue to inform residents throughout the duration of the project.

Another aspect of the proposed project is the construction of an intergenerational daycare center. The plan is for SVWC to conduct a capital campaign to raise the needed funds for this building. More information will be shared in the coming months, as a steering committee will be formed to begin the process of identifying the needs for this space.

This is an exciting time for our community but there is still much work to be completed. We have more milestones that need to be reached before our Board of Trustees makes a final vote on whether to proceed with the villa construction.

Jeannie Shiley

Welcome to our New Neighbors

Joe and Ginny Fluet moved into 440 Winchester Hall from Lake Frederick, VA.

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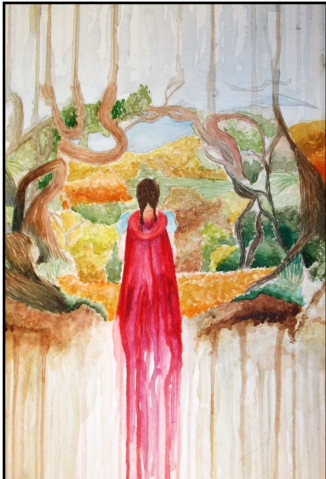
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The Lawrence Gallery Celebrates a Decade of Success

In 2010, thanks to an industrious group of residents, SVWC's Art Committee and the Lawrence Gallery was born. The SVWC Art Committee's mission is: To provide a vehicle for the appreciation of artworks created by artists both within the SVWC community and beyond.



Millwood Student

displaying their art, as recently as the November 2019 exhibit.)

Initially, the committee included George Burgess, June Hess, Ron Jackson, Wil Pieper, and Raymond Wrenn. George Burgess remembers that the committee began by brainstorming about all the details involved in setting up an art gallery. A staff social worker found the hanging system for the gallery, which George helped to install. "Sparky," SVWC's electrician, hung the lighting system.

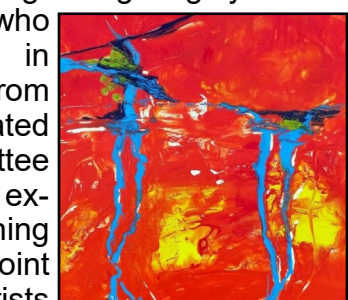
Yvonne Teske, who joined the committee in 2012 recalls "Right from the start this coordinated and creative committee produced successful exhibits, including opening receptions, PowerPoint displays about the artists and their works, press coverage, and invitations to SVWC future residents. Artists who sold their works during the exhibits were asked to contribute 25 percent of the sale price to the Fellowship Fund."

According to June Hess, "The Lawrence

The gallery was named after William H. and Nancy Lawrence, who donated the land for SVWC. On Thursday, September 23, 2010, the inaugural exhibit in the gallery opened with an informal champagne reception. Exhibitors included residents and staff members from age 19 to 95. (Six of the original exhibitors are still producing and

displaying their art, as recently as the November 2019 exhibit.)

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Josie Tilton



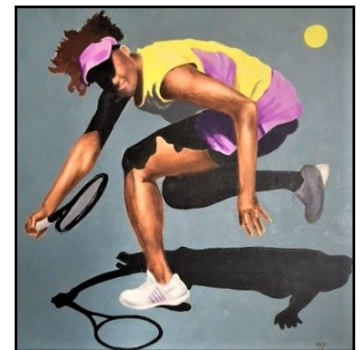
Loretta Johnston

Gallery happened, at least in part, because there was already a healthy spirit of appreciation for good art thriving at SVWC. Gifts of valuable originals by local artists had been displayed from SVWC's earliest days. Leah Brumback, a local artist and non-resident, led a weekly art class in the Activities Room. Ron Jackson had an "artist's corner" in the woodworking shop. Two professional artists and residents, Fred Zimmer and Wil Pieper, had set up studios in their Winchester Hall apartments. Gale Bowman-Harlow, now SVWC's Art Instructor, co-owner and operator of an art studio in Berryville, held a weekly class for residents and non-residents in the Activities Room. All these leaders and their students were the first exhibitors in Lawrence Gallery."

Wil Pieper, now 100, has exhibited three times in 10 years. Besides his paintings and stained glass work, he created the Chapel doors and provided the inspirational design for the Chapel windows.

Raymond Wrenn is the only original member still serving on the Art Committee. At 102, he participates in monthly meetings, helps with labeling during the installations, and attends the receptions. Also, he often assists in naming the shows when artists cannot come up with a clever title. His contributions have been genuinely appreciated.

Since its inception, the Art Committee has hosted 59 exhibits. Artists have contributed \$23,497 to the SVWC Foundation in 10 years. Many residents have served on the Art Committee during that time, each lending a hand where they felt comfortable. It is most definitely



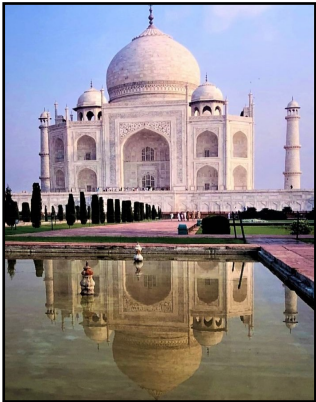
Wil Pieper

Continued on page 5

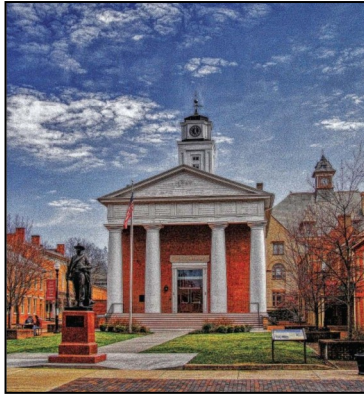
a group effort. The gallery has played host to a wide variety of works created by fascinating and talented artisans. New friends have been made, and everyone has learned a great deal along the way. Where there once was a need to solicit artists, the committee now has a list of potential exhibitors and receives calls from artists wishing to exhibit.

Numerous residents have shared their artistry over the years as well, and there is a marvelous artistic spirit on SVWC's campus. Novices have taken up creative pursuits and found great pleasure in doing so. To accommodate this interest, SVWC added two smaller sites for art work. The Wappacomo Gallery provides an area in which residents from Blue Ridge, Health Care, and Assisted Living can display paintings. The Bridge Gallery outside the Canterbury Cafe is another spot where Independent Living resident and staff projects can be showcased.

Due to covid-19, the committee had to rearrange the 2020 schedule. The November exhibit was to feature magnificent oils by an artist living in France. It remains to be seen when SVWC will be able to welcome outside guests again for exhibits. But the audience is out there, and 10 years of hard work has paid off exceptionally well.



Marie Kingdon



Charlie Thorne

Chaplain's Message

In his book **Thoughts in Solitude**, Thomas Merton wrote: "My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone."

This prayer has been a part of my life for many years. It has always helped me in moments of decision and uncertainty and brought me to trust that I do not have to know the future or even try to picture what tomorrow will look like. It also tells us that we do not even have to know the details of God's will for our lives. It affirms that our task is to seek God's guidance, and strive to follow God's lead and the example we find in Jesus. Jesus taught unconditional love of all. Jesus taught forgiveness, grace, and mercy.

Looking to scripture, I find the ensuing texts teach me what it means to follow Jesus and seek God's direction in all of life.

"He has showed you, O man, what is good; and what does the LORD require of you but to do justice, and to love kindness, and to walk humbly with your God?" (Micah 6:8)

"Jesus answered, 'The first is, 'Hear, O Israel: The Lord our God, the Lord is one; and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength.' The second is this, 'You shall love your neighbor as yourself.' There is no other commandment greater than these." (Matthew 12:29-30)

As we continue to live in these uncertain times, may we strive to live out our faith by the rule of justice, kindness, love, and humility.

Elizabeth Lewis



Library News September Acquisitions

FICTION

Florence Adler Swims Forever

Outsider	Rachel Beanland
The Last Flight	Linda Castillo
The Pull of the Stars	Julie Clark
The Nightingale	Emma Donoghue
A Walk Along the Beach	Kristin Hannah
Tom Clancy Firing Point	Debbie Macomber
Costalegre	Mike Maden
Deacon King Kong	Courtney Maum
Hamnet	James McBride
The Summer House	Maggie O'Farrell
Hideaway	James Patterson
What's Left of Me Is Yours	Nora Roberts
The Order	Stephanie Scott
The Lost and Found Bookshop	Daniel Silva
	Susan Wiggs

NON-FICTION

Becoming Duchess Goldblatt	Anonymous
An Unladylike Profession	Chris Dubbs
Begin Again	Eddie S. Glaude Jr.
Me and White Supremacy	Layla Saad
The Answer Is	Alex Trebek
Too Much and Never Enough	Mary L. Trump

The Library's Categories of Books

The two largest categories of books held by the Library are Fiction (about 40 percent of the collection) and Mysteries (25 percent). Additional fiction and mysteries are also located in the Large Print section and in the shelves of uncatalogued paperbacks next to the windows.

Other works of the imagination are included in the much smaller categories: Essays, Humor, Literature, Poetry, and Short Stories (less than 5 percent total).

The next largest categories are History (8 percent) and Biography (12 percent). The History books are divided into subcategories thought to be of most interest to residents. Books on all countries except the United States are grouped together by author. Four time periods (1775-1860, 1860-1865, 1865-1918 and 1939-1945) have been separated from general U.S. history. Books not falling into those time periods are allocated to U.S. General, resulting in an interesting mix of general, pre-1775, and post-1945 books.)

Because biographies can contain substantial information on a subject, sometimes a category is preferred over Biography. Three category choices were possible for Forrest Pritchard's Gaining Ground: Biography, because it is an account of his life; Virginia V (Shenandoah Valley) because it describes a farm north of Berryville, and Gardening, because it describes revitalizing the farm by changing to organic methods. Check the library catalog and then check out the book to see if you agree with the choice we made.

Mary Kay Pietris

Bridge Gallery Displaying Paintings by Joe Galletta

The Bridge Gallery is featuring a collection of watercolors by resident Joe Galletta covering a variety of subjects, including animals, flowers, landscapes, and buildings. He tried oil painting for a year and also worked in pencil and pen and ink before settling on watercolors. Joe and his wife Sandy moved to SVWC in 2017, and he has continued his painting in the Arts Studio. In the pre-virus days, he has also volunteered as SVWC's dance instructor.

Paul Arnold

Photo by Peggy Jackson



Thursday Night Programs Resume

The Resident Association's (RA) Thursday night programs start again at 7:30 p.m. on Channel 977 on September 10, 17, and 24 and will focus on our Resident Experience.

The first program will show a 45-minute video produced by a group of SVWC residents at the request of Pioneer Network for their annual gathering. SVWC has long been actively associated with Pioneer Network, a national organization advocating to improve the experience of those living in retirement communities. They asked us to (a) report our Resident Experience Conversations, (b) describe our experience since Covid struck, and (c) envision the future of retirement in communities. Quite a request! It was shown nationally September 1.

Many of you participated in the Resident Experience Conversations. Initiated in April 2019 by residents, they explored our resident experience through open-ended questions. Although cut short by covid-19, the findings are intended to help employees and trustees, who do not live here, serve the community even better by grasping more fully the culture we residents both live in and help shape.

The second program will show a Pioneer Network webinar produced here by SVWC residents about improving dementia support. We presented jointly with Park Springs outside Atlanta, GA, a leading dementia support retirement community. SVWC's segment filmed six employees and two residents who offered ideas that any community can "initiate tomorrow" without highly credentialed caregivers or significant new funding. The webinar was broadcast nationally on July 23, a feather in SVWC's cap.

The third RA program on September 24 will provide reflections on the two earlier programs. CEO Jeannie Shiley, Board of Trustees' Chair Bill Pifer, resident John Lown, and several residents who made the two videos will discuss the evolution of our Resident Experience. Questions can be submitted to the speakers that evening, *during the program only*, using CWA@svwc.org.

Bob Sherwood

Annual Staff Talent Show is Coming

The annual Staff Talent Show, a mainstay in the Bistro Concert series, will return Friday, September 18, at 7:30 p.m. on Channel 977.

The show will be modeled on the Dean Martin-Jerry Lewis telethons broadcast on Labor Day weekend when people would call in to donate to a charity. All the money raised by our telethon Talent Show will benefit the Employee Emergency Fund, a worthy cause that honors and supports our employees at this precarious time.

The Talent Show has become a family affair. Each year, it has drawn one of the largest Bistro Concert audiences. This year, the program will be broadcast with some live performances from the Abbey mixed with video clips filmed elsewhere.

In-person seating in the Abbey, limited to 20 masked and distanced fans, will be available for \$20 each. Book at the Front Desk. For those watching from home, call the number on the screen. Operators will be standing by. Other donation options will be described during the show. Donations are tax deductible.

The program? We like to keep you guessing, but, as in the past, you will (virtually) applaud the charm, imagination, creativity, humor, and calculated foolishness of our talented employees. It is fun, family entertainment.

Bob Sherwood

The Power of Words

Word of the Month:

physical distancing

(instead of social distancing)

We can remain socially connected while staying six feet apart for physical distancing.



Villa Exterior Rendering in Coastal Sage

Westbury World

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