
Westbury World

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Photo by Bill Cook



SVWC Stages a Very Special Event

As the saying goes, “Everyone loves a parade.” This was amply demonstrated on Saturday morning, May 9, when the SVWC campus was the scene of the “Sharing Love, Spreading Joy” parade. In effect, it was a major anti-virus social event.

Despite chilly, blustery weather, residents gathered on apartment balconies or (properly spaced) in front of apartment halls or cottages, some of whom displayed homemade signs or posters, to welcome the parade participants.

The parade itself consisted of a caravan of 49 cars from near and far carrying residents’ relatives. Although they could not leave their cars,

they could at least exchange a few words through an open car window with their isolated loved one.

Many of the vehicles in the slow-moving procession through the campus were decked out in balloons or carried signs; there were some antique autos; a few dogs were along for the ride; and a number of waving kids popping up through sunroofs.

It was a happy occasion in the midst of a dark time. And another reminder of SVWC’s spirit of togetherness.

Paul Arnold

More Parade Photos



Based on recent events, the governor of Virginia has started easing public health restrictions as part of the Forward Virginia initiative. SVWC will continue to closely monitor the guidance coming from Richmond and adjust our operations accordingly. We are going to proceed slowly and with caution.

While some businesses can re-open with strict safety restrictions, this does not mean that we are out of the woods in terms of the COVID-19 virus. I am worried because I know residents and staff are getting restless, and I fear that some may throw caution to the wind which could put us all at risk. I ask that everyone continue to practice social distancing and limit trips off campus. This is in addition to the frequent hand washing and wearing of face masks.

On May 18, SVWC reported its first positive test for the virus which involved one of our employees. Although the employee had no close contact with any residents or other employees 48 hours before the test, SVWC decided to take additional precautionary measures that involved asking some individuals to self-monitor for symptoms and others were asked to self-quarantine at home for 14 days. Our clinical team will continue to monitor this situation closely.

The management team at SVWC has split into two groups and will be meeting virtually over the next couple of weeks to determine next steps. Initially, each team was scheduled to work alternating shifts through the end of May but the schedule will now be extended until June 29. We will also be discussing re-opening plans for our salon, fitness area, and dining venues. Again, we are going to be cautious as we move forward.

As far as visitation is allowed, SVWC has to abide by the Centers for Medicare and Medicaid Services and the Virginia Department of Social Services restrictions for our Health Care and Assisted Living areas. A determination of when to allow visitation on other areas of the campus

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Photos by Peggy Jackson and Bill Cook



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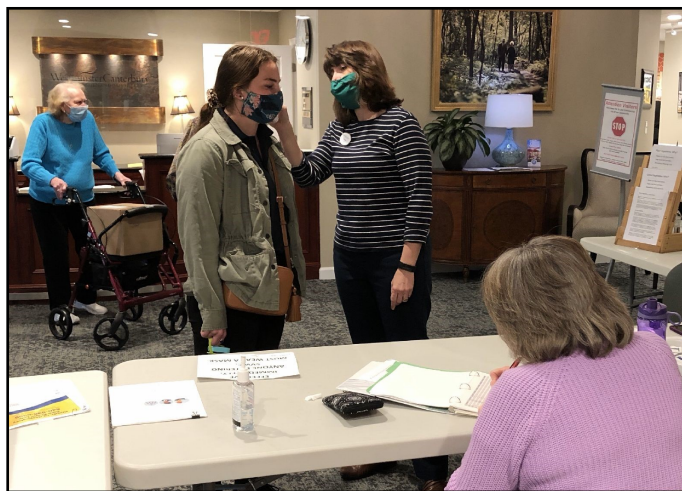
will depend greatly on the number of confirmed COVID-19 cases in our immediate area. We will look to our clinical team and medical directors for guidance on this decision.

Until then, it is business as “normal” on campus. We continue to hold meetings and interviews using technology i.e. Zoom or WebEx. In place of our Lunch and Learn meetings, our Marketing Department is using Zoom with prospective residents and the outcome has been positive. Of course, nothing can take the place of face-to-face interactions, but we are doing the best we can with what we have.

We continue to ask for everyone’s patience and understanding during this time. We will keep everyone informed via Coffee with Administration telecasts and through the weekly update to residents and family members. Stay safe and well.

Jeannie Shiley

Photo by Bill Young



Temperature Screening

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Residents Association Elections

On May 4, the Executive Committee of the Residents Association (RA) elected the following new representatives to SVWC’s Board of Trustees:

Jim Anderson: A dual position of chair of the RA Building & Grounds Committee and a representative to the Board for Property & Planning.

Frank Brauch: A dual position of chair of the RA Financial Liaison Committee and a representative to the Board for the Finance Committee.

Peter Gates: The Financial Liaison Committee of the RA and the Finance Committee of the Board of Trustees require an alternate representative to attend if the chair/trustee representative cannot go to meetings.

Robert Ingraham: A representative to the Property & Planning Committee of the Board for the Property & Planning Committee from Winchester Hall.

Beth Lamond: A representative to the Property & Planning Subcommittee of the Board for Interior Design from Winchester Hall.

These residents will hold valuable positions as voting representatives on the Board of Trustees committees. They hold their positions for three-year terms.

On May 11, the RA general elections produced the following results:

President: **Cari Sherwood** One-year term
Vice President : **Bruce Jackson**

Secretary: **Bill Young** One-year term
Treasurer: **Katherine Perry** Two-year term

Members-at-large:
Two-year term

Fran Baker Jane Sweeney
Bob Fitz Tom Horton

Because two of the current members-at-large were elected to other leadership positions, the RA had to replace those two with another resident to fill in the year left on their terms. The following two were elected:

Willeen Smith Bob Williams

Cari Sherwood

Practicing Physical Distancing



Fiddler



Dog Walker

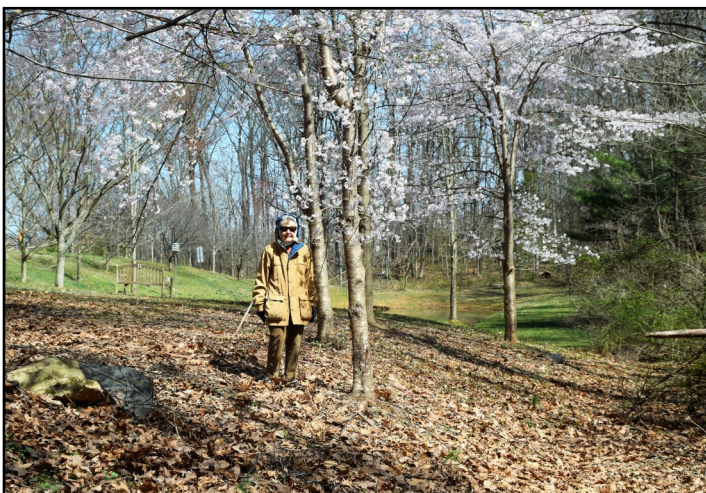


Diner



Exerciser

Photos by
Peggy Jackson



Hiker



Putter

Board of Trustees Holds Annual Meeting

The Board of Trustees held its Annual Meeting on May 18. At the meeting, new Board and corporate officers were elected: Bill Pifer, chair; Scott Harvard, vice chair, and Scott Arthur, secretary and treasurer. Jeannie Shiley, President and CEO and Duane Wernecke, Chief Financial Officer, will continue to serve as corporate officers of the Board. Dennis McLoughlin and Rev. Webster Gibson completed their Board terms and Harry Poling, M.D. and Matthew Tederick elected not to renew their terms; they were thanked for their service.

Three new board members were elected: David Wingenbach as a Class I Trustee and Bridget Aikens and John Dorsey as a Class II Trustee. Their terms are in effect until May 2023.

Ms. Aikens is an associate realtor with Colony Realty. She is a member of First Presbyterian Church, where she serves in many capacities. Within the community, she is involved in the Shenandoah Apple Blossom Festival and in her children's schools.



Mr. David Wingenbach is retired. He worked in management, manufacturing, and sales for businesses related to the forest products industry. For the last several years, he owned a home inspection business in Winchester. He is a long-standing member of Christ

Episcopal Church and has served on the Vestry, Properties Committee, as an usher, and as a Lay Eucharistic Minister.

John Dorsey, attorney, has a practice concentrated in estate planning and estate administration, with a lesser degree of activity in residential and commercial real estate and land use planning, taxation and entity activities. He is also a certified public accountant.

Mr. Dorsey is a member of the First Presbyterian Church, where he served as a Sunday school teacher, an elder and a trustee.

Sue McKenzie

New Foundation Board Member

Marie Imoh was confirmed as a Trustee at the February 10 meeting of the Foundation Board. She is fulfilling a one-year unexpired term and will then be eligible for two three-year terms. Her election brings the total Trustees to 11 with an additional three ex-officio members.

Marie is originally from Philadelphia, PA. She has been a part of the City of Winchester's community since 2006. She served in the U.S. Army for nine years after graduating from high school and later continued her education, earning a master's degree in mental health counseling.



Marie is a licensed mental health therapist in the Commonwealth of Virginia and Site Director of National Counseling Group, an agency that provides an extensive and wide range of mental health services in the four surrounding counties.

Marie serves on several boards in her community to include vice-chair of the Winchester Public School Board. She is committed to public service and believes that every citizen has something to contribute—their time, talent, or treasure to better their lives and the lives of their fellow community members. Her personal motto is "Serve in some way every day."

Todd Lilley

Welcome to our New Neighbors

Robert Lee and Shelby Clowser Hodgson moved into 309 Shenandoah Hall from Winchester, VA.

Nick and Martha Parthemos moved into 197 Elderberry Drive from Winchester, VA.

The Power of Words

Word of the Month:

community

(instead of facility or institution)



Library News—June Acquisitions

FICTION

Walk the Wire David Baldacci
Hid from our Eyes Julia Spencer-Fleming
Coconut Layer Cake Murder Joanne Fluke
Simon the Fiddler Paulette Jiles
The Book of Longings Sue Monk Kidd
The Glass Hotel Emily St. John Mandel
The Love Story of Missy Carmichael

Beth Morrey
Texas Outlaw James Patterson
One Fatal Flaw Anne Perry
Miss Julia Knows a Thing or Two

Ann B. Ross
Masked Prey John Sandford
Valentine Elizabeth Wetmore
The Book of Lost Friends Lisa Wingate
Hit List Stuart Woods

NON-FICTION

Hell and Other Destinations

Madeleine Albright
The Cabinet Lindsay M. Chervinsky
Buzz Saw Jesse Dougherty
Imperfect Union Steve Inskeep
Hidden Valley Road Robert Kolker
When Time Stopped Ariana Neumann

Some Recommended Reading

Since the coronavirus appeared, residents have borrowed more books from the Library than at any time in recent memory, according to a count by Library Committee member Margaret Biggs. Following are books acquired this year that I found especially enjoyable.

A Polar Affair: America's Forgotten Hero and the Secret Love Lives of Penguins, by Lloyd Spenser Davis. When Davis, a New Zealander biologist, discovered unpublished, meticulous records of the mating habits of Adelie penguins penned by G. M. Leuick, he was intrigued. Leuick was a physician who accompanied explorer Robert Scott on his failed attempt in 1910 to reach the South Pole, Davis eventually was

able to spend short summer seasons on the same Antarctic peninsula, observing descendants of Leuick's penguins cavorting on their home grounds. There is much more information about both poles for anyone interested in a universe still only partly understood.

Akin. Emma Donoghue's newest book is one of her best novels. She tells of Noah, a New York City widower, who decides to celebrate his 80th birthday alone in Nice, hoping to clarify vague childhood memories of his mother. But his plans are upended when he is obliged to take along a great nephew, 12-year-old Michael, whom he has never met. Noah is somewhat rigid in demeanor; Michael is a typical pre-teen and a grieving child. The two argue over everything during their week in France. But Michael is also intelligent and funny and moves the plot in charming fashion. Akin is both elegy and promise of new life for an old man and his young charge.

If: The Untold Story of Kipling's American Years, by Christopher Benfey. As a child, Kipling and a younger sister were shipped from India to England to board with a poorly chosen guardian. After completing boarding school, he returned to India. When he next visited London, he married an American and quickly settled on her family's property in Brattleboro, VT. There, he lived like an upper-class Englishman, even dressing formally for dinner. In the New England woods, Kipling wrote many of his stories with Indian settings, which finally guaranteed him his own income. Back in England, he became a highly controversial figure for his imperialistic leanings. Even so, he is buried in Westminster Abbey's Poet's Corner.

Mariellen Schwentker

Cottage Industry

The article in last month's *Westbury World* about mask production by a group of residents inadvertently failed to mention that cottage resident Antoinette Verspoor personally made masks for all cottage residents. That is the definition of a good neighbor.

Chaplain's Message

One of my favorite exercise shirts has the word INSPIRE written across the front in colorful capital letters. Sometimes, people who see it will ask if I'm "feeling inspired today." I usually reply, "Of course!" We hear a lot about inspiration. Many Christians say that the Bible is inspired. We ask artists, composers, and authors where they find their inspiration. The band Chicago sings a love song that says: "You're the meaning in my life; you're the inspiration."

What does it mean to be inspired? The word *inspire* literally means "breathe into" or "breathe in."

The word *spirit comes* from the same root. The Greek and Hebrew words for breath (*pneuma* and *ruach*) also mean "spirit." In this sense, we are all spiritual beings. We all rely on our breath for life. For each of us, though, the way we think about the source of that breath, or that spirit, may be different.

You may have heard of "breathing new life" into something—a project, a group, or an activity. That is inspiration. An artist's inspiration is something that breathes life into his or her passion and drive to create. As the song from Chicago declares, inspiration is something that gives meaning—gives life—to someone's life.

Where do you find your inspiration? What is it that breathes life into you? What nourishes your spirit? Perhaps it is engaging with nature: watching a sunrise or feeling the wind on your face. Perhaps it is talking with friends or family. Perhaps it is taking a walk or practicing yoga. Perhaps it is a daily devotion or meditation practice.

Philippians 4:8 says, "Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things."

In these unusual and often difficult times, I encourage you to be intentional about engaging in activities and practices that are life-giving to you. It does not have to be something big or to take long. Whatever nourishes your spirit, go ahead and embrace it and find your inspiration.

Betsy Stow

Two Residents Mark Milestone Birthdays

On June 7, Donald Stewart reaches his 100th birthday. He was born in Winchester, and he has always lived and worked here. He graduated from Virginia Tech with a degree in mechanical engineering, and this prepared him for his career employment and eventual ownership of Miller and Anderson



Mechanical Contractors in Winchester. During World War II, he was in the Navy and served as an ordnance officer in the Pacific theater.

The Winchester Rotary Club, which Don joined in 1951, has played a major role in his life. In 2014, he was honored for 64 years of perfect attendance. He also served as club president. In addition, Don was active in his church, where he was an elder and a deacon. He also volunteered with the AARP Free Income Tax Program for senior taxpayers.

Don and his wife moved to SVWC in 2011. She passed away the following year. He has three daughters, four grandchildren, and three great grandchildren.

On June 25, Dr. Raymond Wrenn will observe his 102nd birthday. He was born on that date in Herndon, VA. His impressive religious career revolved around his long and distinguished service in the United Methodist Church in Virginia.

SVWC's Activity Room was named for Dr. Wrenn and his late wife in gratitude for their generous donations to the Fellowship Fund and the Chapel.



Photo by Sue McKenzie

Photo by Peggy Jackson



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