

Westbury World

*Published by Shenandoah Valley Westminster-Canterbury
A Life Plan Community*

Volume XXVI Number 8

August 2022

Exciting Changes Ahead for Goff Pond

Goff Pond, a small stormwater detention pond in the SVWC nature area, has served its purpose well. Unfortunately, as a detention pond—one that slows, but does not retain the water—it sometimes looks more like a mosquito-breeding ground than a pond. Recently, the Property and Planning Committee of the SVWC Board of Trustees gave permission for Mother Nature's Team (MNT) to move forward with converting the pond into an attractive feature. The SVWC Foundation Board of Trustees followed with approval to raise funds for this major effort.

Planning was underway for a fundraising drive when an anonymous donor stepped forward to pay for this renovation. A contract with Exact Stormwater Management of Midlothian was signed and work is to begin in late August or early September.



Future Facsimile

To implement MNT's vision, developed under the leadership of Sylvia Wilson in 2018, of a "permanent open waterbody," the current plan includes the following: deepening of the pond by four feet, lining the pond with a synthetic liner, planting a six-foot buffer of native grasses and wildflowers around the pond, and installing a solar bubbler and a solar fountain. In addition, native shrubs will be added to the tree-planted hillsides to reduce existing erosion.

The planned changes should result in a more stable water level, from installation of the liner; clearer water, from a significant reduction of silt, rooted aquatics, and algae; fewer maintenance needs; inviting habitat for pollinators, birds, and small mammals; and increased beauty.

If you make regular visits to the pond starting in October, you can watch the beauty increase, as the pond area grows to maturity over the next few years.

Judi Booker



Recent Photo

From the President/CEO



At the July Board of Trustees meeting, a new strategic plan was adopted for the next three years. The plan is built on SVWC's organizational pillars of strength which include quality care, experience, growth, financial performance, people, and community. The strategic plan consists of six strategic priorities: Governance, Financial Strength, Organizational Growth, Consumer Focused, Leverage Technology and Develop.

The Governance priority is to strengthen the organization through effective Board leadership with an emphasis on education and diversity. Governance is responsible for driving forward the strategic direction of the organization, setting corporate and business plan priorities, and ensuring officer education, diversity, and performance while managing risk and accountability.

Financial Strength is a commitment to financial sustainability achieved by creating a culture of operational excellence and Foundation support measured through key performance indicators to ensure long-term financial solvency and sustainability.

Organizational Growth is being committed to financial strength, mission advancement, and community engagement through partnerships. SVWC will explore and evaluate partnerships and services that align with SVWC's mission that supports long-term sustainability into the future.

Consumer Focus looks at meeting and exceeding current and future consumer expectations. It is a commitment to enhancing the quality of life for our residents and the work environment for our staff through capital investments and asset repositioning. It is also a commitment to enhancing services and programming to adjust to the ongoing changing consumer needs and desires.

SVWC will Leverage Technology to enhance resident, employee, and family experiences. It is a commitment to leveraging technology to empower successful aging, improved delivery of services for residents, and enhanced employee experience.

SVWC will expand our workforce solutions to Develop engaged and empowered team members that sustain operations and drive organizational growth. It is promoting workforce quality to support a culture of excellence through a commitment to improving employee engagement, employee retention, and enhanced recruitment.

I just want to say thank you to all the Board members, residents, and staff who participated in the strategic plan process. This planning is critical to the short- and long-term success of our community. It will serve as our road map for the next three years.

A copy of the strategic plan is in the library. Quarterly updates will also be available and placed with the plan. I will give a presentation after a Coffee in August to explain the process and the plan. Please let me know if you have any questions.

Jeannie Shiley

Wheelchair Volunteers

In an effort to enable Assisted Living and Health Care residents to attend community events and other dining venues, the Residents Association has initiated a volunteer effort called "Wheelchair Volunteers." Physical Therapist Stephanie Ralls has trained five volunteers in wheelchair safety. Their names and numbers have been given to Director of Resident Services Donielle Palmer and Health Services Director Michelle Thomas. They in turn have given the information to activities and nursing personnel. Wheelchair-bound residents can avail themselves of this service through one of those avenues.

Cathie Russell



Photo by Bill Young

Gardeners' Garden Party

Milestone Anniversary Celebration

On Tuesday, July 19, SVWC recognized 29 employees for a total of 365 years of dedicated service to SVWC. Following a delicious meal prepared by our Dining team, Department Heads and Managers recognized the following staff:

Bonnie Breeden	Housekeeping	30 Years
Annita Wilson	Dining	25 Years
Sue McKenzie	Administration	25 Years
Jen Brannon	Finance	20 Years
Bob Ambrose	Dining	20 Years
Dolores Witherall	Nursing	20 Years
Diana (Hoover) Bierkamp	Housekeeping	20 Years
Michael Charest	Dining	20 Years
Elaine Stonesifer	Wellness	15 Years
John Poe	Grounds	15 Years
Margaret Carr	Dining	15 Years
Cindy Hunter	Human Resources	10 Years
Gladys Nuckolls	Front Desk	10 Years
Jenny Chapman	Nursing	10 Years
Tammy Herritt	Housekeeping	10 Years
Stephanie Chapman	Finance	10 Years
Caroline Willi	Dining	5 Years
McKenzie Whittington	Wellness	5 Years
Brittany Carter	Dining	5 Years
Gerard Root	Security	5 Years
Thomas Krebsner	Dining	5 Years
Kristen Troxell	Nursing	5 Years
Alex Clark	Dining	5 Years
Sarah Greathouse	Nursing	5 Years
Ginger Teets	Transportation	5 Years
Deb Cheshire	Housekeeping	5 Years
Dan Festa	Dining	5 Years

Each honoree was presented with a certificate, a service pin, and a gift card in the amount of \$10.00 for each year of service.

On Friday, July 15, a group of staff joined Jeannie Shiley as she presented Robin Malone, Salon Manager, her 30-year certificate, pin and gift card, as we wished her well in her new endeavor.



Photo by Michelle Thomas

Music Therapy Internship Returns

Photo by Abby D'Arcangelis



After a two-year hiatus, SVWC's national music therapy internship has resumed. As of July 5, intern Valerie Gearhart started working at SVWC to complete the requirements for eligibility to take the national board certification exam in music therapy from Augsburg University in Minneapolis, MN.

Valerie has lived in several states in the U.S., including Indiana, North Carolina, Wisconsin, and Minnesota. Recently, she has considered Bristol, VA her home. During her internship, she and her two rescue cats will be living in Shenandoah Hall. In her free time, Valerie enjoys hiking, reading, and trying to teach herself a new skill every few months, which most recently included crocheting.

Abigail D'Arcangelis

Play Ball!



Residents Association President Sylvia Wilson had the honor of throwing out the first pitch at a recent Winchester Royals baseball game. She was with a group of SVWC resident baseball fans. A radar gun clocked the speed of her pitch at 25 mph. Sylvia was not offered a contract. At least the team gave her a signed ball.

Paul Arnold

Chaplain's Message

American writer Ralph Waldo Emerson is credited with the phrase, "Life is a journey, not a destination." And, indeed, our lives are journeys — sometimes taking us to places planned for and anticipated, other times to places unexpected and unimagined. During the past couple of months, my life has taken me on an unanticipated journey, as I have transitioned from working as a mental health therapist and church pastor, to being called as SVWC's new chaplain.

While serving as a chaplain in a continuing care community is something I have considered in the past, two months ago I was not actively looking to step away from my work as a therapist and pastor. But I guess God had something else in mind, and what started out as a phone call to SVWC offering to help out temporarily with Sunday afternoon worship ended up with my being called as SVWC's new chaplain. During that initial phone call, I was asked, "Do you by chance know anyone who might be interested in the chaplaincy position here?" And the rest is history.

In scripture, we read time and again about those who end up taking life journeys that were not planned for or intended. I think of folks like Moses, Abraham, Ruth, Samuel, Peter and Paul — each of whom was called by God to places and tasks other than they imagined. And, while I would not begin to place on equal terms my journey with theirs, I can appreciate the joy and wonder of being led by the spirit into new ventures.

As I begin my work here, I am thankful for the warm welcome and support I have received from residents and staff alike, and my prayer is that God will bless our journey together in the months and years to come.

Bill Everhart

Mission Statement

Shenandoah Valley Westminster-Canterbury is a not-for-profit, intimate, church-related continuing care retirement community that is committed to enabling residents to use their gifts fully, live their lives richly, and enjoy with dignity the years God has given them.

The August Bistro Concert

The group "Wicked Olde" will play for the Bistro Concert on August 19. This eclectic combo provides a wide variety of music ranging from bluegrass to blues, pop to folk, Appalachian standards to light jazz. Even George Gershwin. Celtic jigs and reels. Old English folk songs. Lots of nostalgia. As they say, they "do it wicked goode".

The group has offered to tailor their program to our interests. One program they can offer illuminates the development of modern American music from its early origins, an exploration of our musical traditions. Another approach they can offer tours the music we grew up on, with songs from the 1960s to 1980s. Still another presents folk songs: tunes from front porches in the hills, sea shanties, old English songs, touches of tearful bluegrass.

The concert will begin at 7:30 p.m. All residents are welcome. In addition, those on the futures list are welcome who present up-to-date vaccination documentation at the Front Desk.

Bob Sherwood

Photo by Wicked Olde



Westbury World

Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, VA 22603 - - - - www.svwc.org
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Library News – August Acquisitions

FICTION

2034: A Novel of the Next World War

Elliot Ackerman

The Omega Factor

Steve Berry

Horse: A Novel (LP) *

Geraldine Brooks

In the Blood

Jack Carr

Marrying the Ketchups

Jennifer Close

This Train

James Grady

Sparring Partners (LP) *

John Grisham

Book Lovers

Emily Henry

The Hotel Nantucket

Elin Hilderbrand

Flying Solo (LP) *

Linda Holmes

The Lighthouse

Christopher Parker

Nightwork

Nora Roberts

The Wedding Dress Sewing Circle (LP)

Jennifer Ryan

Last Call at the Nightingale

Katharine Schellman

The Lost Summers of Newport (LP)

Beatriz Williams

NON-FICTION

What the Ermine Saw: The Extraordinary Journey of Leonardo da Vinci's Mysterious Portrait

Eden Collinworth

Cuba: An American History

Ada Ferrer

James Patterson: The Stories of My Life (LP)

James Patterson

River of the Gods: Genius, Courage and Betrayal in the Search for the Source of the Nile

Candice Millard

Who Killed Jane Stanford? A Gilded Age

Tale of Murder, Deceit, Spirits and the Birth of a University

Richard White

* In Wappacomo Library

Welcome to our New Neighbors

Sue Christian-Correll moved into 323 Shenandoah Hall from Winchester, VA.

Dr. Frank and Tressa Rueling moved into 508 Shenandoah Hall from Berryville, VA.

Summer Sports

Photos by Bill Young



Putting



Croquet



Lawn Bowling

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