

Westbury World

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

Volume XXVII Number 5

May 2023

Magical Interactive Technology

Technology plays an important role in the day-to-day life at SVWC. We use technology to enhance service delivery and resident and guest experiences. If you have had a meal in the Bistro, then chances are you have been served by Rosie the robot. We are also looking at technology that may benefit our housekeeping department with routine cleaning in our common areas.

A resident technology group was established to help educate and identify technology opportunities for residents. This committee meets monthly with our Information Technology team.

In November, the Foundation Board was asked to approve a grant that would allow SVWC to purchase two Tovertafel systems. Tovertafel is a remarkable innovation from the Netherlands that stimulates people living with dementia. A projector, which is mounted into the ceiling, transforms any table into a magic table with games for people living with cognitive impairment. The two systems are in Blue Ridge Hall and on Laurel Court.



Photo by Jill Huhn

This cutting-edge technology for dementia care is an unbelievable fun interaction that really brings joy to everyone. The interactive games can be played individually or in a group. They are proven to be effective at physical, cognitive, social, and sensory levels. Some residents' favorite games are soccer, beach ball, evening lights, and marbles.

I recently worked on a Saturday as Manager on Duty. After lunch, I went to Blue Ridge Hall to visit. While there, I participated in the magic table activity. I, two other staff members, and four residents laughed and had a wonderful time with the activity. My personal favorite was soccer!

The magic table on Laurel Court is open to the community and we encourage all residents to try the technology. As soon as you enter Laurel Court, the table is to the left in the activities area. There are instructions available on how to use the system. I know it would be a hit with grandchildren.

Jill Huhn, Blue Ridge Hall's Activity Coordinator, is a huge fan. Jill states "To have access to this technology 24/7 is absolutely incredible. I believe not only will this encourage mental stimulation but also social interaction for those living with dementia. My favorite part about this is that anyone can use it at any time. It has the ability to calm or mentally increase activity in the brain which will provide great benefit to anyone that uses it."

I want to give a huge thank you to the Foundation Board for funding this technology and to our staff who are always looking for creative and interesting ways to enhance the quality of life for our residents.

Jeannie Shiley

Piano and Cello: Bistro Concert for May

The Bistro Concert on May 19 will present Mathilde Handelsman and Edward Cho, both rising protégés of leading Shenandoah Conservatory faculty. Both have performed with distinction in the U.S. and internationally. Their program highlight will be Rachmaninoff's gorgeous Sonata for Piano and Cello.

Mathilde is French, from a musical Parisian family. She earned her Doctorate at Shenandoah Conservatory, studying for four years with John O'Connor, one of the world's leading interpreters of Beethoven. She played here in November 2018 in the first of our Fireside Recitals.



Among numerous awards, she was highly praised by the Boston Globe for performances at Tanglewood, the prestigious summer program of the Boston Symphony Orchestra. She has led the University of New Hampshire music department's piano program since 2020.

Edward, who is Canadian-Korean, has lived much of his life in New Brunswick, Canada, and also in the U. S. He and Mathilde met as students at Indiana University's excellent music school. Edward transferred to Shenandoah Conservatory two years ago where he is studying for a Doctorate in Music Arts under the tutelage of Julian Schwarz, one of the world's finest young cellists (who played in the Bistro Concert in March). Edward has won impressive competitions and has performed with orchestras and string quartets in Canada, the U.S., and Europe.

The duo was slated to play in a Bistro Concert three years ago, but covid-19 intervened. When I first invited them, I urged them to play the sonata. Although at that time they had never played it, they have since mastered it. Their program will also include a piece by J. S. Bach and a new work by Mathilde's father, Jon Handelsman.

The concert begins at 7:30 p.m. Admission is \$10 cash at the door. The concert is open to the public. Invite friends. The series is sponsored by Atlantic Union Bank. The performance benefits our Fellowship Fund.

Bob Sherwood

Chaplain's Message

I hope the old saying "April showers bring May flowers" is true because I am done with winter and ready for springtime!

Of course, we can experience some strong storms during April, and they often remind me of the time Jesus and the disciples were on a boat and a great storm arose. Jesus calmed the seas with the words, "Peace. Be still." Yet the disciples (who had been panicking as the waves began beating against the bow) were astonished because, throughout the entire ruckus, Jesus, seemingly unconcerned, remained asleep.

Awakened, Jesus calmed the storm and asked the disciples, "Why are you afraid? Have you still no faith?" The disciples, now overcome with awe, asked one another, "Who is this man, that even the wind and sea obey him?"

We all face a variety of storms in our lives, from the personal battles we wage within ourselves, to the relational struggles we initiate against one another, to the societal battles we face together against greed, injustice, and inequality. There is no escaping the fact that storms do invade our lives.

The good news is that our faith assures us even in the worst of times, God's hand is there, firmly in control, giving us the strength we need to have faith and fear not. The good news is that whenever storms invade our lives -- threatening all we have and all we are -- God is right there with us amid the driving winds and pelting rains. God stands by our side with the power to make the winds stop and the rains subside, and to restore peace to the calamity of our lives.

Therefore, be at peace. Be still. Feel your faith. And do not be afraid.

Bill Everhart

More Help Wanted

Westbury World needs another experienced photographer to join Bill Young. If anyone is interested, please call Paul Arnold on Ext. 792.

Shoes, Socks, and TikTok

Editor's Note: As promised in the previous edition of Westbury World, the following article explains the photo of the colorful socks. The photo is a graphic part of a highly unusual story, one that the author so aptly tells. And it evidently is the first time that an SVWC resident has attracted global attention. This is how Sam Worsley's shoe and sock saga started:

The sole of my favorite loafers came loose so I used blue masking tape to reattach it to the rest of the loafer. When my son, Jonathan, noticed the tape wrapped around the loafer, he had a fit and said he was going to take me shopping the next day on my 91st birthday and get me some new shoes. I asked a buddy the name of the shoes he was wearing; he said they were Hey Dudes, very comfortable and inexpensive.

On my birthday, Jonathan and youngest son, Justin, took me into Winchester to several stores in search of Hey Dudes. At each location, Jonathan was taking a running video on his Smartphone of "Pop's determined search for Hey Dudes." We were finally able to find a pair in a shop in Apple Blossom Mall.

Later that day, Jonathan posted the videos on TikTok advising the multitudes of TikTok followers that Pop now had his Hey Dudes. The next day, Jonathan phoned me to tell me he was getting hundreds of positive responses to the videos from viewers who wanted to see more of "Pop." It seems that while trying other shoe brands, my military service cap, brass insignia, and "fun" socks showing a George Washington likeness were visible in the videos. Viewers responded on TikTok thanking me for my military service and said they were sending me socks to go with my Hey Dudes now that we were successful in finding them.

Somehow this whole thing reached the makers of Hey Dude shoes and their biggest distributor, Scheels, in Fargo, North Dakota. Both companies sent me several pairs of Hey Dudes. Scheels included a pound of coffee and a coffee mug.

By this time there were hundreds of TikTok viewers sending me everything you can think of: Wrangler jeans, a pair of corduroy pants, a shoehorn, eyeglass lens cleaner, a wall map of the USA, three shirts, a black "Hey

Dude" t-shirt, and over a hundred pairs of "fun" socks from a total of 25 states. Usually in the package there was a personal note from the sender.

Jonathan had to get a mailbox number at the post office to handle the volume; I was literally buried in an avalanche of packages. I gave Hey Dudes to some of my buddies, and each of my three sons. I'm keeping a few of my favorite socks and donating all the rest to the patients in *Health Care* here at SVWC. This has been quite an experience.

Sam Worsley

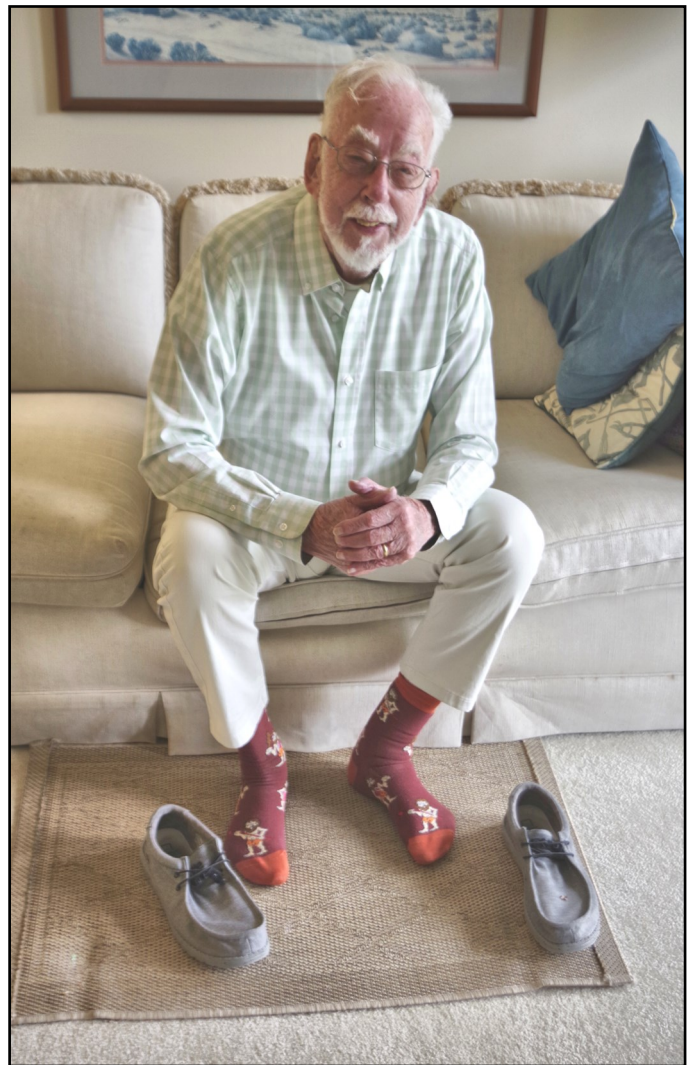


Photo by Bill Young

The Pollinator Project

For several years, some residents and staff have worked diligently to create a pollinator garden on the steep, muddy hill next to and behind the garden shed. In 2019, for example, John Poe and his crew cleared a dead tree away from the hill and planted yellow jasmine. In 2020 and 2021, Rosalind Bovey and Marcia Keech spent many grubby hours digging and transplanting natives from the woods while others planted wildflower seeds. They benefited from the expert advice of resident native plant expert Kay Jones. John Sterle helped keep the plants alive by daily watering.

Last year, the project received a big boost when Paul Miller, a Virginia Master Naturalist, became its leader. He worked hard during the growing season pruning and weeding out aggressive native plants that were crowding out other natives. He also purchased many new plants to add variety. He reported that the hill garden had already attracted the steady attention of bees and other pollinators. Paul said the garden would not be cleaned up until spring, because leaving it rough over the winter benefits insect larvae and birds. This spring, the results of all this collective hard work will become evident as the plants emerge.



Paul Miller, Marcia Keech,
and Rosalind Bovey

Time for Residents Association Elections

The annual Residents Association election will occur from May 1 to May 8. Balloting will close at 4:00 p.m. on May 8. Leadership roles to be filled are president, vice-president, and four members-at-large.

The RA's Executive Committee will elect a representative to the Board of Trustees Finance Committee who will also serve as chair of the RA's Financial Liaison Committee. It will also elect a representative to the Board of Trustees Property and Planning Committee. That person will also serve as chair of the RA's Building and Grounds Committee. In addition, it will elect a resident from Winchester Hall to the Board of Trustees Interiors Subcommittee.

Two weeks before the election, bulletin boards detailing nominees' personal statements were placed on a large board overlooking the pool and outside the second-floor Wappacomo Hall dining room. Information brochures containing the same information were placed in residents' mailboxes. Ballots were placed in residents' mailboxes just before the election period. Ballot boxes are located outside the third-floor elevators in Shenandoah and Winchester Halls, outside the second-floor dining room in Wappacomo Hall, and in the Lawrence Hall lobby.

Election results will be posted on the large bulletin board overlooking the pool, the small RA bulletin board near the post office, the bulletin board outside the second-floor Wappacomo Hall dining room, and the portal.

Nancy Hough





Library Acquisitions New in May

FICTION

The Last Kingdom	Steve Berry
Storm Watch (LP)	C. J. Box
I Will Find You	Harlan Coben
Off the Map	Trish Doller
Collateral Damage	J. A. Jance
Unnatural History (LP) *	Jonathan Kellerman
Back to the Garden	Laurie R. King
All That Is Mine I Carry with Me	William Landay
The Sister Effect	Susan Mallery
Someone Else's Shoes (LP) *	Jojo Moyes
48 Clues into the Disappearance of My Sister	Joyce Carol Oates
Encore in Death	J. D. Robb
The Queen of Dirt Island	Donal Ryan
The Little Wartime Library	Kate Thompson
The Cliff's Edge	Charles Todd
The White Lady (LP) *	Jacqueline Winspear

NON-FICTION

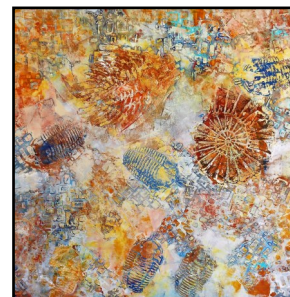
The Ship Beneath the Ice	Mensun Bound
But Have you Read the Book?	Kristen Lopez
Undelivered: The Never-Hard Speeches That Would Have Rewritten History	Jeff Nussbaum
Untold Power: Fascinating Rise and Complex Legacy of First Lady Edith Wilson	Rebecca Boggs Roberts

*A Copy in Wappacomo Library

Next Gallery Exhibit Features Three Artists

The exhibit, entitled "Shape, Line and Stitch," will be on view in Lawrence Gallery from May 1 through July 14. The featured artists are Marty Matheson, Rebecca Allen, and Dorothy Lowe.

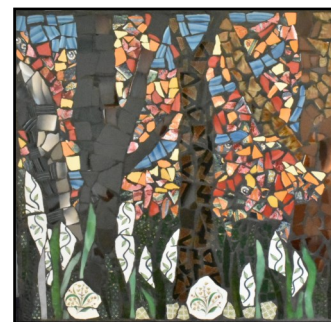
Marty Matheson of Winchester is showing her beautiful abstracts created in astounding combinations of mixed media that are primarily acrylic and pen and ink. Marty studied art at the Torpedo Factory in Alexandria. She has exhibited before at SVWC, the Museum of the Shenandoah Valley, Art at the Mill, and many other venues.



Rebecca Allen is also a resident of Winchester and is displaying her fabulous original, artistic quilts, some of which include paint and handmade paper components. This is the first time she has shown her work in Lawrence Gallery.



Dorothy Lowe is a SVWC resident and is allowing us to display her wonderful original mosaics in the glass cases of the gallery. Additional mosaics from the collection of other SVWC residents are also included in this exhibit.



The opening reception will be held on Friday, May 12 from 5:00 to 6:30 p.m. in the gallery and main lobby. In addition to food and wine, this reception will present a PowerPoint slide show introduction of the artists, created by Jim Anderson. The artists will also be introduced and there will be opportunity to talk with them.

Loretta Johnston

Westbury World

Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, VA 22603 - - - - www.svwc.org
Phones: 540-665-0156 800-492-9463

Co-Editors:

Paul Arnold* — Text Carl Hess — Layout
Staff Liaison: Sue McKenzie

Work Group:

Bill Cook - Marcia Greene - Bruce Jackson - Hartley
Scheerer - Beverly Simpson - Christine Tirpak - Bill Young
* Contact Person

Thursday Night Programs

May 6. The Tohono O'odham Nation and Nursing Home Care. Outside of Tucson and running up to the Mexican border lies the Tohono O'odham nation. An hour and a half into the reservation (the size of the state of Connecticut) sits the first CMS accredited nursing home. Administrator Susie Nail explores what that means for the indigenous people who call this reservation home.

May 13. A Proliferation of Drones. Bill Cook discusses how the rapid development of small quadcopter drones foretells broad changes coming to aviation.

May 18. Clermont Farm and Its Historical Mysteries. Narrated by Executive Director Bob Stieg.

May 25. Westbury Choristers Concert. Director Sue Correll and the Westbury Choristers return after a three year hiatus in a concert of patriotic music in observance of Memorial Day, with audience participation and a sing-a-long.

All programs are broadcast from The Abbey at 7:30 p.m. on Channel 970. Live audience encouraged.

Photo by Bill Young



Going Up

Chanda Palmer and Jerry Johnson welcome riders to the repaired elevator in the main lobby, Lawrence Hall.

Wonderful World Week Festivities

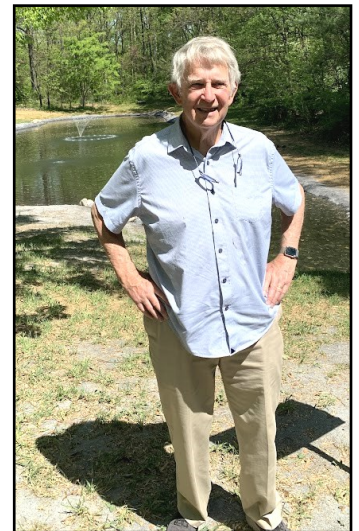
Residents celebrated Earth Day and Arbor Day during SVWC's "Wonderful World Week" (April 17-21), organized by Mother Nature's Team (MNT) members Sally Walters and Kay Jones. A variety of activities took place throughout the week.

Residents decorated native bee houses, joined a nature-related scavenger hunt, and took nature walks. They had golf cart tours of the campus; a special tour of the gardens at the Museum of the Shenandoah Valley; and had a camping party, complete with tents, campfire (artificial), and songs.

There was an eclectic MNT Thursday Night Program. Judi Booker gave a review of the 2022 Goff Pond renovation. Residents then enjoyed a retrospective of resident nature photos compiled by Bill Young.

The week's events culminated on Friday with a picnic lunch followed by nature information and activity tables along the road to Goff Pond, where a dedication was held. These activities included a walk through Teresa's Garden, tree identification, bluebird monitoring, and demonstrations of log splitting.

The large audience at the pond-side ceremony included former CEO David Goff, after whom the pond is named. A sign, dedicating a new wildflower meadow to MNT founder, Farley Massey, was unveiled. COO Chanda Palmer thanked the SVWC team led by John Poe that maintains our grounds. After a prayer by John Lown, the fountain was turned on, to the crowd's delight.



Judi Booker

Wonderful World Week



Camping Party



Activity Table



Log-splitting Demonstration

Photos by Bill Young



Photo by Kitty Zuckerman

Tree Savers



Dedication Ceremony Audience



Closing Prayer

Photo by Bill Young



Fountain at the Newly Renovated Goff Pond

Westbury World

Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, Virginia 22603
(540) 665-0156
www.svwc.org

