

Westbury World

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Photo by Cindy Hunter

Annual Service Awards and Recognition Celebration

On July 26th, SVWC hosted its 35th Annual Service Awards and Recognition Celebration. Thirty-six employees were recognized for achieving milestone anniversaries reflecting a total of 445 years of service to the residents of SVWC, including our first 35-year recognition. Each employee received a pin reflecting their years of service, a certificate of appreciation, and a gift card that marked \$10 for each year of service. The following employees were recognized:

5 Years

Jillian Asamoah, Alyssa Aycok, Tara Aycok, Teresa Barton, Michell Bethea, Dewanda Dixon, Emily Funkhouser, Kelly Good, Kara Jenkins, Erin Johnson, Rebecca McDonald, Renay Seal, Neville Samuda, Libby Woods

10 Years

Virginia Allison, Abigail D'Arcangelis, Chandra Deschon Layman, Denise Moore, Damian Nita, Stephanie Ralls, Justin Reif, Duane Wernecke, Kitty Zuckerman

15 Years

Lisa Chrystal, Marilou Kidwell, Jessica Leith, Benjamin Nelson

20 Years

John Ferrulli, Patrick Hott, Matthew Hyland, Samuel Strickler

25 Years

Nichole Braithwaite, Lisa Bromley-Brown, Jenny Snyder

35 Years

Nancy Nethers, Mary Trenum

Nancy Nethers and Mary Trenum were also recognized as our first 35-year employees and presented with flowers, in recognition and appreciation for their years of dedicated service.

A special thanks to our Dining Services team who prepared and served an excellent meal and to Sylvia Wilson for representing the Residents Association.

Cindy Hunter

From the President

We are all aware that the Covid-19 pandemic precipitated the greatest health crisis in the U.S. since the 1918 influenza pandemic. Over the past three years, the Centers for Medicare and Medicaid Services (CMS) have worked diligently to ensure their guidance and regulations protected the health and safety of individuals receiving care and services from CMS providers. SVWC's Health Center is licensed by CMS and was diligent in following all these regulations.



Earlier this year, President Biden declared an end to the federal Covid-19 public health emergency. Since that time, government agencies have been busy updating their guidance to align with this change. In June, CMS published changes to its regulations that went into effect on August 4. These changes had to do with the vaccine requirements for long-term care facilities.

The exact wording from the Federal Register states: "Accordingly, we are withdrawing from the CFR the requirements regarding Covid-19 vaccination of health care staff as established under the staff vaccination IFC." It goes on to say that "By doing so, LTC facilities must continue to educate and offer the Covid-19 vaccine to residents, resident representatives, and staff, as well as perform the appropriate documentation for these activities." The rationale behind the change is that Covid can now be treated more like other harmful but not necessarily emergent respiratory viruses like influenza.

Our team, along with Dr. Patterson, met in early August to discuss the regulation changes and their impact on SVWC. After much discussion, SVWC decided to follow the CMS guidance and as of September 1, we will no longer require the Covid-19 vaccine as a condition of employment or admission to our community.

As required and stated above, SVWC will continue to strongly encourage the vaccine for all residents and staff. As soon as the vaccines are available, clinics will be held this fall for flu, Respiratory Syncytial Virus (RSV), and Covid. SVWC is still required to report Covid data to

the Centers for Disease Control on a weekly basis.

The health and safety of our SVWC family is our number one priority. If circumstances should change, a review of our current policies and procedures would be conducted and any necessary changes would be implemented.

Jeannie Shiley

Annual Board and Resident Social

The annual Board and Resident social is planned for Monday, September 18, at 3:00 p.m. in the Commons. Music provided by Amy Fielder, violinist. Light refreshments will be served.

Fall Fun Day

The annual Fall Fun Day sponsored by First Bank will be held on Thursday, September 7, from 11:30 a.m. to 1:30 p.m. in the Courtyard.

The picnic lunch will feature beef brisket, pulled chicken, southern green beans, mac and cheese, fruit, and assorted desserts. Beer, wine, punch, and water will also be provided.

For the athletically inclined, there will be a cornhole pitch and a "putting green."

There will also be free potted flowers until the supply runs out.

Laura Hager



A Medical Makeover

Henceforth, if you need to go to the Clinic, you will find a more attractive facility, the result of a month-long renovation. The chief improvements include new furniture and flooring, some beautiful wallpaper, colorful paintings, a lot of repainting, and more efficient use of space. There is also a new phlebotomy chair.

The waiting room is more inviting, with a "homey" feel. The examination rooms are brighter.

In the near future there will be an Open House so residents can view the changes.

The most important thing did not change: the efficiency of the staff.

Paul Arnold



Photo by Bill Young

Our Clinical Staff

Left to right: Gail Boyd, RN
Paige Patterson, MD
Lisa Riggleman, Clinical Receptionist
Karen Shank, NP-C
Lisa Chrystal, CNA, PBT

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.

Thursday Night Programs Return

The Thursday Night Program Committee of the Residents Association has begun planning a new year of in-person speakers. The programs are presented live in the Abbey most Thursday evenings from 7:30 - 8:30 p.m. September through May, and feature topics of interest from residents, music groups, and other speakers from the local area.

Residents are invited to attend in person; programs are also shown live on Channel 970 and streamed on the portal if there are no copyright issues.

September programs are as follows:

Sept. 7 - **Blue and Grey Barbershop Quartet** from Martinsburg, WV.

Sept. 14 - **Pioneer Network** presented by Bob Sherwood.

Sept. 21 - **Aquatic Scenes from the Philippines** narrated by George Magurn.

Sept. 28 - **Appalachian Trail Experiences** by a local father and son team, Jim and Braden Robertson.

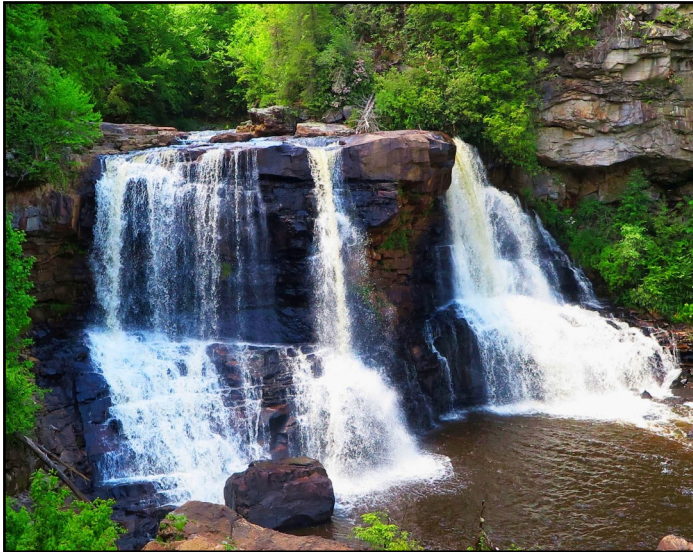
We need a few more committee members. If you would like to help plan and obtain speakers and programs, contact Sylvia Wilson at Ext. 758.



Photo by Bill Young

Enjoying the New Pergola

Photography Exhibit Next in Lawrence Gallery



The gallery will present the latest fine art photography of artist Scott L. Saylor, who has a bachelor of fine arts from the Corcoran School of Arts in Washington D.C. and a master of fine arts from Virginia Commonwealth University in Richmond, VA.

The exhibit entitled **"Nowhere to Be & Miles to Go,"** will appear from September 19 through November 17. The opening reception will take place on Friday, September 22, from 5:00 to 6:30 p.m.

Scott has used his creative instincts and camera to beautifully capture moments from the outdoors and roads less traveled throughout the U.S. His images are produced by a photo specific inkjet printer using archival pigment inks onto emulsion film that is transferred to a variety of substrates such as metal, canvas, wood, and fine art watercolor paper. All pieces are matted and framed by hand in Scott's studio.

Scott hopes that each viewer will draw a personal connection of their own from memories of places in their life.

Loretta Johnston

Bistro Concert: Kate MacLeod's "Mind the Gap"



Songwriter, folksong singer and fiddler Kate MacLeod's "Mind the Gap" trio, which includes Paul Hammerton and John Bryant, will perform Friday, September 15, in the Bistro. Kate has a large following in Europe and the Western U.S. Kate made a guest appearance in the February Bistro Concert with the up-and-coming Newtown String Band.

Kate is adept on both guitar and fiddle. Since her first recording, her songs have been recorded by other artists from California to the Czech Republic. Kate has toured in the U.S., Canada, Belgium, Holland, Switzerland, Germany, Austria, Italy, and the UK. Currently, she is recording new renditions of songs by the American folk musician, Kentucky-born Jean Ritchie that feature Paul and John with her.

Paul Hammerton, an Englishman, has lived for years in the valley teaching and playing American traditional music. He plays acoustic guitar with the Newtown String Band. He adds distinctive vocals to the trio's program. John Bryant, a music teacher in West Virginia schools, plays upright bass and joins the singing.

The trio performs Kate's original songs and also creative renditions of traditional, old-time, and popular music heard since colonial times in the valley.

The concert begins at 7:30 p.m. Admission is \$10 cash at the door. This is exceptional entertainment close to home.

Bob Sherwood



From the Archives

Graduation news from 20 years ago, as reported in the Westbury World for September, 2003:

Two Earn Nursing Home Administrator Licenses

The Westminster-Canterbury wait staff is not alone in boasting 2003 graduates. Two members of our senior staff join their ranks. After nearly two years of studying, shadowing, and testing, David Goff, President and C.E.O. and Jeannie Shiley, Director of Accounting, have been awarded their licenses to be Nursing Home Administrators in the state of Virginia. . . .

David and Jeannie had many projects and monthly progress reports to complete. They spent several hours working in all departments at Westminster-Canterbury. They shadowed Fred Grim for a day to learn all about housekeeping regulations while Fred explained such things as the specific acidity of the cleaning chemicals used by staff; assisted the nursing staff on all three shifts; and spent time in the "galley." . . .

Under the supervision of Carol Long, a preceptor qualified by the state of Virginia, our two staff members learned all there is to know about the administration of a nursing home, including such details as proper food temperatures and pest control.

. . . David and Jeannie passed both [the federal and state] exams with flying colors! Congratulations, David and Jeannie!

New Music Therapy Intern

On July 25th, SVWC welcomed its eleventh music therapy intern, **Emilee Larose**. Emilee will be here until the third week of December, working to complete the clinical requirements for eligibility to take the national board certification exam for music therapy.



Photo by Emma Gladden

Emilee is from Dover, NH, and recently completed her music therapy coursework at the Frost School of Music at the University of Miami in Coral Gables, FL. Emilee is a classically trained vocalist and plays guitar, piano, and ukulele.

While at the university, Emilee was a member of the Frost Choral Music Theater Ensemble and other vocal ensembles, including a student-led acapella group. An active member of Chi Omega sorority, Emilee served on the executive board and cabinet as New Member Educator and Director of Crafting.

When she is not making music, Emilee enjoys crocheting, sewing, and painting. She is also an avid trivia fan, even appearing on NH PBS's Granite State Challenge.

Abigail D'Arcangelis



Welcome to Our New Neighbors

Nancy and John Merriner have moved into 221 Shenandoah Hall from Beaufort, NC.

Sandy and Bill Armstrong have moved into 123 Shenandoah Hall from Winchester, VA.



Library Acquisitions New in September

FICTION

The 9th Man	Steve Berry
Flags on the Bayou	James Lee Burke
An Evil Heart	Linda Castillo
The First Ladies (LP) *	Marie Benedict & Victoria Murray
The House of Lincoln	Nancy Horan
Iron Lake	William Kent Krueger
Must Love Flowers (LP) *	Debbie Macomber
The Murder Wheel	Tom Mead
The Paris Agent	Kelly Rimmer
Identity	Nora Roberts
Lady Tan's Circle of Women	Lisa See
The Collector	Daniel Silva
Palazzo (LP)*	Danielle Steel
Near Miss (LP)*	Stuart Woods

NON-FICTION

What An Owl Knows	Jennifer Ackerman
Bittersweet	Susan Cain
No Ordinary Assignment	Jane Ferguson
The Art Thief	Michael Finkel

*A copy in the Wappacomo Library

Chaplain's Message

During Chapel worship recently, I preached on the story of the Canaanite woman who approached Jesus wanting help for her daughter who was tormented by a demon. (Matthew 15:21-28) While the disciples urged Jesus to send her away, Jesus stayed in conversation with the woman and, in the end, granted her request.

What Jesus did in his interaction with the woman was model good communication. He listened. And, although at first he did not seem particularly open to her request, he did not walk away, or, as his disciples suggested, send her away. He thought about what she was saying and what her needs were, responding in a way that was helpful.

Too often in our discussions with others, we spend far too much time trying to convince them why we are right and they are wrong. We try to convince them why our way is the best way. Too seldom do we really seek to understand their point of view – not to agree necessarily – before offering our own opinion.

In the story of Jesus and the Canaanite woman, Jesus shows us how we are to listen to each other – by seeking first to understand and then to be understood. The woman shows persistence to be sure, but it is Jesus who shows compassion and grace, and who really listens and hears.

May we listen to others as well as Jesus did that day, and, like the woman, be people of great faith.

Bill Everhart



Photo by Sue McKenzie

Mid-day outing in the courtyard.

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Photo by Bill Young

Woodworking Shop's New Look

The Clinic is not the only SVWC facility that has undergone a renovation recently. Thanks primarily to the efforts of resident woodworkers Herman Mast and Grady Botens, the shop has been spruced up and now resembles a professional operation.

Some heavy equipment has been repositioned, small tools have been fixed on the walls in an orderly manner, and the shop has been given a thorough cleaning (it is cleaned each day).

Herman and Grady can build and repair small furniture or other items for residents and the only charge is for materials. In addition, they build benches and other practical items for the SVWC community. For the city of Winchester, they built the free book boxes scattered throughout its parks.

Any resident can make use of the shop's facilities, provided he or she has the demonstrated experience with the tools and machinery and signs a liability waiver.

Paul Arnold

Support the Employee Appreciation Fund

Since SVWC employees are prohibited by Administration policy from accepting individual gifts from residents, the Employee Appreciation Fund (EAF) is the only way that SVWC residents can show annual appreciation and say "thank you" to the many employees who provide services for them. Residents, as well as family members and other donors, contribute monetary gifts to a fund that is shared by all eligible employees.

Contributions are being accepted now, and all residents are encouraged to contribute at least \$800 if they are able. Residents who have moved to SVWC during 2023, can prorate their contribution. Checks should be made out to SVWC Residents Association with EAF written on the memo line. Please note that EAF contributions are not tax deductible.

Place your check in an EAF envelope and place it in the brown box outside the Bistro or the Wappacomo Dining Room. Or turn it into the RA Treasurer, Bill Young, WH 539.

The deadline is October 31.

Peggy Kenney



Photo by Bill Young

Art Class

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