

Westbury World

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A Life Plan Community*

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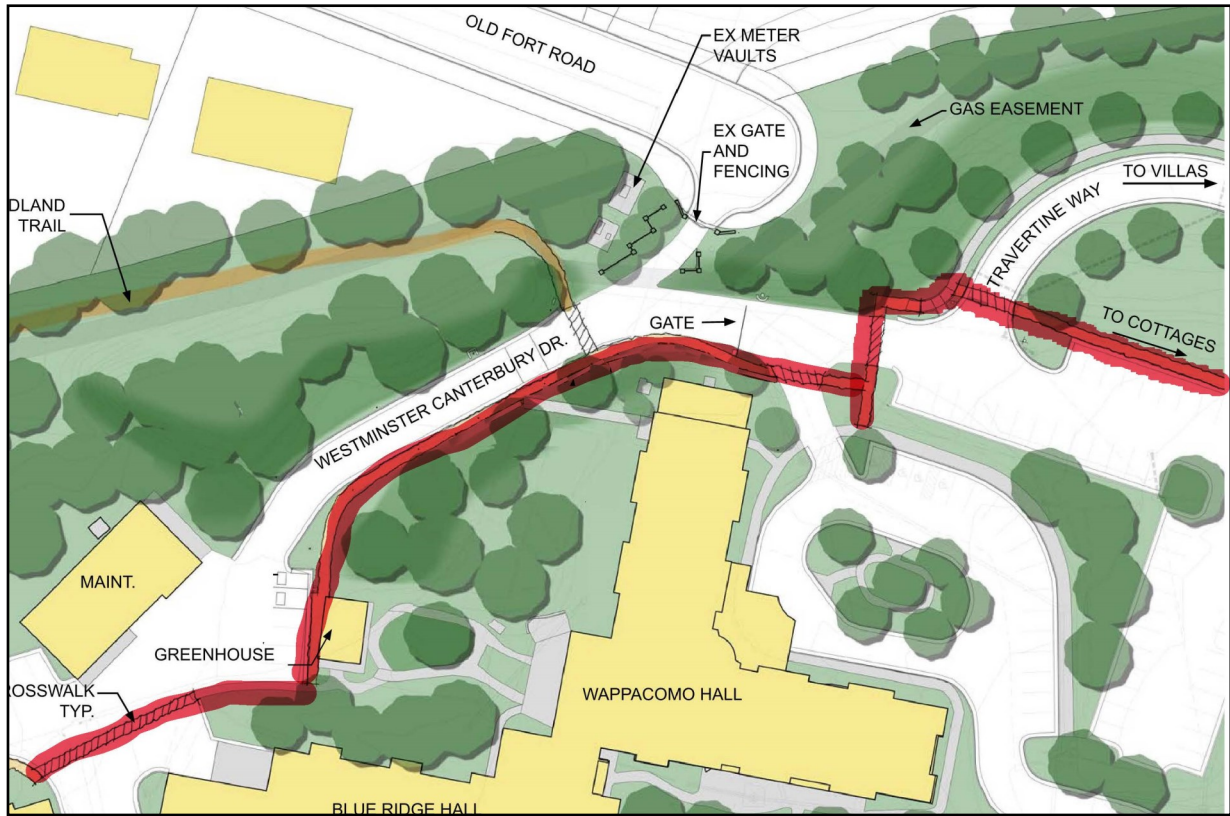
Celebrating the New Year



After a snow delay of a week, the annual New Year's Gala was held on January 12. A merry welcome was given to 2024 with much dancing and merriment. All in attendance enjoyed an evening of not only dancing to the rousing playing by "Jump Alley", but delicious snacks and drinks while enjoying fellowship and frivolity with their neighbors.



Photos by Bill Young



Campus Connectivity to be Enhanced

Now that Phase I of the Villas is complete, SVWC is finalizing plans to connect the sidewalk from Travertine Way to the existing campus. A sidewalk will be added next to the parking spaces on the west side of the Wappacomo parking lot. This sidewalk will extend to the three-way stop sign where pedestrians can then cross the road and use the existing sidewalk system by the cottages.

Another sidewalk will be added that will follow the road around the back of Wappacomo Hall. Several bollard lights along this route will need to be relocated. The new sidewalk will continue past the greenhouse and a crosswalk will be added near the loading dock area. The new sidewalk will then tie into the sidewalks by the Vitality Center. These changes are highlighted above in red.

Options are also being explored that will add additional parking spaces for staff in the hope that it will alleviate some of the congestion in the North Lot. Spaces for golf cart parking are also being considered.

A new electric vehicle has been ordered that will be used to shuttle residents around campus. The estimated delivery timeframe is March or April. This is in addition to the bus service that runs for appointments, trips, programs, and community events. We encourage residents to utilize these services to avoid any parking frustrations.

A slightly larger luxury bus has been ordered that will be used for longer trips. This bus is being built and we are hoping for delivery by July. A smoother riding bus will hopefully entice more residents to participate in day and overnight trips.

I would be remiss if I did not remind everyone that the speed limit on campus is 14 miles per hour. We have many residents and pets enjoying our lovely grounds so please drive carefully and cautiously.

Jeannie Shiley

Pool Refurbishment is Underway

SVWC'S pool renovation has been in the planning stages for over a year. It is very exciting to see this project begin. If one had wandered into the pool area prior to its closing, it would quickly become obvious that the decking was starting to split and separate from the underlayment.

The maintenance team has done a great job of applying short term solutions, but we knew the day would come for a total replacement. In a similar vein, the pool liner had started to pull away from the sides, all markings were faded, and bubbles under the liner were growing in number and size.

The time had come for the pool, which opened in 2007, to have a much needed facelift. Instead of replacing the vinyl liner, a new aggregate finish will be placed on top of the original plaster. In researching commercial pool companies and visiting with sister communities, the vinyl liner seemed to pale in comparison to other options. In addition, the pool companies are no longer using them for commercial pools.

A small team from SVWC travelled to Sunnyside Communities in Harrisonburg, Westminster Canterbury in Richmond and Lynchburg, as well as Randolph College in Lynchburg. During these visits, we obtained information about their choice of pool liner, pool decking, vendors, and how the end result impacted their swimmers. As a result of the research the following three vendors were selected: National Pools, Paintworx, and Blue Ridge Coatings.

There are five stages of this project: demolition, painting, tile work, decking prep and installation, finish and prep to reopen. The estimation for completion of the project is 8-10 weeks.

Chanda Palmer

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.



Photos by Bill Young



Photo by Abigail D'Arcangelis

Anna Elder and Brooke Sullivan

Music Therapy Interns

We started the New Year by welcoming two new music therapy interns to our national music therapy internship program. Brooke Sullivan and Anna Elder will be at Westminster for approximately six months, working to complete their clinical requirements for eligibility to take the national board certification exam in music therapy.

Brooke is originally from Carmel, Indiana, and recently completed her coursework at Purdue Fort Wayne University in Fort Wayne, Indiana. She was a part of their vocal program and became a classically trained vocalist. She also plays the guitar, piano, and ukulele.

Along with music therapy, Brooke has a certificate specializing in gerontology that has helped her throughout her work with older adults. At PFW, Brooke served as the president of the music therapy club as well as the music therapy department representative in the Student Board of Activities for the School of Music. During her time at PFW, she was a member of University Singers as well as a barbershop quartet recreating the sound of the Four Freshman. She has always loved singing in choirs growing up as well as presently.

When Brooke is not making music, she enjoys reading, being outdoors and cooking. She has always enjoyed trying new recipes and making different foods. She wants to thank all the residents for their warm welcome and is ex-

cited to make music with them all while she is here!

Anna is from Appomattox, Virginia and recently finished her music therapy coursework at Shenandoah University. She is a classically trained pianist, but her foundation comes from and is still focused in church music. Anna's secondary instrument is guitar and she also has experience with a wide variety of other instruments. While at Shenandoah, Anna was the pianist and co-manager for NW Works Chimers. She is also the current Head Resident Assistant to an assigned building on the SU campus.

A fun fact about Anna is that she grew up in a musical family where they were known for playing gospel and bluegrass. When not making music, Anna enjoys spending time with friends and family, taking opportunities to travel when she can, and knitting. Anna is looking forward to working with and getting to know everyone at Westminster!

Abigail D'Arcangelis

Our Trex Bench Has Arrived!



Photo by Bill Young

The Residents Association spearheaded the community's participation in Trex's plastic bag and wrap recycling program. SVWC collected 500 lbs. and was awarded a Trex bench which has been placed at the entrance to Shenandoah Hall.

Chaplain's Message

When we speak about the season of Lent we often speak in terms of taking a journey – traveling for 40 days along a road that eventually takes us to Jerusalem, to the temple, to confrontation, to supper in an upper room, to a betrayal, to a trial, to a crucifixion, and finally to a resurrection.



And it's a journey we take with Jesus, as he travels to Jerusalem and to the end of his ministry. We are told that as Jesus turned toward Jerusalem he lamented over the city with the words, "Jerusalem! Jerusalem! How often I desired to gather your children together and you were not willing."

Jesus knew full well the fate that awaited him in Jerusalem, and yet was determined to go there, regardless. And it was a path he walked alone -- a lonesome path he walked leading to his suffering and to death on a cross. As Jesus looked toward Jerusalem, he did so with sadness and with sorrow over what could have been, but wasn't -- over what could have been, and wouldn't be.

As we journey with Jesus during this Lenten season, may we do so with the understanding that God loves us no matter what. That regardless of what we do, God never abandons us or forsakes us. And may we remember that God's love for us is so great he sent Jesus to die for us on a cross and to be raised to new life, so that we, too, might be given the promise of life everlasting.

Bill Everhart

Welcome to Our New Neighbors

Janet and Charles Wagniere moved into 118 Shenandoah Hall from Edinburg, VA.



From the Archives

Using the Internet 25 years ago, as reported in the *Westbury World* for February, 1999:

Surf's Up on the Internet

Residents don't need computers and fax machines in their homes to enjoy the marvels of cyber-world -- SVWC provides those services.

Fax messages can be sent and received. Give your outgoing fax to Sue (just outside Mike's office). The charge for sending messages is ten cents per page plus the cost of the long distance call. There is no line charge for local calls. Incoming messages are free. The telephone number for incoming fax material is:

(540) 665-9781

This number must be used for fax material -- it is not enough for the sender to know your personal phone number. Give them the fax number.

The computer terminal in the Activities Room is available for sending and receiving e-mail as well as for exploring the Internet. If you need instructions in sending e-mail or "surfing the net," ask at the front desk. You won't need instruction to receive e-mail -- it will just show up in your mailbox.

Incoming e-mail must be addressed:
"resident@svwc.org"

Your name must not be included in the address. Instead, instruct senders of your email to type your name in the subject box.

Each morning the e-mail file is checked, messages are printed out, and placed in your box by the front desk.



Library Acquisitions New in February

Fiction

Canary Girls (LP)	Jennifer Chiaverini
Unnatural Death: A Scarpetta Novel	Patricia Cornwell
Clive Cussler: The Corsican Shadow (LP)*	Dirk Cussler
The Watchmaker's Hand (LP)	Jeffery Deaver
Murder Checks Out	Victoria Gilbert
Roman Stories (LP)	Jhumpa Lahiri
The Frozen River	Ariel Lawhon
Alex Cross Must Die (LP)*	James Patterson
The Mystery Guest: A Maid Novel	Nita Prose
Inheritance: The Lost Bride Trilogy	Nora Roberts
The Ball at Versailles (LP)*	Danielle Steel

Non-Fiction

The Collars of RBG: A Portrait of Justice	Elinor Carucci
A Woman I Know: Female Spies, Double Identities, and a New Story of the Kennedy Assassination	Mary Haverstick

*A copy in Wappacomo Library



Not a good day for a cookout.

Photo by Bill Young

Bistro Concert: John O'Connor



John O'Connor, one of the world's prominent pianists, will perform in the Bistro on Friday, February 16. He has a worldwide reputation as a masterful interpreter of Beethoven and the Classic and early Romantic repertoires.

O'Connor, who trained first in Dublin and then in Vienna, is also highly regarded as a mentor to many gifted young pianists, some of whom have performed here in the Bistro. He serves currently as Distinguished Artist in Residence, Professor of Music and Chair of the Piano Division, Shenandoah Conservatory; Professor of Piano, Glenn Gould School at the Royal Conservatory of Music, Toronto; International Visiting Artist, Royal Academy of Music, Dublin; and as Visiting Professor, Showa University of Music, Japan. Lots of frequent flyer miles.

The Chicago Tribune noted: "Piano virtuosity can take a variety of forms, but one of the rarest belongs to John O'Connor. [He] ... favors inner expression and atmosphere over showmanship and bravura. In technically complex passages he ... find[s] the ideas behind the flurry of notes."

His program will feature Beethoven's Bagatelle Op. 126 and the Pathétique Sonata followed by a delicious sequence of nocturnes by John Field, Chopin, Grieg, Scriabin and Debussy designed to show that Field, a fellow Irishman, composed pieces using the nocturne form even before Chopin. These are all pieces he particularly enjoys playing.

For a sneak preview you might look on-line for Beethoven Bootcamp.

Admission is \$10 at the door (cash only, please). Part of the proceeds benefit the Fellowship Fund. The concert begins at 7:30 p.m. Atlantic Union Bank sponsors the series.

Bob Sherwood

Photo by Bill Young



You've got mail!
New mail cabinet for IL residents.

SVWC Volunteers

An Administrative Support Team is being formed with interested residents who would help with various specific tasks, like clerical jobs. Add your name to a list to be called when needed to complete these random jobs. This is a great way to volunteer but work only when it suits your schedule. No set day/time but contacted as jobs arise. If interested, call or email Diane Sinclair.

The SVWC Volunteer Committee is asking all volunteers to record their volunteer service hours. A tutorial video on how to access and record hours on the SVWC Resident Volunteer Hours Form can be accessed on the Residents Portal at the tab "Volunteer Opportunities". Paper copies of the form are available in the Foundation Office, at the Front Desk, and at the RA table near the Bistro.

Diane Sinclair

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Thursday Night Programs

February 1 **Memories** presented by SVWC
Poetry and Prose Group

February 8 **From Farm to Factory Beyond**
presented by Peter Heerwagen

February 15 **Tales from Around the World**
presented by Bobby Avstreh

February 22 **Preservation of Historic
Winchester Paintings in The Abbey** by
Loretta Johnston, Artist presented by
Sandra Bosley and Loretta Johnston

February 29 **"Winchester Tales"** presented by
Mike Robinson, Author

The programs are presented live in the Abbey from 7:30 to 8:30 p.m. Residents are encouraged to attend in person, however, the programs may be viewed on Channel 970.

Lifelong Learning

In February, the Lifelong Learning series will be about the CIA: the history of the CIA, covert ops in the CIA, personalities in the CIA, and the last session CIA, presidential briefings, and politics.

Lifelong Learning is held in The Abbey each Monday from 2:30 to 3:30 p.m. Contact Bob Bolan with recommendations for future Lifelong Learning topics.



Super Bowl LVIII Party

Attention football fans. Come to the Abbey on February 11 at 6:00 p.m. to watch the San Francisco 49ers and the Kansas City Chiefs on the big screen. Kick off time is 6:30 p.m.

The lavish tailgate menu includes chicken wings, pigs in a blanket, mozzarella sticks, spinach artichoke dip, crudité platter, cupcakes, brownies, beer, wine, and soft drinks.



Croquet Court and Resident Gardens Slumbering Under a Peaceful January Snow

Photo by Bill Young

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