

Westbury World

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A Life Plan Community*

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The Pool is Open!



Photos by Bill Young



Anne Crocker was the first resident to take the plunge into the newly refurbished pool and pool room. Anne was soon followed by Eric Brinkmann and Sylvia Hovermale while Loretta Hugel relaxed in the spa.

The sparkling sea blue pool will soon be filled with classes, buddy swimmers, and daily open swims.

From the President & CEO

Every two years, SVWC conducts a resident engagement/satisfaction survey. For the past several years, we have partnered with Holleran for the surveys. Resident engagement measures how well a senior living community supports the successful aging of its residents. Satisfaction factors provide a way to measure specific services and amenities.



Residents, or their responsible parties, in all levels of living, were asked to complete an online or paper survey. The information was then consolidated, and reports were run that compared our results to the previous year's results and the Holleran benchmarks. Any low-scoring areas must be part of that department's goals for the following year. Areas of strength and areas of opportunity were also noted. These areas give departments a starting point to create and prioritize goals.

A representative from Holleran was on campus on March 18, 2024, and reviewed the results from the surveys with residents, department managers, and the Board of Trustees. The results are also placed on the resident portal. Assisted Living is recipient of Holleran's Choice Community Award in recognition of the exemplary culture of resident engagement.

Residents were given the opportunity to make comments on the survey. These comments were shared with department managers, the Chair of the Board of Trustees, and the Chair of the Resident Services Committee. The comments are used to provide clarification and more substance to the overall scores.

This tool is just one of many that are used at SVWC to monitor the engagement and satisfaction of our residents. Quarterly Town Hall assemblies, weekly Coffees with Administration, committee meetings, comment cards, the suggestion box, ladies and gentlemen's groups, and an open-door policy are also used to facilitate communication and ideas. SVWC also conducts mini-surveys to gauge the residents' satisfaction with new programming and services. One instance of this is the recent survey concerning Sunday brunch.

The goal of our dedicated team is to pro-

vide meaningful opportunities for engagement and the highest satisfaction for services provided. These survey results will be studied to ensure the necessary changes are made so together we can achieve this goal!

Jeannie Shiley



Photos by Bill Young

Visiting With the Easter Bunny

Wonderful World Week

SVWC's campus is blessed with marvelous nature all-round. The Residents Association's Mother Nature's Team (MNT) will celebrate Wonderful World Week from Earth Day, April 22 to Arbor Day, April 26. Many on-going activities will follow the nature theme both indoors and outdoors for residents and staff. Sign-up sheets for activities are near the mailboxes along with a list of the week's activities. The MNT will have a table near the Tavern with nature puzzles and other information.

Monday - Musical Bingo in the Abbey at 10 a.m. (sign-up). Lifelong Learning will address climate change at 2:30 p.m. in the Abbey.

Tuesday - Kay Jones will lead a tour of native plants in Teresa's Wildflower Garden at 2 p.m. across from the Shenandoah Hall entrance (sign-up). The Greenhouse will be open at 3 p.m. for visitors.

Wednesday – A demonstration at 11 a.m. in front of Shenandoah Hall by our Woodchuck team. They will prepare firewood from downed SVWC trees for CCAP.

Thursday – Dennis McFaden will lead a Geology Walk at 2 p.m. highlighting the enduring geology on our campus beginning at the Shenandoah Hall entrance (sign-up). The Thursday Night Program will feature scenes and stories of our campus in the Abbey at 7:30 p.m. and TV970.

Friday (Arbor Day) A free lunch will be provided to residents and staff in the Bistro from 11:30 a.m. until 1:30 p.m. The lunch is sponsored by the Mother Nature's Team to celebrate its 10 year anniversary. We will plant a White Oak tree at 2 p.m. in the Arboretum at Jim Barnett Park and hear about its history from Jim Smith of the Audubon Society (sign-up for bus transportation or get a map to drive/park). We will be at the "POW" Shelter with refreshments. A tour of the Arboretum's trees will be offered by the City Arborist.

Jim Anderson

National Occupational Therapy Month



Megan Brown and Bridget Bertschinger

Photo by Bill Young

In April, SVWC celebrates our two full-time occupational therapy staff members: Megan Brown and Bridget Bertschinger.

Bridget and Megan have a combined 27 years of experience and bring an array of expertise to the rehab team.

As occupational therapists (OTs), they help residents across their lifespan participate in the daily activities that they want and need to do such as dressing, bathing, toileting, and household tasks.

In addition, they have advanced training in wheelchair seating and positioning and lymphedema treatment.

Join us in thanking Megan and Bridget for all they do here at SVWC.

Stephanie Ralls





Photo by Bill Young

New Travel Concierge Hired

Valerie Gearhart started her journey with Westminster Canterbury as a music therapy intern in 2022. She spent six months living and learning with residents on campus.

She returned to Westminster in August of 2023 as a part-time Activities Coordinator for Health Care and Assisted Living. In February, she was hired as a part-time Resident Concierge. Valerie will work as a concierge Tuesday through Thursday, planning bus trips and cruises for residents. She will continue to work in Activities too.

Valerie attended Augsburg University in Minneapolis with a major in music therapy and a minor in psychology. She received a Bachelor of Science degree in December 2022 and became a board-certified music therapist in April 2023.

Valerie was raised in North Carolina and Wisconsin. She now lives in Winchester with her three rescue cats Destiny, Delilah, and Josephine.

Valerie's office is in the Resident Concierge office located next to the Canterbury Café.

Laura Hager

Welcome to Our New Neighbors

Linda Canulette moved into Shenandoah Hall Apt. 314 from White Post, Virginia.

Virginia DePollo moved into Shenandoah Hall Apt. 107 from Winchester.

Misty Reddington moved into Shenandoah Hall Apt. 121 from Mountain View, California.

Susan Reddington moved into Shenandoah Hall Apt. 307 From Carmel, California.

Sid Sirota moved into Shenandoah Hall Apt. 305 from Winchester, Virginia.

Chaplain's Message

In the Gospel According to Mark, there is a passage where Jesus sets out across the Sea of Galilee with his disciples and a great windstorm arises. The waves are beating against the bow of the boat and the men become frightened because Jesus is in the front of the boat sound asleep.



The disciples wake Jesus up and ask, "Do you not care that we are perishing?" Jesus looks toward the sea and says, "Peace. Be still." And with those words Jesus calms not only the sea, but the disciples, as well. Jesus then questions the disciples about why they were afraid. "Have you no faith?" he asks.

With those words, Jesus makes a connection between fear and faith, and suggests that faith has to do with trust. And trust has to do with being able to count on someone or something, even when you yourself have no control over the situation.

There are many things in our lives over which we have little, if any, control, and those things can frighten us sometimes. But God gives us hope – hope that no matter how great our fears become or how much they threaten to overwhelm us, God is always with us. God journeys with us, just like Jesus journeyed with the disciples. God walks with us every step of the way. And that serves to strengthen our faith – faith in God, and in the knowledge that God loves us and desires good for us *and* wants us to be free from the power of fear in our lives.

In the midst of the many changes and challenges in our lives and in the world, may God ease our fears. And may we have faith in our Lord and Savior, whom even the winds and waves obey.

Bill Everhart

Pet Pals Celebrates One Year



Photos by Bill Young



From the Archives

A flamingo flock lands outside an apartment, as described 20 years ago in the *Westbury World* for April, 2004:

What Can Happen to First-Floor Apartment Dwellers

Lynn Young thought at first she had some revolutionary information for birdwatchers: migrating flamingos in Virginia! She had discovered 31 flashy orange flamingos covering the lawn outside her apartment one afternoon – some even standing on her patio furniture – then a day later they were gone!

A clue that it was non-ornithological came from the flyer left on her patio by the First Presbyterian Church Middle School Youth Fellowship Relay for Life Team. It read, “you have been ‘flocked!’ To have your flock removed call 622-0099... A donation to the American Cancer Society will be appreciated.” It turned out that Rick and Jan Young, Lynn’s son and daughter-in-law, had already made a donation and had followed the Youth Fellowship’s suggesting that you could “flock” your neighbor, minister, enemy, or mother.

Lynn said, “It was fun while it lasted and caused a lot of commotion and a few raunchy remarks.”

Pet Pals, a group of pet owners and animal lovers, provides valuable information for new residents and long-time residents who have a dog or cat. SVWC is currently home to 85 of our furry friends: 44 cats and 41 dogs.

During the past year, the group has created a resource tool for pet owners, full of valuable information such as local veterinarians, groomers, or sitters. The list can be found on the resident portal.

Meetings are held on the first Wednesday of the month. Contact Bev Meadows, founder, for more information.





Library Acquisitions New in December

Fiction

The Atlas Maneuver	Steve Berry
Murder in a Care Home	Dawn Brookes
The Wharton Plot	Mariah Fredericks
The Women	Kristin Hannah
North Woods (LP)*	Daniel Mason
So Late in the Day	Claire Keegan
The Ghost Orchid (LP)*	Jonathan Kellerman
The Bad Weather Friend	Dean Koontz
Crosshairs (LP)*	James Patterson
Last Night	Luanne Rice
The Perfect Passion Company	Alexander McCall Smith

Non-Fiction

Our Moon	Rebecca Boyle
King: A Life	Jonathan Eig
The Bulldog Detective-William J. Flynn	Jeffrey D. Simon

*A Copy in Wappacomo Library

Thursday Night Programs

April 4 Rafting Trip presented by Tim Adams.

April 11 Resident Experience Project, Part 2 presented by Bob Sherwood.

April 18 Kernstown Battlefield presented by Susan Weston and Bruce Randall.

April 25 Mother Nature's Team presented by Sally Walters.

The programs begin at 7:30 p.m. in the Abbey. They may be viewed on Channel 970.

To help plan and obtain speakers and programs, contact Margaret Richardson.

Resident Garden Plots Come Alive

In April, green growth will be appearing and covering the soil in the garden plots. The beds will be sporting an array of flowers and all kinds of vegetables, to include leaf greens, peas, tomatoes, and root vegetables, to name a few. Gardeners with rakes, hoes, trowels, and shovels will be as busy as garden gnomes or ants.

Thus far, ten new residents have plots. One original plot has been raised and two new plots have been created. The Dining Services plot will be raised to create six plots, four for Dining and two for residents. All told, there will be 57 working plots!

Last year, the resident gardens provided 160 pounds of excess vegetable for the Highland Food pantry.

Charlie Wakeley



Photo by Bill Young

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Bistro Concert: Eoin Fleming

Our Bistro Concert on April 19 will feature the young Irish pianist Eoin Fleming in a program of classical works by Chopin, Ravel, Beethoven, and Liszt. He is a protégé of John O'Connor.

Fleming played our first post-pandemic Bistro Concert in May 2022, just as he finished his studies for the Master's degree at Shenandoah Conservatory and returned to his home in Dublin. Those who attended compared him favorably to Thomas Pandolfi, a long-time favorite here.

He began his piano studies at age six and soon gained recognition. As a very young pianist he won numerous prizes in and near Dublin. In his teens he was honored to be selected as one of only 23 young pianists from around the world to enter the inaugural Junior Van Cliburn International Piano competition. As his career advanced, he debuted Carnegie Hall's Weill Hall with the New York Concerti Sinfonietta performing Beethoven's "Emperor" Concerto. In 2021, he won fifth prize in the prestigious Maria Canals International Piano Competition in Barcelona.

When he entered Shenandoah Conservatory in 2016, he was a student soloist competition winner and debuted with the Shenandoah University's Symphony Orchestra performing the 1st movement of Rachmaninov's 3rd Piano Concerto.

In 2020, Fleming was asked to perform as soloist with the Dublin Symphony Orchestra (DSO) to celebrate the 250th anniversary of Beethoven's birth. The orchestra had expected that John O'Connor, Dublin's favorite

pianist and the world's foremost interpreter of Beethoven, would play with them for the event. However, when the orchestra issued their formal invitation, O'Connor had already accepted an invitation to play elsewhere. In dismay, they asked O'Connor who should take his place. He recommended Fleming. (The concert was ultimately cancelled by Covid.)

Fleming will travel to Winchester from Dublin, thanks to a grant from the SVWC Foundation. Admission is \$10 at the door (cash only, please). The concert begins at 7:30 p.m. Atlantic Union Bank sponsors the series.

Bob Sherwood

Great Decisions Offered in April

Great Decisions discussions will be presented on Mondays at 2:30 p.m. in the Abbey. Additionally, on the Fridays listed below, a Great Decisions DVD Master Class will be shown in the Abbey at 3 p.m.

Monday, April 1 - "NATO's Future" with Patrick Farris, Shepherd University instructor.

Friday, April 5 - DVD - "Pandemic Preparedness" and "Mideast Realignment."

Monday, April 8 - "Pandemic Preparedness" with Mark Merrill, Past President and CEO of Valley Health System.

Friday, April 12 - DVD - "Understanding Indonesia" and "Science Across Borders."

Monday, April 15 at 1:30 p.m. (note new time) "Understanding Indonesia" with Steven Herman, Former Southeast Asia Bureau Chief, Voice of America.

Friday, April 19 - DVD - "Climate Change and Technology" and "High Seas Treaty."

Monday, April 22 - "Climate Change & Technology" with Dr. Charles Hagen, Activist on Climate Change.

Monday, April 29 - "High Seas Treaty" with Patrick Farris, Shepherd University instructor.



Photo by Bill Young

Spring Fun In the Greenhouse

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April 26-May 5

