

Westbury World



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A Life Plan Community*



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Residents Association Installation

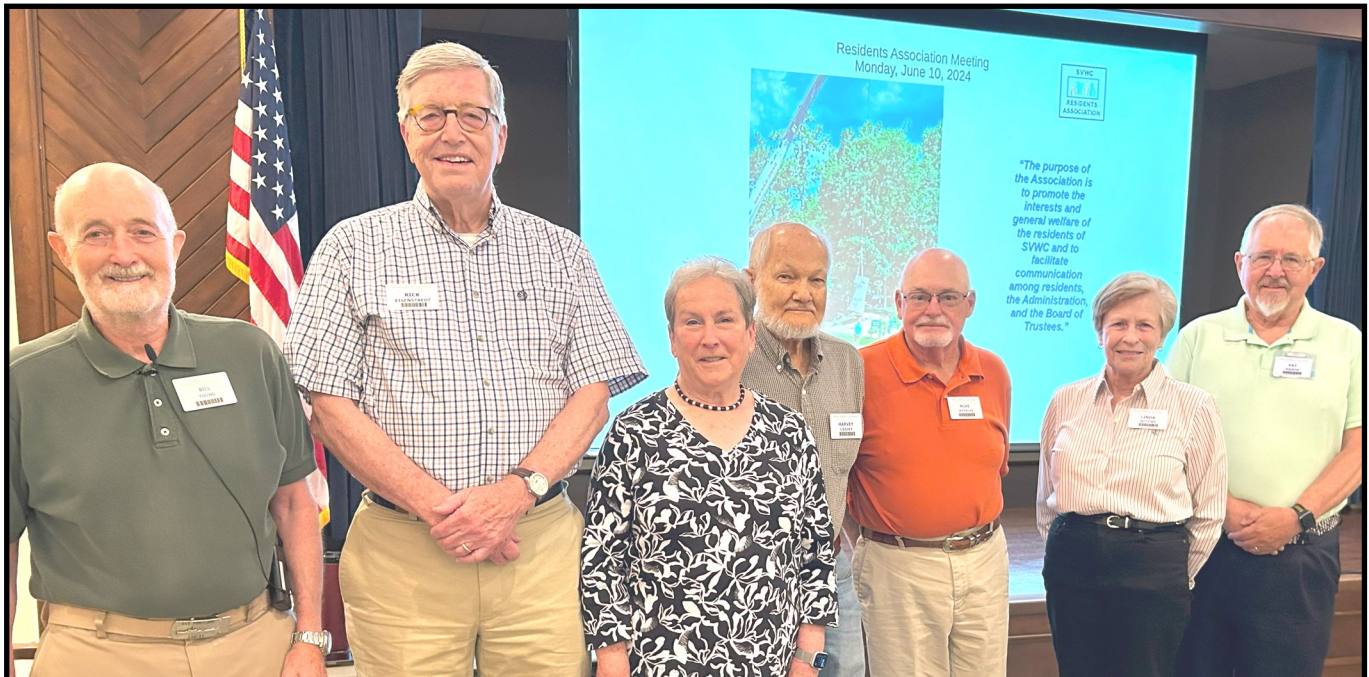


Photo by Kitty Zuckerman

New Residents Association Officers and Executive Committee Members-at-Large after taking their oaths of office as administered by Jeannie Shiley on June 10, 2024.

Pictured, left to right: Bill Young, President; Rick Eisenstaedt, Vice President; Pam Curtis, Secretary; Harvey Ussery, Member at Large; Mike Jeffries, Member at Large; Linda Botens, Treasurer; and Pat Mason, Member at Large.

The Residents Association meets the second Monday of each month at 10:00 a.m. in the Abbey. The meeting is also available live on Channel 970 and by streaming to a resident's computer.



A Message From Our CEO

LeadingAge Virginia held its annual conference from June 5-7, 2024, at the beautiful Hotel Roanoke in Roanoke, VA. The theme of the conference this year was "Courage Ignited."



There were two keynote speakers at the conference. Helene Hofer discussed reimagining conflict and Nick Tasler talked about making one decision at a time. Both speakers delivered solid messages that were thought-provoking and well-received by their audience.

SVWC had seven attendees attend the entire, or at least a portion, of the conference. We used the divide-and-conquer method so that we could attend as many sessions as possible.

I attended several sessions on recruitment and retention, as well as several on design for senior living communities and communication through storytelling. Each attendee will share highlights and lessons learned with their respective departments.

My favorite session was led by our own Abby D'Arcangelis and Christine Ristano. They presented a session entitled *Where Words Fail Collaborative Therapy Speaks*. The session was very interactive, and the ladies did a great job of showing how different disciplines can come together to improve therapeutic outcomes for our residents.

SVWC is very blessed to have such creative and dedicated employees who consistently seek ways to improve the quality of life for all our residents.

The conference also included an expo hall with over 75 vendors showcasing everything from consulting services to medical equipment. We have meetings scheduled with some of the vendors for possible new products and services at SVWC.

Annual conferences are great for continuing education, but they are also a good time to connect with colleagues from around the state and to meet new people. The one thing that I love about our industry, especially in Virginia, is the willingness to share ideas with one another.

Jeannie Shiley



Photo by Jeannie Shiley

LeadingAge VA Conference presenters: Abby D'Arcangelis and Christine Ristano



American Red Cross Blood Drive

SVWC is hosting an American Red Cross blood drive on Monday, July 29, from 9 a.m. to 2:00 p.m. in the Abbey. Information on how to schedule an appointment will be shared at upcoming Coffee With Administration meetings, posted on the bulletin boards and portal, and sent via e-mail.

Welcome to Our New Neighbors

Barbara and Harry Byrd from Berryville moved into 610 Feldspar Court, Apt. 202.

Carol Lyle from Suffolk, VA moved into 610 Feldspar Court, Apt. 204.

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.

Fabulous Finds Auction to be Held

Under the SVWC Foundation umbrella, the Fellowship Fund Committee for Special Events, a dynamic group of 12-16 residents, is chaired by resident Martha Parthemos.

This group, known for its strategic organization and fun-filled activities, is tasked with hosting two fundraisers a year. These events not only increase awareness about the Fellowship Fund but also provide an opportunity for our residents and guests to actively participate and contribute to our community's growth.

The Committee has a rich history of organizing and executing successful events, from fashion shows to the Card and Game Party and even Mystery Theatre productions. They have sold cookbooks and puzzles and held raffles and silent auctions, all with contagious enthusiasm. As they looked ahead to 2024, the members drew inspiration from past triumphs and planned for an even more successful event.

This is how it all began: Wil Pieper's son and daughter-in-law generously donated two of Wil's oil paintings to the Foundation. Shortly thereafter, a resident contributed a handsome, well-crafted globe on a wooden base. These donations sparked a thrilling discussion about holding an auction in late summer featuring a variety of household items and furniture. Many

other items have been donated by generous residents.

A meeting with a local antique dealer led to a game-changing decision. It was agreed to have him coordinate an online auction via a top-rated site that antique lovers all over Virginia are familiar with and access frequently. This convenient decision has the potential to expose our 50 items to an audience of 100,000 possible bidders, significantly increasing our fundraising potential.

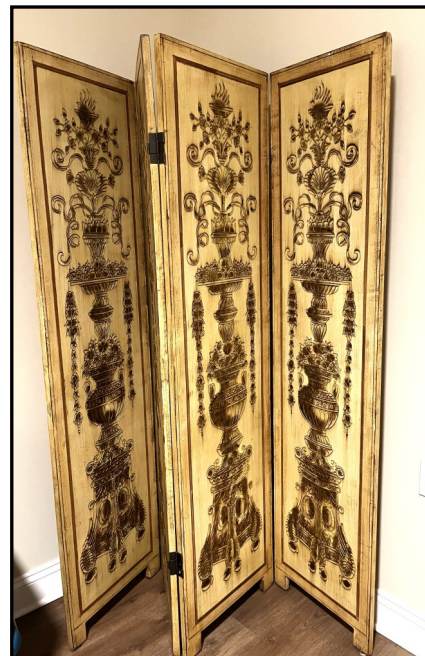
The online auction will run for three weeks starting **Thursday, July 18**, via **Shenandoah-ValleyAuctions.hibid.com**. We will provide instructions to everyone about how the bidding process works closer to that date.

On **August 8**, the auction will begin to close out at 7 p.m. A gathering will be held to watch as the final bids come in and a total is announced. Join in, place some bids, and help grow the Fellowship Fund! By participating in this exciting auction, you will not only have the chance to win unique items, but you will also be making a significant contribution to a cause that supports our residents, making a real difference in our community. We hope to see you online bidding in August. Thank you for your support of the SVWC Foundation.

Kitty Zuckerman



Photos by Kitty Zuckerman



SVWC Lifelong Learning

SVWC Lifelong Learning will complete the series of presentations on Artificial Intelligence on July 1, at 2:30 p.m. in the Abbey. This session will summarize the ways AI can benefit society, and what society needs to do to protect against risks posed by future AI development.

The next programs on July 8, 15, 22, and 29 will address the science and applications of human DNA, including a session on how the CRISPR technology for gene splicing works. Dennis McFaden will host the July programs using vivid slides and science-based discussions.

All sessions are in the Abbey at 2:30 p.m., every Monday. Sessions are open to residents, future residents, family and community friends, and staff. Please join us!

Bob Bolan

Lawrence Gallery Exhibit

The title of the next exhibit, "Two Friends Talking," describes perfectly the amazing original fabric art of Norma Fredrickson and Laura Robertson. From July 8 through August 30, visitors to Lawrence Gallery will be able to enjoy this virtual conversation as they view these two astounding new artistic dialects.

Norma's art expresses complexity and energy, juxtaposed with focus and order as she manipulates the texture, color, and design of the fabric into a new composition. Among her favorite quotes is Brecht's "Art is not a mirror held up to reality, but a hammer with which to shape it."

Laura, a long-time friend of Norma, uses commercial fabrics and quilting to depict animals, flowers, and landscapes and to tell stories about the natural world. The tactile nature of fabric enhances her artistic voice that embraces shape, line, and riots of colors and patterns.

Both artists have exhibited in many prestigious local, regional, and national venues. Laura, a biologist by training and profession, creates quilts as an avocation. Norma runs a business in Berryville, Virginia, known as Studio Three 17, in which she fills commissions for liturgical paraments and other faith-based fiber artwork plus her own fine art in fabric.

Please come and meet Laura and Norma at the opening reception in Lawrence Gallery on Friday, July 12, from 5:00 p.m. to 6:30 p.m.

Loretta Johnston



Kathy Hill, Moira DeWilde, and Sue McFaden
Reloading a Community Little Library

Photo by Dennis McFaden



"Freshwater Mussels" created by Laura Robertson

Photos by Bill Young



One Happy Smiley's Customer

COMMUNITY
HAPPENINGS



Celebrating Summer with Smiley's Ice Cream



Herm Mast (left) and Grady Botens
repairing the trail kiosk



Senior Fitness Day - Aqua Zumba



Senior Fitness Day - Ping Pong



Senior Fitness Day - Tai Chi



Library Acquisitions New in July

Fiction

Summers at the Saint	Mary Kay Andrews
Feline Fatale: A Mrs. Murphy Mystery	Rita Mae Brown
It Had To Be You	Mary Higgins Clark & Alafair Burke
Think Twice (LP)*	Harlan Coben
The Instruments of Darkness	John Connolly
Lost Birds (LP)*	Anne Hillerman
Lucky (LP)*	Jane Smiley
Only the Brave (LP)*	Danielle Steel
Long Island	Colm Toibin
One Perfect Couple	Ruth Ware

Non-Fiction

I Was Hoping to Age Like a Fine Wine But I'm Feeling More Like an Avocado	Marlene Kern Fischer
An Unfinished Love Story: A Personal History of the 1960s	Doris Kearns Goodwin
The Demon of Unrest : A Saga of Hubris, Heartbreak, and Heroism at the Dawn of the Civil War	Erik Larson
The Unexpected Abigail Adams: A Woman "Not Apt to be Intimidated"	John L. Smith, Jr.

*Copy in Wappacomo Library



Jazz Returns to the Bistro

The Justin Lees Trio returns on July 19 to play again in the Bistro Concert series. We are honored to have such a fine jazz musician play here again.

Justin's exciting musicianship over his seven prior performances in the Bistro have displayed increasing virtuosity. He has performed at Birdland and the Blue Note, two famous Manhattan jazz venues, and plays routinely at other notable New York jazz spots. Some years ago, Justin's trio played in Washington's leading jazz venues including the famous One Step Down in Georgetown.

He is joined this year by Aaron Clay, double bass, and Charles Mitchell, drums. Aaron is the leading bass player in the U.S. Marine Corp Band. He has played often with Justin in the Bistro Concerts over many years. Charles, a well-regarded percussionist, played admirably with Justin in 2022 for the first time.

The Trio's program will feature the Jazz-Standard Repertoire and The Great American Songbook as well as Brazilian Bossa Nova Classics. Additionally, there will be a few surprises which Justin finds hard to categorize!!

The concert begins at 7:30. p.m. Admission is \$10 cash only at the door. Atlantic Union Bank sponsors the series.

Bob Sherwood

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Chaplain's Message

In 1845, American essayist Henry David Thoreau built a cabin at Walden Pond in Massachusetts on land owned by his friend Ralph Waldo Emerson. During his stay, Thoreau began to write of his experiences, which he would later publish as *Walden*, probably his most well-known work.

One of the activities that occupied Thoreau's time while at Walden was gardening. In one section of the book, he writes about going out early in the morning and working in his bean field. He speaks about removing the weeds, putting fresh soil about the bean stems, and "encouraging this weed which I had sown. Making the earth say beans instead of grass," he says, "this was my daily work."

This story reminds me of our call to share God's word with the world, and the importance of cultivating and attending to that word. After all, there are weeds that can choke out God's word and that need to be removed. There's a need constantly to add fresh soil to our understanding of God's word.

And it's helpful to nurture and encourage that which God has sown in our hearts. We are the soil into which God's word has been planted. And accordingly have a responsibility to keep the soil good so the plant can flourish. But that doesn't just happen. It requires work on a daily basis -- not just one day a week, occasionally picking out a weed here or there. It requires our constant attention.

Fortunately, we don't undertake this task all by ourselves. As we travel our journey of faith, and as we walk through the garden of our life, God's word walks with us as a lamp to our feet and a light to our path.

Bill Everhart



From the Archives

The more things change, the more they stay the same, as described 25 years ago in the *Westbury World* for July, 1999:

Crime & Punishment

By Tammy Hardy

I've been informed, emphatically, that I exceeded the posted speed limit on the SVWC campus. How could that happen? I'm a law abiding citizen--I drive slowly. Well, take it from me, there is an enormous gap between "Slow" and 14 mph, and if you are on the wrong side of it, you'll get caught.

Speed is discussed frequently at our weekly meetings, especially since all trucks and staff vehicles have been routed past the residents' entrance. The safety of residents is at stake here, so everybody should drive SLOWLY. I will.

And now, the punishment: writing, and writing and writing the line:

I will not speed through SVWC

I will not speed through SVWC

I will not speed through SVWC.

I will not....hey, if you can't do the line, don't do the crime!



Wappacomo Hall Art Gallery
Artwork by Fran Baker



Photo by Bill Young

Our Ducklings Graduate to Goff Pond

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