

Westbury World

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SVWC Explores Intergenerational Center

The exploration of building an intergenerational center (IGC) has been included in SVWC's Strategic Plan since 2016. Of course, much has happened over the past eight years, so I would like to give a quick overview this month as it relates to this strategic initiative.



SVWC initially discussed the idea of offering childcare to our employees as a recruiting and retention tool as many as 20 years ago. For working parents, the number one challenge is finding reliable and safe childcare. Through a study conducted in early 2016, it became clear that SVWC also has employees who are taking care of aging parents. Life for this "sandwich" generation is certainly challenging and can often be overwhelming. Adding the adult care component would expand our mission to serve not only our residents but also older adults living in the community.

In 2019, SVWC purchased 22 acres adjacent to our campus to expand our mission and increase the number of residents served. The question then became if SVWC could create a unique space on that property that would benefit not only SVWC but the greater community as well. A space was identified on the site plan that would allow for easy access to a center without infringing on resident space. Early conversations were held with Valley Health, the Adult Care Center, Shenandoah Area Agency on Aging, and Shenandoah University.

In 2021, Capital Development Services conducted a feasibility study for an intergenerational center. It was recommended that SVWC put together a task force to better define the

IGC and identify partnerships and potential equity partners. With the development of the Villas and the challenges brought about by the COVID pandemic, the timing was not right to pursue these initiatives...until now!

SVWC will be working with Dr. Matthew Kaplan from Penn State University to develop an educational campaign on intergenerational programming. Once the community has been educated, SVWC will gauge interest to see if it is the appropriate time to launch a capital campaign. The plan is to hold a capital campaign to raise money to build the center. The operational expenses will then be recouped through rent charged to the childcare and adult care partners leasing the space. SVWC has had multiple conversations with our legal counsel on how this arrangement would need to work.

Is there a need for this type of care in our area? An article from *The Winchester Star* on January 29, 2024 stated that the Winchester Metropolitan area was the fastest growing of the 11 metro areas in Virginia from April 2020 to June 2023. Demographers consider the Winchester-Frederick County area a part of a national trend because it's a small metro area near a big metro area that is absorbing a flow of people leaving the larger metro area.

These demographics are also shared in the most recent community needs assessment reports from the United Way of the Northern Shenandoah Valley and Valley Health. These reports support the need for quality child and adult care in our community.

Why, and what is intergenerational programming? According to Generations United, intergenerational programs intentionally unite the generations in ways that enrich participants' lives and help address vital social and commu-

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nity issues while building on the positive resources that young and old have to offer each other and to their communities. I encourage anyone seeking additional information to visit the Generations United website.

SVWC is really in the infancy stages of this project, and I realize that residents have many questions. The purpose of the educational campaign will be to answer these questions and others that will arise. We are also planning an informational session to discuss the intergenerational center on Thursday, August 29, 2024, at 2 p.m. in The Abbey. While this might be a little premature in the process, I want to make sure we are being as transparent and communicative as possible.

Jeannie Shiley, CEO

Lifelong Learning for August

SVWC Lifelong Learning will host one-hour sessions every Monday in August at 2:30 p.m. in The Abbey. When the series of sessions describing DNA (including the CRISPR technique now so vital in DNA research and therapies) concludes, we will turn our attention to the topic of "8 Billion and Counting."

Projections call for global population to peak near 10 billion later this century, after which global population will begin to decline. We will look at the drivers of population increase and decrease, the impact of migration, availability of fresh water, and other factors that lead to economic growth or decline for nations like the U.S. This was the topic during week four at the Chautauqua Institution this summer. We will discuss highlights of the presentations by five of the speakers there.

Bob Bolan

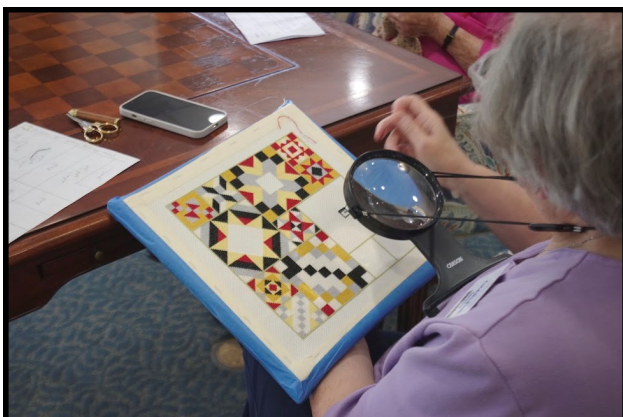
Fun With Fiber

Fiber Folks is a new SVWC resident group that started this past spring as a group interested in fiber arts and crafts, to include knitting, crocheting, quilting, needlepoint, cross-stitch, embroidery and open to other ideas.

In February, 2024, conversations among several residents showed a mutual interest to meet and explore these topics.

Regular meetings are held every Monday at 1:00 p.m. in the Commons and attendance is flexible. All skill levels, learner, teacher, and mentor, are invited to join.

Individual projects are brought to the meetings to be worked on, ideas shared, and assistance given for projects where help might be needed.



Plans are being made to produce items, such as quilted lap blankets, shawls, and pocket bags for walkers, to be given to residents in Health Care. Also companion knitters will visit with Assisted Living residents to help with knitting skills. Contact Carol Barker and Beverly Meadows for more information.

Nancy Merriner

Chaplain's Message

When addressing matters of faith and spirituality, the subject of forgiveness often comes up. And while concepts like forgiving one another as we have been forgiven are often enthusiastically embraced, following through in practice can be difficult. And what can make it difficult is a lack of clarity about what forgiveness is and a misunderstanding about its purpose. Three points are worth considering.



First is defining what forgiveness is not. It's not about saying that what occurred is acceptable, should be condoned, or about denying it occurred in the first place. It is about acknowledging that what happened was hurtful and was not okay.

Second, forgiveness is often about restoring a relationship, which means letting go of anger and resentments, and then beginning to move forward. This takes work, for sure, but it can begin with an acknowledgment of the hurt coupled with a desire to move forward. This, of course, is easier said than done.

Third, it can be wonderfully empowering and freeing when we realize that in the same way we can learn to forgive others, we can also learn to forgive ourselves. This is something we don't always realize we need to do or can do, but it can absolutely be liberating and uplifting.

As we have been forgiven, so too are we called to forgive. And often the goal is about being enabled to move forward – whether in a relationship with our Creator, with a partner, with a family member or friend, or even with ourselves.

Bill Everhart



Photo by Bill Young

Our New Dining Manager

Andrea Brown became our new Front of the House Manager on July 8. She is responsible for coordinating and directing all facets of the Front of House operations for Dining Services in the Main Dining Room, Bistro, Tavern, and Café, along with Catering. She will focus on providing a quality dining experience, including management of staff, monitoring her dining areas, and acting as a communications point for the Dining Services Department. Andrea comes to us from The Village at Orchard Ridge.

Andrea has lived in Winchester since 2014. She is from Damascus, Maryland and spent 10 years in Cocoa Beach, Florida. She lives with her husband of 23 years and their two dogs, a chocolate lab named Willow, and Sunny, which she says is “an adorable beagle that looks like a corgi.”

When not working, she loves to garden, go to thrift shops, and try out restaurants. Andrea looks forward to building relationships with everyone here at SVWC.

Bill Young

Welcome to Our New Neighbors

Carolyn and Ed Sabatino moved into 116 Cottage Drive from Winchester.

Velda Hoffman moved into Shenandoah Hall Apt. 515 from Berkeley Springs, WV.



Library Acquisitions New in August

Fiction

- The Peacock and the Sparrow: A Novel
I. S. Berry
- The Glassmaker: A Novel Tracy Chevalier
- Tom Clancy Act of Defiance (LP)
Andrews and Wilson
- James: A Novel Percival Everett
- Camino Ghosts: A Novel (LP)* John Grisham
- Swan Song (LP)* Elin Hilderbrand
- Phantom Orbit: A Thriller David Ignatius
- How to Age Disgracefully: A Novel
Clare Pooley
- Mind Games: A Novel Nora Roberts
- The Underground Library: A Novel (LP)
Jennifer Ryan
- The Hazelbourne Ladies Motorcycle &
Flying Club: A Novel (LP) Helen Simonson
- Shelterwood (LP)* Lisa Wingate
- The Comfort of Ghosts (Maisie Dobbs)
Jacqueline Winspear

Non-Fiction

- Outlive: The Science & Art of Longevity
Peter Attia, MD
- The Year of Living Constitutionally:
One Man's Humble Quest to Follow the
Constitution's Original Meaning J. Jacobs
- The Situation Room: The Inside Story of
Presidents in Crisis George Stephanopoulos

*Copy in Wappacomo Library



From the Archives

Some history of the Resale Shop, as reported 15 years ago in the *Westbury World* for August, 2009:

Resale Shop: A Real Asset

By Bettye Martenson

Past and present members of the Resale Shop Committee were presented to the Residents Association at the July meeting. This gave the chairman the opportunity to announce that the Shop's donations to the Fellowship Fund had surpassed \$100,000 since the shop's beginning.

Started in 1987, the Resale Shop was originally called "Garage Sales." In that first year the shop contribution to the Fellowship Fund totaled \$1,345.20 – a great amount considering that the total population comprised those in a half-empty Shenandoah Hall. Since then Health Care, Wappacomo Hall, Winchester Hall, and the cottages have been built. In 2008 the Resale Shop deposits for the Fellowship Fund were \$8,147.32. We are on course for 2009 to better that total. During this June the shop's donation to the Fellowship Fund was \$1,242.25.

Our continued success depends on donations. So when you no longer need or want usable household items, clothing, jewelry, knick-knacks, toasters, etc., please get in touch with one of the shop's volunteers, or bring your items to the shop. It is located on the first floor of Shenandoah Hall. The shop cannot accept items that require a disposal fee if they are not sold. Large furniture is acceptable if it can be sold in your apartment or added to furniture in an empty apartment. [Names of committee members omitted.]

A Celebration and A Goodbye

The Biography Committee celebrated the biographies of 2024 and honored Bob Shriner for his 10 years of service on the committee.



Photo by Ellen Strosnider

Standing (left to right): George Magurn, Ellen Ussery, JoEllen Smith, Ron Hamme, Karin Aukerman, Jim Aukerman, Jane Crittendon, Pam Curtis, Ross Curtis
Seated (left to right): Moira DeWilde, Bob Shriner, Rachel Lynch, Harvey Ussery, Bill Young, Rosalind Bovey



Congratulations Kelsey!

Aquatic and Fitness Coordinator, Kelsey Young, has received her Ph.D. in Leadership; Health and Human Performance from Concordia College, Chicago, Illinois.

Her thesis was titled, *"Understanding the Relationship of Self-Efficacy, Social Support & Physical Activity Behavior among Liberal Arts College Students."*

Bid through August 8 at:
ShenandoahValleyAuctions.hibid.com

Join members of the Fellowship Committee for Special Events in the Activities Room on August 8 at 6:30 p.m. to watch the final bids come in and for the announcement of the total amount raised for the Fellowship Fund. Refreshments will be served.

Campus Happenings



Photo by Bill Young

Annual Fourth of July Bell Ringing



Photo by Randy Hill

A Patriotic Barbara Richardson



Photo by Bill Young

A New Look in The Dining Room

New Nursing Scholarship Fund

In December 2023, the SVWC Foundation created a new scholarship fund for nursing which will provide scholarships for tuition, textbooks, continuing educational programs and conferences, or travel. The establishment of this new fund is to add additional financial support for SVWC nurses who wish to advance in their profession or employees who want to enter the world of nursing. The qualifications for receiving scholarship assistance include being an employee for six months or more, in good employment standing, currently in a nursing position at SVWC, or an employee desiring to enter nursing.

This spring, Marcia Keech and Diane Sinclair, SVWC Foundation board members, announced a campaign to raise \$50,000 for this new scholarship fund by September 30, 2024, to allow the SVWC Foundation to begin awarding scholarships for the spring 2025 semester. As of mid-July, the SVWC Foundation has raised over \$53,000! This is due to the extreme generosity of residents who gave to this campaign. Thank you!

The Foundation will continue to accept gifts to the Nursing Scholarship Fund to provide future growth and scholarship opportunities. A gift to the Nursing Scholarship Fund is a wonderful way to honor a nurse for the extraordinary care they provide at SVWC.

For more information, please contact me.

Sherry Hudson



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Bistro Concert: Saxophone and Piano Return

On Friday, August 23, father and son, saxophonist Timothy Roberts and pianist Charles Roberts, will perform an exciting program of mostly classical music in the Bistro. Many will recall their two outstanding Bistro performances last year.



As one of the U.S. Navy Band's premier concert soloists from 1987 to 2011, Timothy Roberts performed for five U.S. presidents, many foreign leaders, and audiences across this country and around the world. On his retirement from the band, he became Professor of Saxophone and Instrumental Division Chair at Shenandoah Conservatory. *The Washington Post* noted his concerto performance with the National Symphony Orchestra as "simply stunning." The *Dallas Morning News* described his performance with the Dallas Symphony as "the most gorgeous sounds ever heard from a saxophone."

His son Charles, currently studying with John O'Connor at the Glenn Gould School of the Royal Conservatory in Toronto, was accepted by Shenandoah Conservatory at the age of 14. While studying there he was pianist with the Conservatory's Symphony Orchestra. He was invited to perform with the Shenandoah Orchestra on their tour in Chile in May 2020, and recently was the piano soloist on "Rhapsody in Blue" at the Conservatorio Superior de Musica Manuel Castillo in Sevilla, Spain. His European premiere was with his father in Paris in October 2017. Since then, they have performed together in some of Europe's finest concert venues. Charles just finished performing several months this summer at the Aspen Music Festival.

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

Bob Sherwood



Music Therapy Intern

On July 8, Westminster welcomed Jonathan Jacobson, the newest music therapy intern to join our national music therapy internship program. Originally from Lovettsville, Virginia, Jonathan recently completed his music therapy coursework at Shenandoah University. Jonathan will be interning and living at Westminster for approximately six months to complete the clinical requirements for eligibility to take the national board certification exam in music therapy and to complete his music therapy degree.

Though classically trained on the piano, Jonathan enjoys playing the guitar and singing; blues, bluegrass and jazz are his favorite. You can sometimes find Jonathan playing music at local coffee shops, bars, and festivals with his bandmate. When not playing music, Jonathan enjoys gardening and taking care of his houseplants.

Before coming to SVWC, Jonathan had a job climbing and pruning trees and shared that he is happy to be out of the heat at SVWC! Jonathan hopes to eventually move to Vermont and start a music therapy program, and if his grandma has anything to do with it, he will start such a program at the retirement community in which she resides in Shelburne, Vermont.

Abigail D'Arcangelis



Photo by Ellen Adams

Summer Solstice

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