

Westbury World

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A Life Plan Community*

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February 2025



Photos by Bill Young

New Year Gala!

2025 was welcomed with dancing and frivolity. Jump Alley provided lively music and Dining Services provided delectable treats. A special thank you to Laura Hagar and Valerie Gearhart, Concierges.



A Message From Our CEO

SVWC started the new year by purchasing our fifth home in Westbury Commons. Westbury Commons is an age-restricted, eleven-home community behind the CVS off Westminster Canterbury Drive. Even though the properties are not adjacent to our campus, they are close enough that all our technology works in the homes. The home is located at 104 Westbury Place and will be renovated, to have it ready for occupancy near the first of April.



The decision to buy these properties is in line with our strategic plan. One of the initiatives in the plan is to continue to monitor available land acquisition opportunities. This type of growth helps support the long-term sustainability of the community. It also shows the community's commitment to expand and enhance services to meet changing consumer needs and desires.

SVWC budgeted funds in 2025 to develop another strategic plan. Strategic planning is the process of a company defining its strategy, direction, and decisions with a long-term view of where it wants to be. Strategic planning combines the long-term vision with the short-term activities.

Our industry is influenced by both internal and external factors. Some of these include technological changes, fluctuations in the economy, and demographics, as well as social

and cultural trends. It is important that we stay on top of these changes, which is why SVWC undergoes this process every three years.

SVWC will be sending a request for proposal to various consultants who specialize in this type of work. The Corporate and Foundation Boards, residents, future residents, staff, and other business partners will be involved in the process.

Once a plan is developed and approved by the Board of Trustees, Administration updates the plan and reports quarterly to the Property and Planning Committee of the board. These updates are also shared with both boards and the residents. A binder is kept in the library which contains the most current strategic plan along with the latest update to the plan.

I will talk more about this process in the coming months.

Jeannie Shiley

Welcome to Our New Neighbors

Margaret Matheson moved into 1440 Bold Rock Drive, Apt. 103 from Winchester, VA.

Thomas and Kathy Tearno moved into 1450 Bold Rock Drive, Apt. 101 from Gainesville, VA.

Bruce and Bev Leech moved into 1450 Bold Rock Drive, Apt. 301 from Landrum, SC.

Jack and Carol Carroll moved into 1440 Bold Rock Drive, Apt. 102 from Winchester, VA.

Donna Carroll moved into 1430 Bold Rock Drive, Apt. 103 from Winchester, VA.



Photo by Bill Young

Golf, Anyone?



Library Acquisitions New in February

Fiction

The Sunflower House	Adriana Allegri
Shy Creatures	Clare Chambers
Tom Clancy Defense Protocol (LP)*	Brian Andrews & Jeffrey Wilson
Nobody's Hero	M.W. Craven
What the Wife Knew	Darby Kane
City of Night Birds (LP)*	Juhea Kim
The Silver-Haired Sisterhood	Judy Leigh
The Champagne Letters	Kate MacIntosh
Knife Skills for Beginners	Orlando Murrin
Booked for Murder	P.J. Nelson
Irish Soda Bread Murder	Carlene O'Connor
Robert B. Parker's Hot Property	Mike Lupica
The House of Cross	James Patterson
Pretty Dead Things	Lilian West
Stuart Woods' Golden Hour (LP)*	Brett Battles

Non-Fiction

The Cure for Women: Dr. Mary Putnam Jacobi and the Challenge to Victorian Medicine that Changed Women's Lives Forever
Lydia Reeder

*A Copy in Wappacomo Library

Chaplain's Message

There is a parable about a man who plants a fig tree that fails to bear fruit. The man runs out of patience and wants to cut the tree down, but the gardener in charge of taking care of the tree says, "Hold on just a minute.



Let's work with this tree a little bit longer and give it some special TLC and nourishment. Let's give it another year, and if it still bears no fruit, then we'll cut it down."

The simple interpretation of the parable is that we are the fig tree, called by God to be productive and to thrive. And while we need help to accomplish that goal, the understanding is we do not do it alone *and* we are shown God's patience every step of the way.

Of course, the real beauty of this parable is not so much what it says about us, but, rather, what it says about God. The parable is about God's patience and God's love, and the fact that God's love is greater than our sinfulness. And therein lies the strength and the hope and the good news: God shows great patience toward us, whether we deserve it or not.

I think from time to time about how often God comes looking for the fruit we've produced but finds instead nothing but empty branches. Yet again and again we are given another chance – a little more time. That's a gift.

As we move forward into the year that lies ahead, may we follow God's example, showing patience, grace, and love toward one another.

Bill Everhart



Super Bowl Party

Kansas City Chiefs vs. Philadelphia Eagles
Sunday, February 9, at 6:00 p.m. in the Abbey

Watch the Super Bowl on the large screen
and enjoy delicious refreshments.

Valentine's Dinner & Dance

Tuesday, February 14
Abbey/Main Dining Room
Dinner is at 5 p.m., Dance will follow.
Cost is \$35 for plated meal.

RSVP to Molly at (540) 450-3385.
Dance to the music of the jukebox.
Includes a cash bar.

Our New Music Intern

On January 8th, we welcomed Anastasia Bakhouch as the newest music therapy intern at SVWC. Anastasia will serve the next six months under the supervision and training of our music therapist, Abby D'Arcangelis.

Hailing from Florida Gulf Coast University in Fort Myers, Florida, Anastasia will be interning and living here at Westminster to complete the clinical and educational requirements to fulfill her bachelor's degree of Music Therapy and be eligible to take the music therapy board certification exam.

Anastasia is classically trained in voice but loves her guitar and playing piano. Although she does not consider herself a virtuoso, she hopes to continue improving her piano playing abilities and to play *Clair de Lune* to completion one day! Her favorite genres are jazz and folk as well as soft rock and rhythm and blues.

When not musically engaged, you can find Anastasia snuggled under a pile of blankets reading a good book or playing a cozy game. She is also an avid puzzle enjoyer and a wannabe knitter. A few of Anastasia's favorite things are coffee, dark chocolate, and scary movies.

Anastasia is excited to be a part of the team here at SVWC! Once her internship is completed, she hopes to continue working in elder care, hospice, or adult mental health and to relocate from Florida to Northern Virginia, where she grew up.

Lastly, Anastasia has a cat named Becca and a dog named Benji and loves showing them off, so feel free to ask about them if you feel so inclined.



Photo by Bill Young



Photo by Bill Young

New Foundation Manager Hired

Vanessa McAllister was hired in January as the new Foundation Manager. Vanessa was previously employed at The George Washington Hotel as Director of Sales and Marketing and worked in Marketing and Fundraising for the Valley Health System.

Vanessa has a Bachelor of Business Administration degree, with a double major in Management and Marketing from Fairmont State University.

She was a member of the Slanesville Ruritan for 27 years before moving to Cross Junction, Virginia. Vanessa is an active member of Little Capon Baptist Church where she serves on the Embrace Grace Committee, which helps single mothers prepare for motherhood.

Vanessa is married and has three adult children and two grandchildren. They have a small dog named Harlo. She enjoys spending time with her friends and family, especially her grandbabies. In the summer they enjoy spending time on the lake.

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Lifelong Learning

SVWC Lifelong Learning will host sessions every Monday in February starting at 2:00 p.m. in the Abbey. These sessions may be somewhat longer than one hour, ending between 3:00 to 3:30 p.m.

The first two sessions will feature resident Ron Hamme, an award-winning high school interdisciplinary art and art history teacher. He will continue his series entitled "**Looking at Art.**"

The February 3 session looks at sculpture: "**The Human Body in Sculpture.**" On February 10, Ron addresses architecture: "**Architecture – The French Gothic Cathedral.**" The intent in each session is to show that art can speak to each of us differently, and it helps us to know more about what we are looking at to get the full benefit of how we feel and think about what we are seeing.

Lifelong Learning begins the annual "Great Decisions" sessions organized nationwide by the Foreign Policy Association (FPA) on February 17. These sessions have been facilitated for several years at SVWC by resident Mark Lore, retired foreign service officer with the U.S. Department of State. The FPA briefing book can be purchased for \$35 from the FPA website: https://www.fpa.org/great_decisions/act=gd_materials.

Guest speaker Dr. Cal Allen, Emeritus Dean, Shenandoah University College of Arts & Sciences (and Middle East History expert), will join us on February 17 to address: "**After Gaza: American Policy in the Middle East.**"

On February 24, Dr. Patrick Farris, instructor at Shepherd University, will address "**American Foreign Policy at a Crossroads.**" The FPA article for this session is authored by John Ikenberry, an internationally renowned expert.

Residents, future residents, staff, and guests are always welcome to attend. Please join us Mondays at 2:00 p.m. in the Abbey.

Bob Bolan, Ron Hamme, and Mark Lore



Volunteer Fair

Do you enjoy helping others? The Foundation Volunteer Committee will hold its second Volunteer Fair on Tuesday, February 25, from 11 a.m. to 1 p.m. in the Abbey. Representatives from nonprofit organizations



in the Winchester area that need volunteer help will be there. Stop by to learn how you can make a contribution to our community. For additional information, contact Diane Sinclair.

In 2024, there were 11,911 volunteer hours by SVWC residents recorded with 2,714 hours serving the surrounding Winchester/Frederick community and 9,197 hours serving our friends and neighbors at SVWC. More than 115 SVWC residents reported volunteering in at least one area or another. The Volunteer Committee appreciates residents recording their hours.

February Thursday Night Programs

February 6: River Rafting Adventures Out West, with Tim and Karen Adams

February 13: Maps and Surveys of Winchester, 1752-1971, with Tim Youmans

February 20: Twenty Years of Memories, Establishing Medical Schools in the Far East: with Dr. Roy Schwarz

February 27: You Can Do It!: Traveling with Mobility Issues, with MJ Williams

The Thursday Night Program Committee of the Residents Association has begun planning a new season of in-person speakers for 2025. The programs are presented live in the Apple Blossom Room on 3rd floor of Wappacomo Hall most Thursday evenings from 7:30 to 8:30 p.m., September through May, featuring topics of interest from SVWC residents to music groups and speakers from the local area. Residents may attend in person or view on Channel 970 and the SVWC portal. Contact Margaret Richardson if you would like to become a committee member.

John Kirby Tribute Concert Returns



Swing jazz from the 1930s returns to the Bistro Concert Series on February 7 to honor John Kirby, the Winchester native who enriched American jazz. Six outstanding jazz musicians closely associated with Shenandoah Conservatory will perform. Bob Larson, recently retired leader

of the S.U. jazz program, organized this concert as he did the tribute in 2019.

John Kirby was born in Winchester in 1908. He was thrown out in the street by his mother when he was very young. Rev. Washington Johnson and his wife, Nancy, an older couple from Georgia, took young Kirby in and raised him at 442 N. Kent Street. Kirby attended what later became Douglas School. He took piano lessons from Nancy and learned trombone from the school principal. He knew classical music well when he left for Baltimore and soon played as a sideman for Benny Goodman. Later Kirby went to New York City and played with jazz greats like Duke Ellington, Billie Holiday, Dizzy Gillespie, and Sarah Vaughn. He emerged as the leader of his Onyx Club Band.

His knowledge of classical music served him well. In the depression he avoided the ASCAP agent's quest for royalties by turning classical tunes into swing jazz. He wrote "Loch Lomond," a swing jazz piece still played today. In the early 1940s, Kirby broadcast his own radio program nationally and by shortwave radio to Europe. The famous Gypsy guitarist Django Reinhardt in Paris listened to Kirby, admiring his work. Kirby clearly enhanced American jazz in the 30s and 40s.

The performance begins at 7:30 p.m. Admission is \$10 cash at the door. The series is sponsored by Atlantic Union Bank.

Bob Sherwood

John O'Connor Returns to the Bistro

John O'Connor, the world acclaimed Beethoven interpreter and master of classical era works, will return on Friday, February 28, to the Bistro. His program will include some of his favorite pieces including Beethoven's *Moonlight Sonata*, a Chopin group to include the *Berceuse*, the *C sharp minor Nocturne* and the *3rd Ballade*, and works by Haydn and Schubert. This program follows nicely the series of nocturnes he performed for us last year beginning with several by his fellow Irishman John Field.



Early in his musical career, O'Connor travelled to Vienna to study closely the original scores of Beethoven. In Beethoven's days, both composers and musicians employed familiar conventions as they played sheet music. Usually those conventions were not fully written into the scores in those days. Later music publishers added the conventions to the scores, often guided more by their imagination than accuracy. O'Connor has been sought by the great orchestras around the world for his knowledge of how the original scores were played. While Beethoven has been at the center of his career, he is also recognized as a master interpreter of the works of greats like Liszt, Chopin, Schubert and Haydn.

O'Connor teaches at Shenandoah Conservatory, The Glenn Gould School in Toronto, in Tokyo, and in Dublin. Last year, before his performance, he was asked where he lives. His casual reply: "On airplanes." He is a gracious gentleman. His pupils respectfully call him "John."

His performance begins at 7:30 p.m. Admission is \$10 cash at the door. The Bistro Concert Series is sponsored by Atlantic Union Bank.

Bob Sherwood

Welcome to Our Fitness Intern

Photo by Bill Young



Shayna Hepner, our new fitness intern, is excited to be at SVWC.

A senior at Shepherd University, she is currently pursuing a degree in their Health Promotion and Exercise Science program (or HPEX for short). The aim of this degree program is to educate students on the importance of promoting health and wellness amongst various pop-

ulations while providing students with a backbone of knowledge in exercise science. At SVWC, Shayna will apply everything she has learned through her hands-on internship.

Shayna will be in the Vitality Center working alongside Kelsey until April 25, performing fitness assessments, creating personal training programs, teaching classes and more.

Shayna resides in Charles Town, West Virginia. Please stop by to have her answer any of your fitness questions.

Audubon Christmas Bird Count

On December 14, thirteen residents, Marty Tabaka, Jack Palm, Joyce Palm, Janice Palm, Paul Miller, John Lotz, Peggy Kenney, Kay Jones, Sandy Galletta, Bob Fitz, Jane Fitz, Anne Crocker, and Judi Booker, (all pictured below) participated in the annual nation-wide Audubon Christmas Bird Count (CBC). In all, we counted 46 species and 1,139 individual birds on this cold, somewhat windy day.

Our group was assigned one area of the 15-mile diameter count circle of the Northern Shenandoah Valley CBC, centered at Double Tollgate. We birded Kernstown Battlefield to begin our count. Then we split into five teams, to look for, identify, and count birds in each team's assigned area within the bounds of the Rt. 11-Cedar Creek Grade intersection, south on Rt. 11 to Springdale Rd. and across to Barley Road at Cedar Creek Grade.

After several hours of birding, the teams met for lunch. We warmed up, shared information on birds we'd seen, and socialized. Our list was then reported to Northern Shenandoah Audubon to be combined for the count circle. The Audubon CBC is the nation's longest-running community science bird project.

Judi Booker



Photo by Judi Booker



Photo by Bill Young

Ghostly Snow Deer

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