

Westbury World

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A Life Plan Community*

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Winchester Intergenerational Network Forms

Intergenerational programming is a topic that SVWC has discussed regularly as it has been one of the strategic initiatives in the last two strategic plans developed for the community. In 2021, CapDev completed a feasibility study to assess the potential for a capital campaign supporting an intergenerational center. Recommendations from CapDev included forming an Intergenerational Task Force to explore partnerships and educate the greater community on the benefits of intergenerational programming. Unfortunately, due to various circumstances, SVWC was not able to move this initiative forward at the time.

Early in 2024, I was doing some online research when I came across the Generations United website. The mission of Generations United is to improve the lives of children, youth, and older people through intergenerational collaboration, public policies, and programs for the enduring benefit of all. On their website, I found a PowerPoint that contained a presentation from Dr. Matthew Kaplan. Dr. Kaplan is a professor of Intergenerational Programs and Aging at Penn State University. On a whim, I sent Dr. Kaplan an email, and to my surprise, he responded very quickly. We connected via Zoom on several occasions, and Dr. Kaplan invited me to attend the Pennsylvania Intergenerational Network Biennial Conference that was held last July in Lancaster, PA. I attended the conference and my enthusiasm for this type of programming multiplied immensely.

Sherry Hudson, our Foundation and Marketing Director, started working with me on this concept. Together we presented a grant request to the Foundation Board asking for funds that would allow Dr. Kaplan to serve as our



consultant on this intergenerational journey. Thankfully, the Foundation Board agreed, and we have been partnering with Dr. Kaplan since July.

In November, SVWC held its first intergenerational informational meeting with local community leaders. Attendees from the local school and college systems, the Adult Care Center, the Youth Development Center, and other organizations participated in this initial meeting.

We had another meeting in January and decided to call ourselves the Winchester Intergenerational Network (WIN). The goal of this group is to establish a foundation for an Intergenerational Center/Network in the Winchester area, serving as a hub for activities, resources, and community engagement that foster intergenerational connections and address local needs.

One of the first things the group did was brainstorm and list all the community assets that would contribute to our goal. We then asked the group to share current initiatives that involve some sort of intergenerational connection. The plan is to break out into smaller subgroups to develop actionable strategies by leveraging existing community assets to keep the ideas moving forward.

Our last meeting was held on February 21, 2025. The group came up with several initiatives involving cultural arts, technology, community engagement, and local history.

The energy and excitement from the group have been very positive, and we are excited for the future. I hope to share more information as this network continues to meet to improve the quality of life in Winchester by fostering meaningful connections between younger and older residents.

Jeannie Shiley

SVWC Volunteer Fair



Photos by Bill Young



New Fitness Specialist Offers New Classes

Michelle Walker is the Fitness Center's newest Fitness Specialist. She comes to SVWC from Hilton Head Island, South Carolina where she was a fitness specialist for twelve years. She taught classes on the beach and in many of the resort pools. Before that, she was a cosmetologist for twenty years.



Photo by Bill Young

Michelle is CPR certified and ACE and AFA certified to teach and instruct all levels of yoga, Pilates, strength training, and a variety of aquatic fitness programs.

Michelle resides in Bunker Hill, WV. She has two daughters and cannot wait to be a grandmother someday. She enjoys sewing, going to thrift shops, and camping with her family.

She is excited to be at Westminster Canterbury to offer and share with you some new fitness classes. She invites you to join her. Here are some of the classes she leads:

Stability Ball Strong - full body core strengthening and balance workout.

Aqua Fit - water class using dumbbells with resistance against the water for low-impact toning workout.

Water Blast - a high cardio, total-body water workout that will "blast" calories.

All Standing Abdominal Workout - flatten, tone, and strengthen your core abdominal muscles without getting down on the floor.

Chair Yoga - a modified gentle yoga allows all levels to practice with the assistance and safety of a chair.

Improve Posture - strengthen and stretch the neck, shoulders, and spine to support good posture and improve balance.

Check out the fitness calendar for dates and times of classes.



Library Acquisitions New in March

Fiction

The Bourne Vendetta	Brian Freeman
The Big Empty	Robert Crais
The Stolen Queen	Fiona Davis
The Silver Squad: Rebels with Wrinkles	Marty Essen
The Heart of Winter	Jonathan Evison
Beautiful Ugly	Alice Feeney
Schooled in Murder	Victoria Gilbert
The Life of Herod the Great (LP)	Zora Neale Hurston
Where the Creek Bends	Linda Lael Miller
Bitter Passage (LP)	Colin Mills
Holmes is Missing (LP) 2 copies	James Patterson/Brian Sitts
Never Say Never (LP) 2 copies	Danielle Steel
Presumed Guilty LP) 2 copies	Scott Turow

Non-Fiction

The JFK Conspiracy: The Secret Plot to Kill Kennedy & Why It Failed	Brad Meltzer
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Photo by Bill Young

**Ann Thomas will be 101
on March 28.
Happy Birthday, Ann!**

March Thursday Night Programs

March 6: Daniel Morgan

Presented by George Schember

March 13: Resident Poetry and Prose

Led by Alice Lees

March 20: Patsy Cline Historic House

Presented by Hannah McDonald

March 27: Museum of the Shenandoah Valley Spring Exhibits

Presented by Mary Ladrack

Please consider joining the Thursday Night Program Committee to help plan the Fall 2025 schedule of speakers. Contact Margaret Richardson for details.

**Spring is Coming -- and so is
'Nurture Our Nature' Week**



Save the Dates
April 21-25

A week of nature activities and events at SVWC
in celebration of Earth Day and Arbor Day

Lifelong Learning

SVWC Lifelong Learning will host sessions every Monday in March starting at 2:00 p.m. and ending by 3:30 p.m. in the Abbey. These sessions continue the Great Decisions 2025 series organized by the Foreign Policy Association and featuring moderators from local universities and other experts. 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.

A 25-minute DVD Master Class lecture on each topic will be shown in the Activities Room each week at 3:00 & 3:30 p.m. on the Thursday BEFORE the Monday session on that topic.

March 3: "AI and American National Security." Moderator: John Elrick, Senior Systems Analyst at Westat Research. DVD Master Class was on Thursday, February 27.

March 10: "India: Between China, the West, and the Global South." Moderator: Charles Uphaus, retired foreign service officer (USAID). The DVD Master Class is on March 6.

March 17: "The Future of NATO & European Security." Moderator: Professor Patrick Farris, Shepherd University. The DVD Master Class is on March 13.

March 24: "U.S. Changing Leadership of the World Economy." Moderator: Jeff Coker, Dean, Shenandoah University College of Arts & Sciences. The DVD Master Class is on March 20.

March 31: "International Cooperation on Climate Change." Moderator: Mark Lore. The DVD Master Class is on March 27.

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

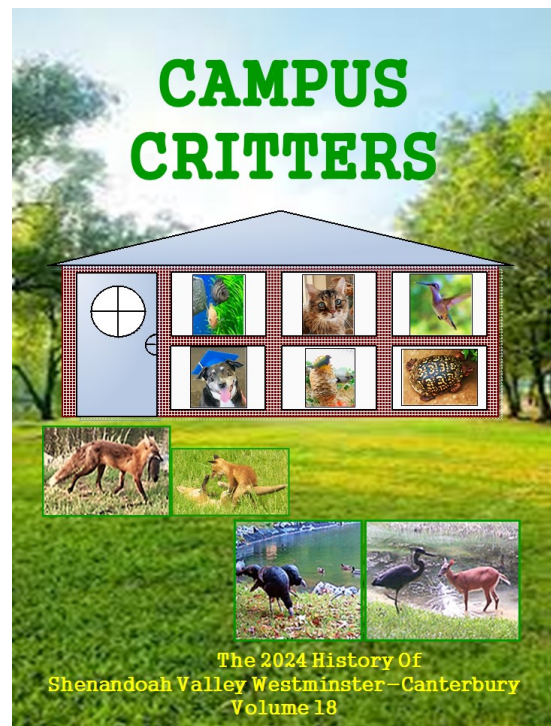
Bob Bolan and Mark Lore

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.

"CAMPUS CRITTERS" SVWC's 2024 History Now Available! (\$15.00 Benefits The Fellowship Fund)

"Large and small, domestic and wild, many species of animals visit and inhabit the SVWC ecosystem."



The 2024 History feature section, Campus Critters, introduces many of the animals that bring joy to our residents and staff, as well as two light-hearted articles about our wild friends.

Other sections include Art (featuring needlework art), Mother Nature's Team Activities, Resident and Staff Activities (photo collage), Residents Association Committees and Staff Reports, Governance, and Appendices. Beautiful photos and interesting articles are found throughout.

Copies are available in the Gift Shop, at the Front Desk, and from Sue McKenzie in Administration.

RA History Committee

Bistro Concert

“Ol’ time Bluegrass” at its best

Red and Murphy Henry, residents of Winchester, are among the nation’s best legacy Bluegrass performers. They will play on Friday, March 21, in the Bistro Concert series at Westminster Canterbury.



Red came on the Bluegrass scene as a tall, young, lanky, red-headed heart throb. Murphy complimented Red’s striking looks with her own beauty. She was also an extremely good musician, playing banjo brilliantly and also a good guitar. She is considered one of the first women to break the glass ceiling of Bluegrass. Together they have become legends.

An early recording of theirs tells us a lot. It was called “Riding Around on Saturday Night.” If you look at the record jacket you see that the rest of the title is “...to the Dairy Queen.” It caught the mood of the time.

Both Murphy and Red’s musical careers revolve around being long-time participants at music festivals and jam sessions in north Florida around St. Augustine before they migrated north to Winchester. They are not strangers to the recording studio, with an array of records to their credit. Another of their records is titled: “My Everyday Silver is Plastic.”

Red plays mandolin and fiddle. Murphy is adept at fiddle and banjo. Their two children are also rooted in the music world of Bluegrass. Beyond this, Murphy is well-known for teaching her own method for banjo playing.

Their program on the 21st is titled “Red and Murphy Henry and Friends.” Their friends are exactly that, people they’ve played with for many years. We’ll see who shows up.

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

Bob Sherwood

Chaplain’s Message

The story of Joseph and his brothers found in the book of Genesis is a classic tale that bears all the earmarks of great drama: jealousy, hatred, contempt, deceit, kidnapping, danger, and mistaken identities. And to top it all off, even a happy ending!



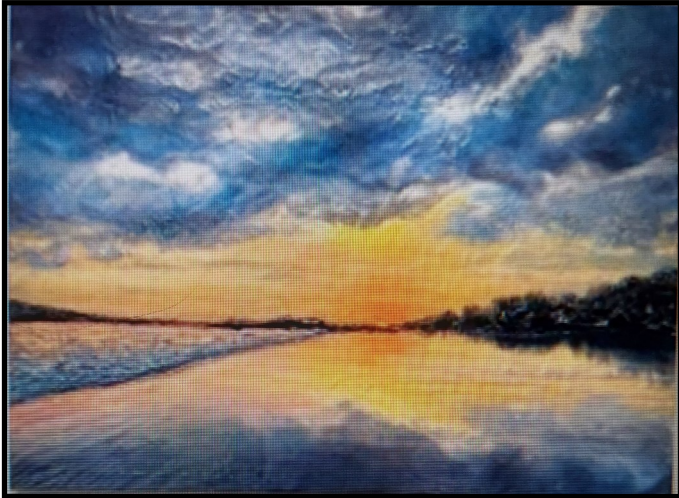
You may recall the story. Joseph’s brothers get tired of hearing about his crazy dreams and become jealous because Joseph is their father’s favorite. First they plan to kill him but then decide to sell him into slavery instead. Joseph ends up in Egypt, eventually becoming Pharaoh’s right-hand man.

Joseph’s brothers, without food in their own land of Canaan, come to Egypt looking for food and, unbeknownst to them, are helped by their brother Joseph who is now a very powerful man. After teaching them a lesson, Joseph forgives them for what they had done, and he sends them home with all the best that Egypt has to offer. Nice ending. Joseph forgave his brothers. That’s a good thing. But I can’t help but wonder if, in a similar situation, we would react the way Joseph did. I wonder if when facing those who have done us wrong, we, too, could show forgiveness and mercy instead of anger and revenge.

Forgiveness is not about forgetting. Forgiveness is about acknowledging that wrongs have been done, putting resentments aside, and finding a way to move forward in a relationship. Easier said than done, for sure, but God calls us to forgive – and to forgive one another the way in which God has forgiven us, unconditionally with grace and compassion.

Bill Everhart

Ash Wednesday - Imposition of Ashes
March 5 - 4:00 p.m.
The Chapel



"Reflecting on Fire"

Anne Rule Thompson Exhibit

The next Lawrence Gallery exhibition will introduce an exciting art medium which is new to Lawrence Gallery. Anne Rule Thompson created her astounding encaustic paintings by applying hot wax infused with colored pigments to a solid surface such as treated wood. Anne joins other artists who have revived and enhanced this ancient medium to reflect modern materials, tools, and subject matter.

Anne received a degree in painting from the Savannah College of Art and Design in Savannah, Georgia. Her interest in sculpture led her to experiment with hot wax, collage, and clay. Her beautiful and unique style of art explores the textures of nature, and even includes embedded materials collected outdoors. She lives near Harper's Ferry and offers summer workshops in art within a natural mountain setting.



In keeping with Anne's themes of a new medium and natural elements, Christy Dunkle's lovely artistic rock assemblages (pictured above) will be exhibited in the showcases.

Everyone is sure to have many questions about these two exhibits, so please join us for the opening reception in the Activities Room and gaming area of the Commons on Saturday, March 8, from 5:00 to 6:30 p.m.

The exhibits, "Exploring Beneath the Surface" and "Rock Assemblages," will be on view from Saturday, March 1 through Friday, May 2.

Loretta Johnston



Resident Opportunities Open House

Plan to stop by the
Residents Opportunities Open House
on Thursday, March 26 from 5:30-7:00 p.m.
in the Commons.

Find out what might interest you from
representatives of all of the
Residents Association committees and
resident-led activities.

Welcome to Our New Neighbors

George "Ed" Wilson moved into Shenandoah Hall, Apt. 206 from Leesburg, VA.

Carol "CJ" Borden moved into 1450 Bold Rock Drive, Apt. 202 from Strasburg, VA.

Bill and Ann Prokopchak moved into Shenandoah Hall, Apt. 113 from Winchester, VA.

Jill Hunt and Mike Blankenship moved into Shenandoah Hall, Apt. 523 from Johnson City, TN.

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FROM THE



The opening of Blue Ridge Hall 20 years ago, as reported in the *Westbury World* for March, 2005:

March Opening for Blue Ridge Hall

Three years of research and planning have yielded results. Blue Ridge Hall, a specially designed unit for residents with Alzheimer's Disease and other forms of dementia, will open soon.

Thanks to the dedication of many staff, residents, and several dementia experts, we have designed a unique program that will greatly enhance the lives of its participants and will be a model for other programs throughout the country. A significant amount of remodeling was necessary to accommodate the design of the program. One wing of Health Care and one wing of Wappacomo Hall were connected to the central kitchen and activity area (formerly the Recreation Center) in order to create a self-contained unit.

A unique feature of the unit is the cross-trained staff who will work only in this unit. This specially-trained staff will take center stage mid-March as we officially begin operation of Blue Ridge Hall. Westminster-Canterbury's Chaplain, Elizabeth Lewis, is working with the Blue Ridge Hall staff to plan a formal dedication to take place in late April.

When the construction crews depart and things get back to normal, be assured that the work is far from over. As staff and families gain a greater knowledge of the disease and the special needs associated with it, partnerships will be created with local and regional entities. These partnerships will further enhance our model of care and assist in the much needed research of Alzheimer's Disease and other forms of dementia.

Resident communication 25 years ago, as reported in the *Westbury World* for March, 2000:

Two-Way Communication SVWC's Treasure

"I haven't attended many of these meetings...but I'm not missing any more. It's better than going to a movie!" So said Holmes Thomas after a lively discussion at a recent "Coffee with the Administration." Every one of these weekly meetings may not be as lively, but each one embodies a precious quality: frequent and open communication between residents and administration.

Every week our CEO, Mike Peasley, and others on his staff, sit before the residents to answer questions, take note of complaints, impart information, solicit residents' opinions, and dispel (or confirm) "the rumor of the week." The humor, the irony, and sometimes the sarcasm expressed, is indeed better than a movie. It's not possible to satisfy all of the people all of the time, but this high wire act by management goes a long way toward that goal.

But that's not the only path for our two-way communications. Residents reluctant to voice their concerns at these open meetings are not voiceless, for Mike Peasley's door is always open.

In addition, residents may bring their concerns to the Executive Committee of the Residents Association. That committee meets monthly, a week before the Residents Association meeting, and reports to the full membership of SVWC.

SVWC is a community where each resident is valued, and whose opinion and participation are truly desired. Two-Way Communication is a treasure we hold dear.



Photo by Bill Young

Precursors of Spring in Teresa's Garden

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