

Westbury World

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A Life Plan Community*

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June 2025

Board of Trustees Holds Annual Meeting

The Annual Meeting of the SVWC corporate Board of Trustees was held on May 19, 2025. Rev. Dan McCoig began the meeting with an opening prayer and a reading of the Mission Statement. Duane Wernecke, CFO, reviewed the results from the 2024 financial audit as the educational portion of the meeting.

The Board approved the amended corporate Bylaws. The name of the former Virginia Diocesan Homes was changed to Virginia Episcopal Real Estate Partners, and the Property & Planning Committee resident members now include a resident from the villas.

Linda Gibson was elected as the new Board Chair, and Mark Loring as Vice Chair. Rob Boyd was re-elected as Secretary/Treasurer. Jeannie Shiley, Duane Wernecke, and Chanda Palmer were re-elected as Corporate Officers of the organization.

The residents re-elected Bill Young as President of the Residents Association; he will serve another one-year term on the Board.

We want to thank the trustees leaving the Board for their incredible service to SVWC. This was the last official meeting for Rev. Dan McCoig, Marty Tabaka, Clare Dame, and Courtney Warner. Dan and Marty served three terms, Courtney served two terms, and Clare served one term. A lot of wonderful things have happened within our community over the past several years, and we are incredibly grateful for their leadership and support throughout these changes.



It is now time to welcome four new trustees to the community. The Virginia Episcopal Real Estate Partners Board approved the election of Mary Margaret Wise and Dan Wall.



Mary Margaret Wise

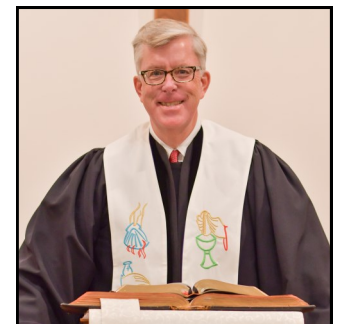


Dan Wall

The Westminster Presbyterian Homes, Inc. Board approved the election of Erin Truban Gramling and Rev. Jonathan Bunker. Dan will serve on the Property and Planning Committee. Mary Margaret, Erin, and Jonathan will serve on the Resident Services Committee.



Erin Trubin Gramling



Rev. Jonathan Bunker

A social was held following the meeting to thank the Trustees for their willingness to donate their time and talents to SVWC. Department heads were also invited to the social.

Jeannie Shiley

Chaplain's Message

As an ordained minister, I have officiated at many weddings down through the years. And I've always considered it an honor and a privilege to be able to share the couple's special day with them and their families.



The traditional wedding ceremony often includes the reading of scripture, specifically 1 Corinthians 13, the aptly named "love chapter." Perhaps you recall the words: *Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. It bears all things, believes all things, hopes all things, endures all things. Love never ends.*

This kind of love is what's known as agape love, a love that's described as God's love for humanity and the kind of love we are called to have for one another.

One writer says, to love one another as we are loved by God is to live a life thoroughly shaped by a love that knows no limits – a love whose expression brings the believer closer into relationship with God and one another. In other words, it's about sharing the unconditional love that God has for us with others.

Loving unconditionally also requires acceptance of others, and while that doesn't necessarily mean we always like or even condone the actions of others, it does mean that God calls us to reach out in love toward one another, as God has reached out to us – to see others as they *could* be rather than as they are, and to do that with loving eyes and compassionate hearts.

What better way for us to glorify God and to give God praise than by seeking and striving always to love one another.

Bill Everhart

Lifelong Learning for June

SVWC Lifelong Learning will host sessions every Monday in June starting at 2:00 p.m. and ending approximately 3:00 p.m. in the Abbey. The session **Monday, June 2**, is called "**Understanding Rule of Law.**"

This session, organized by Shenandoah University Professor John Winn, uses information from his business law classes to consider how to apply the rule of law to situations that arise both within the United States and between nations. For example, the U.S. Senate has not ratified some agreements (e.g., the International Criminal Court) so when should the U.S. comply with ICC protocols and when can the U.S. not comply with them?

The session on **Monday, June 9**, returns to "**Artificial Intelligence**" (AI) for a series of sessions. This series will begin on June 9 with an overview of what AI entails – how does it work, who is involved, what are its consequences – with updates from our prior sessions in October 2023 and June 2024.

The **June 16, 23, and 30**, sessions will be based on AI TED Talks presented at the April 2025 TED Conference in Vancouver, B.C.:

The CEO of OpenAI (ChatGPT) about current and future AI.

Meet a personal robot coming to assist around the house.

See the use of a tiny AI "pill" to perform medical tasks inside us.

Discuss the risks and benefits of AI.

See a "deep fake" video and discuss how to detect them.

AI-enhanced cameras and computers within our eyeglasses.

Hear about an AI "companion" to help heal loneliness.

This topic, artificial intelligence, may be the most important and rapidly evolving topic for the world at present. Lifelong Learning discussions can help us to be informed about what is happening and how it impacts our lives.

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

Bob Bolan

What is a Death Cafe?

It is a safe, respectful, and confidential space where people gather to discuss dying, end of life, and death. It is informal with no set agenda or theme, but a spontaneous conversation that arises from those present. It is not a class or a support or counseling session.

The objective of a Death Cafe is to increase an awareness of death as a natural event to help people become more comfortable with life as it moves to the end of life. A Death Cafe provides a place to share our curiosity, our stories, and how we might want to live our lives before we die. And what is important to us now.

Some topics that might come up in the conversation might include: what it means to die well by living well, how to speak to loved ones about life and death, how you want to be honored after death, rituals and cultural practices around death, the mystery of death and the unknown, end of life care, our legacy, near death experiences, and writing your obituary.

This model of discussion began in the UK by Jon Underwood in 2011. Since then there have been 21,000 Death Cafes in 93 countries.

Death Cafe is held on first Wednesdays at 2:00 p.m., in the Chapel, facilitated by Chaplain Bill Everhart and Mary Jane Lee.

Mary Jane Lee



Hello Summer!

June 20 is the first day of summer. To celebrate, Smiley's Ice Cream will give out ice cream cones or sundaes to residents and staff on Wednesday, June 18, from 1:00 to 3:30 p.m. Smiley's Ice Cream truck will be in front of Lawrence Hall. Enjoy!



Photo by Bill Young

Welcome Serina

In April, Serina Hunter-Thomas was hired as Nursing Staff Educator/Quality Assurance/Infection Control. Serina is an RN; she obtained a Master of Science in Health Administration from Central Michigan University and a Bachelor of Science in Nursing from the University of Rochester School of Nursing.

Serina was previously employed by the Federal Government - U.S. Public Health Service for 30 years, now a retired Captain (06), effective October 1, 2024. She worked at various agencies within the Department of Health and Human Services, the National Institutes of Health (NIH), Health Resources and Services Administration (HRSA), Federal Occupational Health (FOH), and Food and Drug Administration (FDA). Currently she also works part-time/per diem at Winchester Medical Center in the Observation Unit.

Serina is originally from Brooklyn, New York, and now lives in Martinsburg, WV. She is married and has three daughters. She also has five dogs and is looking to rehome two if anyone is interested! In her free time, she enjoys reading, gardening, and juicing.

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Occupational Therapy and Speech Language have a New Home

The Therapy Department has grown over the past several years. To better meet the needs of residents, the Occupational Therapists, Bridget Bertschinger and Megan Brown, moved to the first floor of Wappacomo Hall, into a space across from the in-house mailboxes, which was once the rehab satellite office and the Administrator's office. The new OT suite offers a private treatment room with an in-suite bathroom, a kitchenette space for working on activities of daily living, two other treatment areas, and office space for the therapists.

Occupational Therapy focuses on rehabilitating activities of daily living including bathing, dressing, hygiene, cooking, cleaning, working, fine motor tasks as well as wheelchair management and positioning. Our occupational therapists rehab shoulder and upper extremity conditions as well.



The Speech Language office has moved to into a new space in Wappacomo Hall too. The Speech Language office is now located on the first floor of Wappacomo Hall across from the elevators.

Our Speech Therapist, Christine Ristano, can help with your swallowing and speech but you may not be aware that she can also help with your brain health. She is certified in BCAT testing which is a comprehensive test of your cognitive abilities and will give you an excellent baseline.



If you have any therapy needs or questions, please call the main Rehab Department number at (540) 665-5928.

Stephanie Ralls

Photos by Bill Young

New Rehab & Revive Screening Program

Rehab & Revive is a FREE screening program offered by the Rehabilitation Department. The program assesses and scores residents in the areas of balance, fitness, activities of daily living, memory, and swallowing safety.

These five areas, when proactively addressed, can reduce the risk of hospitalization and allow residents to age in place.

The initial screenings will be held on June 11, 28, and 25. After the initial screening, residents will be contacted to screen again in several months and/or to have the appropriate course of therapy to address any issues.

This proactive program is meant to catch little issues before they become big ones. Sign-up is required. A sign up sheet is posted at the Activities bulletin board.

Stephanie Ralls

Welcome to Our New Neighbors

Bob Brock and Nina Frederick moved into 104 Cottage Drive from White Post, VA.



Memorial Day Ceremony

From the Archives

Reported 15 years ago in the *Westbury World* for June, 2010:

SVWC Veterans Group War Stories

Mary Blackmore Johnston volunteered for the Women's Army Corps (WAC) in December of 1942.

For 1 1/2 years she served as an interpreter and chaplains' assistant. Then, much to her surprise, she was assigned to train as a cryptographic analyst. Her group of "code breakers" was shipped to New Guinea where they were successful in breaking the Japanese Naval codes and providing valuable information to Allied commanders. Tokyo Rose broadcast Japan's displeasure with their success. Mary would be happy to provide details of the broadcast.



Healing Field of Honor at Handley High School



Library Acquisitions New in June

Fiction

Strangers in Time (LP)*	David Baldacci
Nobody's Fool (LP)*	Harlan Coben
The Death of Us	Abigail Dean
Heartwood	Amity Gaige
Bitterfrost	Bryan Gruley
Great Big Beautiful Life (LP)	Emily Henry
The Story She Left Behind	
	Patti Callahan Henry
Shadow of the Solstice	Anne Hillerman
Overkill	J. A. Jance
The Eights	Joanna Miller
The Maid's Secret (LP)*	Nita Prose
Lethal Prey (LP)	John Sanford
Vera Wong's Guide to Snooping (On A Dead Man)	Jesse Q. Sutanto
The Human Scale (LP)	Lawrence Wright

Non-Fiction

The Ride: Paul Revere and The Night that Saved America	Kostya Kennedy
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*A Copy in Wappacomo Library



Bistro Concert: One Street Over

One Street Over is a Celtic roots band known for blending traditional tunes and original compositions. They will perform in the Bistro on Friday, June 20.

The band's four lively musicians each play a remarkable assortment of instruments including fiddle, mandocello, Irish flute, bouzouki, mandolin, guitar, bodhran, and several more. Their top-quality musicianship is derived from their diverse musical backgrounds that include classical, bluegrass, punk rock, and, of course, Irish traditions.

They are light-hearted, yet skilled and serious musicians. Some have been band members for years. Others are relatively new. Several of them compose new music. Sometimes they team up in their creative efforts.

You'll hear tunes like "Ships are Sailing," "Killarney Boys," "Old Maui," and "Castle Kelly." To be sure you can hear them by going out to a country pub near Front Royal where they play regularly, but in June they're coming to us. This will be their first visit to Westminster Canterbury.

They are considered among the best of the Irish bands in this area. We're fortunate to have them play for us here in the Bistro.

The performance will begin at 7:30 p.m. Admission is \$10 (cash only please) at the entrance. The concert is open to the public. The series is sponsored by Atlantic Union Bank.

Bob Sherwood

Foundation Ten Year Anniversary Celebration

Ribbon Cutting & Reception
June 17, 2025
5:30 to 7:00 p.m.

Main Entrance - Lawrence Hall
RSVP to vmcallister@svwc.org
by June 10

Campus Happenings



Croquet Season Opens



Westbury Choristers



Photo by Bill Young

Iris Adorning the Chinkapin Oak Stump

Thanks to transplants from a bed in front of Wappacomo Hall by Elizabeth Harp

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