

Westbury World



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New Cycling Group Explores Local Trails



Photo by Bill Young

Back row, left to right: Walt Mullen, Courtney Mullen, Eric Brinkmann, Frank Troxell, Carolyn Troxell. Front: Bill Cook

You would think, sitting through Coffee with Administration every Wednesday, that SVWC has a sufficient number of activities for its residents. Yet here we come with a brand-new way to see the sights, improve fitness, and make new friends: a bike riding group that meets weekly to explore our spectacular region.

We still don't have a name, but we started recruiting in March. With some riders approaching their late 80s, streets and trails could not have much traffic or many hills, and distances could not be long. Electric bikes and tricycles are welcome.

Our first ride was just over half a mile, and we never left the campus. Since then, we've met at the Greenhouse on Tuesday mornings at 10:00 a.m. for different expeditions of five to ten miles on quiet trails and streets. Carolyn Troxell said, "We really enjoy the camaraderie and being introduced to the beautiful trails around the Museum of the Shenandoah Valley." Bruce Leech said the rides are "a good way for me to learn my way around Winchester." One ride took the Green Circle Trail all the way along Jubal Early and another went out Merriman's Lane through neighborhoods to Rose Hill Park. Come join us on any given Tuesday.

Bill Cook

ADMIN TEAM ATTENDS LEADINGAGE VIRGINIA ANNUAL CONFERENCE



Several of the management team had the opportunity to attend the LeadingAge Virginia annual conference in Norfolk, VA, from June 3-5, 2025. The theme of the conference was Ripples of Impact. These conferences are always such a wonderful way to gain new insights, share ideas, and build meaningful connections with others in our industry.

On Tuesday afternoon, Sherry Hudson and I presented a session entitled "Cultivating a Shared Purpose: Making a Difference Beyond Your Community Walls." We were able to share and highlight why community support is so important, not only for SVWC but for the greater Winchester and Frederick County area. Our presentation was well attended and very interactive, which is what we hoped for! Thank you to all our residents who attended our practice presentation and offered valuable suggestions, which made our presentation even better!

On Wednesday, Michelle Thomas, our Director of Health Services, and Renee Thompson, Clinical Manager with Blue Ridge Care, presented a session entitled "Integrating Hospice and Skilled Nursing Care: Building a Collaborative, Person-Centered Approach." This session was designed for both hospice and skilled nursing providers who are committed to creating seamless, high-quality care for residents by

effectively integrating hospice services into long-term care communities. SVWC and Blue Ridge Care have an awesome partnership, which we are both very proud of.

We also had the opportunity to hear from two interesting keynote speakers. Anna Hall spoke on igniting purpose as a catalyst for joy, resilience and meaningful engagement. Anna defined purpose as your innate ability to give and get meaningful joy every single day. This message resounded with many of us seeking this type of balance in our lives.

We also heard from John Seigel-Boettner and his son Jacob on their Cycling Without Age movement. John has been an avid cyclist his entire life. The now-retired middle school teacher from Santa Barbara, CA, is focusing his efforts by empowering staff, residents, and volunteers to reimagine aging as an experience filled with connection, joy, and purpose. He can accomplish this with the help of an electric trishaw bicycle. The documentary was so powerful that it left many of us in tears. I can tell you this is something that SVWC is currently exploring for our campus. A trailer from the documentary was shared with residents at the Town Hall on June 19, 2025.

These conferences are so motivating and informative. I am very appreciative of the opportunity to attend and present with our team. We are proud of our mission and the impact we have on so many in the community.

Jeannie Shiley





Library Acquisitions New in July

Fiction

My Name is Emilia del Valle (LP)*	Isabel Allende
My Friends	Fredrik Backman
Tom Clancy Line of Demarcation (LP)	M. P. Woodward
Nightshade	Michael Connelly
South of Nowhere (LP)	Jeffery Deaver
Fever Beach (LP)	Carl Hiaasen
Marble Hall Murders	Anthony Horowitz
Return to Sender	Craig Johnson
Going Home in the Dark	Dean Koontz
The Tenant	Freida McFadden
Where the Rivers Merge	Mary Alice Monroe
25 Alive (LP)*	James Patterson
The Busybody Book Club	Freya Sampson
A Mind of Her Own (LP)*	Danielle Steel
Run For the Hills	Kevin Wilson

Non-Fiction

Spitfires	Becky Aikman
1861 The Lost Peace	Jay Winik

*A Copy in Wappacomo Library

Welcome to Our New Neighbors

Mary Ann Milosavich moved into 600 Feldspar Court, Apt. 101 from Front Royal, VA.

Stephanie Spingarn moved into 1430 Bold Rock Drive, Apt. 200 from Norfolk, VA.

William & Patricia Burslem moved into Winchester Hall, Apt. 225 from Winchester, VA.

Kathye Stratton moved into 1410 Bold Rock Drive, Apt. 304 from Winchester, VA.

Kitty Stein moved into Shenandoah Hall, Apt. 524 from Winchester, VA.

Lifelong Learning

SVWC Lifelong Learning will host sessions every Monday in July starting at 2:00 p.m. and ending approximately 3:00 p.m. in The Abbey.

The session **Monday, July 7**, is called "**The Only Girl in the Orchestra**." We focus on the Oscar-winning short documentary film that explores double-bassist Orin O'Brien's career with the New York Philharmonic Orchestra. Her instrument plays a support role for the entire orchestra, and she relates how this role informs her entire life. It is a big part of what makes her human. What makes each of us "human"?

The session on **Monday, July 14**, is at the heart of Winchester's role in the Civil War. **The Second Battle of Winchester** (June 13-15, 1863) culminated in a decisive Confederate victory across land near the Fox Drive side of the SVWC Villas. A 172-acre portion at the center of the battle is being gifted as an easement to the Shenandoah Valley Battlefields Foundation (SVBF). We have invited a young scholar who is working on this for SVBF to describe the battle and current efforts for its preservation and interpretation.

On **Monday, July 21**, we consider **animals and fish and their contributions to research**. Sharks are used in cancer research. Primates are used in many research projects. What is the range of research, and what are some recent developments? What ethical steps are taken to protect the lives of these animals?

In our Lifelong Learning session on **Monday, July 28**, we plan to travel visually to the American Southwest to consider the life and times of **the Anasazi people** who lived there for centuries before disappearing about 700 years ago.

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



Lawrence Gallery Exhibit

Lawrence Gallery is pleased to have an outstanding exhibit of photographic art by the prestigious Virginia Master Naturalists Society.

Ten skilled photographers under the leadership of Alex Newhart are offering a large display of exemplary photos of area plants and animals. Please don't miss these warm, endearing examples of virtuosic camera work and patience.

The exhibit in the showcases features the exotic and beautiful smoke-fired vessels of artist Annette Verna. Annette has fully developed the process used to produce these interesting, sculpted containers.



The exhibits are scheduled from June 28 until August 27. Everyone is invited to meet the artists of these new exhibits at the Artists Reception in the Abbey on June 28 from 5:00 to 6:30 p.m.

Loretta Johnston

Chaplain's Message

In the seventh chapter of the Gospel according to Luke, there's a wonderful story about a woman whose love for Jesus provides us with a poignant example of compassion and forgiveness, which serves as a model for us all.



Luke tells us that there was a woman who was a sinner, and who, after learning that Jesus was in town, made her way to the home where he was dining. Luke doesn't tell us what the woman's sin was, but we can assume that she was both an uninvited and unwanted guest by many at the banquet.

The woman stands behind Jesus and begins to weep, so deeply that her tears fall on Jesus' feet. We are told the woman then lets down her hair and carefully and lovingly wipes Jesus' feet before anointing them with the ointment she had brought.

Those present question why Jesus would allow a woman such as this to attend to him so intimately, to which Jesus replies, "Her sins, which were many, have been forgiven. Hence, she has shown great love."

The woman knew who Jesus was and that her sins had been forgiven and she reached out to him in love, and in humility bows at his feet. She knew what he had done, and she knew her place. The others stood by self-righteously and condemned her for her sins.

The underlying theme of this passage is that love and forgiveness are inseparably linked, and illustrated both in the way God loves us, and the way in which we are called to love one another.

When we experience relationship difficulties in our lives, may we learn to respond with love and forgiveness. It's a lesson for us all -- in our homes, in our communities, in our churches, and in our world. God loves us all. God forgives us all. So may we love and forgive one another.

Bill Everhart

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Resident Association Officers Installation



Photo by Ray Leonard

On June 9, 2025, Chanda Palmer installed the new Residents Association Officers (pictured left to right): Bill Young, President; Pam Curtis, Vice President; Karin Aukerman, Secretary; Linda Botens, Treasurer; and Sherman Barker, Brian Dewey, Tony Mirra, and Steve Reardon, all Members-at-Large.

SVWC Foundation 10th Anniversary Celebration



Photo by Bill Young

The SVWC Foundation was pleased to host a celebration of its 10th year anniversary on Tuesday, June 17, with a ribbon cutting ceremony and reception.

The Foundation exists to serve SVWC, its mission and vision: not only residents, but the Winchester, Frederick County, and northern Shenandoah Valley communities.

Because of the Foundation, no resident will ever need to leave our community due to inadequate financial resources. The Foundation also aids employees who occasionally require emergency financial assistance.

In 2025, the Foundation launched a new Nursing Scholarship Program for health care staff who want to further their education and training. A separate scholarship fund benefits other employees and their dependents. Art and cultural programs, spiritual life and wellness initiatives, Mother Nature's Team, the woodworking shop and other giving opportunities round out our portfolio of funds. Our volunteer program led by Vice Chair Diane Sinclair directly benefits both our residents and the surrounding community.

The SVWC Foundation deeply appreciates the generous support of all our residents, staff, community friends and corporate partners. It's been a great 10 years; we're excited for our future.

Rick Eisenstaedt, Chair, Foundation Board



Jazz Returns to the Bistro

The Justin Lees Jazz Trio returns on Friday, July 18, to play in the Bistro Concert series at Westminster Canterbury.

Justin's exciting musicianship over his eight prior Bistro performances has 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. Justin's trio played some years ago in Washington's leading jazz venues including the famous One Step Down before it closed.

He is joined this year by Dominic Smith on percussion and Peter Revell, double bass. Dominic's hard swinging style, use of dynamics and innovative rhythmic subtleties have been adopted by many jazz notables. He performs regularly at 49 West in Annapolis as well as at many D.C. area venues and nationally.

Peter played with the U.S. Navy Band for 26 years until 2021, serving in both the Commodores Jazz Ensemble and the Sea Chanters Chorus. Recently, he played electric bass for the world premiere of the new Broadway show "Once Upon a One More Time."

Justin's mother, Alice Lees, is a resident here.

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

Bob Sherwood

From the



The origins of the putting green 25 years ago, as reported in the *Westbury World* for July, 2000:

Putt it Here, Louie

"Louie Hyde," said Bill Jones, Chairman of the Building and Grounds Committee, "asked why SVWC didn't have a putting green. And," Bill smiled, "he asked and asked and asked--at least over the two years I've known him." Persistence was finally rewarded--a putting green is being installed just south of Shenandoah Hall.

Initially proposed was a natural grass putting surface. It didn't take long to discover that the cost of installing and maintaining such a facility was far beyond our budget. But John Waller and Bill Jones, consulting with professional grounds keepers, discovered that synthetic turf could be installed for a fraction of the cost of natural turf. That's when Louie backed up his ardor with the critical element. Mr. Hyde wrote a check, John Waller designed the layout, and the ball started rolling (so to speak).

SVWC staff helped reduce the cost. Andy Keeler donated the use of his "bobcat" tractor, his dump truck, and his laser leveling device, and Brad Fout donated the use of his concrete-finishing equipment.

Perhaps Bill Jones started a naming contest for this new facility when he mentioned names he'd heard suggested: "Hyde Park," "Hyde Park and Putt," and "Hyde and Seek." Watch the bulletin board for announcement of the opening putt.



Photo by Bill Young

Celebrating Summer with Smiley's Ice Cream



Photo by Jeannie Shiley

SVWC Veterans Participate in the Top of Virginia Honor Flight

On May 31, 2025, six residents and two SVWC employees had the privilege to participate in a Top of Virginia Honor Flight. Our residents who participated in this Honor Flight included Chuck Walters, Bob Fitz, Bill Turkel, Marshall Shepherd (pictured above), Gordon Clark, and Bill Keech. Rayvn Pindell, Activities Dementia Coordinator for Blue Ridge Hall, and Jeannie Shiley, President/CEO, served as guardians for the trip.

The day started with breakfast being served at Shenandoah University. Each veteran was assigned a guardian for the day. Following breakfast, two charter buses loaded up and headed towards Washington, DC.

The first stop was the World War II Memorial. The veterans were welcomed to the memorial by a large group of visitors waving flags and thanking the veterans for their service. The buses then had a police escort to the area around the Lincoln Memorial, which contains the Korean War and the Vietnam War Memorials. Other monuments visited during the day included the Navy, Air Force, and Marine memorials.

The day was full of amazing experiences, but the time spent at Arlington Cemetery was very special. Two of our veterans, Bill Keech and Gordon Clark, participated in the laying of the wreath ceremony.

Following a full day, the veterans were welcomed back to Shenandoah University by a huge crowd of well-wishers. Dinner was then served to all the participants and their spouses. Before the dinner, our very own Marshall Shepherd was awarded the Korean Medal of Peace from the Korean Embassy for his service during the war.

Honor Flights were created solely to honor our veterans for all their sacrifices, and they certainly did exactly that. It was a very special day for all who attended.



Jeannie Shiley



Photo by Bill Young

Petting Zoo

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