

# Westbury World

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## A Tribute and Thank You to Cari and Bob Sherwood



Photo by Bill Young

Cari and Bob Sherwood had only been residents for nine months when they launched the Bistro Concert Series in December 2008. The Bistro Concert Series idea was fashioned after a small music venue they held at their church known as Sounds of Grace, which raised funds to establish an outreach program. They felt the same type of event could be started at Shenandoah Valley Westminster-Canterbury to raise funds for the Fellowship Fund.

Over the next 17 years, roughly 900 musicians have performed in the Bistro Concert Series. Even during the COVID shutdown, they continued to ensure musical performances were held. They were instrumental in the success of the concerts, making the contacts, scheduling performers across the many music genres, and helping with the setup of the Bistro. They ensured that the piano was tuned correctly.

Popular performers such as Thomas Pandolfi and Robbie Limon have returned year after year. The caliber of music rose over the years, attracting those who perform on the international level such as Tom Clyde Shaw, John O'Conor, Tim Roberts, Julian Schwarz and Tara McNeill. From classical to jazz to bluegrass and rock and roll, the groups brought live, quality music to an ever-growing audience. The Sherwoods nurtured personal relationships with these artists to continue to offer quality programs to SVWC every month of the year.

The concerts are open to the general public, and have provided an opportunity for people to get to know SVWC and what it has to offer.

SVWC is grateful and thankful for Cari and Bob's diligent and dedicated service. And for the approximately \$90,000 the concerts have raised for the Fellowship Fund.

## A Message from Our CEO

SVWC has achieved accreditation by the Commission on Accreditation of Rehabilitation Facilities (CARF) since 1996. CARF is an independent, nonprofit accreditor of health and human services whose mission is to promote the quality, value, and optimal outcomes of services through a consultative accreditation process and continuous improvement services that focus on enhancing the lives of persons served.



Achieving and sustaining accreditation shows the community's commitment to continuously improving services, managing risk, and distinguishing service delivery. Other benefits and advantages of accreditation include person focused standards that emphasize an integrated and individualized approach to services and outcomes, improved communication with persons served, management techniques that are efficient, cost-effective, and based on outcomes and consumer satisfaction, assurance that SVWC has demonstrated conformance to internationally accepted standards, and guidance for responsible management and professional growth of personnel.

Our accreditation expires in November; SVWC is scheduled to be surveyed for reaccreditation this fall. Over the next month, we will begin to prepare for the survey. Staff will be asked to work on sections of the CARF manual, and teams will be formed that will include staff, residents, future residents, family members, and the Board of Trustees. Surveyors (except for the financial review, which is conducted virtually) will be on site for three or four days. Time will be spent touring the community and meeting with individual stakeholders (residents, family members, employees, and board members).

Once the survey has been completed, CARF will send a report outlining areas of strength and opportunities for quality improvement. SVWC will then be required to submit a Quality Improvement Plan to address the areas of improvement.

The process is intense, but one that SVWC feels is very important to the long-term success of our community. Stay tuned for more information in the coming months.

*Jeannie Shiley*

## Here Comes the Fair

Did you know volunteering offers significant health benefits? Research shows that volunteering offers three significant health benefits, especially for older adults. It improves physical and mental health; provides a sense of purpose; and nurtures new and existing relationships. So, get healthier!



Mark your calendars for the Volunteer Fair coming on **Tuesday, February 24th, from 11:00 a.m. to 1:00 p.m. in the Abbey**. This is the third year that the SVWC Foundation Volunteer Committee has invited nonprofit Winchester area organizations that need volunteers to send a representative to interact informally with SVWC residents. Twenty-five organizations have been invited to provide a variety of interests for our residents. Stop by to chat, think of it as "speed dating," to find what best fits you! What a great way to get to know the area community in which you reside, meet local residents, and find out about Winchester/Frederick County.

In 2025, 195 residents recorded 5,530 hours serving the surrounding Winchester/Frederick County community. A complete report of all 2025 volunteer hours will be given at a Residents Association meeting as well as Coffee With Administration. These figures are a result of volunteers recording their hours on the Volunteer Opportunities icon on the Portal.

The Volunteer Committee urges everyone to record their hours. These totals give SVWC credibility as a non-profit that gives back to its community and may influence prospective residents who desire to become part of such an active and caring community.

See you at the Fair!

## Two Bistro Concerts in February



February will enjoy two scheduled Bistro Concerts: To celebrate Black History Month, the first concert will be on the 6<sup>th</sup>, and will honor John Kirby, a Winchester-born jazzman. A sextet led by Bob Larson, recently retired Chair of Jazz

Studies at Shenandoah Conservatory, will re-create Kirby's best-known group, the Onyx Club Band, nicknamed "The Biggest Little Band in the Land." Born in 1908, Kirby made significant contributions to the development of American jazz. He exhibited skill in writing, arranging, and showcasing the latest trends in jazz. He played with some of the top jazz musicians of the day, such as Dizzy Gillespie and Sarah Vaughn. In the 1930s and 1940s, he developed "classical jazz," drawing from his knowledge of classical music and love of jazz. Those works have recently been rediscovered and praised by jazz historians.

The second Bistro Concert will be on the 20<sup>th</sup>. John O'Conor, one of the world's prominent pianists, will perform. O'Conor spent several years in Vienna, researching the original handwritten scores of Beethoven and developed a particularly unique understanding of the composer and his music composition as it transitioned from harpsichord to piano. Orchestras around the globe seek O'Conor for his masterful interpretations of Beethoven. The *Chicago Tribune* has noted: "Piano virtuosity can take a variety of forms, but one of the rarest belongs to John O'Conor. [He] ... favors inner expression and atmosphere over showmanship and bravura. In technically complex passages, he ... find[s] the ideas behind the flurry of notes." O'Conor's February program will feature Beethoven, Hayden, and Mozart.

Each of the programs begins at 7:30 p.m. Admission is \$10 (cash only). Proceeds help support the Fellowship Fund. Atlantic Union Bank sponsors the series.



## Lifelong Learning

SVWC Lifelong Learning will host the eight Great Decisions sessions on Mondays in February and March starting at 2:00 p.m. and ending by 3:30 p.m. in the Abbey. Great Decisions classes are organized by the Foreign Policy Association (FPA). The FPA provides DVD video overviews and guidebooks for participants with emphasis on group discussion. SVWC resident Mark Lore arranges for local area experts to facilitate each session.

Residents, future residents, staff, Winchester residents, and other guests are welcome to attend and participate in the discussions.

On **February 2** the topic, **America and the World: Trump 2.0 Foreign Policy**, will be addressed by Dr. Jeff Coker, Dean, College of Arts and Sciences at Shenandoah University.

**February 9** will address: **Trump Tariffs & the Future of the World Economy**. Financial advisors Adam Stewart & Amanda Giangola of United Brokerage Services will be our guides.

The topic on **February 16** is **U.S.-China Relations**, with resident Bob Bolan as facilitator.

On **February 23**, Patrick Farris, Shepherd University instructor, will address the fourth topic: **Ruptured Alliances & the Risk of Nuclear Proliferation**.

The FPA provides a "Master Class" on DVD for each session. These will be shown the Thursday BEFORE each Monday at 2:30 p.m. in the Aerobics Room in the Fitness Center.

Guidebooks are available from Teresa Barton while supplies last for \$30. Additional guidebooks can be obtained from the Foreign Policy Association (fpa.org).

## Super Bowl LX Party



February 8  
6:00 p.m.



On the Big Screen in the Abbey



## New Books in the Library

### Fiction

Sharpe's Storm (LP)*	Bernard Cornwell
Boleyn Traitor (LP)*	Philippa Gregory
The Last Death of the Year (LP) (Based on an Agatha Christie Character)	Sophia Hannah
Not Quite Dead Yet (LP)	Holly Jackson
Robert B. Parker's Showdown	Mike Lupica
Otherwise Engaged	Susan Mallery
False Witness	Phillip Margolin
Silent Bones	Val McDermid
The Burning Grounds	Abir Mukherjee
May Contain Murder	Orlando Murrin
Evil Bones	Kathy Reichs
Mona's Eyes	Thomas Schlesser
The Curious Poisoning of Jewel Barnes	Terry Shames
Stuart Woods Blown Away (LP)*	Brett Battles

### Non-Fiction

The Greatest Sentence Ever Written	Walter Isaacson
Family of Spies	Christine Kuehn
100 Rules for Living to 100	Dick Van Dyke

\*A Copy in Wappacomo Library

## Thursday Night Programs

Programs are at 7:30 p.m. in the Apple Blossom Room, third floor of Wappacomo Hall.

**February 5:** "Egypt and the Nile: Land of the Pharaohs" presented by Dr. George White.

**February 12:** "You Have Your Ticket" presented by Amy Fielder.

**February 19:** "A Tree Named Charlie" and more presented by Brian Brehm.

**February 26:** "Lord Fairfax at White Post" presented by Ken Digges.

### From The



When pennies still mattered, as reported 25 years ago in the *Westbury World* for February, 2001:

### Residents of Health Center Seek Lost Pennies

The Health Center people are at it again—working to collect change for a charitable organization. They call it **Lost Penny Day**, an annual event celebrated on Lincoln's Birthday.

The residents are making plans to collect change on February 12th and 13th, and donating the proceeds to the American Red Cross. Dropoff areas for donations will be designated throughout SVWC. Watch for the posted signs and collection baskets and jars.

Everyone at SVWC is encouraged to support this event. Help the Health Center make a difference in our community.



Happy Birthday, Abe!

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## Bringing in the New Year, SVWC Style!

2026 was greeted on January 3 with our annual Gala, an evening of dancing, dining, and the fellowship of friends. Jump Alley provided the music. Henning and Staff provided a spread, including oysters on the half shell and champagne for toasts.



Photos by Bill Young

## Chaplain's Message

I always look forward to the season of Lent – the forty days that lead us toward Easter and provide us the opportunity to reflect on our faith and its significance in providing guidance, direction, and purpose for our lives. For me, it's a time to be extra intentional about practices like prayer and spiritual reflection, and while I don't give anything up for Lent, I do spend a little extra time thinking about matters of faith.



Lent is a period of spiritual reflection with the purpose of deepening faith, encouraging repentance, and allowing us to focus on the sacrifice and resurrection of Jesus Christ. The 40 days of Lent symbolize the 40 days Jesus spent fasting in the desert, resisting temptation, and preparing for his earthly ministry.

At SVWC, we will begin our Lenten observance on Ash Wednesday, February 18, with a worship service at 4:00 p.m. in the Chapel. For those interested, the service will include the imposition of ashes on the forehead, a sign of repentance since biblical times. The imposition of ashes is typically done with the sign of a cross, and accompanied with the words, *"Remember that you are dust, and to dust you shall return."*

This year during the season of Lent, I encourage you to spend some time in prayer and meditation, and faithfully and thoughtfully to consider the significance of Jesus' sacrifice as a sign of God's love for us all, and as a means by which our relationship with our creator is restored. And may we seek always to reach out toward one another as God has so wonderfully reached out to us.

*Bill Everhart*



**Ash Wednesday Imposition of Ashes**  
**February 18 - 4:00 p.m. - Chapel**

# Galentine's Accessory Sale

Wednesday, February 11  
The Commons 10:30-1:30 p.m.  
All proceeds go to the Fellowship Fund.

Westminster Canterbury Greenwich Valley Foundation



As seen on a resident's door:  
Dear Winter,  
I'm breaking up with you.  
I think it's time I start seeing other seasons.  
Summer is hotter than you!



## Joyful January



Lyle Rolfs & Chaplain Bill Everhart salute Elvis on his birthday, January 8.



Art Reception for Ron Hamme's Watercolor Exhibit



Our Magnificent Buck

Photos by Bill Young

## What Would You Do With \$500?



We often share with friends and family how much we enjoy living at Westminster—the sense of community, comfort, and peace of mind make it a special place to call home. What many residents may not know is that sharing that experience can come with a reward. Residents who refer someone who later moves to SVWC are eligible to receive a **\$500 credit toward their monthly fee** as a thank-you for spreading the word.

Participating is simple. If you have someone in mind, fill out the referral card that was introduced a couple of months ago and placed in your mailbox. Complete the form with your name and indicate whether you would like to be identified or prefer to remain anonymous—either option is fine. Then bring the completed card to the Marketing Office, and they will take it from there. Additional referral forms are available in the information racks next to the bulletin board in the Vitality Center.



## Valentine's Day Dance Party

**Saturday, February 14**  
**7:30 p.m. - The Abbey**  
**Savory treats & cash bar**  
**DJ Walt Mullen will be**  
**spinning the tunes**



## Welcome to Our New Neighbors

**Lynn Smith** moved into Shenandoah Hall, Apt. 104 from Annandale, VA.

**Barbara McMahon** moved into 1471 Bold Rock Drive, Apt. 101 from Lake Frederick, VA.

**Marlene Kolstad** moved into Shenandoah Hall, Apt. 213 from Winchester, VA.

Photo by Steven Swartz

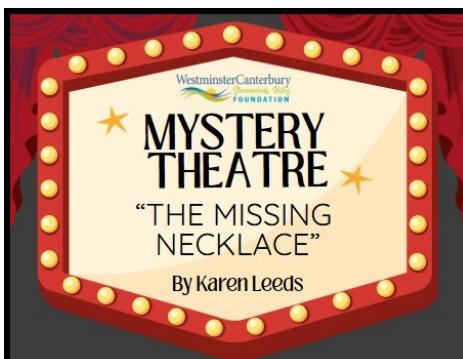


Photo by Bill Young

### A Forecast for the New Year

## Westbury World

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### SAVE THE DATE

Saturday, March 28, 6:15 p.m.

Join us for a live, Detective Gordon "Radio" Theatre Mystery, "The Missing Necklace" by Karen Leeds. Filled with audio effects, suspense, and audience participation. More details coming soon.