

Westbury World

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A Life Plan Community*

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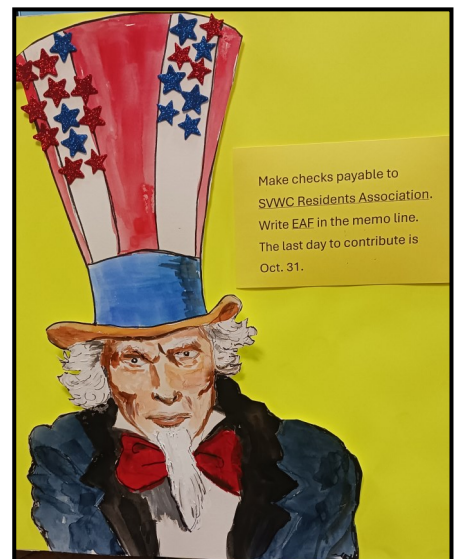
Employees Are Friends! Employees Are Family! Employees Are Fantastic!

Posters highlighting our employees at work are scattered throughout SVWC. Those posters, and the wonderful ones (some hand painted) created by Employee Appreciation Fund Committee member Loretta Johnston (pictured below), remind residents that they will thank hundreds of hard-working individuals when they donate to the Employee Appreciation Fund by October 31, 2026.

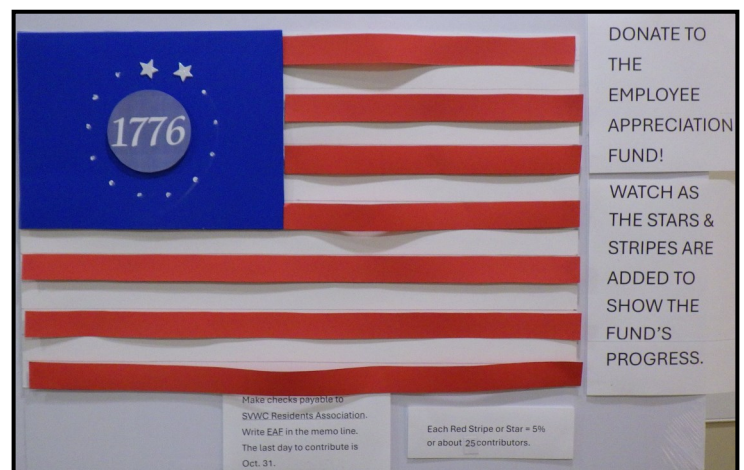
Although the recommended donation remains at \$800 per resident, all gifts are welcome and are the only tangible way to show the employees that we appreciate all they do to care for us and enrich our lives throughout the year.

The Committee sends a huge THANK YOU to residents whose contributions are already busy accruing interest. We hope to set another record both in the amount we will give to the employees and in the percentage of residents who donate.

Please consider all our employees do for us and give generously to the EAF.



Pam Curtis



Photos by Bill Young

A Message From Our CEO

Last month, I shared SVWC's new Mission and Vision Statements. This month, I would like to share the progress on the second Strategic Plan initiative, which focuses on the future of wellness and healthcare services at SVWC.



To assist with this initiative, a Health and Wellness Committee, consisting of staff members, trustees, and residents was formed. This committee will help guide, evaluate, and inform healthcare-related planning decisions that support the long-term health, well-being, and sustainability of SVWC as part of current operations and future campus expansion. This committee will report to the Property and Planning Committee of the Board of Trustees.

The expectation is that this committee will operate for approximately one year to help drive discussions on current and future services provided to residents and the community. This committee has five goals:

1. Review current health and wellness service models.
2. Provide insight into future resident health needs and demographics.
3. Make healthcare program design recommendations for campus expansion.
4. Evaluate care delivery models and innovation opportunities.
5. Support operational and financial sustainability.

Subject matter experts will present to this committee on a biweekly basis to help bring awareness to the external factors affecting healthcare now and into the future. Some examples of these experts include representatives from Blue Ridge Care, AV Powell Actuaries, Valley Health, Senior Options, and Seagrove Therapy.

SVWC has also partnered with Baker Tilly on this initiative. Baker Tilly will help validate and define program elements. This includes performing a gap analysis of the service offerings and service needs.

Data points will be established for program measurement, and an economic analysis to

determine financial impacts will be conducted. Baker Tilly will also hold focus groups to gain insight, perspective, preferences, and other factors affecting health and wellness.

In collaboration with the Health and Wellness Committee, Baker Tilly will then present an outline and recommend an implementation plan to the SVWC Board of Trustees for use in master campus planning efforts.

This is a very exciting time for our community. The plan is to be thoughtful and deliberate as we explore opportunities as they relate to the sustainability of SVWC.

The additional acreage that SVWC purchased in 2025 is indeed a blessing as we look to the future of our campus. The hope is to expand our mission and vision in ways that will enhance the lives of all those involved with SVWC.

I will continue to provide updates during this process.

Jeannie Shiley

Welcome to Our New Neighbors

Mary and Jerry Wilson moved into 1430 Bold Rock Drive, Apt. 102 from Winchester, VA.

Ralph and Susan Hardy moved into 1430 Bold Rock Drive, Apt. 100 from Chesterbrook, PA.

David Adamusko and Lindi Mallison moved into 103 Elderberry Court from Reston, VA.

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Construction of additional cottages begins, as reported 25 years ago in the *Westbury World* for August, 2001:

Cottage Project Begins

The whine of a chainsaw and the throaty growl of a bulldozer signaled the progression from planning to action on SVWC's new cottage project. In mid-July, a crew of "hard-hats" penetrated the dense woods at the end of Oak Side Lane and were soon on the Westminster-Canterbury property. At this stage their only task is to clear a single track through the brush and trees along the new roadway, all the way from Elderberry Drive to where it will connect with Canterbury Drive. President David Goff estimated it will take three to four months to complete the road and building pads. Presently, and for some time in the future, the only access to the work area will be from Highway 522 and up Oak Side Lane.

But the road crew wasn't the first to get there. The remains of a cistern were buried in the underbrush and alongside was the rusting hulk of a Cadillac Seville. The old car was lifted onto the cistern, and the "dozer" plunged onward.

Westbury World discovered that a Mr. Royston once owned this section of the woods. He had purchased the acreage that was left over after Hickory and Oak Side Lanes were developed, probably for a very low price. And on his property he erected a very modest dwelling—not much more than a shed, according to a nearby resident. And there he lived a reclusive and simple life. "He just went straight ahead without looking to either side," said a former neighbor. "He didn't have much to do with anyone. That car looks like one of the old cars he had around." The shed was probably abandoned when Mr. Royston died. Perhaps it burned, and nature reclaimed the narrow track that connected it to Oak Side Lane.

The Royston property bordered the acreage that was donated by Mr. and Mrs. Lawrence to establish Westminster-Canterbury. Presumably Royston's heirs sold the property to SVWC to round out the area that is now the SVWC campus.

Construction of cottages will probably start in early fall. David Goff reported at a recent meeting that the study by Spectrum (the consultant that determined the features most attractive to future residents) recommended duplex structures very much like our existing cottages, with modifications suggested by SVWC residents. Plans for single units have not been completed. Each new unit will be built only after it has been reserved with a 10% deposit.

Watch this space for updates.

Lifelong Learning

SVWC Lifelong Learning organizes 60 to 75 minute sessions open to all residents, futures, and guests in The Abbey every Monday, starting at 2:00.

On **August 3**, the session will consider "**Brain Health**." What are strategies for us to maintain healthy functioning? Have you heard of "away/toward lists" and what would you include on your personal lists?

For **August 10**, we will review Kohlberg's "**Stages of Moral Development**." How does this theory advise us as individuals, as a community, and as a nation?

On **August 17**, the session considers "**Higher Education in America**." From Harvard in 1636, federal support for higher education, and other important historical steps, the United States developed by far the finest post-secondary education system in the world. What is its status in 2026 and what lies ahead?

"**The Magic of Numbers**" is the topic for **August 24**. There are many interesting math games and tricks waiting for us to enjoy. This session will explain some favorites.

Finally, on **August 31**, the session will feature one of the interviews by David Rubinstein for "America's Book Club."

Chaplain's Message

Isaiah 40:8 - *The grass withers, the flower fades, but the word of our God will stand forever.*

At this time of year, I give thanks for all the brightly colored flowers I see blooming all around. I give thanks for the petunias in the hanging basket underneath the awning just outside. I give thanks for the geraniums in the potted plants outside of Wappacomo Hall. I give thanks for the little yellow flowers planted in the flowerbed next to the parking lot. I give thanks for the impatiens in pots on my back patio. I give thanks for the flowers planted in the hanging baskets on my front porch.



At this time of year, I give thanks for the abundance of birdsong I hear every morning and throughout the day. I give thanks for the songs of cardinals, robins, mourning doves, blue jays, gray catbirds, house wrens, house finches, mockingbirds, common grackles, woodpeckers, chickadees, and swallows. The cacophony of song is something to hear.

At this time of year, I give thanks for the greenness of everything. I give thanks for the green leaves on trees, the green grass, and the green plants. The abundance of life during summer is all around us.

And yet, as Isaiah 40:8 tells us, *"the grass withers, the flower fades."* The flowers will fade and die. The birdsong will grow less abundant and taper off. The greenness of everything will become brown. That's how nature works.

That's how our lives work. We can remember and live in times of great abundance when things around us are abundant and good. And we can remember and live in times when joy and abundance are scarce, when life feels too hard, too challenging, too devoid of beauty.

Like the physical seasons we live through each year, the seasons of our lives bring a mix of joy and sorrow, pain and pleasure, abundance and famine.

The last part of Isaiah 40:8 says, *"the word of God will stand forever."* This is where we put our hope. Because God's first word to us is always love. God tells us God loves us. God tells

us God is with us and will never leave us.

God says *"You are my beloved child, and always will be."* These promises carry us through whatever life brings, of this we can be sure.

Enjoy the summer's abundant life all around us. And though fall and winter will be here soon enough, the changing seasons of our lives need not distress us. God's word of love stands forever.

Prayer: *God of all creation, be with us all in all the changes occurring around us. Help us trust in your steadfast love. Amen.*

Heidi David-Young



The first Tech Tuesday saw a huge turnout. IT Director John Ferrulli assisting a resident with her phone.

Photo by Randy Hill

Mission Statement

SVWC is a faith-inspired, wellness-focused community empowering purposeful, dignified, and joyful living in a natural setting.

Vision Statement

A caring community where all thrive.

Summer Outdoor Happenings



Cutting big logs into splittable segments. Tony Mirra on the left and Frank Troxell with the chain saw. The wood will be provided for those needing it this winter through CCAP.



Helen Carroll and Urma take a stroll along the Villa stream.



Larry Pettinger looks for hidden fox on the Moore Trail.



Tom Smith aims for the next croquet wicket.

Kate MacLeod Returns



The acclaimed Americana ensemble Kate MacLeod's *Mind the Gap* returns to the Bistro Concert Series on Friday, August 21, with an evening of original songs, traditional favorites, and innovative interpretations of Americana and old-time music.

Award-winning, singer-songwriter Kate MacLeod has earned international recognition for her original compositions, which have been recorded by artists across the United States and Europe in the Bluegrass, Celtic, and other roots of music traditions.

Joining MacLeod is an outstanding group of musicians. Paul Hammerton provides lead and harmony vocals while accompanying himself on acoustic guitar. A native of the United Kingdom and former teacher, Hammerton has lived in Virginia for many years and is well known as a self-accompanied singer and old-time string band musician devoted to the American traditional music he loves.

John Bryant, on acoustic bass and harmony vocals, was born and raised in West Virginia. After studying music education at West Virginia University, he performed as a trombonist aboard cruise ships before returning to Shepherdstown, West Virginia. Today he performs with a variety of musical ensembles and serves as a sound technician for concerts and music festivals throughout the region.

Completing the quartet is Matthew Metz, who sings, harmonizes, and plays mandolin. A teacher in the Loudoun County, Virginia, public school system, Metz brings exceptional musicianship and a deep appreciation for Bluegrass and Americana traditions to the ensemble.

Supported by Atlantic Union Bank, the concert begins at 7:30 p.m. and is open to the public. The charge is \$10.00 (cash).



WANTED: Fresh Garden Produce for Highland Food Pantry

For years, SVWC has partnered with Highland Food Pantry (HFP) to fight local hunger. In 2023, gardener and HFP volunteer Charlie Wakeley encouraged gardeners to share excess produce and place in a garden shed cooler, yielding 139 pounds. Thanks to our community, donations grew to 215 pounds in 2024 and hit an incredible 407 pounds in 2025!

This year's donations are already underway. If you would like to contribute to this successful project, please keep these guidelines in mind:

- **Fresh Produce:** Drop-off coolers are available in the garden shed **Friday through Sunday** (when ice packs are active). All donations must be in by **9:00 a.m. Monday** for delivery.
 - **Harvesting Help:** If you need your plot picked on Sunday for maximum freshness, place a **red flag** (found in the shed) in your garden, and volunteers will harvest it for you.
- Non-Perishables:** Non-gardeners can drop non-perishable items in the bin at the **pool overlook** to be included with Monday's delivery.

Thank you for making a difference!

Diane Sinclair



New Books for August

Fiction

Road Trip	Mary Kay Andrews
A Pair of Aces (LP)*	
Marie Benedict/Victoria Christopher Murray	
Ironwood (LP)*	Michael Connelly
Cold Fire (LP)	Clive Cussler/Graham Brown
Kindness of Strangers	E mma Garman
It Could Have Been Her	Lisa Jewell
The Brothers McKay (LP)	Craig Johnson
The Frenzy: Stories	Joyce Carol Oates
Land	Maggie O'Farrell
Whistler (LP)*	Ann Patchett
Rocket's Red Glare (LP)	
James Patterson/Matt Eversmann	
Leander's Lie	Nancy Werking Poling
Children of the Wild	Kevin Powers
Choke Point	Brad Thor
Based on a True Story	Sarah Vaughan

Non-Fiction

Duty, Honor, Country & Life (LP)*	
Admiral William H. McRaven	
The Land and Its People (LP)*	David Sedaris

*A Copy in Wappacomo Library



Photo by Bill Young



Photo by Bill Young

New Music Therapy Intern

Hi there! I'm Isabel Fisher, the new music therapy intern! I'm excited to spend the next six months living in the community and enhancing my skills as a prospective music therapist. I am brand new to Virginia! Originally hailing from Birmingham, AL, I've spent the last four years in Nashville, TN at Belmont University working on my bachelor's degree in music therapy. This internship is the final piece of my education, as I need 1,200 hours of supervised clinical experience in order to sit for my board certification exam. While I'm here, I'll be helping Abby D'Arcangelis, my supervisor, with both individual and group music therapy sessions, promoting various health and wellness goals.

Of course, I have lots of experience with music. My main instrument is piano, which I've played for around 16 years. I like to play a little bit of everything, from Elton John to Chopin and Liszt. I also played clarinet for marching band in middle and high school, but these days I mostly stick to singing with my piano and guitar!

Beyond music, I also enjoy painting and drawing; I actually have a side business where I paint pet portraits! Although I don't have any pets of my own right now, I am definitely a cat person and am missing my two cats at home in Birmingham. Thanks for allowing me to be a part of your community, and feel free to come and say hi if you see me around!



Photo by Bill Young

Residents Grady Botens, Linda Botens, Ed Sabbatino, Kay Pace, Tom Newlun and Ted BednarSKI (L to R) spent several months making 120 wooden toy race cars for Samaritan's Purse shoe boxes of essentials for children in need in disaster areas, national and global.

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