

Westbury World

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A Life Plan Community*

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Garden Party

Following a spring and summer of digging, weeding, and picking, the sixty-seven residents who grew flowers and/or vegetables in the resident gardens celebrated the fruits of their labor. The threat of thunderstorms caused them to move their annual gala indoors. The indoor venue did not dampen their celebration of another successful growing season.

Organized by “Gardenfather” Charlie Wakeley, the festivities featured lots of sumptuous food and music by Mike’s Big Music Machine, an authentic steel drum trio. Paul Miller was named Gardener of the Year. Martha Parthemos made floral tiki torches to celebrate the occasion.



Photos by Bill Young

A Message From Our CEO

Administration recently sent a letter to all residents regarding our Clinic operations. The letter was an update about efforts to restore and strengthen provider coverage for the Clinic. The central message is that SVWC remains committed to finding the right long-term physician and nurse practitioner but has not yet identified candidates who meet the community's clinical and cultural needs.

We know that convenient, high-quality healthcare is important to our residents, but we also want to make it clear that SVWC is not simply trying to fill the roles quickly. Several providers have already been interviewed, but none have been selected as the right long-term fit. To widen the search, SVWC has engaged a physician recruitment firm, contacted temporary-to-permanent staffing agencies, and has begun exploring organizations that specialize in operating healthcare clinics.

SVWC is pursuing multiple coverage models, not just traditional direct hiring. Specialized clinic operators may be able to provide temporary support while also offering expertise in clinic operations, processes, and outcomes. We need to be prepared for the possibility that the future clinic structure may look different from what everyone remembers, while the goal remains strong long-term care outcomes.

Physician support for our Assisted Living and Health Care remains stable. Dr. Brad Birth and Selma, a local physician group, continue to provide medical director oversight. Selma has also identified a physician assistant and a family medicine physician who may be available for future Clinic coverage, pending completion of credentialing so they can provide services and bill through the system. SVWC is grateful for this partnership with Selma.

This is a reminder that other services can be coordinated through the Clinic, such as dermatology and podiatry. SVWC's Salon can also assist with nail care. Pharmacy students from Shenandoah University will also be on campus starting with the fall semester. The



students, under the oversight of Dr. Mark Johnson, can answer medication questions, provide a medication review, and answer other questions you may have about your prescriptions.

In closing, this update is meant to balance transparency with reassurance. We want to thank everyone for their patience, and we recognize the eagerness for the position to be filled. Recruitment remains a priority, and we are optimistic that the right providers will eventually be welcomed into the community.

We want to thank our existing Clinic team for their continued dedication and service to our residents. Despite the staffing challenges, they remain committed to providing the best care and support each day. We are proud of the work that they do and the difference that they make.

Administration will continue to provide regular updates until operations return to normal.

Jeannie Shiley



The Bloom Bar



Photos by Bill Young

Lawrence Gallery Exhibits

August 29 – November 7, 2026

“Color and Light: The Paintings of Kathy Chumley”

Kathy Chumley Noffke grew up in the Shenandoah Valley surrounded by a family of artists where color-mixing went on at the kitchen table and viewings were held in the living room. She still lives and paints in the Valley near Winchester and finds inspiration in the beauty of nature. Her work has appeared in the Museum of the Shenandoah Valley and Gallery One and King James Gallery in Winchester.



“Mosaics in the Abstract” by Dorothy Lowe



At an arts retreat 10 years ago, Dorothy was intrigued by a class in pique assiette, the art of creating mosaics from broken plates, and an addiction was born. She has subsequently trained at the John C. Campbell Folk

School, learning advanced mosaic techniques and new materials. In addition to her larger mosaics, she uses many of the smaller broken pieces to create jewelry, incorporating polymer clay and glass as well.

An Artist Reception will be held on Saturday, September 12, from 2:00 to 3:30 p.m. with the Artist Talks at 2:30 p.m. in the Lawrence Hall Lobby.

Marty Matheson

Thursday Night Programs Are Back!

The popular Thursday Night Programs resume on September 3 at **7:00 p.m.** Please note the new start time.

September 3: Winchester Pipes & Drums performing in the Courtyard

September 10: 9/11 Experience at the Pentagon presented by Bill Wortley

September 17: Blue Ridge Wildlife, presented by Belinda Burwell

September 24: Shenandoah Valley Conservancy, presented by Peter Hujik

All programs are in The Apple Blossom Room on the third floor of Wappacomo Hall with the exception of September 3.

The Thursday Night Committee is in need of volunteers. Please contact Margaret Richardson, Chair, if you would be willing to donate some of your time to our presentation of these interesting, informative, and entertaining events.



Cari and Bob Sherwood were honored with a reception in the Commons on August 14 for their 18 years of developing and managing the Bistro Concert Series; bringing music and enjoyment to the entire Winchester community.

Photo by Bill Young



Eoin Fleming Returns to SVWC

The Bistro Concert on Friday, September 18, will welcome Irish pianist Eoin Fleming back to SVWC. Fleming will be joined by three Shenandoah University students for an evening of classical music featuring works by Brahms and Mendelssohn.

Fleming began studying piano at age six. As a teenager, he was selected as one of only 23 young pianists from around the world to compete in the inaugural Junior Van Cliburn International Piano Competition.

When Fleming entered Shenandoah Conservatory in 2016, he was already an accomplished young musician and a winner of the school's Student Soloist Competition. He made his debut with the Shenandoah University Symphony Orchestra, performing the first movement of Rachmaninoff's Third Piano Concerto.

In 2020, Fleming was invited to perform as a soloist with the Dublin Symphony Orchestra in a concert celebrating the 250th anniversary of Beethoven's birth. His international career continued to flourish, including a performance of Beethoven's "Emperor" Concerto with the New York Concerti Sinfonietta at Carnegie Hall's Weill Recital Hall. In 2021, he won fifth prize in the prestigious Maria Canals International Piano Competition in Barcelona.

Fleming completed his master's degree at Shenandoah University in May 2022 and following graduation, returned to his home in Dublin, Ireland.

The concert begins at 7:30 p.m. Admission is \$10 at the door, **cash only**. The Bistro Concert Series is sponsored by Atlantic Union Bank.

Nina Frederick

From The



Residents Association fundraising, as reported in the *Westbury World* for September, 2006:

Oh, Those Checkbook Blues!

Attendees at the August Residents Association Meeting were treated to a most unusual Treasurer's Report by our talented officer, Bart Hansen. Citing the glazed eyes that is too often the response to his recitation of numbers, he chose something different. Bart composed, and sang *a cappella*, **Bart's Checkbook Blues**. The composition appealed to residents to pay their Association dues (\$5 per person, due June 1) and to contribute to the Employees' Christmas fund. (An in-house music critic said, on promise of anonymity, "The rhythm was fine.")

On a sour note, over fifty residents have not paid their Association dues, and the Christmas Fund is significantly below the amount on hand a year ago.

Later this month, residents will receive a letter explaining the rationale of the Christmas Fund, and suggest an appropriate per person contribution.

Importance of Resident Biographies

Got a hobby and want to find fellow residents to share it with you? Looking for residents who shared your career, your alma mater or your hometown? You can find this information by using the search feature of biographies on our secure SVWC Portal.

Three hundred and forty-eight residents (69% of our SVWC family) have shared such information via their bios. Thirty-nine more bios are in the pipeline from new residents who have resided here for 90+ days.

Haven't completed your biography? Contact JoEllen Smith, Biographies Committee Chair.

Happy Birthday, Mary!



Photo by Bill Young

On September 22, Mary Robinson, a resident of SVWC since March 2012, is celebrating her 100th birthday. Mary has packed a lot into her century, from being a founding member of SVWC, to raising four sons, and a life filled with community service.

Born in Hagerstown, Maryland, Mary completed three years at Wellesley College before leaving to marry Delmar "Butch" Robinson, Jr., a native of Winchester, who passed away in 1996. She later completed her degree at Shepherd University.

Mary was instrumental in the founding of SVWC, served as member of the Board of Trustees from May 1982 until May 2009, and served as secretary of the Board. She served on many committees, including the Health Services Committee, Property Committee, and Interior Design Committee, which selected the original furniture and fixtures for SVWC. In May 2010, Mary was awarded the status of Trustee Emeritus.

Mary held positions on the boards of Commercial and Saving Bank and Old Dominion Bank. She served as Secretary of the Board of Mt. Hebron Cemetery, President of Fremont Street Nursery, and was a trustee and elder at First Presbyterian Church. The Century Club saw her serve as President twice. Mary was also a member of Little Garden Club, an avid golfer, bridge player and traveler. She visited every continent except Antarctica and especially loved Bali, Chile, and New Zealand.

Above all, she treasures her sons Quentin, Charlie, Joe, and Eddie. Mary also has six grandchildren and one step-granddaughter.

Happy 100th Mary!

Chaplain's Message

The book *Don't Sweat the Small Stuff* was enormously popular in the late '90s, spending over 100 weeks on the *New York Times* bestseller list. Written by Richard Carlson, the book challenged us to choose our battles wisely, to make peace with imperfection, to live in the present, and to ask ourselves, "Will this matter a year from now?" All of which is easier said than done!



In the Sermon on the Mount, found in the sixth chapter of the Gospel According to Matthew, we are given similar counsel, as Jesus counsels his followers to trust God's care rather than be consumed by worry. "Why do you worry about clothing?" he says. "Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. And if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you?"

Lilies, of course, do not worry about blooming. They simply grow where God plants them. Jesus' invitation is similar: Trust God. Be faithful. And leave tomorrow in God's hands. If God clothes the flowers and feeds the birds, God will not neglect us.

At the end of the day worry does not provide. Faith does. Worry cannot secure the future, but trust in God can bring peace. God knows what we need, and we are never overlooked or forgotten. Our primary pursuit is not possessions but God's kingdom and righteousness.

In writing about the importance of letting go and on not being preoccupied with that we need, American Franciscan priest and writer on spirituality Richard Rohr writes, "All great spirituality teaches about letting go of what you don't need and who you are not. Then, when you can get little enough and naked enough and poor enough, you'll find that the little place where you really are is ironically more than enough and is all that you need. That place is called freedom."

Try not to sweat the small stuff, rejoicing in the peace that comes from letting go.



Photo by Bill Young

Matthew Welker Joins Fitness Team

Matthew Welker is the Fitness Center's newest Fitness Specialist. He leads exercise classes, including a new aquatic volleyball program, and offers one-on-one training.

Matthew studied at Midwestern State University in Texas and has obtained certifications in senior fitness and sports performance.

He is married and has four children; they reside in Martinsburg, WV. The family has a dog, five geckos, and a praying mantis.

He is also Head Volleyball Coach at Shepherdstown Middle School. Welcome Matthew!

Annual Board & Resident Social

The annual Board of Trustees and Resident meet and greet will be held on Monday, September 21, at 3:00 p.m. in the Commons. Music will be provided by Amy Fielder, violinist. Light refreshments will be served.

Freddie the Frog surveys his kingdom at the Villas Creek



Photo by Bill Young



The Canterbury County Faire

We invite YOU to join us for the Canterbury County Faire on Saturday, September 19, 2026, from 11:00 a.m. to 2:00 p.m. in the Courtyard!

Come enjoy a fun-filled afternoon featuring artisans and crafters, fair foods and food trucks, fishing with Mother Nature's Team, horse-and-wagon rides, lawn games and bingo, live entertainment, a photo booth, petting zoo, and pumpkin patch!

Best of all, everything is free, thanks to our generous sponsors: Warfel, Clearstead, Bank of Clarke, and Summit Events.

Be sure to bring a little cash, though, as you won't want to miss the chance to take home a special craft, treasure, or handmade find from one of our talented artisans and crafters.



Fall Fun Day

Thursday, October 1
11:30 a.m. - 1:30 p.m. in the Courtyard
Food, Games, Flowers
Sponsored by First Bank



New Library Books for September

Fiction

Good Joy, Bad Joy	Mikki Brammer
Yesteryear (LP)*	Caro Claire Burke
Villa Coco (LP)	Andrew Sean Greer
The Foursome (LP)*	Christina Baker Kline
Country People (LP)	Daniel Mason
Three Reasons for Revenge (LP)	Dervla McTiernan
Tata	Valerie Perrin
The Mountains We Call Home	Kim Michele Richardson
Daughters of the Sun and Moon	Lisa See
A Deeper Well	Jill Eileen Smith
Weddings (LP)*	Danielle Steel
The Dentist	Tim Sullivan
When You Loved Me (LP)	Beatriz Williams

Non-Fiction

The Kennedys and the Windsors	Caroline Hallemann
George Washington's One-Man Army	John Palmer
An Inconvenient Widow: The Torment, Trial and Triumph of Mary Todd Lincoln	Lois Romano

*A Copy in Wappacomo Library

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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 p.m.

On **September 7**, we are scheduled for our annual Labor Day review of the “**Status of work in America.**” Why are there fewer people in the workforce?

For **September 14**, we will review the “**United States federal budget,**” the level of debt, and the role of the Federal Reserve bank in relation to the Treasury Department. Financial risk has been increasing steadily since 2000 in the United States. Is anything changing this year to mitigate these risks?

On **September 21**, the session considers “**Artificial Intelligence: USA vs. China.**”

Both nations are actively engaged in development of AI via both governmental and private efforts. We will look at the different philosophies and resources found in the USA and China. This “AI arms race” may have huge consequences for the entire planet.

“**Truth**” is the topic for **September 28**. This session will look back to our 2022 course to review the core information on how to determine what is “true” including derived truth, revealed truth, and anti-truth. Has anything changed since 2022?

Bob Bolan



Photo by Bill Young

Denny Linaburg, Safety & Security Manager, showing off our new security drone.



Photo by Bill Young

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