

Westbury World

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A Life Plan Community*

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The Canterbury County Faire

The Canterbury County Faire on September 19, brought residents, families, staff, and friends together for a fun-filled afternoon of community, connection, and celebration.

Guests enjoyed fair foods, talented artisans, live entertainment, horse and wagon rides, lawn games, a petting zoo, pumpkin patch, and more — all offered free of charge thanks to our generous sponsors: Warfel Construction, Clearstead Financial, Bank of Clarke Foundation, and Summit Events.



Photos by Bill Young



A Message from Our CEO



Front row (l to r): Mark Loring, Frank Lewis, M.D. Back row: Rob Boyd, Jeannie Shiley, Darcus Breneman, Duane Wernecke

Continuing education is an important part of every job. In today's environment, things can change quickly, and organizations need to be able to adapt and pivot when necessary. In September, I had the privilege of attending the 29th Annual Ziegler Senior Living Strategy and Finance Conference in Marco Island, Florida. Ziegler is an investment banker who has partnered with SVWC for many, many years. Also in attendance were Duane Wernecke, Chief Financial Officer, and four of SVWC's Board of Trustees. The Trustees were Rob Boyd, Mark Loring, Darcus Breneman, and Frank Lewis.

Ziegler's goal has always been to organize a conference with a thought-provoking agenda enhanced by an atmosphere that fosters camaraderie and professional networking. The conference focused on cutting-edge financing and strategic positioning trends affecting today's senior living providers.

There was a variety of sessions for attendees to choose from each day. The first was Senior Living Finance 101. This session covered the basics of senior living finance. Topics included tax-exempt financing and a review of key financial ratios. Other sessions included new campus

development and expansions, successful models geared toward the middle income and affordable market, best practices in strategic planning and creative architecture design.

Many of my colleagues from around Virginia also attended the conference. It is always great to connect with them. I also had the opportunity to meet with new potential partners and other providers from across the country. I attended the Women in Senior Living luncheon on Thursday which gave me the opportunity to talk with and learn from some incredibly talented leaders.

I often say SVWC is blessed with an amazing Board. They freely give of their time, and the fact that they are willing to travel to conferences to learn more about the senior living industry speaks volumes of their commitment to our community. I want to say thank you for the opportunity to attend this conference and for the chance to travel and spend quality time with our trustees. It was four days well spent!

Jeannie Shiley



New Library Books for October

Fiction

The Castle in the Glen	Rhys Bowen
A Dark Path	Linda Castillo
Death on the Books	Victoria Gilbert
God's Country	William Kent Krueger
Fallen for France*	Elizabeth Letts
Big Little Truths	Liane Moriarty
Ransom	Daniel Silva
The Subtle Pleasures of Indiscretion*	Alexander McCall Smith
Nine Lives*	Catherine Steadman
The Tailor	Tim Sullivan
Etna	Paul Yoon

Non-Fiction

How We Learn to Be Brave	Mariann Edgar Budde
All That's Unseen: An Appalachian Memoir	Emilee Hackney
If I Don't Return	Mark Hertling
The Best Dog in the World	Alice Hoffman
The Future is Peace: A Shared Journey	
Across The Holy Land	Aziz Abu Sarah/Maoz Inon

*A Copy in Wappacomo Library

Welcome to Our New Neighbors

Betty McCormick moved into Shenandoah Hall, Apt. 119 from Winchester, VA.

Edward and Megg Hoffman moved into 1420 Bold Rock Drive, Apt. 302 from Kent, CT.

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 **October 5**, guest speaker Tim Youmans will present **"Past, Present, and Future of Winchester."** Tim is the retired Planning Director for the city, and he continues to serve on the board of the Winchester-Frederick County Historical Society.

For **October 12**, we will review: **"A decade of cyberattacks targeting the United States."** Cyberattacks have various purposes: espionage, ransomware, extortion, and others. While they are unlikely to target us individually, they may target entities holding some of our most important data.

On **October 19**, we will look to the stars: **"Our universe – considering science and more."** NASA launched the Nancy Grace Roman Space Telescope; what can it do? What else is going on in space?

"COP-31, the annual United Nations climate conference" is the topic for **October 26**. This conference will bring global leaders to Antalya, Turkey, during November. We will review recent Conferences of the Parties (COPs) and the agenda for this year.

Bob Bolan

Thursday Night Programs

October 1: No Program

October 8: Music Therapy, presented by Isabelle Fisher, SVWC Intern

October 15: Old Frederick County Courthouse Civil War Museum presented by Michael Gionfiddo, Shenandoah Valley Battlefield Association

October 22: Apple Valley Flute Club

October 29: Blandy/Virginia Arboretum presented by Anne Marie Chirieleison, Director of the Foundation of the State Arboretum

Please consider joining the Thursday Night Program Committee, help is needed in obtaining speakers and planning the Thursday Night Programs. Please contact Margaret Richardson to volunteer.

Celebrating National Assisted Living Week



Classic Car Show



Music by the Jump Alley Band



Crafting Lava Lamps



Through the Decades Fashion Show

An encore performance of the fashion show will be held on October 28 at 2:00 p.m. in the Abbey for the enjoyment of all residents.



Tea Cup Flower Arrangement Activity

Robbie Limon Returns to the Bistro



Robbie Limon will sing and play again for us Friday evening, October 16. He is famous in the Winchester area for his vibrant renditions of hits from the 1960s and '70s.

Robbie has become something of a local legend as his following grows.

For those unfamiliar with Robbie, he sings top tunes from albums made famous by talents like John Denver, Gordon Lightfoot, Buddy Holly, Hank Williams, Sr., Roy Orbison, and The Doobie Brothers. Robbie's renditions help us imagine we are hearing the originals again.

His vocal agility and glittering guitar build excitement. He takes us back to music we've long enjoyed. We danced to these tunes, sang with them on the radio, played them on the phonograph. Many are beautiful love songs.

Robbie is admired throughout the Shenandoah Valley and beyond, often doing benefit concerts in the Winchester area. This will be his nineteenth performance in the Bistro.

These concerts help to support our Fellowship Fund. In effect, we are being well entertained while helping ourselves. Atlantic Union Bank sponsors the concert series.

Refreshments are available in the main dining room through intermission. Tickets for the concert must be reserved in advance: \$10 cash per person. One ticket per person.

Bob Brock

Happy 100th Birthday, Shirley!

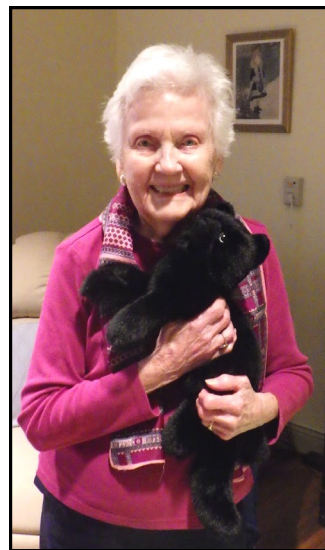


Photo by Bill Young

Shirley Bruce, a fourteen year resident, turns 100 on October 14. A native Washingtonian, Shirley, attended Blessed Sacrament Academy and Immaculata College before going to work for Naval Intelligence, where she met her husband, Bob, who passed in 2011.

During her marriage, the family was stationed in Brussels and were able to visit several European countries.

Shirley had three children: Jim, who is deceased; Bob, owner of Bruce and Associates; Jeanne, who lives in Keswick. There are four grandchildren.

Shirley is an accomplished organist. At one time she played at three churches, many nursing homes, and taught organ to 100 students.

Shirley is from a family of longevity: Her mother passed at 102 and her father at 92.



**Blessing of The Animals
&
Dedication of St. Francis Statue**
Pet Cemetery
October 7 at 12 p.m.

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Chaplain's Message

Exodus 16:14 – 15

"When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.'"



This fine, flaky substance was the manna that God provided for the Israelites as they journeyed through the desert for 40 years until they reached the promised land. At first glance, when you read that it "was a fine, flaky substance, as fine as frost on the ground," it doesn't sound like it would satisfy hunger very well at all. It even says in a later verse (verse 21) that "when the sun grew hot, it melted." How is this fine, flaky substance that melts in the sun going to sustain the people of Israel throughout their 40-year trek through the desert? We come to learn that the Israelites were able to collect an 'omer' or about 3.5 pounds of manna per person per day. Apparently, collecting the fine flakes of manna from the ground added up rather quickly and really was capable of substantially sustaining the Israelites throughout their sojourn in the desert.

As autumn begins, I think of all the leaves that will be falling. A single leaf falling doesn't seem like much at all. If you have five oak trees in your front yard, as I do, however, you soon realize how quickly the single leaves add together to become bags and bags and bags, and more bags – a seeming unending deluge of leaves that overwhelms.

As I think ahead to winter, the same is true for snowflakes. Each snowflake is so tiny and unique. And yet, as the snowflakes accumulate and stick together, potentially becoming several feet of snow, we understand the power of small things coming together to have a large, and often overwhelming impact.

When I apply this to our daily lives, I consider all of the small acts of kindness we extend to each other. A smile in greeting, a listening ear, a visit, a "just checking in" phone call, a cup of water offered each morning, directions for someone who is lost, or a much-needed compliment – all of these are small acts of kindnesses which might not seem substantial or significant on their own. They are just part of being polite. Yet, when taken together, they add up to become the very thing that sustains us while living in community. They become the fabric uniting us in our shared humanity. These small acts taken together become our bread for the journey reminding us of God's overwhelming, loving embrace. And for that we give thanks.

Prayer: Gracious God, thank you for giving us each other. As we care for one another in seemingly small ways, help us see these small acts cumulatively, as signs of your abundant love. Amen.

Heidi David-Young

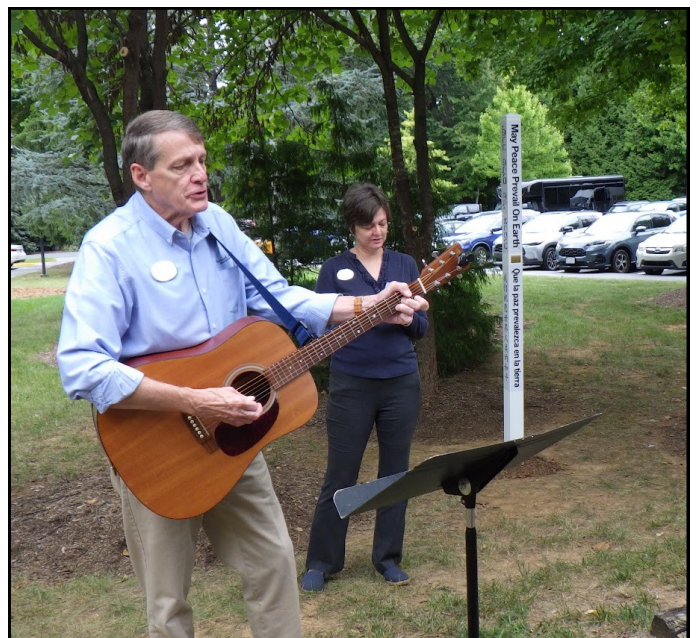


Photo by Bill Young

Chaplains Bill Everhart and Heidi David-Young at the dedication of the Peace Pole on September 21, the International Day of Peace.

September Snapshots

Photo by Laura Hager



Tea Around Town double decker bus sightseeing tour of DC.



Pool Volleyball



9/11 Remembrance Ceremony



Winchester Pipes and Drums



Annual Resident and Board Social

Photos by Bill Young



Photo by Bill Young

Beautiful Horses on a Beautiful Day at the Canterbury County Faire

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