
Westbury World

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Employee Talent Show Telethon Sets Financial Record



Niki Wilson



Photos by Bruce Jackson



Cari Sherwood

This year's employee talent show broke new ground. Because of COVID-19, this popular Bistro concert was done as a Channel 977 telethon, and the phones never stopped ringing.

As in past years, donations benefitted the Employee Emergency Fund. The previous best total was just over \$2,000. The telethon on September 18 raised \$7,410, an astounding expression of gratitude for those who have been taking significant risks to serve residents since the virus struck in March.

As master of ceremonies, Jacob Rhodes introduced a parade of talent. Music Therapist Abby D'Arcangelis was instrumental in several video presentations that included contributions by her sister Jessica, her husband Phil, and Chaplains Elizabeth Lewis and Betsy Stow. Other highlights included Social Worker Tina Davis and Activities Associate Amber Daniel who took on new stage personalities to deliver great live singing performances in the Abbey;

an extensive video of engaging dance routines performed by senior management personnel in north parking lot was fun; and Marketing Department's Kitty Zuckerman and her father Charlie offered hilarious reflections on retirement.

Eighteen enthusiastic residents reserved seats in the Abbey to act as a token audience. They were served popcorn and wine. SVWC Foundation Director Niki Wilson and Residents Association President Cari Sherwood, taking the flood of calls, announced an anonymous \$1,000 matching grant that kicked off the fun.

Resident Bill Young deserves credit for smoothly presenting the talent-rich videos from the control booth. Network Technician Damian Nita and resident Charlie Thorne contributed behind the scenes. For those who missed the show or would like to view it again, it is available on the portal under Videos.

Bob Sherwood

More photos on page 2



Jacob Rhodes

Photos by
Bruce Jackson



Abby D'Arcangelis



Tina Davis



Amber Daniel

Providing Fresh Vegetables in Cold Weather

Frost in the valley the third weekend in September was a remarkable event. The photo shows butternut squash picked in a rush to avoid damage the night before a frost warning. Fortunately, the unpicked squash were not damaged the next night when the frost threat was even more ominous. The pole beans did well and are thriving again.



Photo by Rosalind Bovey

Cool weather crops such as carrots, beets, radishes, and some herbs have been started in a few garden plots in an effort to maintain the high nutritional input of fresh vegetables for the kitchen. Plans to grow vegetables in the greenhouse through the winter are being worked out. Planning for ongoing vegetable gardening to benefit our kitchen next year also is underway.

Immune system improvement has been promoted all summer by fresh vegetable contributions from garden plots and balcony pails. Residents in Health Care and Wappacomo Hall have been expressing thanks to their gardener benefactors for their contributions.

As a special example, Jane Campbell still loves string beans at age 104. She grew them for years when nearby Berryville was her home. This summer, special efforts were made to provide her and fellow residents in Health Care with fresh string beans.

Bob Sherwood

From the President/CEO



The idea for an inter-generational center has been part of the community's Strategic Plan since 2015. It would be a tremendous benefit to our employees if we were able to connect them with quality childcare services. It would also benefit seniors in the community and provide a volunteer opportunity for our residents. Over the years, we have looked at different spaces and the potential of collaborating with other businesses to provide this type of service. When SVWC purchased the adjacent property in 2019, we suddenly had an opportunity to create and design our own space.

A steering committee formed to develop the vision and programming for the center. Members of the steering committee include SVWC staff, Board of Trustees members, staff from the Adult Care Center, a representative from Valley Health System, and members of SVWC's design team. On September 16, the steering committee held its first meeting.

The current plan is for SVWC to conduct a capital campaign to raise the funds to construct the building. A feasibility study will need to be conducted during the first quarter of 2021 to ensure there is enough interest in the community to support this project. SVWC will be developing a narrative and a business case to assist in our fundraising efforts. I want to stress that this building will not only benefit SVWC and residents and staff, but it is also being designed to benefit the greater Winchester-Frederick County community as well.

SVWC will build the building and then lease the space. The organizations will then collaborate to provide intergenerational programming. There is a wealth of research available that highlights the benefits of bringing seniors and children together. In an article from *Forbes*, it states "True intergenerational programs are, as Nancy Henkin of Temple University says, "not nice, but necessary." When implemented correctly and intentionally, intergenerational programs can provide a multiplier effect in which both children and older adults benefit, and transformative, measurable results can be cre-

ated for society as a whole."

We are also looking at other spaces in the building to accommodate SVWC's growing operational needs and to provide other dedicated space to help with greater community needs. For example, the building may contain conference room space that other non-profit organizations within the community can use.

This phase of the project is still a work in progress and more information will be shared in the coming months.

Jeannie Shiley

New Board of Trustees Member

Rob Boyd joined the SVWC Board of Trustees in August as a Class I member. He serves on the Finance Committee.

Mr. Boyd resides in Winchester. He is a member of Christ Episcopal Church and is a member of the Finance Committee of the church. Mr. Boyd is a Senior Vice President, Commercial Loans and Credit Review for First Bank & Trust Company.

He obtained a Bachelor of Business Administration degree in Finance from Virginia Polytechnic Institute and State University and has a Master of Business Administration degree from James Madison University.



Sue McKenzie

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Deadline Approaches for Employee Appreciation Fund

Residents still have several weeks to contribute to the annual Employee Appreciation Fund (EAF) before the October 29 deadline. The projected goal is \$220,000. At the start of September, the EAF was a little more than half way to that goal. This year, a contribution of \$750 per resident is suggested, but this is governed by each individual's resources. Contributions are confidential and are not tax-deductible. Donation boxes with donation envelopes are near the mail room in the Bistro and next to the dining room in Wappacomo Hall.

During the year, SVWC employees efficiently and cheerfully make our lives comfortable in a multitude of ways and the EAF is the only concrete way to say "thanks" for all their services. Each employee receives a cash gift that can range from \$100 to \$1,000, based on hours worked. The gifts will be delivered to the employees' department heads at Coffee with Administration on November 11.

The 11 department heads are not eligible for a gift from the EAF. Instead, they receive a nominal gift from the Residents Association dues account.

Bruce Jackson

Kentucky Derby Door-to-Door

On Kentucky Derby Day on September 5, each apartment in Wappacomo Hall was visited by a special cocktail cart. It carried mint juleps, wine and sodas, candied bacon, and hard-boiled quail eggs, thanks to Activities Assistant Sydney Beck.

Photo by Timeka Milton



Campus Cleanups



Members of the always-busy Mother Nature's Team have been digging up Johnson Grass, an invasive plant, near Goff Pond.



Grounds Manager rakes algae off Goff Pond.

Photos by Bill Young



Some high-level tree trimming above Teresa's Wildflower Garden.

Active Aging Week Activities

Active Aging Week will be held October 5th through the 9th. It will consist of six events, starting with a scavenger hunt, with residents finding clues to identify a mystery employee. A week-long wellness challenge will require residents to chart their exercise, diet, and hydration, do a puzzle a day, and keep a gratitude journal. A culinary contest will have three prizes for best honey recipe, best avocado recipe, and best nutmeg recipe. The ever-popular obstacle course will return, and a basketball “free throw” competition has been added.

On Friday, competitors turn in their scavenger hunt and wellness challenge forms and can participate in a final event, a guessing game. For this game, residents are asked to provide a photo of themselves as a child.

Sign up sheets are on the Bistro bulletin boards. Dates and locations of the events are listed on the monthly calendar.

Laura Hager

Katherine Smoot is Turning 100

Katherine “Kas” Smoot, will be 100 on October 15. She was born on her family farm in Reisterstown, MD. She earned a degree in education from Shepherd College and worked for many years as an elementary school teacher. She then worked as the supervisor for schools in Baltimore County. She was active in 4H. In 1941, she married Clauson Smoot. They had four children.



Mrs. Smoot traveled all over the world. She went to Russia, Israel, Austria, Switzerland and many national parks. Her granddaughter Gabby says her grandmother made the best pot roast, fried oysters, and crab cakes.

Mrs. Smoot attributes her long life to healthy living, including good eating habits. She enjoys being outside and getting her daily dose of vitamin D from the sun.

Jane Jolley, featured in *Westbury World* last year, turns 101 on October 30. She is one of seven residents in the 100 Club.

Tina Davis

Chaplain's Message

One thing that has changed since the pandemic struck is how we see one another. I mean this literally. We wear masks to protect each other, to take care of each other—wearing a mask is a necessary part of fighting the spread of COVID and other infections.

Our masks, however, can make it difficult for us to see one another fully. Many of us are used to offering a smile as we pass each other. Many of us rely on reading facial expressions as part of regular conversation.

Certainly, we have been able to be creative to overcome this barrier, as we have with so many others in the course of the last six months. We look for the crinkle around the eyes that indicates a smile. We watch for other body language and energies that help us read one another. In this way, we also help to take care of each other.

A mask can be used for protection, and it can also be used to hide parts of ourselves that we may not want others to see. Singer-songwriter Billy Joel speaks to this in his song from the 1970s, “The Stranger:”

“Well, we all have a face / that we hide away forever,
and we take them out and show ourselves / when everyone has gone.
Some are satin, some are steel, / some are silk and some are leather.
They're the faces of the stranger, / but we love to try them on.”

For good or ill, we may never know what another person may be hiding behind his or her mask. Therefore, let us be gentle with one another. Let us take care of one another, both by wearing a mask ourselves and by holding space for the thoughts and feelings that someone else might be hiding behind theirs.

Betsy Stow

The Power of Words

Word of the Month:

neighborhood

(instead of court or unit)

Photos by Bill Young



Bistro Remodeling Completed

By mid-September, the Bistro remodeling project was essentially finished. The overall casual atmosphere features some banquette seating and an airy-looking pendant lighting system. Tables for two remain the seating rule for now.



Canterbury Café Reopens

The reopening of the café for dinner Tuesdays through Fridays offers a welcome dining option. Reservations are requested, there are two seatings each night, and there is a special menu each week. Again, tables for two.

Library News—October Acquisitions

FICTION

The Last Mrs. Summers	Rhys Bowen
The Lions of Fifth Avenue (LP)	Fiona Davis
Love	Roddy Doyle
The Stationery Shop	Marjan Kamali
The End of Her (LP)	Shari Lapena
The Friendship List	Susan Mallery
1st Case	James Patterson
All the Devils Are Here	Louise Penny
Cher Ami and Major Whittlesey	Kathleen Rooney
The Silent Wife	Karin Slaughter
The Geometry of Holding Hands	Alexander McCall Smith
Royal	Danielle Steel
Dark August	Katie Tallo
Near Dark	Brad Thor
Final Cut	S.J. Watson
Choppy Waters	Stuart Woods

NON-FICTION

Fallout	Lesley M. M. Blume
Eat the Buddha	Barbara Demick
A Furious Sky	Eric Jay Dolin
Separated	Jacob Soboroff
The Divine Miss Marble	Robert Weintraub

Blessing of the Animals Scheduled

The annual Blessing of the Animals will be held on Monday, October 5, from 9:00 to 10:00 a.m. in the gazebo in the courtyard. Chaplains Elizabeth Lewis and Betsy Stow will administer the blessings. Residents who are not able to attend can call Elizabeth (x971) or Betsy (x618) for an appointment to come to your apartment or cottage to give the blessing on that same day. In case of bad weather, all pet owners should call for an appointment.

Paul Arnold

Welcome to our New Neighbors

Ray and Barbara Leonard moved into 142 Elderberry Dr. from Centreville, VA.

Rick and Ginny Eisenstaedt moved into 313 Shenandoah Hall from Culpeper, VA.

Dennis and Susan McFaden moved into 106 Elderberry Dr. from Falls Church, VA.



Problems of Book Categorization

Memoirs can pose categorization problems for libraries. Autobiographies tend to be formal, to cover an entire life from childhood to the date written, with facts laid out in chronological order. Memoirs, on the other hand, usually cover the author's memories and emotions during a relatively short period focusing informally on one aspect of life.

The subject matter content of a biography or a memoir may indicate that the book should be shelved with the subject. Should the life of Picasso be grouped with biography or in Arts with other artists? Should a soldier's war story be placed with biographies or with the war? Should a person's spiritual journey be shelved with biographies or religion? What about an account of living with a spouse with dementia: Biography or Health—Dementia? Should the book **The Lambs: My Father, a Farm, and the Gift of a Flock of Sheep** be shelved with Biography or with Animals?

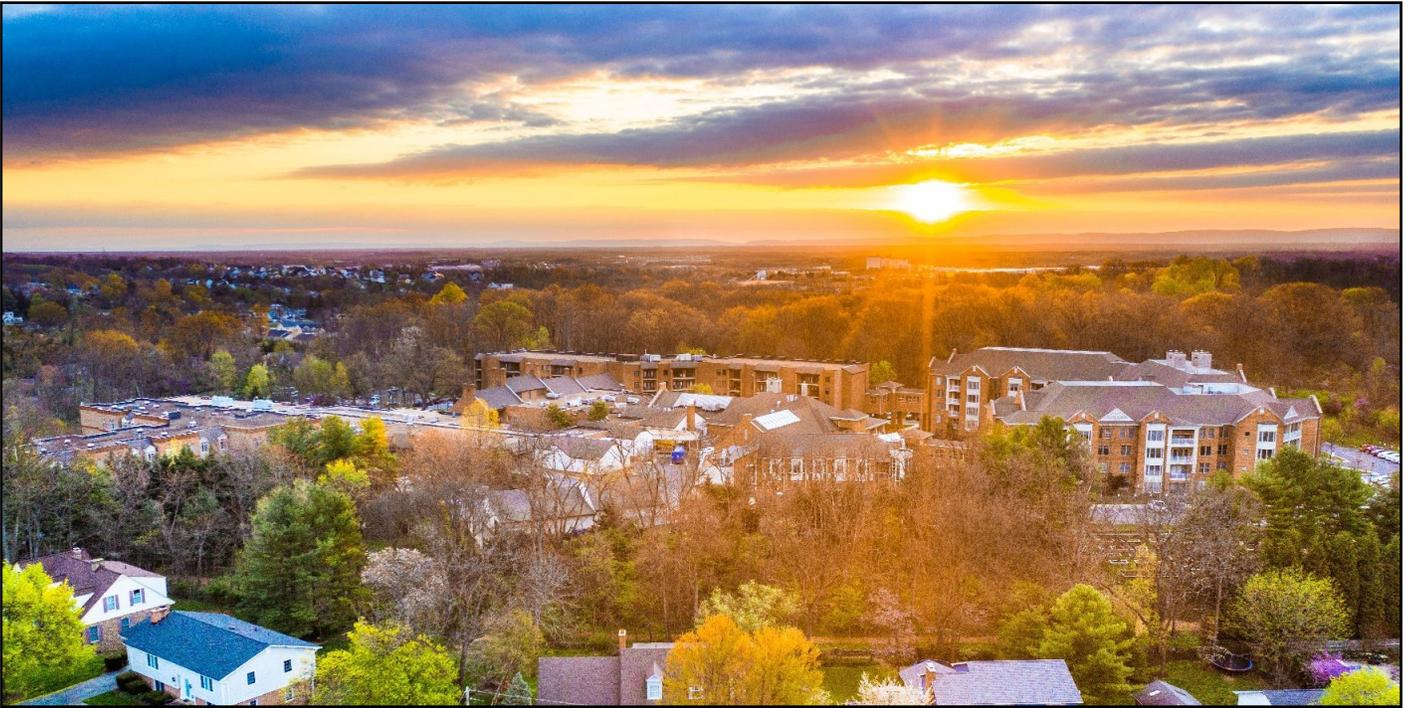
Works of the imagination may present the same problems of categorization as non-fiction. For example, should short stories written by Hemingway be grouped with Short Stories or with fiction by Hemingway? Where should the collection of short mystery stories, **Lord Peter** by Dorothy Sayers, be categorized: with Short Stories or Mysteries?

There is no right or wrong answer to these questions in a library organized like ours. Two considerations may help in making a decision. The first focuses on the browsing reader: "Where would the book be most useful?" or "Would a person browsing in World War II history (for example) be happy to come across this book?" The second consideration is mundane: "Which shelves have space to accommodate another book?"

The conclusion is that persons browsing for a good read should keep in mind that the book they would be happy to read may be shelved with other categories or with Biography.

Mary Kay Pietris

Photo by Bill Cook



Sunrise over SVWC

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