

OUR Community Connection

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Not Business as Usual

To say 2020 has been an interesting year so far is a complete understatement. Our lives have been completely turned upside down and nothing is “normal”. When events such as a pandemic strike, we as individuals have a couple of options – completely fold under pressure or rise to the occasion and come out stronger at the end of the struggle. At SVWC, we have chosen the latter. In this time of social distancing, I truly feel it has brought us closer together as individuals and as a community.

In March, an executive order by the Governor of Virginia required all to stay at home to help flatten the curve and stop the spread of COVID-19. Services were suspended, visitors were prohibited, and screening tables became part of our daily routine. No gatherings, no parties, no personal meetings, no pool... and the list went on and on. How were we going to persevere through these tough times? Well folks, when life gives you lemons, you make lemonade and that is exactly what our staff and residents did.

Each day new and exciting events started taking place, all the while maintaining the requirements for physical distancing. The third-floor residents of Shenandoah Hall started a daily sing along by pulling their chairs outside their apartment doors. Cottage residents held evening cocktail parties by sitting in lawn chairs at the end of their driveways. Gail Bowman-Harlow, our art instructor, with the help of residents, created multiple walls of healing that were placed around campus that contained beautiful artwork, scriptures and personal messages. Our Health Center residents also created messages of hope to share with family members who unfortunately were not allowed to visit with them during this time.

Jeannie Shiley,
President
& CEO



During Holy Week, staff hid Easter eggs around campus each day so that residents could at least go outside and get some fresh air and have a little fun in the process. The Easter bunny also led exercise class on Good Friday. Our Chaplains held our Holy Week services via the internal channel. The Bistro even had personal size servings as part of communion for the Maundy Thursday service.

Despite the virus, we still have a business to manage. Staff were split into two teams working alternating shifts, six days a week. All meetings were held via technology. Administration had daily coffee with residents that was broadcast on the internal channel. Residents started making masks for one another. Our music therapist also started our singing hallways in Wappacomo Hall. A new initiative started for growing vegetables in the garden plots, greenhouse and balconies.

It has been amazing to watch how residents and staff have reacted to this crisis. I am certainly not minimizing the inconvenience and challenges that we have all experienced, but I simply want to point out all the good that has transpired. I have never been prouder to be part of such an amazing team who continues to go above each and every day. 2020 will be remembered for a variety of reasons!

Jeannie Shiley, President & CEO

Sensing the need for a laugh, Jeannie shares a crocheted roll of toilet paper made by new chaplain, Betsy Stow, at a daily resident update broadcast.



Advisory Committee

Erin Johnson
Marcia Keech
Todd Lilley
Jeannie Shiley
Ann Turner

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On the Cover

As a voice of unity and community, the residents and employees at Shenandoah Valley Westminster-Canterbury created Our Wall of Global Healing – as a positive prayer/response to the negativity surrounding the fear, grief, and confusion caused by the Coronavirus. We assembled our visual and spiritual art, piece by piece, to raise up and promote global healing as one collective voice. The sixteen framed pieces of 4”x4” prayer cards are being shown on each floor of the residents’ halls and will be moved from floor to floor until the end of this pandemic. The poster featured on the cover has all sixteen pieces collaged together.

Gale Bowman-Harlow, Art Instructor





Focused But Fun

The SVWC management team consists of both administration and department heads. The management team meets every morning in a “Stand Up” meeting to begin the day and again monthly in scheduled department head meetings which allows for more in-depth discussion and planning.

Twice annually, the management team meets off-site for a one day retreat. The retreat offers an opportunity to step away from the emails, cell phones and the hundreds of other distractions that impede effective and efficient communication between departments.

In December, the management team met at Historic Carter Hall in Millwood, VA to discuss the previous six months and initiatives that will be coming up in the next six months and beyond. Topics included technology, regulations, industry-specific updates, financials and special programs and initiatives. In December a good portion of the meeting was devoted to discussions surrounding employee recruitment, on-boarding, engagement and retention.

Since all work and no play makes for a dull management team – the day started with the “guys” keeping the tradition of dressing up as a group. This year it was the beards and cammo – previous years included beach wear, 70s disco shirts and humorous t-shirts depicting various cartoons. So far the ladies have not been impressed, but rather, roll their eyes when we make our collective grand entrance. One day soon, the guys feel sure the ladies will step up their game.

The team enjoyed breakfast, family style, around the dining table together, lunch in the same manner and a tour of Carter Hall, which we discovered could be ours for the low



price of \$11 million. Later, after a spirited round of Thieves Christmas and a lot of laughter – the team walked away with deliverables and plans that will take us into the next six months and beyond. We are fortunate to have such a quality team leading our staff and programs. The personalities and years of experience around the table make for a unique working environment.

The SVWC management team includes:

- **Jeannie Shiley**, President & CEO
- **John Ferrulli**, Director of Information Technology, Security & Transportation
- **Danny Festa**, Director of Dining Services
- **Cindy Hunter**, Director of Human Resources & Corporate Compliance
- **Todd Lilley**, Foundation & Community Relations Director
- **Chanda Palmer**, Director of Marketing
- **Donielle Palmer**, Director of Resident Services
- **Michelle Thomas**, Director of Health Services
- **Duane Wernecke**, Chief Financial Officer
- **Jim White**, Director of Environmental Services
- **Michael Williams**, Administrator



Todd Lilley, Foundation Director

Taking Care of the Neighborhood – Angel Fund

Todd Lilley, Foundation Director

SVWC has always held its position as a good neighbor in the greater community as an honor. Every year, over forty local not-for-profit organizations are sponsored or receive funding through the SVWC Foundation. One partnership we hold as strategic is our relationship with the local Valley Health affiliate, Winchester Medical Center (WMC). WMC serves the healthcare and wellness needs of our residents, staff and other key relationships. With that in mind, we want to support their various programs and services that will be most meaningful and a good fit for our mission.

This year, we sent a donation on behalf of the SVWC family to the WMC Angel Fund. The Angel Fund assists financially-challenged patients at the Cancer Center with non-medical expenses. This important fund began by fulfilling the heartfelt wishes of a benevolent donor to WMC and cancer survivor who believed that assisting cancer patients with financial burdens could help patients undergoing treatment. This fund has been ongoing for over fifteen years.

SVWC is proud to help take care of the neighborhood – since the neighborhood includes us all.

 **ValleyHealth**
Winchester Medical Center



Resident on the Move – Discovering the Undersea World

Ann Turner, Foundation Associate

It is never too late to learn something new, so the saying goes. Staying mentally active stimulates the brain, enriches life and is fun all at the same time.

Maybe you have always wanted to learn a new language, write a story, or try your hand at pottery. Perhaps it is time you developed a new skill. That is exactly what resident George Magurn did when his daughter gave him a gift certificate for a scuba diving lesson on his 60th birthday.

After taking the scuba diving class and getting his initial certification, Mr. Magurn was hooked! He began taking more classes. After getting fifteen dives under his belt, he went on his first scuba diving trip to Bonaire, an island in the Caribbean Sea. It was here that he truly fell in love.

“Scuba diving is so comfortable. It is like flying, but you are under water.

You don’t have to exert any effort to go down to the bottom of the ocean,” said Mr. Magurn. “The attraction of the unattainable undersea world is amazing,” he added.

Since his initial training, Mr. Magurn has taken 2–3 scuba diving trips each year. He is currently shy of making 300 dives. Some of his favorite places have been to Cuba’s Gardens of the Queen, home to the most pristine reefs in the Caribbean; Sea of Cortez, Mexico, in the Eastern Pacific; Socorro Island, Mexico; and the Virgin Islands.

Mr. Magurn has not only learned a new skill, but has also added his long time love of photography to his scuba diving trips. He uses a camera that is specifically designed for underwater. “Photography and photo manipulation on the computer is an extension of what I did as a teacher. I also love showing my pictures to friends and family,” he said.

Every day brings a chance to try a new activity or acquire more knowledge that can change your life for the better. What will you try today? ■



Updating Our look

Chanda Palmer, Director of Marketing

Refresh & Renew... sounds good doesn't it? Our current website is well overdue for a face lift and it couldn't come at a better time. Last year we received multiple quotes to create a new website for SVWC and in the end we agreed on David Caudle with Spectrum Consulting. As you may be aware Spectrum is also working with us on the villa project so an important consideration for us was to have consistency, knowledge, and an understanding of SVWC as it relates to our upcoming marketing initiatives. I have been involved with 3 website developments and to be quite honest all of them were quite painful and exhausting so going into this I guess you could say bluntly, I was dreading it.

The process with Mr. Caudle has been a breath of fresh air and unlike any of the past three. In December he visited for a few days and brought packs upon packs of sticky notes in all different colors. I wondered why he requested a meeting room with lots of wall space and now I know, it was for all the sticky notes. Essentially we built the new map of our website over those few days and it was organized, color coded, and so easy to visualize. Everyone involved thought it was absolutely brilliant the way he simplified the mapping of information for a website with sticky notes. Marketing, Human Resources, Dining and the Foundation were all represented as Spectrum requested the meeting not to be too large but to include the top departments impacted by the website.



Fast forward several months and we now have approved the home page and an inside page of the site. These two pages set the stage as Spectrum began working to build out the entire website. We are working with them currently reviewing and approving copy. As we move from our current site to the new, the trend is definitely less is more. The new site will be cleaner, less copy, and less confusing. It will take on a more modern look and feel with more functionality for users as well as staff.

In this process we realized our photo and video library needs a little more updating and that will be scheduled in the future. The launch date has been pushed out until further notice due to the coronavirus. We do continue to work on the new site and will keep you informed of our progress. The launch of a new website is very exciting and we are looking forward to sharing it with you. ■

Fond "Farewells" – Exciting "Welcomes"

This May, the SVWC Corporate Board of Trustees said goodbye to two long-term members and welcomed four new members. While the Foundation Board of Trustees welcomed one new member.

Dennis McLoughlin and **The Rev. Webster Gibson** completed their term limits on the Corporate Board. Dennis McLoughlin has been a member since 2002. During his tenure, he served on the Finance Committee, Resident Services Committee and Class II Nominating Committee. He had also served as chair of the Corporate Board of Trustees since 2017. The Rev. Webster Gibson has served on the board since 2008. During this time, he was a member of the Resident Services

Committee and served as chair of the Class I Nominating Committee.

Harry Poling, M.D. and **Matthew Tederick** elected not to renew their terms on the Corporate Board. Dr. Poling has served since 2014 and was a member of the Finance Committee. Matthew Tederick joined the Corporate Board in 2017 and served on the Resident Services Committee.

We thank Mr. McLoughlin, The Rev. Gibson, Dr. Poling and Mr. Tederick for their years of service, their dedication, guidance and helping to make SVWC the community it is today.

The new Corporate Board members are **Bridget Aikens**, **John Dorsey** and **David Wingenbach**. Ms. Aikens, an associate realtor with Colony Realty, is an active member of the Winchester

community and in her church, First Presbyterian Church, where she serves in many capacities. Within the Winchester community, she is involved with the Shenandoah Apple Blossom Festival and in her children's schools.

John Dorsey, attorney, practices law primarily in Charles Town, West Virginia. His practice is concentrated in estate planning and estate administration, with a lesser degree of activity in residential and commercial real estate and land use planning, taxation and entity activities. He is also a certified public accountant.

Mr. Dorsey is a member of the First Presbyterian Church, where he has served as a Sunday school teacher, an Elder and a Trustee.

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Fond "Farewells" –
Exciting "Welcomes" Cont'd.

Mr. David Wingenbach is currently retired. He worked in management, manufacturing, and sales for businesses related to the forest products industry and for the last several years of his career he owned a home inspection business in Winchester. A long-standing member of Christ Episcopal Church, Mr. Wingenbach has served on the Vestry as both Junior and Senior Warden, and is currently the Junior Warden with one more year to serve on the vestry. He also serves on the church's Properties Committee, as an usher, and a Lay Eucharistic Minister.

The SVWC Foundation Board of Trustees also welcomed a new member. **Marie Imoh** has been a part of the City of Winchester's community since 2006 and is originally from Philadelphia, PA. She served in the United States Army for nine years after graduating from high school and later continued her education, earning a Master's Degree in Mental Health Counseling. She is a Licensed Mental Health Therapist in the Commonwealth of Virginia and Site Director of National Counseling Group, an agency that provides an extensive and wide range of mental health services in the four surrounding counties. Marie proudly serves on several boards in her community to include Vice-Chair of the Winchester Public School Board. She is committed to public service and believes that every citizen has something to contribute – their time, talent and or treasure – to better their lives, and the lives of their fellow community members. Her personal motto: "Serve in some way every day!" Mrs. Imoh will fill an unexpired term ending in May of 2021 and then fill the first year of a three year term. ■



Resale Shop – A Record Year

Todd Lilley, Foundation Director

The Resale Shop has been a fixture in our community since the beginning. Over the past 30+ years, an army of residents has volunteered their time and energy to keep the Resale Shop open and expanding. It is hard to say how many items have passed through the doors of the Resale Shop. Everything from glasses and cooking utensils to clothing and luggage, all sold at affordable prices make the Resale Shop a favorite destination on campus. Many browse, most buy, and almost

all come again to see what new treasures were donated.

On September 19, the resident volunteers joined staff liaisons in celebrating an amazing milestone. The total money, donated from the Resale Shop to the Fellowship Fund, has topped \$250,000. While there have been larger items with higher price tags sold over the years, the majority of this sum comes from sales of \$1.00 or less. While bargains have been found and appreciated, it's the residents who will benefit from this generous donation to the Fellowship Fund. In this way, we can truthfully say the Resale Shop has something for everyone. ■

Shared Paws for the Cause

It is no secret our residents and staff work well together. That was the case with this year's Santa Paws breakfast that is organized and planned by SVWC's Human Resources Department. Typically a staff event, residents were interested in joining the fun this year. The price of admission to the breakfast was a donation of cat or dog food, or other supplies for the SPCA and Esther Boyd Animal Shelter. As in years past, the Foundation purchased additional pet food and supplies as a donation for the event. Omps Funeral Home & Pet Crematory matches all donations of dog and cat food, pound for pound.

This year's haul was 628 pounds, not including the treats and other supplies. Omps stated SVWC continues to "lead the pack" in annual donations. While we make sure to take care of our neighbors, SVWC residents and staff also take care of our lovable companions. Our shared paws, helped the cause!





A New Chaplain Graces Our Community

Betsy Stow grew up in Suffolk, Virginia. She did her undergraduate work at Wingate College in North Carolina, graduating with a Bachelor of Arts in Music. She went on for graduate studies at the University of Pittsburgh in Pennsylvania, earning a Master of Arts in Historical Musicology. She worked for the University of Pittsburgh as part of a medical ethics education network for several years, and during this time she completed a Master of Library and Information Sciences, also at the University of Pittsburgh.

Betsy joined Live Oak Public Libraries, of Savannah, Georgia, in May of 2004, first as a Children's Librarian, and then as a Public Services Coordinator (regional manager). While still working for the library, Betsy became the pianist and choir director for Allenhurst Presbyterian Church in 2013. It was there that she began to sense a call to ministry, and she entered Columbia Theological Seminary in Decatur, Georgia in August of 2015.

Before, during, and after seminary, Betsy recognized, with the help of pastors, mentors, and friends, that her gifts for ministry lay especially in the areas of worship, music, and pastoral care. She completed a Master of Divinity in May of 2018, and was ordained as a Minister of Word and Sacrament in the Presbyterian Church (U.S.A.) on

August 5, 2018. She then moved to La Crosse, Wisconsin, to engage in her Chaplain Residency with Gundersen Health System. In addition to her ministry as a hospice and hospital chaplain, Betsy worked as a supply pastor for several churches in Wisconsin and Minnesota, before answering a call to the ministry of chaplaincy at Shenandoah Valley Westminster-Canterbury.

She joined the SVWC team at the end of January, and is very grateful for the relationships and experiences that have already grown from her ministry here. Along with all staff at SVWC, Betsy was forced into new roles and tasks as part of the SVWC Coronavirus response. She has had opportunities for ministry no one thought possible, and has made a sudden impact on our community.

Betsy is glad to have the opportunity to integrate her musical skills both into her ministry and her personal life. She also enjoys walking in the woods, especially hiking to waterfalls. She gets lost occasionally but takes it in stride—after all, it's part of the adventure! She is also a fiber artist, who works with crocheting, cross-stitching, and knitting. She is an avid reader and loves all kinds of animals, and is hoping to resume her role as a cat mom in the near future. ■



End of Year Holiday Fun

Laura Hager, Resident Concierge

The Annual Christmas Variety Show was held on Wednesday, December 4, 2019 and was a fun-filled afternoon. The event started with performances from the Canterbury Chimers led by Abby D'Archangelis, and her music therapy intern, Sabrina Hartsfield. The Jingle Bell Jesters did their musical skit with a bit of a South of the Border twist. Mary Kay Pietris and Jim Wilcox gave their best at recitation and humor dialogue. Lee and Steven Sanford performed a couple Christmas tunes. Todd Lilley read/recited "Yes, Virginia, There is a Santa Claus" which has become an annual tradition. We ended the program with a PowerPoint show of pictures recapping the year of 2019!

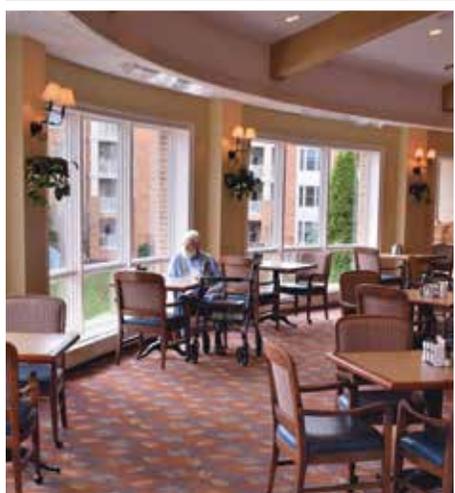
The Annual New Year's Gala took place on Saturday, January 4, 2020 with Jump Alley for our entertainment. We had a roaring 20s theme as we welcomed 2020 in! It was a great night of dancing, food and drinks and a grand celebration!





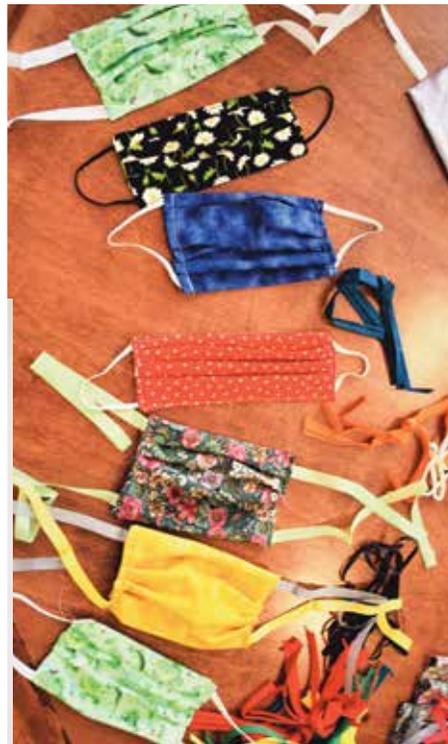
Physical Distancing, Not Social Dis

With the worldwide pandemic, we have added COVID, PPE, screening, to name a few. The one that term made its rounds through the lifecycle not only liked better but was more to the point. Staff and residents soon discovered we could be connected. When there is a will, there is a way!



ancing

several new phrases to our vocabulary – the most used is “social distancing.” Soon after communities, a new phrase emerged that we – “Physical distancing, not social distancing.” We still be socially connected, if not physically





Resident Led Vegetable Production

A few days after the first reported case of COVID-19 in a Seattle area retirement community, our head of Dining Services Danny Festa and twelve-year resident Bob Sherwood began discussing the possibility that our food supply chain might begin to break down. In early March, a memo outlining a plan to maximize vegetable production on campus went to SVWC CEO, Jeannie Shiley. She replied with strong encouragement, but urged residents to take the lead in designing and executing the vegetable plan.

The plan was mostly a concept with few details. What emerged was invented as things went along – including growing the vegetables on resident balconies. The greenhouse was cleared of flowers and reorganized to start vegetable production there. Sadly, a nasty insect was found in the greenhouse. Horticultural Therapist Peter Benedetto rushed in to eradicate the threat. Then another pest was found and eliminated. A few days later gnats appeared. They too were quelled.

Danny Festa gave the freshly recruited team of residents a list of the vegetables his kitchen would need most. At about that time, *The New*

York Times front-page mentioned a seed-buying frenzy. Seeds were indeed difficult to find for a while.

This team planted some 350 seeds in starter packs which began to sprout in the greenhouse within a week.

Another question was the type of containers to use for balcony gardening. Danny recalled living in New York City as a kid. All the apartment buildings had external fire escapes in which individuals would sit there on hot summer evenings to socialize. They planted veggies in five-gallon pails. Bingo! That's what we needed.

A staff member from the Housekeeping Department, noticed five-gallon pails were being tossed out by the kitchen daily. Fruit, potatoes, cucumbers and the like were delivered by suppliers in these pails. With a little help, the discarded pails were delivered to the greenhouse. The resident team went into the high gear drilling drainage holes, layering drainage rock and putting potting mix in the pails – perfect for balcony cultivation at zero cost.

Meanwhile, the garden plots in the community garden were being mobilized and the kitchen garden plot was turned over to resident care. The Grounds Department acquired topsoil and the Ninja Team shoveled

and raked the load. In addition, several residents generously turned their assigned garden plots over to the vegetable growing project.

The project has given residents the opportunity to again collaborate with the SVWC leadership team - and their ready support has been given. With the assistance of the activities coordinators, the plan extends to residents on Wappacomo Hall and the Health Care households. The same production is anticipated in the Blue Ridge Hall courtyard and enterprising cottage residents are vowing to play a role.

As the reality of the need took hold, support among residents grew. More than thirty residents have expressed a desire to join in. A harvest of mid-season vegetables should begin as we get to late June. Later crops will be started soon for harvest in late summer and early fall. We can continue to produce a more limited supply of food in the greenhouse in cold weather.

There is no expectation that campus grown veggies will supply all that we need, but we can boost our own food supply with fresh produce. As important, we hope to offer veggies to our local food pantries. Beyond this, in our semi-isolation, it's something useful and satisfying to do. ■



Executive Board in the House

Jeannie Shiley, President & CEO
Once a quarter, I meet with the Gentlemen's

Group and the Ladies Group. Sometimes, I will bring a guest speaker with me and other times, we will just discuss various subjects of interest. I usually try to leave time at the end of the meeting for general questions.

On February 25 and 26, 2020, Bill Pifer, Vice Chair of the Board of Trustees and the Chair of the Trustee Property and Planning Committee, was our guest. Bill shared his personal background and then discussed the villa project. Both the gentlemen and the ladies appreciated his visits and his openness. They were able to ask questions about the project and Bill did a great job of answering them.

On March 4, 2020, the Executive Committee of our Board attended our normal Wednesday morning Coffee With Administration and gave "a state of the community address." Dennis McLoughlin (Chair), Bill Pifer (Vice-Chair) and Scott Arthur (Secretary/Treasurer) each addressed the residents and spoke about their board service and the work of the committees. This "state of the community" suggestion came from a survey that was conducted last year when we asked how SVWC could strengthen the relationship between our Board of Trustees and our residents.

It is important for residents to hear other perspectives as it relates to life at SVWC. This transparency is what truly sets our community apart from other communities. ■

All Fun and Games

Ann Turner, Foundation Associate

The Fellowship Committee for Special Events sponsored their Card and Game Party on Thursday, February 27. Approximately 80 participants filled the Commons, Abbey, Activities Room, and Private Dining Room playing bridge, mahjongg, dominoes, chess, and Shanghai rummy. Light snacks, desserts and beverages were provided.

"The Card and Game Party is an event that is enjoyed by many residents as well as friends and family," stated resident Joan Claybrook, committee chairperson. "It does not take a lot of time and money to plan this event but it brings in a substantial amount of money for the Fellowship Fund," she added.

The event raised just over \$1,900 from ticket sales and donations. One hundred percent of proceeds benefited the Fellowship Fund. ■



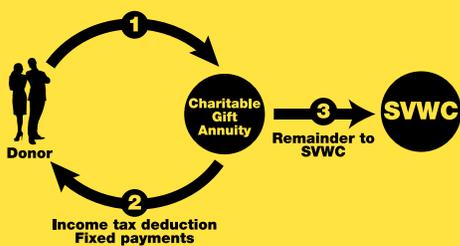
Charitable Gift Annuities – Fixed Payments for Life

Peter Gates, SVWC Resident
& CGA donor

There's a way to secure the future for your neighbors and Shenandoah Valley Westminster-Canterbury (SVWC), increase your retirement income and get a tax deduction. A SVWC gift annuity is a simple contract between you and the community. It's a smart way to receive retirement income at an attractive, fixed rate of return – either right now, or in the future.

You make an irrevocable donation with cash or stocks. In return, SVWC agrees to make fixed payments to you for life. After your lifetime, the remaining amount supports SVWC's mission.

When you create a charitable gift annuity with SVWC, you will be honored for your contribution as a member of SVWC's Legacy Society!



Ultimately you are able to do the following:

- Increase your retirement income,
- help support SVWC,
- enjoy an income tax deduction (if itemizing),
- receive tax-advantaged income for life,
- reduce your taxable estate, and,
- be honored and acknowledged (if desired) for your generosity as a member of the SVWC Legacy Society!

Charitable Gift Annuities provide unique benefits to the philanthropist who is gifting to a charity. Unlike outright gifting, donating assets via a CGA results in lifetime annuity payments to the donor.

Cottage Residents Support FROG!

JoEllen Smith, resident

Cottage residents collected money, clothing and a few other items in conjunction with their quarterly Cottage dinner on March 11, 2020 for the FROG organization. Their donations totaled \$1,160 in cash/checks plus another \$100+ in clothing and other tangible items.

FROG is a Winchester based nonprofit dedicated to making a difference in the lives of children who have been victims of abuse, neglect or are at-risk.

It was founded in 2009 by foster parents to help foster children adjust to their new living situation, and let them know that there are people out there who care about them.

They serve children and families in Winchester City and Frederick, Clarke, Shenandoah and Warren Counties. Many of these children arrive to their foster homes with only the clothes on their backs.

Through Froggy's Closet, basic needs such as clothing, shoes, diapers, car seats, haircut vouchers, book bags for school, etc. are made



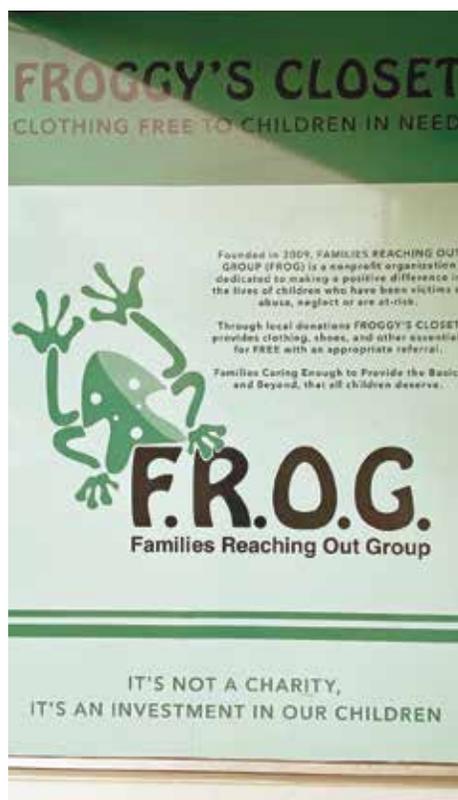
available. Donations also enable the organization to send children to summer camp and other enrichment activities; and they can provide birthday parties and other celebrations for children who may have never had these privileges.

FROG encourages and equips foster families for the challenges of foster care with support meetings and educational offerings.

Due to the current COVID-19 situation, we are precluded from delivering the items. We sent the checks by registered mail so FROG has an immediate benefit from that portion of our donation.

FROG is located at 32 East Piccadilly Street. You can go to their website if you would like to know more about FROG: <http://www.frog-kids.org>.

SVWC residents, Nancy Hough and JoEllen Smith, plan to deliver the rest of the donations to FROG as soon as the organization gives them the green light. In the meantime, if you would like to add to their stash of contributions, please contact the SVWC Foundation and information will be passed on to the right person. ■





Planning Continues

Jeannie Shiley, President & CEO

Despite the difficulties of working during a worldwide pandemic, SVWC has remained diligent in planning for our villas project. A great deal of work by all parties has kept the project on schedule. On April 6, a request for proposal, along with the schematic design information, was sent to four contractor firms for pricing. This pricing is due back to Mike Matthews, our owner's representative, by May 1. Once he has had a chance to review the proposals, interviews will be scheduled with select firms. We already have a great team in place and the addition of a contractor should be the icing on the cake.

While that pricing exercise is being completed, SVWC is working with Greenway Engineering on the entitlement process with both the City of Winchester and Frederick County. This is necessary since the property is in both jurisdictions. The SVWC marketing team will be working with Spectrum to develop collaterals for the new villas.

Once we have pricing from the contractor proposals, we will work with BakerTilly to update our financial feasibility

model with current estimates. The hope is to have all of this information available to our Board of Trustees at their May meeting. If everything works as well as we expect, administration will request authorization to proceed to the design development phase.

The current plan is to construct 10 villa buildings that will contain a total of 97 new apartments that will range from 1,200 sq. ft. to 2,100 sq. ft. Each villa will contain one covered parking space for each apartment with additional surface parking available for multiple vehicles. The property will contain beautiful walking areas and a water feature that will be both functional and aesthetically pleasing.

Throughout the remainder of the year, SVWC will be actively marketing the villas in order to reach the necessary pre-sales to obtain financing. I want to stress that our Board will still have several go/no go decisions to make as we move through the process. As with any project, there are a number of variables that could have both a positive or negative impact on the process. We will continue to communicate and share information as it becomes available. ■



Bistro Renovation

*Erin Johnson,
Dining Services
Operations Manager*

The Bistro served its first residents in 2007. Since then it has become so much more than just another dining venue at SVWC. The Bistro is a gathering space, a concert hall, a game room, a meeting room and has been an event space as we've celebrated two major anniversary

milestones, the 25th as well as our 30th year gala celebrations.

The original layout for the Bistro serverly area had run its course and was redesigned for more of an open concept in 2017. The work on this area took place during the same time as the main kitchen renovation.

In 2020 the Bistro dining room is set to get a face-lift. The area will be fitted with new carpet, new lighting, updated paint

colors as well as new tables and chairs. When designing the new concept for this area, the interior design team kept in mind the multi-functionality of the space. The updated dining room will be modern, bright and comfortable. The reading nook adjacent to the Bistro dining room will be outfitted to match the Bistro dining room's updated look.

Stay tuned for more information. We know this will continue to be a popular gathering space for years to come.



Special Event for the Fellowship Committee for Special Events

On Friday, March 6, the Foundation office held a Volunteer Celebration Luncheon to celebrate the many volunteers who have made up the Fellowship Committee for Special Events (FCSE) through the years. Special appreciation was given to Joan Claybrook, Committee Chair, who has served faithfully and whose three-year term ends in June.

The FCSE is almost as old as SVWC itself, being founded shortly after completion of the first phase of the community. It serves as a committee of the Foundation Board of Trustees and its purpose is to plan and execute special programs to help raise money for the Fellowship Fund. Fundraisers are held for residents, futures and the greater community. Over the years, many thousands of dollars have been raised for the Fellowship Fund.

Past endeavors have included: card and game parties, casino nights, an autumn dinner dance, fashion shows and champagne brunches, a spring fair where local vendors set up tables to sell their wares, murder mystery nights with residents as cast members, and a wine tasting. When called upon, the committee also assists the SVWC Foundation.

At the luncheon, Peter Gates, Foundation Board of Trustee Liaison to the FCSE and Jeannie Shiley, President/CEO thanked all the volunteers for their years of hard work and service on behalf of the Fellowship Fund as well as their dedication to the mission of SVWC.



Nursing, Kayaks and Dance

Michael Williams, Administrator

Muriel Mullins joined SVWC's clinical leadership team on February 24 as Assistant Director of Health Services. She will support Michelle Thomas with the overall management of the Health Services department with emphasis on Wappacomo and Blue Ridge Halls. In addition to offering leadership support to the clinical team, she will help coordinate resident services with Stephanie Campbell, Health Care Coordinator.

Muriel started out as a Certified Nursing Assistant at the Lynn Care Center in Front Royal. She worked at Winchester Medical Center after obtaining her RN license, as well as with a local home health agency, where she started taking on more leadership responsibilities.

Muriel's passion brought her back to senior living, where she worked in leadership capacities at nursing communities in Warrenton and Martinsburg before accepting the position at SVWC. Who knew that the Coronavirus would totally change the way we do business just a few short weeks after Muriel joined the SVWC staff? Muriel rolled up her sleeves and found her seat at the table helping to plan SVWC's response to the pandemic. She has been right there with our leadership team and

all SVWC staff doing whatever it takes to get the job done – even those she wasn't counting on.

Muriel has been an avid kayaker since a very young age, learning from her father. She has two kayaks and "I can whip it in the water!" she said. She loves to cook, leaning toward Mediterranean dishes. Muriel is married and has two children, a 3 year old boy & and an 8 month old girl. She says they are "wild" and keep me going." Muriel loves furry pets such as guinea pigs and ferrets.

In our first week of screening staff and residents at the main entrance, we were treated to Muriel's impromptu dance when asking screening questions – it was later revealed she is a former ballet dancer and can still bust a few moves when she feels the beat!

Muriel stated, "My love of nursing has only grown through the years. As a nurse I get the unique opportunity to exponentially better someone's day just with my positive attitude. It brings me joy and contentment to make others smile. I take pride in how well I care for people and nothing is better than leaving at the end of the day and knowing that someone's day is better because I was a part of it."

Welcome Muriel! ■



Connection at a Time of Physical Distancing

*Donielle Palmer,
Director of Resident Services*

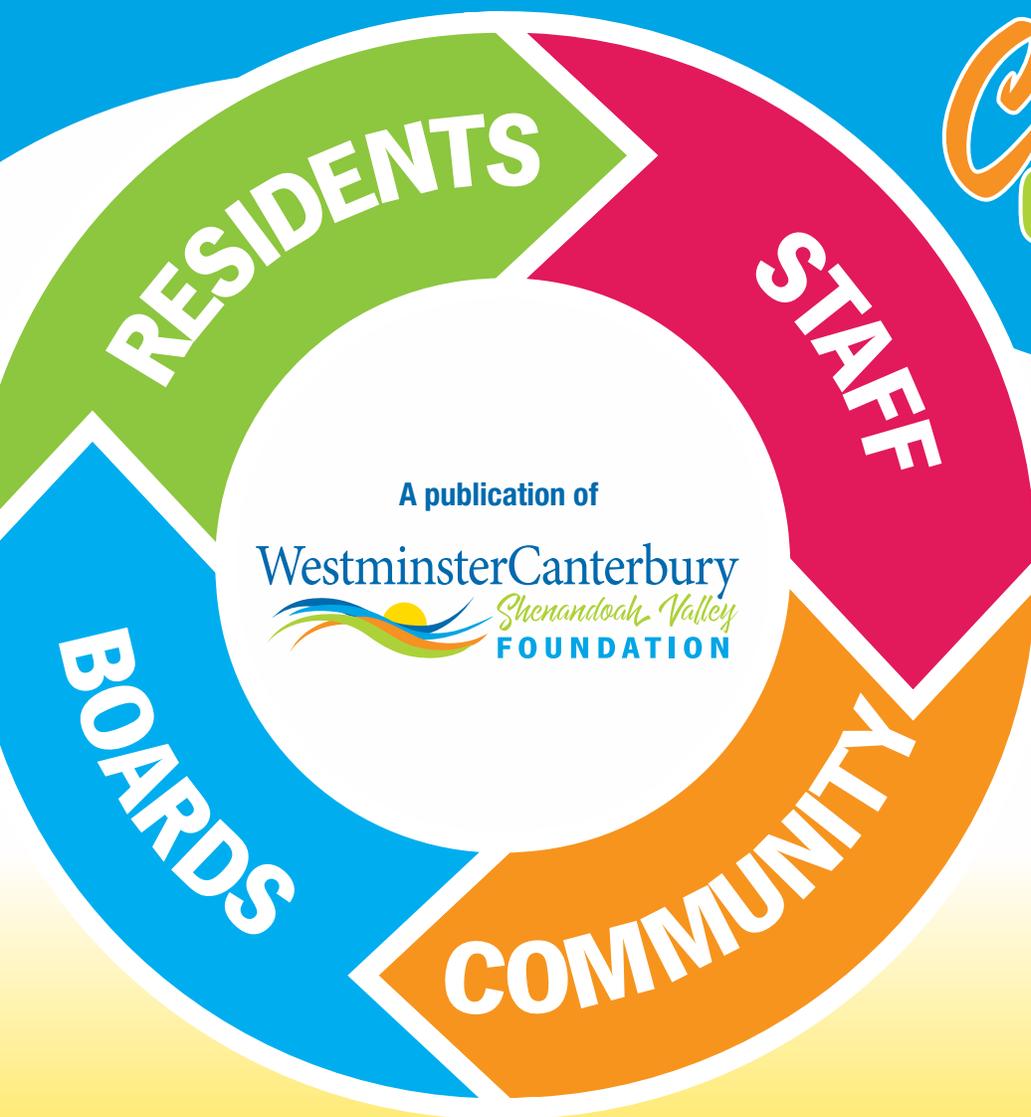
During the pandemic and the unprecedented times of physical distancing, it is important that we still connect with our residents living with dementia. We may not be able to connect using our Positive Physical Approach (PPA), but there are pieces that we can use, and we are. Daily, I see staff approaching from the front, introducing themselves and asking permission to assist someone. We are learning to take the extra 15 seconds to make that connection. Say hello, state our name and smile.

When our physical distancing initiatives are no longer needed, SVWC will pick-up where we left off and continue our efforts to become a Positive Approach to Care (PAC) designated community – the first in Virginia and one of only twelve in the United States.

PAC designation will continue to set the bar high for our community, and other communities, to enrich the lives of persons living with dementia. We strive to make connections daily, treat everyone as a person and not as a diagnosis and this designation would put a stamp of approval on what we are doing. When our care returns to normal without physical distancing guidelines, representatives from PAC will visit to ensure that we are using the skills that we learned during our mandatory training sessions. The most important thing to remember from our training is that persons living with dementia are doing the best that they can and it is we who need to change. It's an amazing effort and has been a wonderful journey and thanks to everyone working at SVWC, who have made it possible for our residents to live such a wonderful life. ■



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OUR Community Connection

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