

---

# Westbury World

*Published by Shenandoah Valley Westminster-Canterbury  
A Continuing Care Retirement Community*

---

Volume XXV Number 7

July 2021

---

## Key Organizational Changes Announced

Photo by Sue McKenzie



Niki Wilson

Jeannie Shiley

Chanda Palmer

Last month, I mentioned a number of organizational changes that were being proposed to better position SVWC strategically and operationally, now and into the future. After much discussion and interviewing, I am happy to announce the following changes and additions to our management team.

Chanda Palmer has been promoted to Chief Operating Officer effective June 21. She has served as the Director of Marketing since 2010. In her free time, Chanda's favorite thing is camping. Her family shares the same interest, so when they are not working, they are camping. One of their favorite camping spots is Ocean Lakes Resort at the southern tip of Myrtle Beach. They also like to visit Virginia state parks. While camping, they enjoy kayaking and canoeing.

Chanda is married to Tim, and they have two daughters, Grace and Tess. Grace recently

graduated from Sherando High School and will attend James Madison University in the fall. Tess will be a high school senior and plays varsity softball for Sherando.

Niki Wilson has an expanded role at SVWC. She will now be responsible for the Foundation and Marketing. Niki has been with SVWC for a year. She came here with over 17 years of fundraising and community relations experience. Niki has a passion for developing relationships, connecting and inspiring donors in their purpose of giving, and leading organizations to be good stewards of their funds.

When not working, Niki likes to spend time outdoors hiking, walking with her dog Sadie, and gardening. Niki will also be going back to school in the fall, as she has been accepted into the Doctor of Professional Studies in the Organization Leadership program at Shenandoah University.

See **Changes**, page 2

**Changes**, from page 1

Susie Nail has been hired as SVWC’s new administrator. Her first day will be July 6. Susie has been in the senior living industry since 2007 and began her career as an activities director. From there, she moved on to marketing and received her master’s in Healthcare Administration in 2015. That same year, she interned here under Michael Williams. Susie stayed on to work in the Health Center Activity Department. Beginning in 2016, Susie worked for various skilled care and assisted living companies. Most recently, she joins us from Lake Prince Woods CCRC located in the Hampton Roads region of Virginia.

In her spare time, Susie enjoys traveling, all things historical, and animals. She hopes to train a therapy dog in the near future. Susie says she is thrilled to become the next administrator here and that she will continue to uphold SVWC’s high standards.

To say I am excited is an understatement. The next couple of months will be a transition period as everyone settles into their new roles. Please join me in welcoming all three ladies to their new positions.

*Jeannie Shiley*



Susie Nail

**Need Help with Something?**

- Clinic** – 665-5929 (x 929)  
 Medical appointments (on/off campus)  
 Billing  
 Medication assistance
- Dining Operations Mgr.** - 665-5896 (x 896)  
 Declining Balance Meal Plan  
 Catering
- Executive Assistant** – 665-5918 (x 918)  
 Room reservations  
 Notary Public
- Finance** - 665-5938 (x 938)  
 Billing  
 Declining Balance Meal Plan
- Resident Concierge** – 535-1531 (x 531)  
 Trip reservations  
 Creation of flyers, invitations  
 Driving directions  
 Online ordering
- Resident Services Mgr.** – 535-1518 (x 518)  
 Registrations: companion, pet, vehicle
- Social Services** – 665-5916 (x 916)  
 Power of Attorney  
 Advance Directives  
 Notary Public

**New Acquisition**

SVWC has acquired a fourth home in Westbury Commons. The home is located at 118 Westbury Place. A couple is scheduled to move into the home in August.



Photo by Bill Young

**Westbury World**  
 Published and distributed by  
 Shenandoah Valley Westminster-Canterbury  
 300 Westminster Canterbury Drive  
 Winchester, VA 22603 - - - - - www.svwc.org  
 Phones: 540-665-0156 800-492-9463  
**Co-Editors:**  
 Paul Arnold\* — Text Carl Hess — Layout  
 Staff Liaison: Sue McKenzie  
**Work Group:**  
 Patricia Baldwin - Bill Cook - David Greene  
 Marcia Greene - Bruce Jackson  
 Peggy Jackson - Mattie Olson - Roland Olson  
 Hartley Schearer - Bill Young  
 \* Contact Person



Photo by Bill Young



Taps on Memorial Day

### A Special Salute to Old Glory

Just before Memorial Day, a group of patriotic-spirited cottage residents came up with a nice idea for paying tribute to the flag and for helping to commemorate Memorial Day, D-Day, Flag Day, Freedom Day (Juneteenth) and the 4th of July. They attached a small flag to every set of mailboxes along cottage streets. Long may they wave!

*Margie Sheppard*

Photo by Bill Young



Photo by Sue McKenzie





### Free Ice Cream on the First Day of Summer



Photos by  
Peggy Jackson  
and  
Bill Young





## Bridge Gallery Spotlights the Iris

Instead of featuring the work of a particular artist or artists, the Bridge Gallery is currently displaying some photos and paintings of a favorite flower, the iris. These are the residents who brought artwork from their own collections or their own photographs to be a part of the show: George Magurn, Ginny Fluet, Yvonne Teske, Cari Sherwood, Marie Kingdon, Mary Owen, Sigrid Mueller, Karen Leeds, Margaret Richardson, Frank and Ellen Brauch, and Bob Shriner.

*Gale Bowman-Harlow*



Photos by Peggy Jackson

## Welcome to our New Neighbors

**Betty Knee** moved into 216 Shenandoah Hall from Winchester, VA.

**Harry and Ann Poling** moved into 417 Shenandoah Hall from Winchester, VA.

**Joy King and Bobby Avstreich** moved into 505 Shenandoah Hall from Mesa, AZ.

**Veda Briggs** moved into 419 Shenandoah Hall from Aldie, VA.

**Ross and Pam Curtis** moved into 100 Westbury Place from Hedgesville, WV.

**Betty Ware** moved into 185 Wappacomo Hall from Winchester, VA.



RIP

## Foundation Fundraiser for a SVWC Cookbook

Do you have a go-to appetizer, covered dish, or dessert recipe that everyone likes and you always get requests for the recipe? Then the Fellowship Fund for Special Events Committee asks you to submit it for its fundraiser cookbook. The cookbook will be a collection of recipes from the SVWC family, including residents, staff, and Board members. It will feature easy-to-make recipes for appetizers, covered dish (or potluck) offerings, and desserts. Each resident is encouraged to submit a maximum of two recipes. Everyone who submits a recipe will be eligible to win a prize.

The deadline to enter is July 19. The funds raised by the sale of the cookbook will benefit the Fellowship Fund. To get the form for the recipe, go to the Foundation page on the resident portal or call Ext. 657.

*Melissa Boies*

## Using Surplus Dining Dollars

The declining balance food order form continues to be a popular way for residents to send excess dining dollars to local charities that otherwise would be wasted. Over 400 cases of food have been given to Bright Futures, Shenandoah Area Agency on Aging, Kids Club, Highland Food Pantry, Fremont Street Nursery, and C-CAP. Many of the recipients often do not know where their next meal will come from. The forms can be obtained from the Foundation Office, the portal, or on a table near the post office in the Bistro.

*Melissa Boies*

## Volunteer Opportunities

Looking for a way to contribute to the outside community? Then contact SVWC's Foundation Office. It works with multiple nonprofits in the area that have opportunities for you to apply your skills and your desire to help others. Assisting in local food banks is just one example. This involves packing food bags and sorting supplies for both children and seniors in need. For more information about volunteer possibilities, call Melissa Boies on Ext. 657.

*Niki Wilson*

## Chaplain's Message

Recently, a resident acknowledged that just as we go through physical developmental stages and changes, so we go through spiritual developmental stages and changes throughout life. That is a very astute observation. There is no part of our lives or being that is stagnant. The spiritual stages and changes are often not attended to or even noticed in the same ways that our physical changes are. But our spirits are as important as our bodies.

Spirituality is not necessarily related to religion. For some it is inextricably connected, and for others there is no connection.

Spirituality is primarily about finding meaning and purpose in life in connection with who we are and our relationships with others and, for some, in relationship to God or a higher power.

There is a great deal of research and writing on spirituality and aging that is useful. The resources I have used most heavily are:

**Aging and God**, by Dr. Harold Koenig.

**A Deepening Love Affair: The Gift of God in Later Life**, by Jane Marie Thibault.

**Winter Grace: Spirituality and Aging**, by Kathleen Fischer.

**A Gospel for the Mature Years**, by Dr. Harold Koenig with Tracy Lamar and Betty Lamar.

**Aging as a Spiritual Practice**, by Lewis Richmond.

I hope some residents would like to have some informal discussions about spirituality and the personal changes it has made over time. This will not be a time to try to influence, change, or preach about spirituality. It will not be about theology or religious convictions. It will be a time to explore and share with one another our spiritual journeys, views, practices, and growth and what spirituality means for us.

These open discussions will be on Tuesdays at 10:30 a.m. in the Chapel each week from June 29 to July 27. To allow ample time for each person to speak, I will limit the groups to six people per week.

Please sign up for the session that best suits your schedule by calling me on ext. 971.

*Elizabeth Lewis*

## Wappacomo Hall Gym Relocates

The satellite gym in Wappacomo Hall has moved to a new location. It is still on the first floor but is now in the previous coffee lounge area off the main entrance doors. The fitness room has two bikes, a SciFit and a NuStep and various bands and free weights. It is open 24 hours and all Wappacomo residents are invited to use it. Fitness specialist Elaine Stonesifer is available for one-on-one appointments. To schedule an appointment, call ext. 447 and leave a message.

Teresa Barton



Photos by Kitty Zuckerman





## Library News — July Acquisitions

### FICTION

<b>While Justice Sleeps</b>	Stacey Abrams
<b>The Newcomer</b>	Mary Kay Andrews
<b>Turn a Blind Eye (LP)</b>	Jeffrey Archer
<b>Northern Spy</b>	Flynn Berry
<b>Hour of the Witch</b>	Chris Bohjalian
<b>The Most Beautiful Girl in Cuba</b>	Chanel Cleeton
<b>All the Children Are Home</b>	Patry Francis
<b>Sooley (LP)</b>	John Grisham
<b>Early Morning Riser</b>	Katherine Heiny
<b>Stargazer</b>	Anne Hillerman
<b>The Woman with the Blue Star</b>	Pam Jenoff
<b>A Distant Shore (LP)</b>	Karen Kingsbury
<b>The Summer of Lost and Found</b>	Mary Alice Monroe
<b>21st Birthday (LP)</b>	James Patterson
<b>Great Circle</b>	Maggie Shipstead
<b>Finding Ashley (LP)</b>	Danielle Steel
<b>Good Company</b>	Cynthia D'Aprix Sweeney

### NON-FICTION

<b>You Don't Belong Here</b>	Elizabeth Becker
<b>Facing the Mountain</b>	Daniel James Brown
<b>Zero Fail</b>	Carol Leonnig
<b>Madam Speaker</b>	Susan Page

## Residents Garden News

The Residents Garden is thriving. Gardeners are already harvesting lettuce, radishes, asparagus, and green tomatoes are showing on some vines. There are more gardeners this season than ever. In the past three years, the number of plots has been increased from 31 to 47. The number of gardeners is up 67 percent in the same period because there are more plots and because individual or family members can till only one plot, a rule change made by the Residents Association in 2018. Residents who had had two plots before the change were grandfathered. In addition, some plots are being shared by more than one resident or family.

The biggest news is that the new herb garden has begun production. Chef Tunde Howard says that all the herbs used by the kitchen as food ingredients or garnish now come from the resident garden. She harvests herbs almost every day, often accompanied by kitchen staffers. "I show them how to pick the herbs and soon they will be able to go out by themselves."

A resident team including Frank Baxter, Skip Bowling, Buddy Lloyd, Dick Pace, Sandy Galletta, John Sterle, Linda Mast and your faithful correspondent planted the 8 by 25 foot plot with two kinds of basil, parsley, thyme, oregano, cilantro, and rosemary. Frank Baxter arranged with Director of Resident Services Donielle Palmer to obtain many of the plants from horticulture therapist Peter Benedetto. Skip Bowling provided chocolate mint from his garden and Larry Pettinger moved his planter of mint from his cottage to the herb garden.

*Bill Cook*

Photo by Bill Cook



Herb Garden

Photo by Kay Pace



God Bless America!

## Westbury World

Shenandoah Valley Westminster-Canterbury  
300 Westminster Canterbury Drive  
Winchester, Virginia 22603  
(540) 665-0156  
[www.svwc.org](http://www.svwc.org)

