
Westbury World

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A Continuing Care Retirement Community*

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Vaccine Arrives at SVWC

On December 29, Walgreens pharmacy representatives administered the first dose of the Pfizer vaccine to residents that reside in Health Care and to the staff that works in that area. It was given to those who elected to receive it. Our community was one of the earlier ones to have access to the vaccine.

One of the first staff to receive the vaccine was Michael Williams, Administrator (pictured above). Michael stated "We are pleased with the number of staff and residents to receive the vaccine. There were close to 100

staff and residents to receive the first dose." Recipients are to receive their second dose on January 19.

Many questions have been asked about when residents in Assisted Living and Independent Living will receive the vaccine. The timing of their vaccine is part of the long term care distribution plan & guidelines established by the Department of Health which have not been announced as of yet.

Sue McKenzie

From the President/CEO



Welcome, 2021. Boy, am I glad to see you! As a community, we have much to look forward to in the new year.

SVWC has partnered with Walgreens to administer the covid vaccine to our

staff and residents.

We will be following the guidelines set forth by the Virginia Department of Health as it relates to the distribution and administration of the vaccine. While the decision was made not to make the vaccine mandatory for residents and staff, we are certainly encouraging everyone to be immunized. The sooner life can return to some sense of normalcy, the better.

Our Marketing team will continue to educate and create excitement among consumers as it relates to our villa expansion project. They are putting the final touches on an exciting marketing strategy that will highlight the villas and the benefits of living in a life plan community. We have 11 depositors who are anxious to make the villas their home. SVWC continues to work closely with the architects as they put the final touches on the construction documents.

During the first quarter of 2021, SVWC will also be conducting a feasibility study to determine if there is enough community support to raise money for an intergenerational center. It will be constructed in front of the villas along Fox Drive. The center will house an adult care provider and a childcare provider, along with additional spaces to support organizational and community needs. Niki Wilson, our Foundation Director, is spearheading this effort. Once the study is complete, the consultant will present the results to both our Corporate and Foundation Boards.

In 2021, our Board of Trustees will also be involved in developing a new strategic plan that will be our road map for the next three to five years. This important process will involve residents, staff, and Board members. We hope to start this process in the second or third quarter of the year. Even though our plates are extremely full, we have to continue to plan for the future of this community.

In addition to all of the above tasks, SVWC will be preparing for its five-year CARF re-

accreditation that is scheduled for November 2021. Planning for this visit has already started and workgroups will start meeting after the first of the year to begin preparing for the survey.

I am confident that 2021 is going to be a great year for SVWC. We hope your New Year is filled with an abundance of blessings and much joy.

Jeannie Shiley

Photo by Bill Cook



In the spirit of the season, Sally Walters and JoEllen Smith decked all cottage mail boxes with red reindeer "antlers."

Health Care "Give Back" Projects

During November, Health Care residents helped to give back to the community in the form of service projects. The first project was baking homemade dog biscuits for SVWC's canine community. The next project that month was to send postcards of thanks to SVWC's almost 100 veterans. A number of Health Care residents each signed at least five cards.

In December, project focus was on Health Care nurses. Residents' tangible gratitude was expressed in the form of "reindeer" hot cocoa bags. Health Care residents helped to bag the ingredients and prepare thank you notes for the nurses.

Amber Daniel

SVWC's Wide-ranging Charitable Donations

Despite covid, SVWC's Foundation, residents, and staff continued their support of a diverse number of local organizations in the holiday season of giving. In November, \$5,000 was given to the Winchester Area Temporary Thermal Shelter to purchase linens and cover the cost of cleaning them for the overnight homeless shelter. On December 9, SVWC provided 70 hot lunches for the Kids Club of North Shenandoah Valley and on December 21, Dining Services made and delivered freshly baked Christmas cookies for the kids.

Also in December, as part of the annual Santa Paws event held to benefit local animal shelters, the Foundation purchased \$500 worth of dog and cat food; staff and residents also made donations.

During November, December, and January, residents were able to give dollars remaining in Santa Paws Donations their meal allowances to purchase items for a pre-determined local non-profit. In November, Bright Futures was the recipient of 89 cases of breakfast items, snacks, and drinks for students in need. In December, the Shenandoah Area Agency on Aging (SAAA) was the beneficiary of 105 cases of non-perishable foods. In January, the Kids Club will be the recipient.



Niki Wilson

Successful Walkathon

SVWC's first ever Pre-Turkey Trot Walkathon concluded on November 18. Seven individuals walked a combined 224 miles, the distance between SVWC and Newport News, VA. The Walkathon raised \$2,892 to benefit the Fellowship Fund, Helen Abrahamsen Employee Scholarship Fund, Employee Emergency Fund, and Lynn Shearouse Cultural Arts programs.

Melissa Boies

Chaplain's Message

We have been waiting for 2021 for months, hoping for newness and release from the ways that 2020 has seemingly held us hostage. We have seen avenues of hope in the last month, yet we still have to be vigilant in all the precautions that the virus requires. Even so, we are in the final stretch of this marathon.

I hope that you realize how you have not only endured, but also triumphed over this hardship. I hope that you can eventually look back at 2020 and see places of grace and growth. January always marks a fresh start, and we need that in all kinds of ways right now. I find Abrejehani's remarks in *Journey through the Power of the Rainbow: Quotations from a Life Made Out of Poetry* especially appropriate for the beginning of this year. "A bridge of silver wings stretches from the dead ashes of an unforgiving nightmare to the jeweled vision of a life started anew."

While I usually do not make New Year's resolutions because I am typically defeated within weeks, I have decided to have a "jeweled vision of a life started anew." Thinking about how I have felt like a hostage this past year to our medical and political environment, I have decided that I will no longer be a hostage to it. I will be a hostage to hope, grace, and love this year. I will wear my mask as one sign of hope. I will forgive myself and my neighbor as an act of grace. I will strive to learn more about justice for all as a sign of love.

My primary goal for this year is found in Luke 10:27, "He answered, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself.'" There are endless ways to both fail and succeed in this. Thankfully, every day is another chance to get it right.

Imagine a journal with 365 blank, unlined pages. You alone hold the pen to write upon these pages. You get a fresh, blank page every day in your journal and in life. What will you write each day? Step out on those silver wings of hope and have a blessed new year.

Elizabeth Lewis



Foundation Door

Winter Scenes

Motion sensor photo



This one came unplugged and left the courtyard.



Wappacomo Hall Tree

Photos by Bill Cook, Peggy Jackson, and Bill Young



First Snow



Courtyard Illumination



Crèches



Variety Show

Photos by Bill Cook, Peggy Jackson, and Bill Young



Snow Dog



Santa's SVWC Sleigh



The Cottage Illuminaria

An Entertaining Evening in Scotland

At the Thursday Night Program on December 3, residents were transported to the heaths and highlands of Scotland. In a fine Scottish burr, Jill Hazelbauer-Von der Ohe regaled the inhouse TV audience with animated renditions of Scottish myths and legends, tales of clansmen, Mary Queen of Scots, and others.

The stories were interspersed with haunting Scottish melodies played by Jill on a hammer dulcimer. Kate Reed displayed a series of pictures illustrating the stories and music. One could all but smell the wild mountain thyme and feel the wind on the lochs. Perhaps all that was missing was a wee dram of uisge-beatha ("water of life" i. e. whiskey).

Bill Young



Photo by Bill Young

The Cottages' "Grand Illumination" Event

On December 23 and 24, starting at 4:30 p.m., cottage streets were lit with 900 tea light illuminaria purchased by cottage residents' voluntary donations. Christmas music for the celebration was provided by a boom box in the dog cart pulled through the streets by "Heidi" McKinley. Meanwhile, a ho, ho, hoing Santa cruised the streets in a golf cart. On December 23, residents in apartments were able to view the lights via bus tours. The lights remained on continually through Christmas day. On December 24, at 6:00 p.m., cottage residents joined in a two-minute global expression of peace and love by ringing bells and banging pots and pans.

Paul Arnold

Christmas Variety Show

This year's annual Christmas show, which was prerecorded in the Abbey, was shown on Ch 977 on December 10. Concierge Laura Hager blended some old and new acts into a pleasant holiday mix, starting with some film clips of the Canterbury Chimers playing a medley of seasonal favorites. They concluded with "*Silent Night*," supported by Amy Fielder on violin.

Next, Music Therapist Abigail D'Arcangelis on viola played "*O Holy Night*." She was then joined by Leila Orndorff in a spirited singing of "*Have Yourself a Merry Little Christmas*." Abigail, Leila, and Tina Davis shifted the scene to Hawaii, where they hulaed in grass skirts and sang the Hawaiian carol "*Mele Kalikimaka*."

Time for some humor: Mary Kay Pietris performed what has become an annual favorite when she recited the tongue-twisting memory poem, "**The Good Fat Hen**." As a bonus, she described the poem's interesting history.

Music returned, when the singing Sanfords, Lee and Steven, performed a beautiful version of the classic "*White Christmas*."

George White struck a more serious note by reading a prayer by Pope Clement, followed by a cheery rendition of "**Twass the Night Before Christmas**."

The closing act was a PowerPoint presentation of a collection of photos taken primarily by Peggy Jackson and Bill Young throughout 2020 of various residents, staff, and events at SVWC. It showed that, despite the virus, SVWC was determined to maintain a strong sense of community.

Paul Arnold

Welcome to our New Neighbors

Dr. Jerome and Mrs. Marjorie Prochaska moved into 105 Elderberry Court from Orlean, VA.

Jack and Joyce Palm moved into 114 Shenandoah Hall from Amissville, VA.

Jack and Carolee Klimek moved into 208 Shenandoah Hall from Stephens City, VA.



Library News January Acquisitions

FICTION

Hidden in Plain Sight	Jeffrey Archer
Daylight	David Baldacci
Snow	John Banville
Law of Innocence	Michael Connelly
The Dirty South	John Connolly
Fortune and Glory	Janet Evanovich
Beach Wedding	Grace Greene
Moonflower Murders	Anthony Horowitz
Miss Benson's Beetle	Rachel Joyce
The Cold Way Home	Julia Keller
The Cipher	Isabella Maldonado
Goodnight Beautiful (LP)	Aimee Molloy
The Thursday Murder Club	Richard Osman
Three Women Disappear (LP)	James Patterson
How to Raise an Elephant	Alexander McCall Smith
All That Glitters (LP)	Danielle Steel
Shuggie Bain	Douglas Stuart
The Cold Millions	Jess Walter
Shake Up (LP)	Stuart Woods

NON-FICTION

This Time Next Year We'll Be Laughing
Jacqueline Winspear

January Series Returns

Calvin University, a private Christian university in Grand Rapids, MI, continues their long tradition of offering The January Series, an award-winning lecture series featuring world-renowned speakers. SVWC has been one of 60+ nationwide remote sites for the past two years. The series starts January 6 and runs for three weeks. Residents will be able to watch each presentation (12:30 to 1:30 p.m.) on Ch 977. If you cannot join live, the lecture will be available for the entire day through midnight via the Calvin University website. For more information, contact Kitty Zuckerman, x915.

Thursday Night Programs

Thursday, January 7. 7:30 p.m. Ch 977.
"Our Founders' Vision." Recollections by several residents about the beginnings of Westminster Canterbury. An informal conversation. Presented by Bob Sherwood.

Thursday, January 14. 7:30 p.m. Ch 977.
"Star Trek Meets the Man from Uncle," presented by Rick Kinsey. This is an episode that features William Shatner and Leonard Nimoy and a short lecture on how Ian Fleming gained notoriety in three mediums: novels, films, and TV.

Thursday, January 21. 7:30 p.m. Ch 977.
"Father Found," presented by Paul Arnold. A discussion of his quest for information about the captivity and death of his father who was a POW in the Philippines during World War II. His research led to a full military funeral for his father in Arlington National Cemetery.

Thursday, January 28. 7:30 p.m. Ch 977.
"Goin' Back." A Discovery Channel documentary about a trip to the Philippines by a group of descendants, including Paul Arnold, of World War II POWs. They retrace the route of the Bataan Death March, visit the sites of POW camps, explore Corregidor, and help dedicate a "hell ship" memorial. Three survivors of the Death March are included in the group.

Mary Owen

The Power of Words

Word of the Month:

Resident (or preferred name)

(instead of patient)

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Photo by Bill Cook



Wappacomo Hall's Christmas Lights

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