

Westbury World

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A Continuing Care Retirement Community*

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Photo by Abby D'Arcangelis



Toya

Charlotte

Karen

Music for Masks Contest a Showcase of Creativity

Music Therapist Abigail D'Arcangelis initiated in October the Music for Masks competition, a creative competition in which residents were encouraged to rewrite lyrics to a well-known song with a message highlighting the importance of wearing masks. She created a video in which she performed all the entries, and the video was shown on Coffee with Administration, on the resident portal, and SVWC's Facebook page.

Winners were determined by votes cast by residents, staff, family, and friends via emails, phone calls, and Facebook comments. The winners:

First: Karen Leeds for "Does Your Mask Hang Low" (to the tune of Do Your Ears Hang Low") (See page 7 for the lyrics.)

Second: Toya O'Hara for "M-A-S-K" (to the tune of "Y-M-C-A")

Third: Charlotte Collins for "My Mask" (to the tune of "My Bonnie")

The other creative contestants were Mary Kay Pietris, Carol Schelble, Margie Sheppard, Mary Owen, Joan Everhart, and Amy Fielder. Their contributions were based on songs ranging from "Amazing Grace" to "You're a Grand Old Flag."

Thanks to all of them for emphasizing the need to wear masks.



From the President/CEO



Like many folks, I am not sad to see 2020 come to a close. I hope 2021 will return the world, and our community, to some sense of normalcy. Despite the challenges of this past year, we

still have much to be grateful for at Westminster-Canterbury.

I am grateful for our employees who came to work every day despite the challenging circumstances.

I am grateful for our residents who have had to deal with changes being made at times on what seemed like an hourly basis,

I am grateful for our Corporate and Foundation Board who have supported the decisions made and offered constant words of encouragement.

I am grateful for our medical directors and Dr. Bechamps who have worked so hard to keep our community safe.

I am grateful for the creativity that comes from being confined for long periods of time!

I am grateful for hidden talents.

I am grateful for technology that has helped to keep residents connected to their loved ones.

I am grateful for music and the joy it brings.

I am grateful for members of our leadership team who truly care for one another.

I am grateful for the generosity of our residents.

I am grateful that there is a choice between a nasal swab or throat swab for the continued covid testing (never in a million years would I have thought this would have made my grateful list).

I am grateful for the smiles that greet me in the halls each and every day.

I am grateful for the abundance of vegetables that filled our balconies, gardens, and stomachs!

I am grateful for the opportunity to expand our campus and our mission and for the team that we have assembled to help get us to that point.

I am grateful for the beautiful decorations that adorn our campus and lift our spirits.

My prayer is that we all focus on the things that we are grateful for and not on the things that we cannot change. From all of us at SVWC, we wish you and your families a Merry Christmas and Happy New Year!

Jeannie Shiley

Employee Appreciation Fund Exceeds Goal

The Employee Appreciation Fund (EAF) received increased support this year in both the amount donated by residents, \$255,000, and the number of participants, 85 percent, allowing it to increase the gifts over previous years by more than 10 percent. The fund's fiscal year ran from November 1, 2019, to October 31, 2020, after which the gifts that ranged from \$110 to \$1100, were computed from hours worked. Cash was ordered and the EAF committee counted and filled 325 envelopes, just in time for the award ceremony at Coffee with Administration on November 11.

Several department heads were creative this year by delivering the gifts to employees as they lined up for covid testing. In the spirit of the season, the Residents Association also gave \$100 dollars to each department head.

Bruce Jackson

Photo by Peggy Jackson



Alissa Sbandi and Michelle Thomas at covid testing tent, where some employees were given their EAF gifts.

New Award Keyed to Dementia Care

SVWC continues to focus on being a center for excellence in dementia care and culture change. In February, the Interdisciplinary Dementia Inclusive Committee created a monthly award program to recognize team members who demonstrate practices of culture change as care partners for residents.

Nominations for the award come from staff, and the nomination criteria include:

Completion of the Positive Approach to Care (PAC) training.

Consistent use of the language of culture change (e.g. neighborhood versus unit/floor, community versus facility).

Incorporation of PAC techniques in daily work.

Demonstration of leadership qualities with regard to culture change and best practices for dementia care and person-directed care.

Winners receive a certificate and one free meal, along with their name, photo, and reason for nomination featured in the **Canterbury Chronicle** staff newsletter and on the Culture Change Champion bulletin board located just past the Rehabilitation Office in Lawrence Hall.

Abigail D'Arcangelis



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Thursday Night Programs

December 3. 7:30 p.m. Ch 977 **"Failte don cheilidh Albannach againn!"** Presented by Jill Hazelbauer-von der Ohe. Step into the past for an evening of traditional Scottish storytelling and Highland ballads played on the hammered dulcimer. Smell the mountain thyme, feel the spray of the sea, and follow Bonnie Prince Charlie from the moment he lands on Scottish soil until he evades capture by the British.

December 10. 7:30 p.m. Ch 977 **"The Nutcracker."** Mikhail Baryshnikov's breathtaking and critically acclaimed production. This spectacular performance is danced by the magnificent team of Baryshnikov, one of the greatest classical dancers of the 20th Century, and Gelsey Kirkland, both showcased at the peak of their careers, with members of the American Ballet Theater and the National Philharmonic Orchestra. Please note that this performance will run for 78 minutes.

December 17. 7:30 p.m. Ch 977 **Handel's "Messiah."** One of the world's most beloved choral masterpieces, first performed in 1742. This version was performed on November 22, 2019, by the Arts Chorale of Winchester and Vocal Consort conducted by Michael Main and accompanied by a 22-piece orchestra. The highly acclaimed soloists are: Fontina Naumenko, soprano; Kristin Dubenion-Smith, alto; Byron Jones, tenor; and Mark Duer, bass. This 70-person choral group includes our own Kate Reed and several "futures." Please note that this performance runs for approximately two and a half hours.

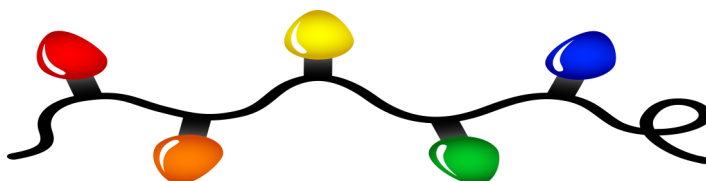
December 24. **No program,** (Christmas Eve)

December 31. **No program.** (New Year's Eve)

Mary Owen

Welcome to Our New Neighbors

Robert "Bob" and Paula Becker moved into 304 Shenandoah Hall from Cross Junction, VA.





Barbara and Joan



The Teams

Photos by Bill Young



Bruce

Croquet Season Ends

The final tournament of the SVWC 2020 croquet season concluded on the afternoon of October 25, with three teams of two players each competing: Team Mueller, with Rob Ross and Pauline Archambault, Team Ingraham, with Robert Ingraham and Bruce Jackson, and Team Jackson, with Joan Everhart and Barbara Jackson.

Three games were played, with player ranking determined by first or second place finishes. When the final ball went through the finishing wicket, first place went to Barbara Jackson, with second place earned by Joan Everhart.

The players and a large group of spectators enjoyed a series of well-played games on a pleasant fall day.

Bill Young

Schedule of Holiday Activities

Residents and staff are encouraged to decorate their doors with holiday themes. The doors will be judged in the afternoon of Tuesday, December 15. The winners will be announced the next day at Coffee with Administration.

On Friday, December 4, there will be a Courtyard Lighting at 6:30 p.m. After everything is illuminated, everyone will sing "**Oh Christmas Tree.**" Packaged cookies will be available in the Bistro.

There will be Christmas lights rides starting on Sunday, December 6, and ending on Tuesday, December 22, except on Thursdays. Sign up at the Independent Living information bulletin board. There is a limit of six residents per night on the bus.

The annual Christmas Variety show will be broadcast on Channel 977 on Thursday, December 10, at 2:00 p.m.

Laura Hager

The first week of December, Assisted Living residents will be trimming Christmas trees. Each floor will decorate its tree on a different day.

Due to covid, in place of the normal Christmas Party, residents on each floor will be entertained with separate "stations" each offering different edibles/beverages. December 9 will be first floor; 10 the second floor and 11 will be third floor. Staff will be at each station to serve residents residing on that floor.

Saturday the 12th will be the "Wappacomo Christmas wonderland tour," which will include Christmas music, cocoa, and cookies. This will be held outside the Wappacomo Hall entrance.

Christmas Eve afternoon there will be a special traveling cart visiting each floor offering eggnog, cookies, and fellowship.

New Year's Eve we will be saying "Goodbye to 2020" with champagne, wine, sparkling cider and snacks...and welcome 2021 and a fresh start. The traveling carts will visit each resident between 2:00 to 5:00 p.m. Happy New Year!

Sidney Beck

Wappacomo Gallery Features Early Works by Elizabeth Taylor

Born in Louisville, KY, Elizabeth “Liz” Taylor has received degrees from the University of Kentucky and Virginia Commonwealth University. Her varied career was spent as an elementary school teacher, a social worker, and a psychotherapist.

For many years, Liz made wreaths, baskets, wall hangings, and dried flower arrangements. She started painting in watercolors and oils in 1960. Since moving to SVWC in 2015 from Centreville, she has sculpted several busts, taken watercolor classes, and developed her drawing skills.



Photo by Peggy Jackson

Donate to Project “Santa Paws”

Under the direction of Human Resources and the Foundation Office, the annual “Santa Paws” drive to collect dog and cat food for local animal shelters during the holiday season is under way. Residents and staff can deliver their donations to the Human Resources office until December 5. Although all donors cannot be rewarded with the traditional Santa Paws breakfast, all will receive a Bistro breakfast voucher valid until December 12.

Once again, all donations will be matched pound for pound by the All Pets Cremation Center of Omps Funeral Home.

Throughout the year, residents who want to support animal welfare can do so by placing similar supplies in the box inside the door that leads off the Gift Shop. These are periodically taken to local animal shelters. Donations of blue Dawn dish detergent are especially welcome. It is safe for animal paws and is used daily to clean pens and kennels.

Niki Wilson, Sylvia Wilson

Chaplain’s Message

The song, “You’ll Never Walk Alone,” has been running through my mind recently—especially the lyrics toward the end, when the vocalist sings, “Walk on, walk on, with hope in your heart, and you’ll never walk alone.” I have always loved this song; I can remember listening to it with my parents as a child and playing it on my flute as a teenager.

The song holds out hope on two points: first, that the storm will eventually end, and, second, that one does not have to walk through the storm alone. Both reassurances are important to me, but I want to focus on the second, especially as we navigate the holidays with caution in the middle of a pandemic.

For some, the holidays represent a difficult time of year, even without covid. The time surrounding Thanksgiving, Christmas, and the New Year can create a perfect storm of feelings—some may feel good, others may not. “Getting into the holiday spirit” may be something we look forward to, or it can be a huge task for us or for our neighbors. There are two things I have to say about this:

Give yourself (and others) a break. Everyone has to engage the holidays in the way that works for them in their own way. If this means shopping until you drop, do it. If it means taking time for yourself in your apartment or in nature, do that. If it means sleeping in or having a good cry, that is normal, too. However the holidays feel to you, know that your feelings are valid.

You are not alone. No matter how stormy or how dark the day is, if you need someone to walk through the storm with you, please reach out. Please know that your chaplains are here for you. There is always a chaplain on call, and the staff at the Front Desk always knows how to reach us.

No matter how you “do” the holidays, my wish for you is that you are safe and as healthy as possible. Blessings to each of you this December.

Betsy Stow

**Merry
Christmas**

Photo by Bill Young



Bob Bovey

Veterans Day Program

In keeping with covid-19 restrictions, the traditional Veterans Day luncheon was not held this year. Instead, Veterans Day was observed with a virtual program broadcast on Channel 977 at noon on November 11.

George White provided some introductory remarks, led the Pledge of Allegiance, and introduced the day's speaker, Bob Bovey. Bob gave an interesting and informative talk on his service in U. S. Navy submarines, culminating in his position as commanding officer of the nuclear submarine USS Sand Lance. His presentation was supported by a number of slides illustrating his explanations of life aboard submarines and submarine operations. He also recounted some interesting sea stories, covering among other adventures his dealings with Admiral Hyman Rickover, the "father" of the nuclear submarine.

Bill Young

Photo by Bob Fitz



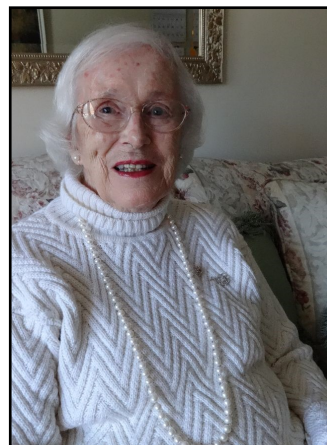
Jimmie the Bell Ringer

Another Veterans Day Tradition Upheld

Neither the virus nor foul weather could cancel another Veterans Day tradition: the ringing of the bell. At 2:00 p.m., Jimmie Harp began ringing the bell, located across the road from the flagpole, for about 10 minutes. Each of the dozen or so other residents in attendance then took a brief turn at ringing. For musical background, the hymns of each branch of military service were played on a Smart phone. The impromptu ceremony concluded with the group's singing of the national anthem.

Paul Arnold

Mary Charlotte Ware Joining SVWC's Century Club



Mary Charlotte Ware will turn 100 on December 21. She was born in Erie, PA. Being an only child, her mother used to tell her that she was the nicest Christmas gift she ever had.

She earned a Bachelor of Arts degree with a major in biology from Allegheny College in Meadville, PA. Afterward, she taught biology and freshman English in high school for four years. She married and moved to Indiana, where she had two boys and a girl. She now has five granddaughters and two grandsons and five great-granddaughters.

Mary Charlotte has always liked to sing. She sang in her high school, college, and church choirs. She also enjoyed gardening and sewing.

After living in Indiana for 57 years, she moved into SVWC in 2003. Mary Charlotte attributes her longevity to "just living a normal life and taking good care of herself." She is the eighth SVWC resident to attain age 100.

Two other residents observe special birthdays this month. On December 5, Wil Pieper and Princess Dailey will be 101.

Sue McKenzie



Library News December Acquisitions

FICTION

Leave the World Behind Rumaan Alam
The Wonder Boy of Whistle Stop

Total Power Fannie Flagg
The Searcher Vince Flynn

Lethal White Tana French

A Time for Mercy Robert Galbraith

Dear Child John Grisham

They Went Left omy Hausmann

Troubles in Paradise Monica Hesse

Magic Lessons Elin Hilderbrand

A Pretty Deceit Alice Hoffman

Fifty Words for Rain Anna Lee Huber

The Topeka School Asha Lemmie

Migrations Ben Lerner

Still Life Charlotte McConaghy

The Night Portrait Val McDermid

The Coast-to-Coast Murders Laura Morelli

Shadows in Death James Patterson
J.D. Robb

NON-FICTION

His Truth Is Marching On Jon Meacham
Killing Crazy Horse Bill O'Reilly

Christmas Raffle Extravaganza

From December 7 until December 13, a number of Christmas-themed packages will be on display for everyone to view in the Commons and Bistro areas and to have a chance to win. Raffle tickets will be sold in the Foundation Office, with all monies going to the Resale Shop, which benefits the Fellowship Fund. Tickets will be 5 for \$15, 15 for \$10, 30 for \$15, or 50 for \$20. Instead of having only one chance to win one item, you can select multiple items you like and place your ticket with your name on it in the bag for that item. Winners will be drawn on December 14.

Niki Wilson

Music for Masks Winning Lyrics

Does Your Mask Ride Low?

Does your mask ride low?
Does it wobble to and fro?
Can you tie it in a knot?
Can you tie it in a bow?
Can you dangle it from ear to shoulder
when you're feeling bolder?
Does your mask ride low?

Does your mask ride high?
Does it hit you in the eye?
Can you flap it up and down
as you drive around the town?
Can you put it on real quick and more
when entering the store?
Does your mask ride high?

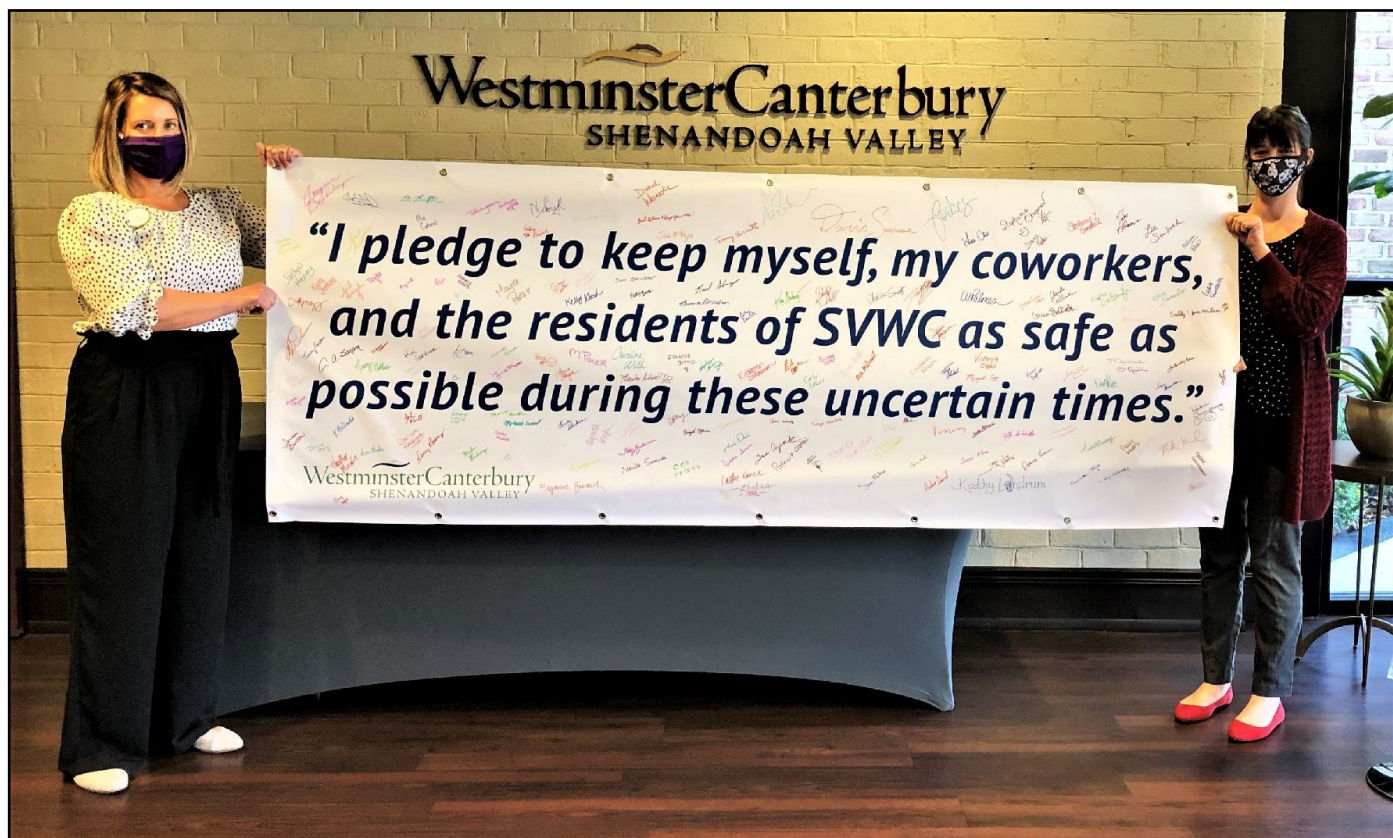
Do your ears get tired?
Do your glasses get all fogged?
Does a sneeze make your mask wet?
Does it stiffen when it's dry?
Can you recognize your neighbor
without squinting or some labor?
Do your ears get tired?



Photo by Peggy Jackson

Merry Christmas!

Photo by Kitty Zuckerman



Banner signed by SVWC employees.

Westbury World

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