

Westbury World

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Fashion Show Benefits Fellowship Fund

On November 10, 123 guests, SVWC resident volunteers and staff came together to enjoy a champagne brunch and view the "Celebrate America" fashion show hosted by the Fellowship Committee for Special Events. The successful event raised \$7,590 for the Fellowship Fund.

Foundation Board member and resident John Claybrook organized the placement of the American flag, flags from all military services and the Virginia state flag. SVWC veterans Bill Mills, Bob Riggs and Bob Strati presented the flags.

Barry Lee, a local radio personality, and Carolyn Lewis, a community volunteer to the Fellowship Committee for Special Events, served as emcees. The committee also includes 14 residents and community volunteer Cookie Nickerson, and it is staffed by Foundation Associate Ann Turner.

Resident Peggy Jackson organized the decorations, which included Veterans/America themed tables and an impressive ice sculpture carved by Chef Abraham Ybarra. Some of the modeled clothing included appropriate red, white and blue outfits.

SVWC Board of Trustee member Dennis McLoughlin and Foundation Board members Blake Curtis, Kathy Ganske, Gina Hammond, and Libba Pendleton poured champagne, as-

sisted by Hubie Plaster. Bill Mills and Larry Pettinger served as stage attendants, and Peggy Dowd provided background piano music.

The models included Jim and Margaret Anderson, Pat Baldwin, Frank Baxter, Blair Belkin, Emma Creech, Kelly Graber, Shirley Gaunt, Cindy Hunter, Nancy Law, Todd Lilley, Leila Orndorff, Trudy Pearman, Sara Stern, Fran White, and Jim White.

The featured clothing and footwear were provided by Bell's Fine Clothing, Christopher & Banks, C. J. Banks, Doncaster, Kimberly's Simply Charming, Solely Comfort Footwear, and the SVWC Gift Shop. Thanks to all the businesses that placed an ad in the program.

Dining Services prepared an excellent lunch, and server Emma Creech sang a beautiful solo of God Bless America. The SVWC staff deserved special thanks for the extra effort in setting up the tables early, shuttling guests from the parking lot to the event and back and help with unloading the models' clothes.



Nancy Law



Leila Orndorff

Todd D. Lilley



Photos by Peggy Jackson
More photos of models on page 2

Enhancement Project scheduled For Year-end Completion

Despite encountering several “speed bumps” last month, the general contractor expects to achieve final completion of SVWC’s enhancement project by year’s end. To meet that deadline, the following timetable has been established for December:

The second-story deck of the Magnolia Courtyard annex will be completed, as will landscaping of the Assisted Living Courtyard, and the Laurel Court Courtyard will be enclosed by a locked-gate fence.

On December 13, the remaining furniture and fixtures required by the renovation and reallocation of interior space is scheduled to be delivered and installed. On or before December 20, eleven additional Health Care rooms will become available for occupancy, and the remaining residents of Blue Ridge Hall will have been moved into renovated quarters.

By mid-December, Rehabilitation Services is scheduled to be moved into the area once occupied by the Salon, and Rehab’s former quarters will be occupied by Information Technology and Security.

Before the end of the month a sauna, accessible from the swimming pool, will be installed, and the horticultural therapy greenhouse will be made ready for use.

During nighttime, the corridor ceiling between the former Salon and the Chaplains’ Offices will be removed to enable demolition of outdated and unused mechanical and electrical systems. Afterward, the ceiling will be replaced and repainted, and new carpeting will be installed.

Edward Rider



Going, Going, Almost Gone!

Employee Appreciation Fund Drive Results

“In Thanksgiving for You” was the slogan for the annual Employee Appreciation Fund campaign, which began on November 1, 2015, and concluded on October 31, 2016. Over 86 percent of SVWC’s residents gave in excess of \$201,000, a record amount. The EAF demonstrates residents’ extensive gratitude for the care and support employees give to each of us.

At the Coffee with the Administration on November 16, each department director was given a bag of gift envelopes, one for each of their employees. A total of 317 employees received from one to 10 shares, valued at \$100 per share. The number of shares earned was based on the number of hours worked during the period of the campaign.

Employee Appreciation Fund Campaign Committee members Gina Hammond, John Greely, Robb Russell, Dick Clarke, Joan Claybrook, and Bob Shriner also felt that senior managers deserved special recognition. The Residents Association’s Executive Committee agreed, and each manager was given a \$100 gift certificate to one of four local restaurants.

The 2017 drive has begun, and gifts to it can be made throughout the year. Thanks to all who contributed to this year’s fund.

Gina Hammond



Patricia Baldwin



**Sara Stern
Board Member**

From the President/CEO



November and December are my favorite months of the year. With Thanksgiving just behind us, there is still a feeling of gratitude in the air. It is also that time of year when the community comes to life with beautiful decorations, trees and programs galore.

It is also exciting that our health care expansion project will be wrapping up near the end of the year. It has been a challenging, but rewarding, two and a half year project. I know personally I have learned a great deal. I want to thank all the residents, staff and family members who have had to put up with the daily construction dust and noise. While the journey may have been bumpy at times, our community is stronger as a result. We will be planning a combined 30th Anniversary/Open House in 2017 to showcase and celebrate the new and renovated areas.

With the construction behind us, we can now focus on other strategic initiatives. SVWC recently partnered with SFCS, an architectural firm out of Roanoke, to help us develop an action plan for Shenandoah Hall. The plan will address the infrastructure of Shenandoah Hall while taking into consideration the special natural assets and unique design of our campus. More information will be provided as we move through this process.

In 2014, SVWC contracted with CliftonLarsonAllen to conduct a market assessment to help determine the feasibility of a Continuing Care at Home program. This is a comprehensive package of long-term care services that seniors might need as they age in order to re-

main independent and continue living in their own home. Preliminary results indicated a viable market for such a program. In 2017, SVWC will take the next steps in exploring the potential for such a program.

Other strategic areas of focus in 2017 will include dining and defining and advancing our wellness programming. These are two of the main areas of discussion and research in the field of senior living. Residents are looking for consistently excellent dining experiences and impactful wellness programs. SVWC currently is doing a good job in both areas but we are ready to kick it up several notches as we move forward.

So, while SVWC is winding down on one major project, we have many other exciting opportunities in the pipeline. We look forward to the New Year and the opportunities it will bring our way. From our family to yours, we wish you a Merry Christmas and a Happy New Year!

Jeannie Shiley

Rehabilitation Program Expanded

Andrea Lloyd has been hired to fill the new Physical Therapy Assistant (PTA) position. She will be implementing the physical therapist's plan of care while Stephanie Ralls is on maternity leave. When Stephanie returns, Andrea will remain full time to help with increasing rehab demands. She attended Blue Ridge Community Technical College in Martinsburg for her PTA degree and has been a licensed PTA for four years. She was employed at Winchester Orthopaedics Physical Therapy since receiving her licensure, where she specialized in outpatient orthopedic care. Andrea has an enthusiastic approach to therapy and looks forward to getting to know the residents at SVWC.



Staff Photo

She was born and raised in Winchester, VA. In her free time, Andrea enjoys working with animal rescues and fosters special needs kittens.

Nichole Braithwaite

Community Portal Updated

The SVWC Community Portal was launched a little over six months ago. To date, user names and passwords have been provided to 131 residents. In some cases spouses are using the same user name and password, so approximately 53 percent of the Independent Living population is now "portaling."

The feedback about the system has been positive. Requests for changes and additions are implemented as quickly as possible. Some of the new icons that have been added include Bulletin Board, Community Info, Resident Handbook, Library, and Residents Association. Residents can find out via the Bulletin Board if there have been any last-minute schedule changes. They are also alerted as to who has been hospitalized, who has moved to another level of care and who has passed away.

In addition, new resident biographies have been added, as well as a list of movies that are available at the Front Desk. One can access the entire inventory of library books and learn about the new books acquired each month. A few more games have been added, as well as a link for local movie listings. Having the Resident Handbook on the portal saves residents from having to search through their hefty binders.

Further suggestions for improvement are always welcome as the portal continues to expand and continues to help simplify the lives of residents.

Kitty Zuckerman

Thursday Night Programs

December 1. "Saving Species at the Smithsonian Conservation Biology Institute." Cole Johnson from SCBI's Office of Advancement and Kristin Black from the Friends of the National Zoo will provide an overview of various SCBI projects and initiatives. With research locations at Front Royal, the National Zoo, and worldwide, the SCBI plays a leading role in the Smithsonian's global efforts to save wildlife species from extinction and train future generations of conservationists.

December 8. "A History of the Burwell-Morgan Mill and its Founders," video and discussion presented by Jimmie Harp, SVWC resident and volunteer grinder at the mill. The mill is open to the public Friday, Saturday, and Sunday from April to October. In the winter it is shut for repairs. It hosts an art show in April and October.

December 15. The Sherando High School Choir will present a concert of favorite seasonal selections. It is directed by Steve Jennings, and is recognized as one of the finest high school choirs in Virginia.

December 22. Gather in the Commons for our annual Christmas Program, which will include singing carols with the Westbury Choristers, listening to Christmas stories, and the awarding of prizes for humorous apparel.

December 29. No program between the holidays.

Alice Lees

New Exhibit Features Resident's Book Display

The glass cases across from the Gift Shop are filled with the joy of Christmas, thanks to resident Claudia Martin. Her latest book, "Imagine That!" features whimsical stories for children of all ages. Artist Sally Seabright created the book's illustrations, and those will be displayed, as well as copies of the book, which can be purchased in the Gift Shop. A portion of the proceeds will go to the Employee Emergency Fund.

Kitty Zuckerman



Photo by Kitty Zuckerman

Claudia Martin at Book Signing



Library News

December Acquisitions

FICTION

Marie Benedict portrays Mileva Mari, a brilliant physicist and Einstein's wife, in **The Other Einstein**.

The Dollhouse by Fiona Davis brings to life the Barbizon, a NYC hotel that once housed such career girls as Grace Kelly, Joan Crawford, Joan Didion, Eudora Welty, and Sylvia Plath.

In **The Trespasser** by bestselling Irish mystery writer Tana French, lead detective Antoinette Conway tries to determine who killed a young woman in an apartment not far from Conway's home.

Ann Patchett, winner of prestigious literary awards and owner of an independent bookstore, uses autobiographical details in her newest novel, **Commonwealth**, the "enthraling story of how an unexpected romantic encounter irrevocably changes two families' lives."

Four girls bond and survive the turbulent 1970s in **Another Brooklyn**, Jacqueline Woodson's first adult novel in 20 years.

NON-FICTION

Paul English, an "unconventional inventor and entrepreneur," founded Kayak.com and later sold it for almost \$2 billion. **A Truck Full of Money** chronicles English's rise and his decision to become a philanthropist.

In **The Book of Joy** the Dalai Lama and Desmond Tutu share their views on how to live joyfully in spite of life's traumatic experiences.

Elizabeth Letts' **The Perfect Horse** is the thrilling account of the covert rescue of beautiful white purebred horses stolen by Germany and in imminent danger of slaughter as the starving Russian Army advanced.

Candice Millard's **Hero of the Empire** is the narrative of young Winston Churchill's "extraordinary and little-known exploits during the Boer War."

Sully, by Chesley B. "Sully" Sullenberger III, is the inspirational autobiography of the pilot who landed a crippled US Airways plane in New York's Hudson River, saving the lives of all 155 passengers and crew members.

Ten other books are also on display.

Beverly Sears

Correction

The biographic information about Hubert Martin cited in the capsule description of **Growing Up in Nazi Germany** in last month's edition of Library News is erroneous. He was never associated with the S. S. With such a connection, he would never have been admitted to the US. At 17, he was a prisoner of war. We apologize for this mistake.

SVWC Veterans Honored

The annual Veterans Day luncheon honoring resident veterans was held on November 11 in the Abbey. Seventy-two veterans representing all military services signed up for the event, which was organized by John Claybrook.

As was the case with the Fashion Show, the program began with a parade of flags, starting with the American flag, followed by the flags of each military service and concluding with the state flag of Virginia. Bill Mills gave a brief history of each banner.

After lunch, John Claybrook introduced the guest speaker, Lt. Gen. Clarence E. McKnight, US Army, Ret. A native of Tennessee, he graduated from West Point in 1952. General McKnight served in the Korean War, commanded two Signal Battalions in the Vietnam War, and three battalions in Europe. He concluded his active career as Director of Command, Control and Communications Systems for the Joint Chiefs of Staff.

During his presentation, General McKnight covered a number of topics, from the utility of reviving some form of the draft to the threat posed by cyberwarfare.

The program concluded with the traditional cutting of the Marines' birthday cake, with Bill Mills again providing the saber.

Paul Arnold

Chaplain's Message

The lovely season of Advent is here again, a time of great expectation for Christ's coming into the world. We welcome Christ with worship, carols, parties, and gifts. We welcome Christ with quiet meditation and great music. We welcome Christ with open hearts that are especially susceptible to nostalgia and memories of the past. In all this, our hearts and minds are drawn back 2,000 years to a poor couple in an obscure town where a seemingly unimportant birth occurred.

During Advent, we journey back to a small stable with its attending shepherds and angels to meet again with an infant who brings life-changing love, mercy and grace. Our nostalgia is more than memories about our own lives. It is about the life of the child who would lead an extraordinary life.

We celebrate Emmanuel, God with us. We celebrate the possibility of hope in our world. All too often, we lose hope when the world does not function as we believe it should or when our lives do not turn out the way we wanted them to. Thus, Advent is our journey back to what is real, what is eternal and what life is really about.

As you decorate your homes and do your Christmas shopping, as you attend holiday parties and sing carols and as you worship and meditate, may the wonder of it all fill you with renewed hope that God is still with us. I pray that we wander intentionally along the path of Advent with open eyes so that we do not miss the glory of God who created good out of chaos and life out of death. I pray that we may live in the hope of God's love no matter what the world brings our way, because, in the end, God's love and peace will reign. May it always reign in your hearts and lives.

Elizabeth Lewis

Holiday Food Drive

SVWC's annual holiday food drive is underway. Non-perishable items are being collected through Friday, December 16, at the staff time clock in Lawrence Hall, at the entrances of Wappacomo Hall and Shenandoah Hall and at the Bistro pool overlook area.



Pianist Thomas Padolfi Returns for His Ninth Bistro Concert

Each December since 2008, Thomas Padolfi has delighted us with his keyboard virtuosity. He will play again on Friday evening December 9 to launch the ninth year of the Bistro Concert Series. The concert begins at 7:30. Admission is \$10 at the door.

Pandolfi's glittering delivery of the great piano literature has been impressive during 10 previous performances in the Winchester area. All but three of them have been at SVWC. In his performances here, he has covered a remarkable diversity of great piano works, from the Russian masters to the famous Italian, French, German and Austrians, from Gershwin and Weill to a selection of other crossover works. This year he will play refined works by distinguished Spanish, Mexican, Cuban, and Argentine composers.

Pandolfi has played in prestigious venues in many parts of the world. His tours in China, throughout Europe and across the US have been acclaimed. In Eastern Europe, where classical piano performance is highly valued, he has been strongly praised. When a student, he was awarded full scholarships for both undergraduate and graduate degrees at the Juilliard School.

As well as being a gifted pianist, Pandolfi is a brilliant educator. Our intimate Bistro setting showcases this skill quite well. He is able to speak comfortably in a conversational style. Time and again, we have heard him offer concise insight into the works he has chosen. This concert will again be a musical treat.

These concerts help support our Fellowship Fund. BB&T sponsors the concert series. Our January concert will introduce Corda Nova, a newly-formed trio of exceptional talent. They are Baroque instrumentalists who play lesser-known works of exquisite charm.

Bob Sherwood

The Art Movement in the New Studio

The art and creativity happening in the new Art Studio in the Vitality Center is bringing positive changes to residents' lives as they engage in the spirit of "Doing Art." Art educator Gale Bowman-Harlow is concentrating on bringing art experiences that teach fine arts techniques, creative thought development and skill building in order to translate students' ideas into tangible pieces of art. She teaches sculpture, drawing, watercolors, oil and acrylic painting, and pottery on a weekly basis. There are plans for workshops in collage and weaving.

The affirmative and therapeutic process of art activity brings a sense of accomplishment, expands three-dimensional thought, improves concentration and visual acuity, strengthens muscle control, and develops a unique intimacy of personal creation. For individuals with low vision, sculpture and pottery stimulate the imagination through physical touch. Most important, the fellowship and fun of creating together builds new friendships.

Gale's concentrated art classes in Assisted Living, Health Care and Blue Ridge are intended to enhance the qualities, interests and skills of each individual and direct their personal talents toward a rewarding experience.

The hallway outside the Canterbury Café is the home of the new Bridge Gallery which displays art work by studio students. Classes are open to residents, future residents and the public. A student art show will open on January 13 in the Lawrence Gallery.

Door Decorating Competition

All residents are encouraged to decorate the doors of their respective abodes and all staff members the doors of their offices with holiday themes. Live greenery cannot be used. Judging is on December 9, and the winners will be announced at noon on that day in the Bistro.



SVWC Receives Youth Grant

Several months ago, SVWC applied for a Cochran Family Youth Grant from the Community Foundation of the Northern Shenandoah Valley. It would allow children at the Freemont Street Nursery and at the Henry & Evans Home for Children in Winchester to come to SVWC to participate in an art program. The program is designed to enrich the childrens' creativity, focus and inspiration and to enhance their artistic abilities. The \$4,000 grant has been approved, allowing the program to start in January 2017.

The 12-week program focuses on the visual arts which are vital to a child's learning and brain development. Gale Bowman-Harlow, who teaches various classes in the Art Studio and with Assisted Living and Health Care residents, will be the instructor. This program also affords an opportunity for an intern to help prepare materials, set up and assist in teaching and keep statistics on the students and their work.

Current plans call for approximately 12 students from Freemont Street in grades three to five to come to the campus from 4:00 to 5:15 p.m. weekly, followed by approximately seven students in grades seven to 12 from the Evans Home until 7:00 p.m., with a short break in between.



Michael Williams

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Photo by Lauri Bridgeforth



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