

Westbury World

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A Life Plan Community*

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Some Enchanted Evening, SVWC Style



On Saturday night, January 7, approximately 100 residents donned their glad rags and dusted off their dancing shoes and gathered in the combined Abbey/Dining Room to celebrate the traditional New Year's Eve Gala, the first since 2020. Staged by Concierge Laura Hager, the event featured music by the Jump Alley Band, the usual delicious hors d'oeuvres from Dining Services, an open bar to keep spirits high, the inevitable conga line, and a toast of bubbly at the appropriate time to usher in 2023. A Cole Porter lyric aptly summed it up: "What a swellegant, elegant party it was."

Photos by Bill Young



New Board of Trustees Member

At the January 16 meeting of the Board of Trustees, Clare Monahan Dame was elected to fill the unexpired term of Linda Miles, who terminated her Class I position on the board in November 2022. Clare resides in Winchester.

After graduating from The College of William and Mary, she lived and worked as a paralegal in the Northern Virginia area for about 13 years.

Clare also attended James Madison University to acquire a master's degree in school counseling. She worked at Powhatan School in Boyce, VA, for 11 years, the first six as the Director of Admissions and part-time school counselor and the last five as the full-time school counselor. The last nine years of her career were spent at Randolph-Macon Academy in Front Royal, as the Director of Enrollment Management.

In July 2020, Clare retired. In retirement, she enjoys her family, friends, reading, gardening, and yoga, as well as serving on the vestry at Christ Episcopal Church and the Board of Trustees at Powhatan School.





Kathy Landrum Retiring

Kathy Landrum joined SVWC in 2010 as Aquatics and Fitness Coordinator. She is retiring after 12 1/2 years of service. She has made exercise fun and could often be spotted throughout the year adorned in various costumes, depending upon the holiday. Her endless energy and enthusiasm will be missed. We wish you all the best in your retirement, Kathy.



Dining Improvements

I am excited to announce that SVWC will be expanding its ordering capabilities with our new point of sale (POS) system. In November, SVWC implemented FullCount as the new POS system for dining, the salon, and the gift shop. The new system has allowed staff to streamline our processes and clean up the databases of inventory items.

Two new features that will be of great significance for our Dining Services Department are the kiosks and the online ordering capabilities for both residents and staff. Two kiosks are now in the Bistro



June Dunn orders from the Dining Kiosk

server area. To activate the system, use your fob, place your order, and the Bistro staff will do the rest. You have the option of printing a receipt at the kiosk.

Effective February 1, an online ordering system will also be available. The link to place an order will be on the resident and staff portals. Log in, select a time that you want your order to be ready, select a delivery option (staff will only be able to pick up their items, residents can opt for delivery to their apartment or cottage), and order your items. The orders will be completed and placed on the table outside the Bistro for easy pick up. The system will email the receipt.

The hope is that these two options will help to eliminate the long lines that tend to form in the Bistro at mealtimes. This will also allow the staff working in the Bistro to be available for the preparation and delivery of meals. For residents who do not want to use these new options, we will still have a cashier at the register during mealtime hours. We are also using the really low-tech honor system that uses a pad and pencil for grab and go items throughout the day.

A demonstration of the online ordering system was shared at Coffee with Administration

and at the January staff Town Hall. This is just another way that SVWC is using technology to help improve our operations.

We would like to hear your feedback so please fill out a comment card, send an email, or just share your thoughts when we pass in the halls. We appreciate your patience and understanding as we strive to improve our service and your dining experience at SVWC.

Jeannie Shiley

Help Wanted

With the retirement of Peggy Jackson, whose countless photographs over the past 14 years documenting life here at SVWC have added so much to this publication, Westbury World needs another photographer. There is also room on the Work Group for an experienced writer and for another proof reader. Anyone interested in any of these positions please contact the undersigned on Ext. 792.

Paul Arnold

SVWC's First International Music Therapy Intern

Photo by Abby D'Arcangelis



On January 17th, SVWC officially welcomed Miguel Montalvan as its 10th music therapy intern. Miguel is from Lima, Peru, where he completed a bachelor's degree in piano performance at the National Conservatory of Peru. After completing his degree in Peru, Miguel came to the US to complete another piano performance degree, this time at Florida Gulf Coast University in Fort Meyers, FL.

While at FGCU, he discovered music therapy and began working towards completing a double major in both piano performance and music therapy. To complete the requirements for eligibility to take the national board certification exam in music therapy and to complete his degree in music therapy, Miguel will be at SVWC until the middle of July.

Abby D'Arcangelis

The Lawrence Gallery Next Presents "Sculpture for the Soul"

The SVWC Art Committee first discussed hosting a show featuring wooden sculptures by Lynda Smith-Bugge several years ago. Now, it is finally time to present Lynda's impressive creativity, which starts...with trees. The gifts that she creates by searching the wood pieces that she has acquired, to the finished works, are exceptional. This exhibit, from February 6 to April 7, promises to be unlike any other since the Gallery's beginning.

Smith-Bugge was born and raised in Columbia, South America, and always had a passion for creating from nature. She earned a bachelor of fine arts – sculpture from Hunter College and a master's in museum education from the Bank Street College of Education, both in New York. She has taken classes at the School for Visual Arts in New York, the Corcoran School of Art in Washington, D. C., and the Torpedo Factory in Alexandria, VA. Lynda has exhibited in galleries in the Washington D. C. area, Baltimore, MD, Berkeley Springs, WV, and Santa Fe, NM. In addition, the Art-in-Embassies program selected several of her sculptures for a three-year exhibition in Rome and Baku, Azerbaijan.

Lynda's sculptures have been featured in multiple publications, and she has been awarded scholarships, fellowships, and residencies to complete several series of works. According to Lynda's website, "My 'undressing' of trees reveals both their beauty and their imperfections. Bringing forth rough exteriors and exploring rich hidden interiors, I shape fallen trees into works of art with spirit and structure, and timelessness. My 'Sculpture for the Soul' unveils an ethereal world created through poetic imagination—an intuitive representation of my interpretive response to nature."

Cari Sherwood

Photo by Lynda Smith-Bugge



Chaplain's Message

The season of Lent is a special time in the church year. It is a time of reflection as we move toward the celebration of Easter, *and* it is a time when, in a unique way, we can feel in our hearts the depth of God's love.

In the Gospel According to John, we are told, "Six days before the Passover, Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There, they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume."

When I read this story I am reminded of the fact that sometimes, when it comes to our faith, we have a tendency to rely more on our heads than on our hearts. In other words, we like to think about things. Intellectually, we like to understand things. Logically, we like to put all the pieces together. And, if we are really honest with ourselves, we get just a bit uncomfortable when called upon to talk about our feelings and matters of the heart. It just seems too personal and intimate.

Not Mary, however. She got just about as personal and intimate as one can get. She put perfume on Jesus' feet and wiped them with her hair. It was because Mary knew – not just in her head, but more importantly in her heart – who Jesus was. She also knew what his teaching was all about and what his miracles signified. In addition, she understood that Jesus was about to die for the sake and salvation of the world, and, therefore, that her actions that evening were most appropriate. Mary knew all these things to be true in her heart, while those around her were still trying to figure it out.

We all experience God in different ways: some of us in the head; some of us in the heart. But the truth is: When the Spirit is in our hearts, that is when we really begin to get it. That is when we truly begin to understand the truth of what our relationship with God is all about. There may still be lots of work to do, but what a beginning! That is what Mary knew, and it is what we can know in our hearts to be true, as well.

Bill Everhart

Next Bistro Concert: Foot-Tapping Fun

Songs played on front porches across the Valley since colonial times. That is what the Newtown String Band will bring to the Bistro on Friday evening, February 17.

Listen to "Rattlesnake Bit the Baby," or an old Merle Haggard song, or vintage jigs and reels. This is fiddle music mixed with a mandolin, guitar, and banjo. Toss in some bluegrass and American folk songs. Nothing serious, just good fun. (Do not worry, the baby is fine; a little moonshine did the trick.)

Heather Butler is the fiddler. She played in the Bistro in August with another group. Gina Faber plays mandolin and sings with Heather. Gina will play again in the Bistro in April with a mandolin ensemble. John Thomson plays melodic fiddle melodies on his five-string banjo, unique among banjo players. Paul Hammetton's guitar fills out the band, and his rich baritone is a bonus.

The band has outgrown its modest beginnings in a small Middletown restaurant. Its growing musical excellence is building a reputation. It mostly performs locally but it is starting to take the Valley's musical heritage to the D. C. metro area.

This performance is open to all residents, "futures" and the public. Feel free to invite your neighbors, family and friends. Admission is \$10 at the door (cash only, please). The concert begins at 7:30 p.m.

Bob Sherwood



Newtown String Band



Library Acquisitions New in February

FICTION

Natural History: Stories	Andrea Barrett
Peril in Paris	Rhys Bowen
Tom Clancy: Red Winter	Marc Cameron
The Vibrant Years	Sonali Dev
Clive Cussler: The Sea Wolves	Jack Du Brul
The Lindbergh Nanny	Mariah Fredericks
The Woman in the Library (LP) *	Sulari Gentill
Matrix (LP)	Lauren Groff
Foster	Clare Keegan
A World of Curiosities	Louise Penny
A Dangerous Business (LP) *	Jane Smiley
The Whittiers (LP) *	Danielle Steel
Pardonable Lies	Jacqueline Winspear

NON-FICTION

The Book of Delights: Essays	Ross Gay
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**A copy in Wappacomo Library*

Super Bowl Party

Attention football fans. Come to the Abbey on February 12 at 6:00 p.m. and watch the Big Game on the big screen. Kick off time is 6:30. The lavish tailgate menu includes chicken wings, pigs in a blanket, mozzarella sticks, spinach artichoke dip, crudité platter, cupcakes and brownies, and beer, wine, and soft drinks.

Laura Hager

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Heron atop Wappacomo Hall

Photo by Bill Young

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