

Westbury World

*Published by Shenandoah Valley Westminster-Canterbury
A Life Plan Community*

Volume XXVIII Number 12

December 2024

A Christmas Message

In the now classic television special *A Charlie Brown Christmas*, good ol' Charlie Brown comes to the realization that he really has no idea what Christmas is all about. "Doesn't anyone know the real meaning of Christmas?" he shouts out in desperation.

After a brief pause, young Linus replies, "I do Charlie Brown." And then after asking for the lights to be dimmed, Linus launches into those immortal words, "And there were in the same country shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the Lord shone round about them; and they were sore afraid.

And the angel said unto them, Fear not; for, behold, I bring you good tidings of great joy, which shall be to all people. For onto you is born this day in the City of David a Savior, which is Christ the Lord.

And this shall be a sign unto you; Ye shall find a babe wrapped in swaddling clothes, lying in a manger. And suddenly there was with the angel a multitude of the heavenly host, praising God, and saying, Glory to God in the highest, and on earth peace, goodwill toward men."

Good ol' Charlie Brown. For almost 60 years now his Christmas revelation has held the interest of children and adults alike, who still find at least one or two levels on which to relate to the world's best-known blockhead, not the least of which are his need and desire to find a little bit of peace amidst all the hullabaloo of the Christmas season.

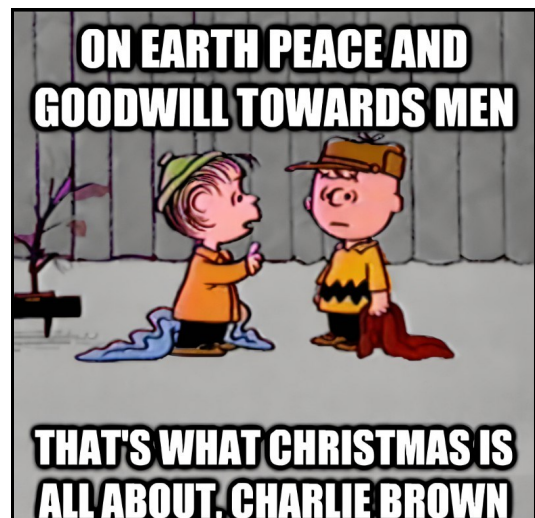
Peace on earth. What a wonderful idea! And how interesting and intriguing that the two acts of the angels that night were to praise God and to offer peace on earth. How telling and how inspiring that upon announcing the birth of the Savior of the world, the next words men-

tioned have to do with giving glory to God and receiving peace on earth. Charlie Brown wanted to know what Christmas was all about. That's it in a nutshell.

Peace is a hard commodity to come by. It's often said that at any given moment there is at least one war somewhere in the world. These days, unfortunately, we can take our pick. And my guess is that each and everyone of us, young and old, has areas of unrest in our lives: concerns, hurts, fears – all of which threaten the peacefulness we seek.

But what was given to us on that special night over 2,000 years ago was a Christmas message of peace on earth. A message that continues to guide us and teach us that regardless of our current situation, there is always hope for peace. True peace. Peace on earth. A peace that can only be granted by God. A peace that passes all understanding. A peace that came to us in an innocent and holy child, found wrapped in bands of cloth and lying in a manger. Merry Christmas.

Bill Everhart, Chaplain



A Yuletide Message from Our CEO

It is hard to believe that 2024 will soon be a memory. As we plan for the future, it is also good to reflect and give thanks for where we have been. SVWC will end this year by welcoming new residents into Phase II of the Villas. This is the culmination of many years of hard work by an entire team. I am so grateful that these new residents chose SVWC to be their home and for those partners who turned our vision into a reality.



SVWC also added some incredible team members over the year. We welcomed Andrew Heishman as our Administrator and Henning Lorenzen as our Director of Dining Services. These gentlemen rounded out an already strong leadership team. SVWC also increased the staff in both our Clinic and Therapy Departments to better meet the demands of our growing community. I am just so grateful to all the staff who work hard every day to carry out the mission of SVWC. My work family is near and dear to my heart.

I am grateful for our dedicated, caring Boards of Trustees. As an organization, we have had to make some tough decisions over the past several years. Our Board has stood behind us and supported our team every step of the way. The Foundation Board has approved numerous grants that have contributed to the increased well-being of our residents. Those who serve on our boards do so willingly and are generous with their time and resources.

I am grateful to the residents who step up and serve on all the various committees that keep this community running smoothly. For the residents who serve water in Health Care or deliver mail, for those who grow vegetables to donate to local food pantries, for those who volunteer in the greater community, for those who plan educational and entertaining programs, and for those who stop by our offices just to say hello. I appreciate you all so much.

This community will soon be adorned with numerous Christmas trees, music, parties, and even Santa himself. SVWC is truly a special

place, full of special people and special moments. So as the year comes to a close, I hope each of you will take time to reflect on the blessings in your life. Merry Christmas and Happy New Year from all of us at Shenandoah Valley Westminster-Canterbury.

Jeannie Shiley



Meet the Clinic's New Nurse

Joanna Schiavoni, RN, the Clinic's new nurse, previously worked on Laurel Court. Before coming to SVWC, she worked at Memorial Health in Savannah, GA in the Neuro/Trauma ICU and at the Pregnancy Center in Charleston, SC.



Joanna has a bachelor's degree from Radford University in Recreational Therapy and a bachelor of science in nursing from Marian University.

Joanna resides in Winchester. She has a spoiled English Bulldog named Chunk. In her free time she enjoys spending time with her family and getting outdoors. She is currently taking horseback riding lessons.

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Published and distributed by
Shenandoah Valley Westminster-Canterbury
300 Westminster Canterbury Drive
Winchester, VA 22603 - - - - www.svwc.org
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Photo by Bill Cook

Employee Appreciation Fund

The 2024 Employee Appreciation Fund (EAF) gifts for 366 eligible employees were given to the SVWC Administrators for distribution at the Coffee with Administration on November 13.

Ninety percent of the SVWC residents contributed to the EAF, enabling a 4% increase in the gifts over last year. The participation rate, the per share value, and total amount raised represent new highs. This was a banner year and residents really stepped up to show their appreciation for SVWC's amazing employees.

Linda Botens, Residents Association (RA) Treasurer, administered the EAF throughout

the year and worked with HR to determine the gift amounts for each employee based on hours worked. This year's EAF Committee (Linda Botens, Mike Jeffries, Michael Hobert, Sylvia Hovermale, Peggy Kenney, Toya O'Hora, Marty Tabaka, and Marge Toxopeus) brought their experience and dedication to making the EAF process run smoothly.

I know the staff greatly appreciates all the residents, future residents, and families and friends of loved ones, who contributed so generously to the EAF.

Rick Eisenstaedt



Santa Paws Breakfast

The Annual Santa Paws Breakfast will be held on Wednesday, December 4 from 7:00 a.m. to 9:30 a.m. in the Bistro.

Drop off your items that morning on the flat bed cart in front of the Gift Shop or in front of Morgan's Tavern. Then, in the Bistro go pick up your free to-go breakfast: chipped beef gravy & biscuits, hash browns, scrambled eggs, sausage, fruit, pastries, and coffee.

Food donations are matched pound for pound by All Pets Cremation Center of Omps Funeral Home.

Thanks for supporting our furry friends!

December Thursday Night Programs

Please come and join us in the Apple Blossom Room at 7:30 p.m., with the exception of December 19, when the program will be held in the Abbey. Programs are also broadcast on channel 970.

Dec. 5: "Lemurs in Madagascar"

with frequent traveler Kathleen Diamond

Dec. 12: "Perils of Pauline"

Stories of skating with the Ice Capades, with Pauline Archambault

Dec. 19: Christmas Concert by the Blue and Grey Chorus The Abbey

Dec. 26: No program

Remembering Our Veterans



On Sunday, November 10th, SVWC veterans and other residents celebrated the Marine Corps' 249th birthday in the Bistro. After a singing of the Marine Corps hymn, Joe Fluet held up a USMC saber and explained its history. He then used it to ceremonially make the first cut of a birthday cake decorated with the Marine Corps seal prepared by Dining Services.



On Tuesday, November 12, SVWC held its annual luncheon for residents who are veterans of the country's uniformed services. The speaker was Diane Klopp, Executive Director of Honor Flight for the Shenandoah Valley, who explained the Honor Flight program. This program provides completely free bus trips for veterans who served prior to May 15, 1975, from Winchester (and other locations in the Shenandoah Valley area) to Washington, D.C., to visit the war memorials. Several residents of SVWC have participated in the program and greatly enjoyed it.



At the suggestion of Donielle Palmer (pictured on the left), a Wall of Valor was created in the Wisteria Dining Room for Health Care resident veterans.

An unveiling ceremony was held on November 6. Pictures of the resident veterans in their uniforms were hung below the wooden hand carved medallions, which were carved by a veteran in Arizona.

Holiday Events

Dec 1: Trip: "Messiah" Sing-a-long at Lutheran Church, 6:15 p.m.

Dec 4: IL Christmas Tree Decorating with Youth Group, 6:30 p.m., Canterbury Café

Dec 4: Santa Paws Breakfast, 7 to 9:00 a.m., Bistro

Dec. 4: Scandinavian Christmas with Santa 3 to 5:00 p.m., Bistro

Dec 5: Kimberly's Pop-Up Shop, Noon to 3:00 p.m., Commons

Dec 6: Craft Class (Christmas Scratch off Pictures) 3:00 p.m. Cafe

Dec 8: Sharon Voldt's Piano Students present the Christmas Story 7:00 p.m., Abbey

Dec. 10: Noonday Collection Pop-Up Shop 9:30 a.m. to 1:30 p.m., Commons

Dec. 10: Mystique Christmas Party 3:00 p.m., Canterbury Cafe

Dec. 14: Christmas Harp Performance 3:00 p.m., Apple Blossom Room

Dec. 15: Trip: Blue Ridge Singers at First Baptist, 2:15 p.m. Lobby

Dec. 15: Trip: Musica Viva at Grace Lutheran 2:15 p.m., Lobby

Dec. 16: Westbury Choristers Christmas Sing-along, 2:00 p.m., Abbey

Dec. 16: Holiday Light Ride, 6:00 p.m., Lobby

Dec. 17: Christmas Game Party, 2:00 p.m., Abbey

Dec. 18: Variety Show, 2:00 p.m., Abbey

Dec. 19: Voting for Staff Door Decorating Contest, All Day, Bistro

Dec. 19: Trip: Christmas Lunch at Airport Inn, 11:00 a.m., Lobby

Dec. 20: Donut & Christmas Gift Bingo 10:30 a.m., Abbey

Dec. 23: \$10 Gift Swap Party, 11:00 a.m., Abbey

Jan 4, 2025: New Year's Gala, 7:30 p.m. – 10:00 p.m., Abbey, Commons, Main Dining Room

Thomas Pandolfi Returns

Internationally acclaimed American pianist Thomas Pandolfi will return for his 13th performance in the Bistro Concert Series on Friday, December 13. He has been a favorite among residents since his first appearance here. He has also played in The World of Piano series at Shenandoah Conservatory's Armstrong Hall. His career has included weeks-long tours in China and frequent performances in Eastern Europe. He has distinguished himself in concerts across the United States and in top venues in Europe.



On full scholarships at The Juilliard School, he earned his Bachelor's and Master's of Music degrees, studying under Vladimir Horowitz and Morton Gould. He was cited as a "phenomenon" early in his career.

He has performed at famous venues: Alice Tully Hall at Lincoln Center, The Kennedy Center, Kiev Opera House, Bucharest's Athenaeum and London's Cadogan Hall. Closer to Winchester, he has played at The Secret Garden at the Rectory, Alexandria, VA., Washington County Museum of Fine Arts, Hagerstown, MD, and The University of Mary Washington, Fredericksburg, VA.

The Washington Post declared Thomas "a master of both the grand gesture and the sensual line." *The Asheville Citizen-Times* observed that "His virtuosity and strength ... might have had some believing that Liszt himself had taken over the keyboard." Other observers note his strong technical command of the score and the lyrical beauty of his expression.

His program in the Bistro this December will showcase many of Liszt's finest works. Thomas succeeds where others do not because of his passion for bringing the finest of classical music to listeners in venues large and small across the globe.

The performance will begin at 7:30 p.m. sharp. Admission is \$10 cash at the door. The series is sponsored by Atlantic Union Bank.

Bob Sherwood



Library Acquisitions New in December

Fiction

- In Too Deep: A Reacher Novel (LP)
Lee Child & Andrew Child
The Waiting: A Ballard/Bosch Novel (LP)
Michael Connelly
Identity Unknown (LP) Patricia Cornwell
The Mighty Red (LP) Louise Erdrich
Bad Liar (LP) Tami Hoag
The Forest of Lost Souls Dean Koontz
A Christmas Duet (LP)*
Debbie Macomber
One Big Happy Family Susan Mallery
Queen Macbeth Val McDermid
Lies He Told Me (LP)*
James Patterson & David Ellis
The Grey Wolf Louise Penny
The Mistletoe Mystery Nita Prose
Go As a River Shelley Read
The Great Hippopotamus Hotel
Alexander McCall Smith
Triangle (LP) 2* Danielle Steele

Non-Fiction

- Framed: Astonishing True Stories of
Wrongful Convictions
John Grisham & Jim McCloskey
The Forbidden Garden: The Botanists of
Besieged Leningrad and Their Im-
possible Choice Simon Parkin

* A copy in Wappacomo Library

Lifelong Learning for December

SVWC Lifelong Learning will host one-hour sessions every Monday in December at 2:00 p.m. in The Abbey.

We begin with two topics, that each preview one of the 2025 "Great Decisions" topics announced by the Foreign Policy Association (FPA).

On December 2, our topic is "After Gaza; American policy in the Middle East." What are the possible outcomes of the war, and how might the United States use its influence to shape a long-term settlement that leaves both Israel and the Palestinians in a better position? How might Arab states in the wider region be brought into a settlement? What are America's interests in the Middle East and how can it advance them?

On December 9, our topic is "International cooperation on climate change." The 2015 Paris Agreement established a UN-sponsored framework for negotiations on climate change and global warming. What is the U.S. role in fostering cooperation on climate change? In a divided country, what is the range of possible futures for American policy leadership?

The FPA "Great Decisions" sessions with outside speakers will be scheduled for February-March-April 2025. Residents who want to order the FPA Guidebook should contact Teresa Barton soon. Books are \$30 based on Teresa's ability to order in advance.

On December 16, the Lifelong Learning program will join with the Westbury Choristers, led by Sue Correll, for an hour of holiday music including traditional carols that we all can join in singing. Songbooks will be available.

The final two Mondays, December 23 and December 30, will showcase some "best new ideas from recent TED Talks" for information and discussion.

Residents, future residents, staff, and guests are always welcome to attend. Please join us Mondays at 2:00 p.m. in the Abbey.



Campus Happenings



Mother Nature's Team At Work



Photos by Bill Young

New Balance & Cognitive Machine



Arts & Crafts Bazaar

Welcome New Residents

Doug and Phyllis Teague moved into 1400 Bold Rock Drive, Apt 203 from Warrenton, VA.

Tom and Karen Newlun moved into 1461 Bold Rock Drive, Apt. 200 from Marshall, VA.

Doug and Diann Reber moved into 1461 Bold Rock Drive, Apt. 202 from Ft. Myers, FL.

Susan Gay moved into 1461 Bold Rock Drive, Apt. 201 from Raleigh, NC.

Bob and Kathy Stockburger moved into 1461 Bold Rock Drive, Apt. 203 from Fairfax, VA.

Brian and Gail Selinsky moved into 1461 Bold Rock Drive, Apt. 301 from Bayse, VA.

Mark and Joan Olson moved into 1461 Bold Rock Drive, Apt. 302 from Fredericksburg, VA.

Ann Cross moved into 1471 Bold Rock Drive, Apt.100 from Winchester, VA.

Debra Armstrong moved into Shenandoah Hall, Apt. 324 from Warrenton, VA.

James Barnard moved into Winchester Hall, Apt. 525 from Cross Junction, VA.

CJ Erickson moved into 1471 Bold Rock Drive, Apt. 300 from Staunton, VA.

Maggie Munsell moved into 1461 Bold Rock Drive, Apt. 100 from Waynesboro, VA.

Janice Palm moved into 1471 Bold Rock Drive, Apt. 203 from Troy, NY.

Brian & Judy Dewey moved into 1471 Bold Rock Drive, Apt. 303 from Winchester, VA.

Tim and Page Dimos moved into 1471 Bold Rock Drive, Apt. 202 from Middleburg, VA.

Kathy Gurley moved into 1471 Bold Rock Drive, Apt. 201 from Southern Pines, NC.

Donna Carroll moved into 1430 Bold Rock Drive, Apt. 103 from Winchester, VA.





Photo by Bill Young

Silent Night, Holy Night

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