

Westbury World



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A Life Plan Community*



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SVWC Pink Day Celebration!



The grand finale for Active Aging Week was a parade and gathering in the courtyard in honor of Breast Cancer Awareness Month and all breast cancer survivors, in celebration of Michelle Thomas' successful treatment, and in support of those still undergoing treatment.



A Thanksgiving Message from Our CEO

The shorter, cooler days and the colorful leaves let us know that it is once again fall in the Shenandoah Valley. As I sit at my desk writing this article, I can't help but reflect on the year and all the things I am grateful for.



I am grateful that the Villa project is complete, and a wonderful group of people has occupied them.

I am grateful to the Welcome Committee who worked so hard to transition new residents into our community.

I am very grateful to our Marketing team who spend day in and day out talking to prospective residents about the benefits of life care.

I am grateful to the staff, residents and Board members who helped SVWC develop a new Strategic Plan this year. The ideas and conversations at each of the planning meetings were very thought-provoking. It was a diverse group coming together for the benefit of this community. It is exciting to think about what SVWC will look like in five to ten years.

I am grateful that I had the opportunity to attend several conferences to learn and share with others in this industry. This networking and collaboration are truly priceless.

I am grateful that two Board members traveled to San Antonio with me and Duane to the Ziegler conference. That level of commitment and dedication is shared by all our board members, which is indeed a blessing.

I am grateful to our team members who are the real heroes and keep our campus running smoothly. They serve selflessly and make all of us look good. We had a few retirements during the year, which is both joyful and sad at the same time. We were very fortunate to fill these positions with more incredibly talented people who are eager to learn and grow.

I am grateful for the controlled growth of our campus over the years. SVWC did purchase another home in Westbury Commons in January. We also purchased 88 acres adjacent to our campus in October.

I am grateful for the strong financial strength of SVWC. This community is positioned well for the future. As SVWC heads into the new year, we have a solid fiscal foundation and strategic plan to build upon.

As you gather this month to celebrate with family and friends, please pause and give thanks for the many blessings in your life. Happy Thanksgiving from all of us at SVWC!

Jeannie Shiley



Welcome to Our New Neighbors

Mary and Bernie McDaniel have moved into 114 Elderberry Court from Round Hill, VA.

Lynn and Rich Reifsnyder moved into 516 Shenandoah Hall from Salisbury, CT.

Ann Garrett has moved into 306 Shenandoah Hall from Amissville, VA.

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Library Acquisitions New in November

Fiction

Twice	Mitch Albom
The Secret of Secrets (LP)*	Dan Brown
Clive Cussler The Iron Storm (LP)*	Jack DuBrul
The Grave Artist	Jeffery Deaver/Isabella Maldonado
Capture the Moment (LP)	Suzanne Woods Fisher
Girl in the Green Dress	Mariah Fredericks
Five Found Dead	Sulari Gentill
A Slowly Dying Cause	Elizabeth George
Clown Town	Mick Herron
The Academy	Elin Hilderbrand
Apostle's Cove	William Kent Krueger
Sherlock Holmes and the Real Thing	Nicholas Meyer
Smuggler's Cove	Fern Michaels
The Marigold Cottages Murder Collective	Jo Nichols
Billion Dollar Ransom (LP)*	James Patterson
Framed in Death	J.D. Robb
Deep Dive	Terry Shames

Non-Fiction

Sister, Sinner:	
The Miraculous Life and Mysterious	
Disappearance of Aimee Semple McPherson	Claire Hoffman
History Matters	David McCullough

*A Copy in Wappacomo Library

Chaplain's Message

We all know what the Thanksgiving holiday is about, right? It's about being thankful for all the good things in our lives: our families and friends, the freedoms we enjoy, and the blessings we have received, even amid issues with which we struggle.



There is an almost endless list of things for which to be thankful. In general, we can be thankful for the sun that warms, the rain that waters, the food on our tables. More specifically, we can be thankful for our SVWC community, for the support we receive from staff and friends, for the safety in which we live, for the care provided, and for the fellowship of friends, both old and new.

But it occurs to me that being thankful for all the gifts we have received is only part of a much larger picture, because maybe what's *most* important is what the gifts reveal to us about the giver. And I say that because it is, indeed, God who generously and graciously gives us all we have, and perhaps especially during Thanksgiving we are reminded of this. Remember the words of the old hymn?

Count your blessings. Name them one by one.

Count your blessings.

See what God has done.

When all is said and done, being thankful to God is about more than just being grateful for the gifts we receive. The bottom line is that we are called to be thankful for a God who created us and the world in which we live; who created us good and who interacts with us still; and who everyday desires good things for us and for the world in which we live. We are called to be thankful for a God who loves us so much that He promises never to abandon us or forsake us. In the midst of challenging times, I can work with that.

Happy Thanksgiving!

Bill Everhart

Lifelong Learning

Pam Curtis, will present four sessions in November. Pam taught all grades of high school English in three states and in the Philippines, most recently at Thomas Jefferson High School for Science and Technology in Fairfax County, Virginia. She will whisk the Lifelong Learning audience back to high school English, a subject you probably either loved or hated. Some of her Advanced Placement seniors read and presented the play that will be studied, and she will approach it largely the same way she did with them.

The Lifelong Learning audience will read and discuss the two John Donne sonnets that figure in the play, and will do some warm-up exercises that help actors prepare, and will even enjoy a beloved children's book that appears in the play. Several "students" have prepared to read the play aloud for the class, and there will be plenty of time for questions and discussion.

First, a necessary definition: *Wit n. 1. The natural ability to perceive or know; intelligence. 2. Keeness of perception or discernment; ingenuity. 3. The ability to perceive and express in an ingeniously humorous manner the relationship or similarity between seemingly incongruous or disparate things.*

Margaret Edson, who worked in a cancer research hospital and as an elementary school teacher, wrote *W;t*, a Pulitzer Prize winning play, in the 90s. That semi-colon is not a typo; it's one of the ways this play demonstrates wit. *W;t* is largely a monologue about a woman's battle with terminal cancer, punctuated by scenes from her earlier life.

The woman in question is Dr. Vivian Bearing, a brilliant English professor and scholar of John Donne's Holy Sonnets, poems so complex that one character says they "make Shakespeare sound like a Hallmark card." Diagnosed with Stage IV ovarian cancer, Vivian agrees to become part of a research study because she recognizes that the researchers' quest for knowledge is as rigorous as her own; however, she has not yet experienced what it is like to be the subject of this quest.

Caleb Nei's Jazz Ensemble Returns

The Bistro Concert Series welcomes Caleb Nei and his jazz ensemble for an evening of unforgettable jazz on Friday, November 21.

Caleb plays piano in numerous venues throughout the Northern Virginia area.



A frequent gig with bassist Kevin Johnson consistently draws a crowd of diverse jazz enthusiasts.

Caleb holds a Bachelor of Arts from Huntington University with a concentration in contemporary church music. His music is regularly played by NPR on the network's 'Performance Today', the most listened-to daily classical radio program in the United States.

In the Bistro, vocalist Ariana Harbin, bass player Kevin Johnson, and percussionist Lydia Lewis join him.

Ariana has a voice that has been described as "Versatile...silky-smooth and amazing." Music has always been the love of her life. She found her roots in gospel and spiritual music. She has performed with various choirs in the DC area. Her muses include Billie Holiday, Ella Fitzgerald, Peggy Lee, Ray Charles, and Sam Cooke.

Kevin is an in-demand bass player in Northern Virginia. He is managing editor for *notreble.com*, the largest online magazine for bassists. In that role, he's reported on every aspect of the bass world from album and gear reviews to interviews with artists ranging from Les Claypool to Larry Graham to Victor Wooten. He's also a regular contributor to *Bass Player magazine*.

Lydia grew up enjoying music, starting piano at a young age, moving to percussion in elementary school, and learning other instruments over the years. She earned a Doctorate from Shenandoah Conservatory, has performed on CDs featuring local artists, and hopes to record a new album in the next year.

The concert begins at 7:30 p.m. and is open to the public. Admission is \$10 per person, cash only. Atlantic Union Bank is sponsor of the Bistro Concert series.

Lawrence Gallery Exhibit Artists



Relaxing Through Watercolor

This November SVWC welcomes local Winchester artist Doris Vanderpool to the Lawrence Gallery. Doris has been painting since childhood, attending the Baum Art School in Allentown, PA. She has worked in oils but in 2006 she took up instruction for her main challenge, watercolors. After moving to Winchester in 2010, Doris found a new teacher, Julie Read (a current SVWC resident). Doris is a member of the Shenandoah Art League and a former member of the Artists' Workshop of New Smyrna Beach, FL. She has exhibited locally at the Shenandoah Arts Council, Winchester Showhouse and Gardens, Long Branch Viewer's Choice Art Competition, Art at the Mill, Belle Grove Plantation, and has been selected for Old Town Winchester banners in 2012, 2016 and 2019.

Doris enjoys the colors and transparency that can be achieved with watercolors and which provide a dimension to her paintings that can't be achieved in other media.



A Decade of Weaving: Baskets and Beyond

SVWC is also pleased to welcome Tom Smith both as a new resident and to the Lawrence Gallery Showcases. After a career in the Marine Corps and a second career in defense contracting, Tom has retired to woodworking, gardening and traveling. He developed an interest in basket weaving while walking the beaches of Ocracoke Island, NC. Already, a collector of found objects, he found an art teacher who introduced him to incorporating his findings into woven art. Over time, his work has progressed from simple reed, utilitarian baskets to more complex work. His techniques include twining, coiling, plaiting and ribbed basketry with both traditional and non-traditional materials (bark, paper, grasses, vines, pine needles). Tom enjoys working with his hands and many times the end results surprise their creator!

The reception for the two artists is Saturday, November 8, 4:00 to 5:30 p.m. in the Abbey.

Margaret Matheson

Veterans Luncheon

The annual lunch honoring SVWC's resident veterans will be held on Tuesday, November 11, at 11:30 a.m. in the Abbey/Main Dining Room.



The luncheon will feature an address by RADM William L. Stubblefield, NOAA (ret.) on NOAA and its commissioned officer corps, with particular reference to the Arctic ship passages around Canada and Russia.

Bill Young

Thursday Night Programs

Programs are held in the Apple Blossom Room on the third floor of Wappacomo Hall at 7:30 p.m. All programs are broadcast live on Channel 970.

November 6: "Adriatic Treasures"

Presented by Ray Leonard

November 13: "Winchester Area

Temporary Thermal Shelter (WATTS)"

Presented by Robyn Miller

November 20: "My Life as a Turkey"

Presented by Joe Hutto, PBS (DVD)

November 27: No Program—Thanksgiving



Blessing of the Animals

Blue Ridge Hall Day Program

In September, the Blue Ridge Hall doors opened to neighbors living within Westminster Canterbury who could benefit from engagement that is offered there.

This wonderful idea had been in the works for over six months. It started with an idea from an IL resident who was living and caring for her spouse at home.

Many meetings, policy review and informational sessions later, the Blue Ridge Hall Day Program was created.

The program is offered three days a week, Tuesday, Wednesday and Friday. Participants enjoy the programming and are provided lunch. Overall, the program has been very successful. New friendships have been forged along with new experiences.

If you are a care-partner for your loved one and feel that they could benefit from this program, please contact Donielle Palmer at (540) 665-5916 or dpalmer@svwc.org.



Walker Street Access to Newly Acquired Property

Music with Bill & Lyle

All residents are invited to join Chaplain Bill Everhart and Assistant Living Activities Coordinator Lyle Rolfe the last Thursday of each month in the Apple Blossom Room of Wappacomo Hall at 3:00 p.m. for an hour of singing, fun, and fellowship.



Autumn Scenes



Photo by Bill Young

Dedication of the Dog Park at the Villas



Photo by Carolyn Troxell

Potomac Eagle Scenic Railway



Our Pumpkin Patch



Photo by Bill Young



Halloween Fun

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