This year has certainly been a busy and exciting time for our campus from both a constructive and strategic standpoint.

In September, our Health Care residents were moved into the new rooms in both Laurel and Dogwood Courts. Residents, staff and family members did a fabulous job and everyone settled into the new space quickly. This was just in time for the Department of Health’s unannounced annual inspection of the Health Center which occurred in late October. Despite use of a new electronic health record system and an active construction site, the survey went extremely well, and the surveyors complimented the community.

Phase 2 work, to include renovation of the existing areas of Laurel and Dogwood Courts should be completed in mid-January.

Simultaneously, construction continued on track for the Vitality Center addition. The plan is for the first floor to open sometime during the first week of December and the second floor should open in mid-January. A grand opening celebration of this area will occur sometime during the first quarter of 2016. I want to thank all the residents, family members, staff and Board of Trustees for their patience in the face of inconveniences caused by the construction. The entire project is scheduled to be completed in October 2016.

During the year, a new strategic plan was developed to help lead our community through the next three to five years. I would like to thank all the residents, staff and Board members who spent many hours working to develop this plan. SVWC also started the process to create a separate, supporting Foundation for our community. Stephanie Landes, our Director of Development and Community Relations, took the lead on this project and has worked diligently making sure that all the legal documentation is completed. Our goal is to begin carrying out the Foundation’s work at the start of the New Year. Stephanie will talk more about the Foundation and all of our development efforts at the lecture series on January 20, 2016.

We also hired a new Executive Chef and a Wellness and Vitality Manager during the last quarter of the year, and these are just a few of the many happenings around campus during 2015! I can truly say that I am excited about 2016 and the opportunities it will bring.

On behalf of the management team at Shenandoah Valley Westminster-Canterbury, we wish everyone a very Merry Christmas and a blessed New Year!

Mission Statement

Shenandoah Valley Westminster-Canterbury is a not-for-profit, intimate, church-related continuing care retirement community that is committed to enabling residents to use their gifts fully, live their lives richly, and enjoy with dignity the years God has given them.
New Vitality Center Combines Wellness Programs

Construction of the new Vitality Center, rapidly nearing completion, will enable the consolidation of SVWC’s wellness programs—physical, emotional, social, intellectual and spiritual—in one location.

The ground floor provides space for the fitness center, exercise classes, yoga and dance instruction, an aerobics room, sauna, lounge, and offices. It is accessible, by elevator or stairway, from the vicinity of the swimming pool overlook. From the residents’ parking lot, it may be reached via the swimming pool entrance.

In addition to massage therapy, the second floor will contain a mind gym, meditation room, art gallery, business center, offices, demonstration kitchen, “healthy snacks” facility, and an 8 x 16-foot water wall with an illusory fireplace (reportedly the first in the United States). Its entrance is on the bridge which connects Winchester Hall with the swimming pool overlook.

The cylindrical glass-walled “silo” which adorns the southwest corner of the Center will accommodate the ground-floor lounge and second-floor art gallery.

The Vitality Center is one component of an $18.5 million construction project, targeted for completion next fall, which includes the expansion and renovation of our health care capacity, as well as the reallocation and renovation of existing interior space.

Edward Rider

Expansion Project Update

By the end of November, renovation work to the existing sections of Laurel Court and Dogwood Court in the Health Center was about half way completed. Work that occurred during the month of November included the addition of structural steel to the east side of the building; this will be the location of a new living room area. Other work being conducted includes mechanical/electrical/plumbing work in the ceiling.

Substantial completion of the Laurel Court and Dogwood Court renovations is scheduled to occur by December 16. Afterwards, punch list work is to be completed and inspections by the state and local fire marshal are scheduled to occur the week of January 4.

At the Vitality Center, roof and gutter work was completed in November. Artwork, furniture and window treatments arrived and were installed. The aerobics flooring was installed and exercise equipment, existing and new, should be in place the first week in December.

A temporary certificate of occupancy will be obtained for the first floor and courtyards so that use of the exercise room and fitness equipment can begin.

Sue McKenzie
The Gift of Warmth

Most SVWC residents are generally aware of the support residents and staff provide to two major community outreach programs: the Congregational Community Action Project (C-CAP) and the Winchester Area Temporary Thermal Shelter (WATTS) program. They focus on providing food and warmth to those in need.

There is one little-known but highly important need within the C-CAP program that SVWC is playing a major role in fulfilling: the provision of firewood for those whose primary source of warmth during winter is the woodstove.

Resident Bill Huehn and Bill’s friend, Mike Perry (not pictured), a member of the Frederick County Rotary Club, work together to harvest firewood from downed trees on SVWC property.

The Maintenance Shop alerts them when a dead tree is available, and they put their chain saws to work turning the tree into firewood. To date, 20 pickup truckloads of wood have been removed from SVWC land. The moisture level of the wood is checked before a delivery to ensure that it is safe to burn. For 2015, SVWC is the leading donor of firewood to C-CAP, thanks to the hard work of Bill and Mike. So cheer for those noisy chain saws as they provide the gift of warmth to those in need.

Sylvia Wilson

Handmade Christmas Tree Decorations

The Winchester Chapter of the Embroiderers Guild of America will decorate the white Christmas tree to be set up in the Commons. The chapter members each produced several ornaments, using a wide variety of techniques. Each ornament is unique and reflects the time and work that went into its creation. So plan to take a close look at them. The ornaments will be used again in coming years.

The SVWC chapter was formed in January 2012. It meets in the Activities Room on the first Thursday of each month. It participates in area teaching programs, lectures, demonstrations, field trips, and occasionally spends time just stitching. Visitors are welcome at meetings, which begin at 1:00 p.m. and last about two hours. Membership is open to all skill levels.

Elizabeth Harp

Welcome to Our New Neighbors

Lanny and Marjean Hughey moved to 115 Cottage Drive from Mathias, WV.
SVWC Residents Honored for Philanthropic Work

Local volunteers and philanthropists were recognized at a luncheon celebrating National Philanthropy Day on Friday, November 13. The Virginia Tri-State Chapter of the Association of Fundraising Professionals (AFP) hosted the event in Winchester with Chapter President, Jenny Grooms, presiding.

Three years ago, the local AFP VA Tri-State Chapter created the tradition of a Distinguished Volunteer Recognition Luncheon to highlight the efforts of volunteers and organizations that give back to the community and to thank them for their generosity. In 2013, SVWC honored its Resale Shop, followed by Joan and John Claybrook in 2014. This year, Bob and Cari Sherwood were recognized as SVWC’s distinguished volunteers, among 19 other individuals nominated by local non-profits.

The Sherwoods were commended for sharing their artistic talents with the community. As founders of the Bistro Concert series, they have continued to enlist quality talent for the enjoyment of many, while raising support for SVWC’s Fellowship Fund. BB&T sponsors the concert series. For our January concert, the acclaimed flautist Jonathan Snowden will return with pianist Sue Boyd.

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Bob Sherwood
Library News

December Acquisitions

FICTION

John Grisham’s Rogue Lawyer, debuts a series featuring a defense attorney who has so many enemies he employs a bodyguard.

The girl with the dragon tattoo returns in David Lagercrantz’s adrenaline-charged thriller, The Girl in the Spider’s Web.

Everything I Never Told You, Celeste Ng’s award-winning novel, portrays an Asian-American family trying to solve the mysterious death of their daughter.

Dark Corners, the late Ruth Rendell’s impressive last novel, focuses on Carl Martin, the antihero, as he copes with a hostile blackmailer.

In her NY Times bestseller, Pretty Girls, Karin Slaughter writes about the disappearance of a 19-year-old daughter and its impact on her Georgia family.

In All the Stars in the Heavens, Adriana Trigiani fictionalizes the life of actress Loretta Young.

NONFICTION

Sisters in Law by Linda Hirshman highlights differences as well as similarities between Sandra Day O’Connor and Ruth Bader Ginsburg, the first two women on the Supreme Court.

Using new sources, Kate Clifford Larson in Rosemary weaves Kennedy family history into her poignant biography of their intellectually disabled daughter.

The Eighty-Dollar Champion by Elizabeth Letts tells the amazing story of Snowman, the “broken down” horse rescued from a kill-buyer, only to win the heart of the nation as he jumped his way into the winner’s circle.

Clementine is Sonia Purnell’s biography about Winston Churchill’s wife and political counselor, who was “the teller of hard truths no one else dared utter to this irascible, stubborn man.”

Veterans Day Lunch

A large turnout of SVWC’s 102 veterans, four of whom are women, attended the annual Veterans Day lunch in the Abbey on November 11. It was also the occasion to honor the Marine Corps’ birthday, which falls within a few days of Veterans Day. Resident Marine Bill Mills once again was in charge of the ceremonial cake cutting.

Following lunch, John Claybrook, chairman of SVWC’s Veterans Group, introduced the guest speaker, Representative Barbara Comstock, of Virginia’s 10th District. She was on the staff of long-time Representative, Frank Wolf, and, when he retired, she ran successfully to fill his seat in Congress.

In her remarks, Representative Comstock discussed some of her primary legislative priorities, including sustaining a strong national defense, the need to reduce the national debt and the creation of more job opportunities for veterans and more flexible and timely ways to provide medical support for veterans. She is also involved in working with local communities such as Winchester in their efforts to combat the heroin epidemic.

Paul Arnold

Food Drive Underway

SVWC’s holiday food drive will continue until Friday, December 18. Please donate non-perishable items only. Collection bins are located in the lobby of Wappacomo Hall, the entrance to Shenandoah Hall and in the Bistro at the pool overlook.
Chaplain’s Message

The holy seasons of Advent and Christmas are upon us again. In our culture, that often means parties, shopping, planning, and frenzied schedules. Sometimes, however, I think the point of all the celebrating gets lost. Is it really the Christ Child we are remembering during these weeks when we write our checks, buy our gifts and schedule our lives? For me, it is easy to lose sight of the Child.

This time of year, I need to make an extra effort to take the time for prayer and scripture—time to sit quietly and meditate on the reason for all the hoopla. It seems that when we are busiest, no matter what the season, is when we most need to quiet our hearts.

This is what it is all about—God’s presence—Emmanuel—“God with us.” Psalm 45:10 reminds us to “Be still and know that I am God.” God came among us in the form of a human being. Meditating on that fact alone could carry us through the season.

As the shepherds, angels and wise men enter the scene, let us walk with them to the manger and welcome the Child with hospitality in our hearts, remembering that we are not alone in this season or in this life.

Elizabeth Lewis

Join the Puzzle Table

Do you like to solve problems? Do you have an affinity for matching colors and shapes? Do you enjoy working with others with similar interests? If so, then you should head for the jigsaw puzzle table in the Commons. It is always accessible, and there is no set time or schedule if you just want to stop by and go to work.

There is always at least one puzzle being finished and another waiting in the wings. (It usually takes two or three days to complete a puzzle.) Some are difficult and some are easy, but they all are fun to put together with the help of others in an atmosphere of good-natured kibitzing (“Don’t force it!”).

Puzzles can also be found in other common rooms in Shenandoah, Winchester and Wappacomo Halls, as well as in many private residences. No matter where you participate, solving puzzles provides a satisfying mental and social experience. And always keep in mind the admonition of one long-time player, “Everything has to fit somewhere.”

Margie Sheppard
December is the month of something for everyone at SVWC in terms of holiday programs. In particular, the sounds of music will be filling the air just about everywhere in the community. There will also be special events—the Variety Show, the Christmas party and the New Year’s Gala on January 2—and a host of smaller ones. The list below depicts a veritable holiday cornucopia (the specific dates and times of each event have already been circulated):

- Seven choirs
- Two jazz bands
- Two piano presentations
- Four bus trips to view local Christmas lights
- Three movies
- One Thieves’ Party
- One Christmas lunch trip
- Christmas Eve service in the Chapel
- And a partridge in a pear tree.

**Abundant Holiday Events**

Paul Arnold

**Thursday Night Programs**

**December 3.** The Cranberry Ensemble performs a chamber version of J.S. Bach’s *Christmas Oratorio*, Parts I and II, with soloists and the Choir of the Unitarian Universalist Church, Stephens City. The choir is directed by Dr. Mariana Mihai Zoeter.

**December 10.** The Sherando High School Choir makes a return appearance at SVWC in a concert of both old and new favorite seasonal selections. Directed by Steve Jennings, this group is acclaimed as one of the finest high school choirs in Virginia.

**December 17.** Residents gather for *The Musicus and the Mouse*, an original play by Claudia Martin. There, you will encounter a songwriter and his small, furry friend and collaborator, and sing carols with the cast and Westbury Choristers. This year, prizes will go to residents wearing the most unusual and/or beautiful Christmas hats.

**December 24.** No Program

**December 31.** No Program

All programs begin at 7:30 p.m. in the Abbey.

_Alice Lees_

**Campus Calendar**

**Art Exhibit Reception**

On Friday, December 11, the opening reception for a new art exhibit, “Young at Art,” will be held in the Lawrence Gallery from 5:30 p.m. to 7:00 p.m. The exhibit will be comprised of oil paintings by artist and teacher Leah Brumbach and her class of 16 experienced students.

**Classical Music Associates**

On Tuesday, December 15, at 7:30 p.m. in the Abbey, CMA’s holiday presentation will be the DVD recording *Northern Lights* by the popular Norwegian singer, Sissel, and her partner, José Carreras. They present a delightful assortment of traditional Norwegian Christmas music. Residents, staff and friends are invited.

On January 1, a new team will take over the classical music programs. Jim and Sigrid Mueller, supported by Steve and Loretta Johnston, will continue to present monthly DVD programs every third Tuesday in the Abbey at 7:30.

**First Night Winchester**

SVWC is participating again in First Night Winchester. “Yesterday’s Swing Orchestra” will be returning to SWWC on New Year’s Eve to play in the Abbey from 6:00 p.m. to 9:00 p.m. Admission is free for residents.
Seasonal display in the Chapel

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