

westminstertowers.org

## Inside View

*For the next few months, members from the Leadership Team will use this column to share their thoughts and vision for Westminster Towers*



### Laughlin Matters

*“If opportunity doesn’t knock – build a door.”  
~ Milton Berle*

You may recognize the above quote if you have visited my office sometime over the last eight months. It’s taped to the door of my office, exactly at eye level, so every time I enter the room I am reminded that change doesn’t just *happen*. Change follows our intentional efforts to do something differently – either because what we’re doing right now is no longer working effectively or because we desire to try or experience something new. I have always been energized by setting goals in both my personal and professional life – and even more excited to see these goals accomplished. Some of you know that I am slowly working my way through self-written list of “40 things to do before I’m 40” and I am thankful for every checked off item, as it signifies that my life is becoming richer in experiences, as much as I struggle to meet some challenges. I will share that the “grow my own vegetables” goal was much more difficult that I ever would have anticipated and the sole green bell pepper that I managed to grow this past summer could scarcely be referred to as the successful completion of that goal!

A new year is always a catalyst for change. Across the world people are making “resolutions” and, at least for a week or two, they are determined

to lose weight, exercise more, pay off a debt, spend more time with their family, call their aging relatives more often, eat more vegetables and the list goes on. But all too often our “resolve” is not as strong as we hope, and we fail. One by one our resolutions are abandoned and we go back to our normal lives muttering excuses. We all know that making real change is hard. Trying something new takes courage, determination, commitment and often someone else – an accountability partner to encourage and motivate you when times get tough and you just *really* want to eat that doughnut.

I know that 2016 will bring many new opportunities – for the Westminster Towers residents, for our employees, for our volunteers, Board members and community supporters. I’m looking forward to the fresh ideas and insights that a new President/CEO will bring to the organization. I can’t wait to see how our programs and services develop and how we will all benefit from new partnerships. And I’m hopeful that everyone is able to keep this New Year’s resolution: to seek out a new way to lead a healthy, meaningful and enriched life. Go on, try something new and different – you won’t regret it!



**Amy Laughlin**  
Director of Life  
Enrichment

# Talk of the Towers



Barbara Whitman,  
Chris Brown



Ruth Page



Rachel Roberts



Frank Kiser



Diane Howe, Gloria Cody



Elizabeth Howell



LaReine Chapman




Louise Clark



Amy Laughlin, Winona Kennedy

The 2015 Towers Christmas Party was held Tuesday, December 22 in the Towers Dining room. Friends dressed to the nines and fabulous food are the reason the annual tradition is a Towers favorite for everyone.





**It's time to pay  
your 2016  
Resident  
Association  
Dues  
Please Submit  
\$5 to: Joe Huey  
Apt. 618**



Volunteer **Jody Christensen** and her dog **Storm** dropped into the Health and Rehab Center for some hugs and love pats. #StormPatrol



**RESIDENT MEDICAL AND EMERGENCY  
INFORMATION**

This information will give us a current record to be used in a medical emergency situation and a copy should be kept on your refrigerator. All information will be treated confidential. It is the resident's responsibility to update this information each time a change is made. Thank you.

<b>PERSONAL INFORMATION</b>	<b>Full Name:</b>	<b>Date:</b>
	<b>Apartment #:</b>	<b>Date of Birth:</b>

**Westminster Towers asks every Independent Living resident to keep a copy of their Emergency Medical Information form on their refrigerator so that should a medical emergency occur, our nursing staff and/or emergency medical personnel know:**

- If you have any chronic conditions such as high blood pressure or diabetes**
- Which medications you take**
- The name of your primary care physician**

**Who to call for you – the name and contact information of a family member or close friend.**

January is the perfect time to check the form and make sure all the information is correct. Blank forms may be obtained from the Towers receptionist. Remember that the medical assistance you receive in an emergency may be dependent on your personal health history and current health situation so it is vital that this form is updated with your most recent information.

**Questions? Call Amy at ext 5018.**



## Capital Campaign

Anonymous  
Ed and Louise Barnes  
Jim and Nancy Bright  
Tony Fountain  
Morgan Hawkins  
Randy and Tracy Imler  
John and Jessie Little  
Elvin and 'Rene Walker

In honor of **Ray and Ann Mohrmann**  
Hugh Barnett

## Endowment Fund

Merle Craft

In loving memory of **Bill Holley**  
Gene and Imogene Blackmon  
LaReine Chapman  
Jeannette "Pix" Drennan  
Sig and Judy Huitt  
Sara Rooks

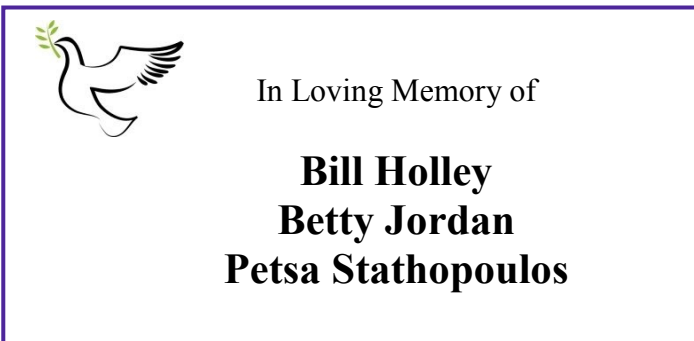
In loving memory of **Betty Jordan**  
LaReine Chapman  
Jeannette "Pix" Drennan  
Sara Rooks



We are grateful to the following individuals and community groups for sharing their Christmas Spirit with us this holiday season through music and singing, making/bringing Christmas cards, donating items for use in the Life Enrichment Department or for the Adopt-A-Resident Program and for visiting and chatting with residents across our campus:

- Voices of Carolina Home School Choirs
- Piedmont Music Academy
- Westminster Catawba Christian School Band and Choir
- Adam Sullivan Cello Students
- Saint John's United Methodist Youth Group
- Rock Hill Community Hand Bell Choir
- The Honey Baked Divas from Westminster Presbyterian Church
- Roth Harp Studio
- Saint Anne Catholic Church Blue Knight and Budding Flowers
- Duchess Raehn
- Jamie and Lydia Howell
- Sebastian Piano Studios
- Richmond Drive Elementary School First Grade
- Sue and Ethan Start
- Westminster Cub Scout Pack 205
- Oakland Avenue Presbyterian Church Agape Choir
- Wes and Pam Revels

"You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you."  
— Sarah Ban Breathnach



In Loving Memory of

**Bill Holley**  
**Betty Jordan**  
**Petsa Stathopoulos**



Recently a friend shared this story with me and I want to share it with you.

### THE HAPPINESS BANK

Don Hunt

The 92-year old, petite, well-poised and proud lady, who is fully dressed each morning by 8 a.m., with her hair fashionably coiffured and make-up perfectly applied, even though she is legally blind, moved to a nursing home today.

Her husband of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, she smiled sweetly when told her room was ready.

As she maneuvered her walker to the elevator, I provided a visual description of her tiny room, including the eyelet sheets that had been hung on her window.

"I love it," she stated with the enthusiasm of an eight-year-old having been just presented with a new puppy.

"Mrs. Jones, you haven't seen the room—just wait." I told her.

"That doesn't have anything to do with it," she replied. "Happiness is something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged...it's how I arrange my mind.

I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do.

Each day is a gift, and as long as my eyes open I'll focus on the new day and all the happy memories I've stored away just for this time in my life.

Old age is like a bank account: you withdraw from what you've put in.

So, my advice to you would be to deposit a lot of happiness in the bank account of memories.

Thank you for your part of filling my Happiness Bank. I am still depositing."

Remember five simple rules to be happy:

- 1) Free your heart from hatred.
- 2) Free your mind from worries.
- 3) Live simply.
- 4) Give more.
- 5) Expect less.

*Add those rules to your Happiness Bank and enjoy the dividends. May each of you have a healthy and Happy New Year!*

~ Don Hunt, President of the Resident's Association

## Gifts Galore



Adopt-A-Resident was a HUGE success!

Because of the generosity of Towers residents, staff, volunteers, churches and school children, 95 Health Center and Manor residents

received gifts to open on Christmas Eve. 5



Yes, you can choose your neighbors!  
And choosing a new neighbor can be very rewarding.



# Manor Moments



Mary Ann Helton, Paul Sturgis, Wes and Jan Sturgis



David, Mary and Page Parsons

The 2015 Manor Christmas Party was held Saturday, December 12 in Heritage Hall. The room was filled with family and friends celebrating the “Most Wonderful Time of the Year!”



Forrest, Doris and Sally Hartgrove



Doris and Tom Carlisle



Monteze Snyder



Lena Dodson, Tom Drummond



Kate Duncan was surprised by friends who wanted to celebrate her 100th birthday on December 15.

When asked what the secret is to living a long, healthy life, Kate replied, “you should always have a positive attitude and live each day to the fullest.”

Kate keeps her mind sharp by working the daily word puzzles in the newspaper and writes poetry for others to enjoy.

## Journey

I would like to travel to the great beyond  
But who would take me there?  
Perhaps an angel would fly by and cradle me with care.  
Then off we would go, my angel singing a melody so sweet  
No lowly human voice would be able to repeat.  
We would float along the starlit sky  
Until we arrived at the golden stairs so high.  
With grace and softness she places her feet upon the shining wood.  
At last we are on our way to a wonder untold  
A gleaming marble entry door was ajar, as if waiting for magic to unfold.  
Then as we watched the great door opened wide and the glorious voice of Jesus spoke.  
Come in my child, you have earned your place in heaven  
And you are mine forever more.

~ Kate Duncan

The Windows Newsletter Committee is pleased to offer a new feature to our monthly newsletter — an “Advice” column that will help us navigate this changing world with grace and dignity. You are invited to submit your question or concerns to **Torrie Conduct**, c/of **Bette Christensen**, Westminster Towers Business Office.

Dear **Miss Conduct** — Lately I have noticed that it is taking longer for the dryers on my floor to dry my clothes. Ordinarily I wouldn't think much about it but I've got places to go, things to do and people to meet and I hate being a wet blanket when I get there. It's hard to make a good impression in soggy socks. Do you have any idea about my pressing problem? (I'm beginning to believe that global warming might be a good thing after all. )

~ Soggy Bottom

Dear **Soggy Bottom** — Unfortunately this is a universal problem for all the laundry rooms in the Towers and dampens the spirit of everyone who encounters long dry-times. You might think I'm filled with hot air but I know what the problem is — and the solution. The dryer lint catcher is not being cleaned after each use, cutting down air flow and decreasing efficiency. If everyone would clean the cotton picking lint catcher after each use, no one would feel trapped in the laundry room when they could be hanging out with friends. And of course, an alternative solution will be to check the lint catcher before you turn on the dryer to make sure it's nice and clean before throwing in the towel.

~ Miss Conduct



## Return to Lender

Some time ago **John** and **Helen Harris** loaned a book to someone about the Terracotta Soldiers in China and a farmer who discovered the ancient tomb. The farmer autographed the book for **Helen** when she purchased it at the sight of the tomb. **John** and **Helen's** name are on the inside of the book as well. Would you please check your bookshelf and see if you have this treasure? **John** would like to pass it on to their children.



Thanks in advance for looking.

~**John Harris**, Apt. 301



Our Westminster Towers family received the **Bronze Flower Award** for our contribution and support for the annual Walk to END Alzheimer's. Thanks to each and everyone of you who helped make this year a HUGE success.

Be on the lookout in 2016 for all the great events that we will be hosting to raise money for next fall's Walk to END Alzheimer's.

Westminster Towers, an extension of the ministry of Westminster Presbyterian Church, was founded on the theological principles and values of the Presbyterian Church in America. Our mission is to provide services that inspire, encourage, and empower seniors, while demonstrating the love of Christ to support individual well-being.

*Westminster Windows* is published monthly for the residents, staff and friends of Westminster Towers continuing care retirement community.

Submissions and column ideas are welcomed in writing to the following members of the newsletter committee (submissions will not be returned, and they will be used according to space availability and content appropriateness).

Newsletter Committee: **Bette Christensen**, *Editor*, **Ginny Dunn**, *Chair*, **Louise Clark**, **Hugh Barnett**, **Vernon Sumwalt**, **Bob Benson**, **Pinky Funderburk**, **Gaylon Syrett**, **Don Hunt**, *Residents' Association President*, **Jim Bright**, *Interim President/CEO*, **Amy Laughlin**, *Director of Life Enrichment*