

## 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*

### Hints from Hinnant

Americans are living longer and making more of their senior years. There are many challenges associated with aging, but it is a more difficult process when you do not have essential tools to achieve healthy aging such as knowledge of proper exercise and nutrition, peer and community support, and the ability to cope with psychological and physical health changes. As an ambassador of wellness and choosing a healthy lifestyle, here are a few HINTS to start maximizing your full potential today!

- **Keep active.** Do something to keep fit each day—something you enjoy that maintains strength, balance and flexibility and promotes cardiovascular health. Physical activity helps you stay at a healthy weight, prevent or control illness, sleep better, reduce stress, avoid falls, and look and feel better, too.
- **Eat well.** Combined with physical activity, eating nutritious foods in the right amounts can help keep you healthy. Many illnesses, such as heart disease, obesity, high blood pressure, Type 2 diabetes, and osteoporosis, can be prevented or controlled with dietary changes and exercise.
- **Maintain a healthy weight.** Extra weight increases your risk for heart disease, diabetes and high blood pressure. Get to your healthy weight and stay there by eating right and staying active.
- **Prevent falls.** Prevent falls and injury by

removing loose carpet or throw rugs. Keep paths clear of electrical cords and clutter, and use night-lights in hallways and bathrooms. Did you know that people who walk barefoot fall more frequently? Wear shoes with good support to reduce the risk of falling.

- **Stay up-to-date on immunizations and other health screenings.** Maximize visits with your physician by discussing which preventative screenings and vaccinations are available. Ask your physician about regular screenings for breast and prostate cancer.
- **Protect your skin.** As we age, our skin grows thinner; it becomes drier and less elastic. Wrinkles appear, and cuts and bruises take longer to heal. Be sure to protect your skin from the sun.
- **Get regular dental, vision and hearing checkups.** Your teeth and gums will last a lifetime if you care for them properly—that means daily brushing and flossing and getting regular dental checkups. Regular vision and hearing checkups can be extremely helpful in maximizing your independence during daily activities.
- **Manage stress.** Try exercise or relaxation techniques—perhaps meditation or yoga—as a means of coping. Make time for friends and social contacts and fun. Learn the role of positive thinking!

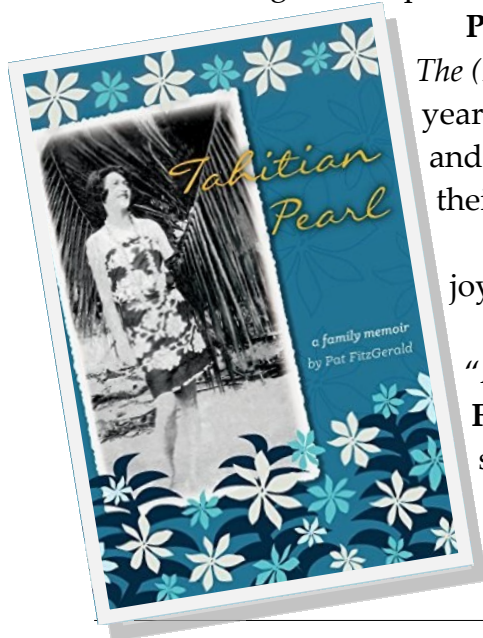


**Patrice Hinnant**  
Director of Wellness

# An Author Among Us

**Pat FitzGerald** and her husband **Edmund (Fitz)** might be considered newcomers to the Towers, but the truth is they have a rich history with us going back to the early 2000's when **Pat's** mother, **Rita Marx**, lived here before passing away in 2007.

**Ms. Rita** was legendary in the Towers and Manor. Those who were here in at the time remember her fondly and share sweet stories about **Ms. Rita's** fun-loving spirit and her parties.

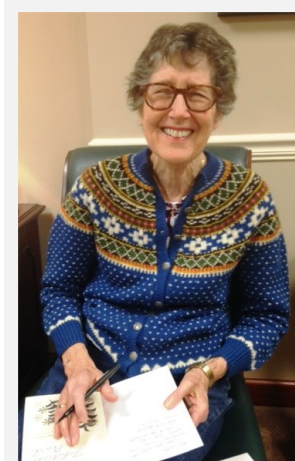


**Pat**, a well known journalist who wrote for *The (Evening) Herald* in Rock Hill for several years, became interested in her mother's past and began a worldwide journey to discover their heritage.

The result is a unique family memoir full of joy, life and love of a woman who 'Dared to be different.'

If you would like a copy of *Tahitian Pearl* you can purchase it on "Amazon Smile" for \$12; however, I would recommend you stop by **Fitz** and **Pat's** apartment on the second floor — you can get the book, save the shipping fees and get a "Pat Smile."

~ **Bette Christensen**



**Pat FitzGerald**, Apt. 227

## Ananda Coming to the Towers

The Feast of Saint Patrick, more commonly referred to as Saint Patrick's Day, is a cultural and religious celebration held on March 17 to honor the patron saint of Ireland, Saint Patrick and the arrival of Christianity in Ireland. Celebrations generally involve public parades and festivals, shamrocks, 'wearing of the green' and of course Celtic music.

This year Westminster Towers will be celebrating St. Patrick's Day with a performance by the Ananda Duo: Guitarist BJ Brunson and Violinist, Laurie Neal. Their style of music, a blend of Celtic, Classic and New Age, will be a perfect way to commemorate Saint Patrick, the spread of Christianity and Irish heritage. (We all have a wee-bit of Irish in us all, don't we?)

You won't want to miss this special Saint Patrick's celebration in Heritage Hall—it will be Ananda's last performance before heading to Ireland on a tour to perform at a variety of locations.



**Ananda Duo will be performing March 17, 6:30 p.m. in Heritage Hall.**



# The Towers Valentine's Royal Court



King and Queen  
**James and Jean Livingston**  
Apt. 529



Towers Valentine's Party  
Entertainer  
**John Leon Lewis**



Duke  
**Odell Hope**  
Towers Bus Driver



Prince  
**Frank Polito**  
Apt. 516



Duchess  
**Jo Ann Sherer**  
Towers Receptionist



Princess  
**Lorraine Hernandez**  
Apt. 411



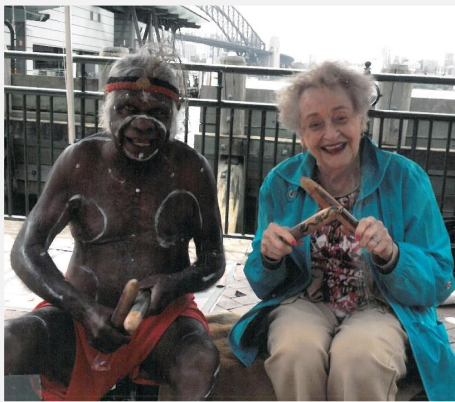
Valentine Desserts



# A Trip Down Under



Going to Sydney with my daughter, **Sally Pressler** and granddaughter, **Christy Hardin** was an adventure of a life-time.



An Aboriginee with **Pix Drennan** making music with Aboriginal clapsticks.

It had been 13 years since the last visit to my birthplace; it was **Sally's** second visit and **Christy's** first trip to the land "Down Under."

Our 12 days in Australia seemed to fly by after the 15 hours of travel to get there. We spent six days with family and six days sightseeing.

We had the opportunity to tour Sydney Harbour and the Opera House was a wonderful sight. We saw the Government House where the Prime Minister lives; the Centennial Gardens; the zoo and the North and South Heads where the ships enter the Harbour.

We explored beaches, an art museum and took a trip to the kangaroo and koala bear parks. At

the parks we also saw a sheepdog herding sheep, Aborigines throwing boomerangs and sheep shearing.

We had the chance to take a day trip to Blue Mountain and rode a glass cable car which carried us over two mountains with spectacular views of waterfalls and valleys below filled with springtime flowers in full bloom.

It was a fantastic trip filled with amazing sights and sounds made all the more special because I had the chance to share my homeland with **Sally** and **Christy**.



Sydney Opera House is a performing arts center in Sydney, Australia, identified as one of the 20th century's most distinctive buildings.



Koala at the Australian Zoo

~ **Pix Drennan**



## Meet Your Neighbor



It is said that variety is the spice of life and as each new resident joins our Towers community our lives become richer. One of our new residents is **Naomi Schlick** in Apt 306. She is one of those people who never met a stranger.



**Naomi Schlick**

Apt 306

**Naomi** was a depression child who grew up in Baltimore, Maryland. Perhaps her gregarious nature was developed then because her parents shared their home with family members when a helping hand was needed. Her father had steady employment because he was a police officer and their home became multi-generational from great-grandmother to babies. After

graduation from Eastern High School, **Naomi** was employed in several Baltimore businesses before her marriage to **Joseph Kennard Schlick**. Her husband was a career Marine and she spent the next twenty years as a military wife and mother to two sons, **Allan** and **Toby**.

And now the next chapter- she says she could write a book. After retirement from the Marine

Corps they started looking for a permanent home. The final choice was an old house built by a sea captain and hadn't been lived in for 20 years. It was a lovely old house but had scant

wiring, no plumbing or central heat- not exactly her idea of a retirement home but just what her husband wanted as he remembered his boyhood in rural Indiana.

**Naomi** met the challenges of renovations and the adaptations to country living- no small accomplishments for someone who considers herself a city girl!

I'll leave it to **Naomi** to tell you the rest of the story.

The years rolled by until her husband died unexpectedly from complications following heart surgery. After a time, the big house was too lonely and **Naomi** was ready to return to city living. She made several moves, always along the North Carolina coast, but eventually moved to a small retirement community in Delaware near her son **Toby**.

This was home until she was ready to return South. Son, **Allan** who is retired and lives in Fort Mill suggested she might like Westminster. She came, she looked and sure enough it was just what she wanted. She enjoys reading, knitting, crocheting and still likes to travel and see new places. The amenities here are just what she envisioned for retirement.

She is another happy resident.

~ **Ginny Dunn** 



He gives strength to the weary and increases the power of the weak. Even youths grow tired and weary, and young men stumble and fall; but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

Isaiah 40:29-31 NIV



**Don Hunt**

## A BEAUTIFUL MESSAGE FOR ALL OF US

A few years ago a group of salesmen went to a regional sales convention in Chicago. They had assured their wives that they would be home in plenty of time for Friday night dinner.

In their rush to catch the plane home, one of these salesmen inadvertently knocked over a table which held a display of apples. Apples flew everywhere. Without stopping or looking back, they all managed to reach the plane in time for their nearly-missed boarding... all but one. He paused, took a deep breath, got in touch with his feelings and experienced a twinge of compassion for the girl whose apple stand had been overturned. He told his buddies to go on without him, waved good-bye, told one of them to call his wife when they arrived at their home destination and explain his taking a later flight.

Then he returned to the terminal where the apples were all over the terminal floor. He was glad he did. The 16-year-old girl was totally blind. She was softly crying, tears running down her cheeks in frustration, and at the same time helplessly groping for her spilled produce as the crowd swirled about her; no one stopping and no one to care for her plight.

The salesman knelt on the floor with her, gathered up the apples, put them back on the table and helped her organize her display. As he did this, he noticed that many of them had become battered and bruised; these he set aside in another basket. When he had finished, he pulled out his wallet and said to the girl, "Here, please take this \$50 for the damage we did. Are you okay?" She nodded through her tears. He continued on with, "I hope we didn't spoil your day too badly." As the salesman started to walk away, the bewildered blind girl called out to him, "Mister..." He paused and turned to

*Apples...Continued on page 7*

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 Ms. Conduct** — Do you know what really grinds my gears and pushes my buttons? It's people who won't let me get off the elevator before they try to enter the car. I feel like they are giving me the shaft. ~ **Dumbwaiter**

**Dear Dumbwaiter** — Indeed, elevators have unwritten rules. Perhaps we can close the door on this issue by sharing a few lofty ideas:

- #1—Stand clear of the doors and only board when you are sure no one is exiting;
- #2—Those closest to the door should be allowed to get on first. Gentlemen should allow ladies the option to board first;
- #3—Before you board the elevator make sure you know it's going the direction you want to travel. Remember it's a proven fact, what goes up must come down;
- #4— If the car is crowded wait for your neighbor to either verbally invite you to squeeze in or welcomes you by making room;
- #5—If someone is running toward the elevator you should hold the door, otherwise *let it go, let it go, let it go*;
- #6 — Consider your destination: if you are going to a higher floor you should stand toward the back of the car. Jesus said it best, "the first shall be last." (Matthew 20:16)

I hope these guidelines give you a lift in a world that is filled with ups and downs. ~ **Miss Conduct**





## Capital Campaign

Bob Breakfield  
John and Judith Gabrenas

**In memory of Buddy Culp**  
Jack and Dicksie Ward

**In memory of Edythe Martin**  
Jack and Dicksie Ward

**In memory of Posey Belcher**  
Rachel Roberts  
Jack and Dicksie Ward

**In memory of Jennie Littlejohn**  
C. Linwood Littlejohn

**In memory of Frank Barnes**  
Lois and Marvin Hyatt

**In memory of Ralph and Shirley Brannan**  
Steve and Patty Hovis

## Endowment Fund

Nancy and Jim Bright  
WPC The Seekers

**In honor of Rosaline Cook**  
Stephen McCrae

**In honor of Mary Hardin**  
James and Katherine Hardin

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

**In memory of Posey Belcher**  
Anonymous  
Gene and Imogene Blackmon  
Gloria Cody  
Jeanette Drennan  
Sig and Judy Huitt  
Sara Rooks

*Apples...Continued from page 6*

look back into those blind eyes. She continued, "Are you Jesus?" He stopped in mid-stride. He gently turned back and said, "No, I am nothing like Jesus—He is good, kind, caring, loving and would never have bumped into your display in the first place. The girl gently nodded, "I only asked because I prayed for Jesus to help me gather the apples. He sent you to help me, thank you for hearing Jesus, Mister."

Then slowly he made his way to catch the later flight with that question burning and bouncing about in his soul. "Are you Jesus?"

Do people mistake you for Jesus? That's our destiny, is it not? To be so much like Jesus that people cannot tell the difference as we live and interact with a world that is blind to His love, life and grace. If we claim to know Him, we should live, walk and act as He would. Knowing Him is more than simply quoting scripture and going to church. It's actually living the Word as life unfolds day to day.

You are the apple of God's eye even though you too, have been bruised by a fall. He stopped what He was doing and picked up you and me on a hill called Calvary and paid-in-full for our damaged fruit.

Sometimes we just take things for granted, when we really need to be sharing what we know.

*A nice place to be is in someone's thoughts, the safest place to be is in someone's prayers and the very best place to be is in the hands of God.*

~ Don Hunt, President of the Resident's Association

**In memory of Doris Hartgrove**  
Sara Rooks

**In memory of Buddy Culp**  
Billie Bell

**In memory of Patty Redfern**  
Charles Redfern

**In memory of Edythe Martin**  
Evelyn French  
Mitt and Courtney Sadler  
Forrest and Totty Wilkerson

**In memory of Charlie Hawkins**  
Sara Rooks

**In memory of Lillian Thompson**  
John and June Eason  
Marian Massey  
Totty Wilson

## Employee

### Appreciation

**In memory of Wade Williams**  
La Nelle Massey

## General Fund

Louise Pettus

## In-Kind

Sylvia Holley

*Any gift to the Endowment, Capital Campaign or Employee Assistance Fund can be made in honor or in memory of a loved one or neighbor.*



In Loving Memory of  
**Posey Belcher**  
**Doris Hartgrove**

"We put our hope in the LORD. He is our help and our shield."

Psalm 33:20



According to legend, Saint Patrick used the three-leaved shamrock to explain the Holy Trinity to Irish pagans.

## Stepping Down

A long-time member of the *Windows* Newsletter Committee, **Hugh Barnett**, has decided to take a few things off of his calendar and the RA Newsletter Committee was among them. The Committee has accepted his resignation on the condition that he will occasionally be available to proof-read an issue now and then since he has proven himself to be a great copy editor. **Hugh** has been a wonderful source and resource to the *Windows* Newsletter over the last several years and he will be missed.



**Hugh Barnett**

Apt. 313

*If you, or someone you know, would be interested in joining the Resident Association Newsletter Committee please contact **Ginny Dunn**, Committee Chair, or **Amy Laughlin**, Director of Life Enrichment.*



**Resident  
 Association  
 Meeting March 2 @  
 2:30 p.m.  
 Heritage Hall**

**Tune into Channel  
 99 for Towers News**

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**, **Vernon Sumwalt**, **Bob Benson**, **Pinky Funderburk**, **Gaylon Syrett**, **Don Hunt**, Residents' Association President, **Jim Bright**, Interim President/CEO, **Amy Laughlin**, Director of Life Enrichment