

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



The Trout Line

Did you know that an Irish immigrant from the early 1900's made 47 people sick and killed three? Mary Mallon was a cook who made customers sick with typhoid (a type of Salmonella germ). She was a carrier of the typhoid germ called Salmonella typhi; Mary carried the germ in her body but she herself was not sick. However, as she prepared food while not practicing proper handwashing she infected her customers.

As you have probably guessed by now this Irish immigrant cook was nicknamed "Typhoid Mary" and was quarantined and lived out her life in isolation.

You can avoid a similar fate by practicing a few simple precautions to avoid getting sick or making someone else sick.

When you go grocery shopping, pick up your canned goods first and the refrigerated, frozen and deli sections last.

Check the packaging and make sure it's not torn, dented, or bulging and the "Sell By" or "Use By" date are ok. Avoid meat, fish or poultry that feels warm to the touch and choose only pasteurized dairy products and

refrigerated eggs that are not cracked or dirty.

Once you purchase food, take it directly home and immediately put your refrigerated and frozen items away.

Being safe while preparing foods is also important. Wash hands thoroughly with soap and hot water before preparing foods and after handling raw meat, poultry or seafood. Clean all surfaces thoroughly and never use the same surface to prepare ready-to-eat foods, produce, or raw meats without thoroughly cleaning first between foods. Always cook foods to proper temperatures and immediately refrigerate any leftovers (leftovers should only be kept 3-5 days and then discarded).

I know there are those of you who take part of your meal back to your room for later consumption. Please remember to put your leftovers directly into the refrigerator and discard foods after 3-5 days. Reheat to 160 degrees for at least 15 seconds before eating.

Stay safe and healthy. And remember the rule of thumb
"If in doubt, throw it out."



Diana Trout
Director of Food
Services

Modern Convenience

At this moment there are many things I see
But, surprisingly there is only one that interested me.

I have never had the use for one
Though it's a timely machine that gets things done
However it still presents a mystery to me!

It has buttons, a window and words to be read
And even a speaker to hear what is said.
Who is this speaker? Where can she be?
Where are the tubes that will bring things to me?
The thing about it that is so funny,
People keep at it until they get
All Their Money!

~ Beverly Schick

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** — I am confused and frustrated. Recently a friend of mine at the Towers took a nasty fall. They were taken to the hospital by ambulance and I want to know how they are doing. I've asked the nice ladies at the Reception desk, my server in the Dining Room, the housekeeper and even that guy sitting up there in the Big Office about my friend and all they ever want to talk about is some crazy hippopotamus. What's up with that? I don't care about some sub-Saharan African herbivorous mammal, I just want to know about my friend! ~ **Hippohater**

Dear **Hippohater** — Please don't take your frustration out on the even-toed ungulate. It's not his fault you can't get information from the Towers staff about your friend. We are all bound by a law enacted by the U.S. Congress and signed by President Bill Clinton in 1996 that protects the privacy and confidentiality of your health information. The law is known as the Health Insurance Portability and Accountability Acts of 1996 (HIPAA).

The Towers staff are committed and trained to protect your privacy (and your friend's privacy), so when asked health-related questions they aren't being rude; they are being compliant with HIPAA.

If your friend provides written authorization to share medical information, the staff will gladly update you on their condition. However, in most cases people aren't thinking about governmental regulations in the midst of a medical emergency and the permission to share comes later (or maybe not at all).

The best way to find out about your friend is to call them, or a family member, and ask how they are doing. Your friend will most likely appreciate the call and you won't be asking Towers staff to violate the law. ~ **Miss Conduct**

Kodak Moment(s)

Manor residents took a road trip to Carolina Place Mall, making a stop at Build-a-Bear where bears and ponies were created for their new homes at the Manor.



Eleanor Patton built "Ellie" the Bear for her namesake great-granddaughter, Nora.



Luellen Guyer and her new pony, Beauregard, aka "Beau".

The 9th Annual Westminster (Towers) Dog Show is a favorite for residents, volunteers and staff. Heritage Hall was filled with spectators while 15 dogs, of all shapes and sizes, competed for the coveted awards.

Best Costume: *Poco* (Chi-weenie)

Cutest Face: *Tippy* (Shetland Sheepdog)

Most Obedient: *Storm*, (Australian Shepherd)

Best of Show: *Bentley* (Golden-doodle)

Most Personality: *Kizzy* (Pomeranian)

Man's (Woman's) Best Friend: *Lena* (German Shepherd)



Bailey and Storm resting in the shade of the Towers portico after participating in the dog show.



Christopher Matthews, son of Marketing Director **Allison Matthews** and *Nike*—"Emeritus" Best of Show.



Volunteer Coordinator, **Connie Byers** and *Samson*. He was a hit with his Carolina Panther's t-shirt.



TAKE ME OUT TO THE BALL GAME!

An old fashioned game on an extremely modern field

On a recent Westminster Towers trip a group of us enjoyed a great evening at the BB&T Ball Park. Amidst towering hotels, offices and apartment buildings we saw the Charlotte Knights beat Rochester Red Wings, 5-3.

As a kid growing up in a small town of some 900 people, playing baseball in a hayfield (before Little League and television) it would have been hard to believe that such a place would exist.

I learned to enjoy baseball by attending summer minor league games with my father and I played for four years in high school during World War II, in spite of the fact that the regular coaches and instructors were serving in the military.

~ Bill Whitman ✍️

When **Jim and Lou Ardrey** built their house in Fort Mill in 1995, they commissioned Betty Williams at The Looking Glass in Rock Hill to create a stained glass window for their home.

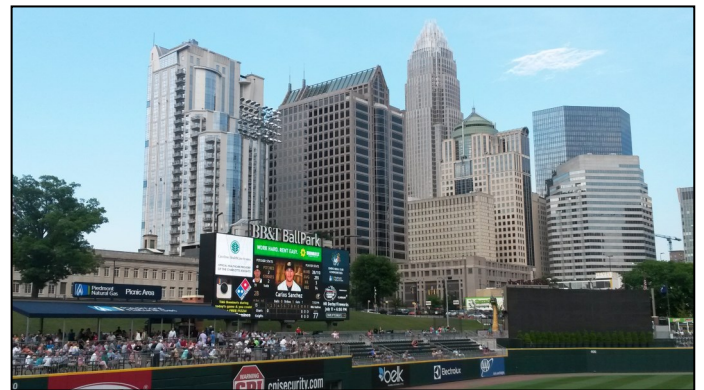
The window depicts an angel in flight as a reminder that God has His angels constantly watching over us. **Jim and Lou** enjoyed the window in their home for 20 years until they sold the house and moved to Westminster Towers last August.

The new homeowners, **Jody and Barbara Stegall**, knew how fond the **Ardrey's** were of the window so they graciously donated it to the Chapel in the Towers Health and Rehabilitation Center.

The **Ardrey's** are grateful that they can continue to enjoy this beautiful stained glass window and hope that others will be comforted by the reminder that God loves and protects us.



Lynn Hornsby, Joanne Cauthen, Barb Whitman, Bill Whitman, Ernie Howard, Ed McPoland, Ed Harding



A view of the Charlotte skyline from the BB&T Ball Park where the Charlotte Knights played the Rochester (New York) Red Wings.

"For he will command his angels concerning you to guard you in all your ways."

Psalm 91:11

Monday-through-Friday War

The Land of Opportunity

In 1941, I was one of four high school juniors who owned, rebuilt and loved a Model "A" Ford. It was fun to drive and made a cool sound.

Soldiers from the Monroe Army Base were sent to the rifle range about two miles west of my hometown of Pageland for two weeks at a time. They were allowed to "walk to town" on weekends.

The ladies of our town would open their homes to these young men and invite them in for a shower and a home cooked true Southern meal of fried chicken and all the sides. Then the guys would walk downtown and fill the streets — all clean and full of southern fried chicken and maybe a beer!

They loved our Model A Ford and wanted to drive it around the block, but fuel was rationed and scarce.

The soldiers would appear with five gallon cans of gas from their Army tanks and for five gallons of gas we'd let them drive it for a few minutes. Dang! We had more gas than anyone else in town. Even enough to drive to Cheraw Beach and camp out in our tents near where the high school home economic girls were camping in cabins. Once we cut a deal with the 'teach'

and agreed to drive her into Cheraw for groceries if she would let us eat with the girls — for free.

Entrepreneurs were born that summer.

Later that year, big time maneuvers were held in South Carolina with Pageland right in the middle of them. Soldiers with Blue and Red armbands were everywhere. Tanks and trucks and soldiers filled our yards and our pine woods for a couple of weeks.

Being the enterprising fellows that we were, we cranked up that Model A Ford, got a wash tub and filled it with ice and soft drinks and filled a box full of Baby Ruths, Mary Janes, Butterfingers and Almond Joys and headed for the woods. We sold these awesome treats for a



very tidy sum. The soldiers were delighted to hear us coming. No one stopped us or shot at us because of the cool JOY we hauled in our trusty Model A Ford.

We were the heroes of the battle and our trusty little Ford brought in enough money to replace the fender that crunched into a big pine tree.

~ Pinky Funderburk AKA Agent 208



Don Hunt

From the Resident Association President's Desk—And now, here is the REST of the story from the June Windows... My sincere thank you to every veteran who has and continues to serve these United States of America. God Bless America!

The Sack Lunch

A man stopped me. "I saw what you did. I want to be part of it. Here, take this." He handed me twenty-five dollars. Soon after I returned to my seat, I saw the Flight Captain coming down the aisle, looking at the aisle numbers as he walked, I hoped he was not looking for me, but noticed he was looking at the numbers only on my side of the plane. When he got to my row he stopped, smiled, held out his hand and said, "I want to shake your hand." Quickly unfastening my seat belt I stood and took the Captain's hand. With a booming voice he said, "I was a soldier and I was a military pilot. Once, someone bought me a lunch. It was an act of kindness I never forgot." I was embarrassed when applause was heard from all of the passengers.

Later I walked to the front of the plane so I could stretch my legs. A man who was seated

about six rows in front of me reached out his hand, wanting to shake mine. He left another twenty-five dollars in my palm.

When we landed, I gathered my belongings and started to deplane. Waiting just inside the airplane door was a man who stopped me, put something in my shirt pocket, turned, and walked away without saying a word. Another twenty-five dollars!

Upon entering the terminal, I saw the soldiers gathering for their trip to the base. I walked over to them and handed them seventy-five dollars. "It will take you some time to reach the base. It will be about time for another sandwich. God Bless You."

Ten young men left that flight feeling the love and respect of their fellow travelers.

As I walked briskly to my car, I whispered a prayer for their safe return. These soldiers were giving their all for our country. I could only give them a couple of meals. It seemed so little.

A veteran is someone who at one point in their life, wrote a blank check made payable to:

"The United States of America for an amount up to and including my life."

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



This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.

1 John 4:9



Contributions

Endowment Fund

In honor of **Lillian Dorer**
Jane Watkins

In honor of **Jack and Dicksie Ward**
Jane Watkins

In memory of **Kitty Barrett**
Joanne Cauthen
Sig and Judy Huitt
Jack and Dicksie Ward

In memory of **Arnold and Jane Brown**
Billie Bell

In memory of **Becky Burns**
Weldon Burns

In memory of **'Becca Dalton**
Joanne Cauthen
Jack and Dicksie Ward

In memory of **Linda Feemster**
Jack and Dicksie Ward

In memory of **Mary Gene Hardin**
Joanne Cauthen
Bobby and Beverly Sumner
Jack and Dicksie Ward
Sudie Wilson

In memory of **Mary Page Killian**
Jack and Dicksie Ward

In-Kind Donation

Stained Glass Window for the Health Center
Mr. and Mrs. Jody Stegall

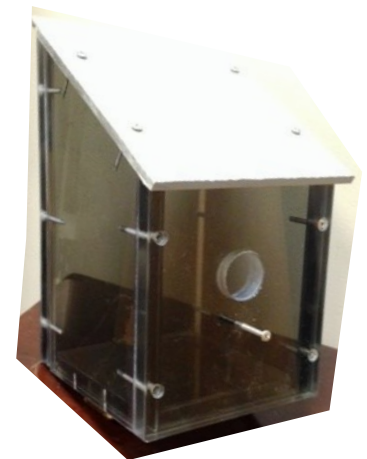
*Any gift to the
Endowment, Capital
Campaign or
Employee Assistance
Fund can be made in
honor or in memory
of a loved one or
neighbor.*

In Memory

Elizabeth Nash

Give and it will be given
to you. A good measure,
pressed down, shaken
together and running
over, will be poured into
your lap. For with the
measure you use, it will
be measured to you.

Luke 6:38



From the picture it's hard to tell,
but this custom-made birdhouse is
bullet proof and weighs about 20
pounds. **John Harris'** #5 son
created this unusual Father's Day
gift for **John** this year.

Momma bird and her babies will
be safe and secure if there is ever
a shoot-out at the Towers!

*Thank
you*



They're Back!

*The therapy team is back
in the Towers!*

Located in the office near the Towers Computer lab, the therapy team is ready to assist you with your individual therapy needs.

Contact Bridget Conway at extension 3116 and she will be happy to assist you with obtaining a physician order and insurance verification and help you develop a personalized plan to build your core strength and balance to help you stay active and on the move.



Back Row: **Jessica McDaniel-PTA**, **Karla Kettler-PTA**, **Joan Fallon-OTR**, **Marcy Thomas-Social Work**, **Jocelyn Gunderson-Social work**, **Kacie Montgomery-OTR**, **Lisa Davis-OTA**, **Angela Sugameli-PT**

Front Row: **Bridget Redmond-PT**, **Michael Slafka-OTA**, **Bridget Conway-SLP/ Director of Rehab**

**Make Time for
Channel 99**

**You stay in the loop
And know the scoop**

Riverview @ The Towers

**Urgent and Primary Care
Clinic**

Located in the Lower Level

**HOURS
8—noon**

**Monday
Wednesday
Friday**

803-328-WELL (9355)



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).

Editor, **Bette Christensen**; Newsletter Committee — **Ginny Dunn, Chair**, **Louise Clark**, **Vernon Sumwalt**, **Bob Benson**, **Pinky Funderburk**, **Gaylon Syrett**, **Bill Whitman**; Residents' Association President, **Don Hunt**; Interim President and CEO, **Jim Bright**; Director of Life Enrichment, **Amy Laughlin**.