

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



Ramblin' Rose

As the Director of Health Services for the rehab and long-term care residents the past 14 months, I am grateful for the support I have had from my co-workers and the great Leadership Team at Westminster Towers.

My goal for this year, since healthcare regulations are continuously changing, is for us to continue to upgrade our technology in pharmacy services, lab services and electronic medical records. We should see positive outcomes, such as improved record keeping, for our residents who are our #1 priority, which will allow caregivers to focus on people, not paper.

While technology is an important part of providing quality care for our residents, we recognize that living out the values of Westminster Towers — Respect, Integrity, Excellence and Enrichment are also a vital part of providing holistic care for the body, mind and spirit for the residents we serve.

We understand that the work we do is a 'calling' and we are committed to lead by example, serve with honesty and embrace the importance of the individual with compassion and love.

According to Census Bureau forecasts, the population of Americans over 65 years old will grow from 34 million to 53 million by 2020. The over-85 population will nearly double to 7 million. These staggering numbers are a reflection, of among other things, healthy lifestyle choices and improved medical care. These statistics are also a reminder that a Life Plan Community like Westminster Towers is positioned to provide a community that is suited for senior adults transitioning through this life.

Our mission, providing services that inspire, encourage and empower seniors, while demonstrating the love of Christ to support individual well-being, is made possible with improved technology, dedicated people and the help of God.



Debbie Rose

Director of Health
Services

"With the ancient is wisdom;
and in length of days understanding"
~ Job 12:12



Meet Your Neighbor



Beware of making assumptions! When I first looked at the **McDuffie's** interview questionnaire I saw: **Nancy** — farm girl; **Robert** — International Harvester and immediately saw how this story would develop. It couldn't have been further from the truth. Now the real story.

Yes, **Nancy** was a farm girl. She was raised on one of the few South Carolina Land Grant farms and it has been in her family since the 1800's. Originally cotton was the main crop but over the years they have added a cotton gin, raised grains, experimented with sun flowers and are now raising lots of peanuts. As times have changed they have diversified and the farm supports five families. With grand children interested in agriculture they are hopeful it will remain in the family for generations to come.

Robert was born and raised in Charleston and really had no interest in farming until he met **Nancy**. That all happened while they were in college, on a blind date arranged by a cousin. His interests are in bookkeeping and controlling inventories. He worked for a paint company in Charleston, S.C., and for International Harvester where he kept things organized and their inventories straight. So you see how my assumption was wrong. Farm machinery had nothing to do with their meeting.

After **Nancy** and **Robert** married it was finally International Harvester that saw them moving from place to place for the next 26 years. This included Nashville, Tenn., Kansas

City, Kan., Racine, Wisc., Atlanta, Ga., and Charlotte, N.C. While **Robert** was doing his bookkeeping, **Nancy** was doing her house keeping. She was always a stay at home Mom. Their family expanded to three children- two daughters, **Christina** and **Elizabeth** and son **Robert, Jr.** Life changed when toddler **Robert** died of cancer at age three. Both parents agree

this was a turning point in their lives and in their Faith journey. Daughter **Robin** was born after this tragedy and it seems evident in their girls' choice of professions that Robert's death had a profound affect on them all.

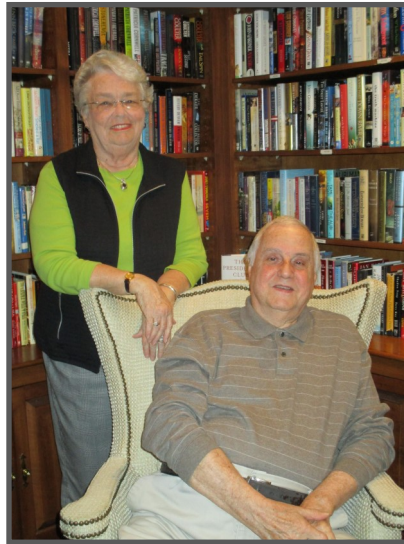
Christina and **Elizabeth** teach in Christian schools and **Robin** is involved in Children Ministries.

After 26 years with International Harvester, **Robert** retired in 1989 only to start a new career at Shepherds Fold Book Store and as a bookkeeper at Westminster Christian School here in Rock Hill. So moving to the Towers is their third attempt at retirement.

Nancy continues her years of volunteering, playing piano and helping with Bible study and devotional programs here at the Health Center. Their families all live in the area and with six grandchildren and one great-grand they still have plenty to keep them busy.

Say "Hello" to **Nancy** and **Robert McDuffie**. They are your good neighbors in Apartment 614 at the Towers!

~ Ginny Dunn ✍️



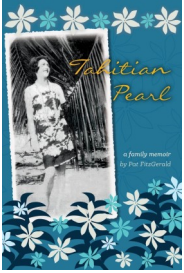
Robert and Nancy McDuffie
Apartment 614

But if serving the Lord seems undesirable to you, then choose for yourselves this day whom you will serve... But as for me and my household, we will serve the Lord."
Joshua 24:15

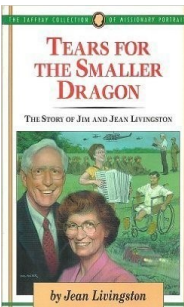
Towers Author Showcase

It should be no surprise to you that Westminster Towers is filled with talented and creative people, war heroes, artists, preachers and authors, just to name a few.

The Library Committee has made a special place in the library to showcase our talented resident authors and invite you to enjoy their creative works.



Pat Fitzgerald wrote a book, *Tahitian Pearl*, a family memoir, about **Pat's** mother, **Rita Marx**, who was born in Tahiti and grew up there during her early years. After years of travelling and living in various places **Rita** moved to Rock Hill and Westminster Towers to be near **Pat**. It is an interesting story with wonderful details of a remarkable life.

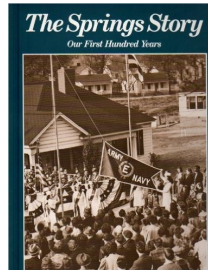


Tears for the Smaller Dragon is a story written by **Jean Livingston** about her and her husband's activities as missionaries during the Vietnam War. She gives great credit to her husband **Jim** working side by side with her writing the book particularly in the refugee camps often with no electricity, no water, inconveniences, interruptions, security threats, and multiple distractions.

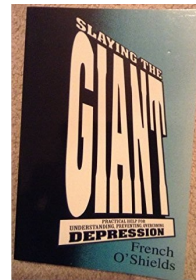
Louise Pettus, retired professor at Winthrop University has written ten books:

- ♦ *Pictorial History of Lancaster County*
- ♦ *The Springs Story — Our First Hundred Years*
- ♦ *The Palmetto State*
- ♦ *The White Homestead: The People Who Lived in it and the Land Around It*
- ♦ *The Waxhaws*
- ♦ *A Roddey Family*
- ♦ *The Nation Ford Road*

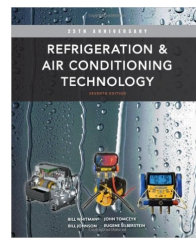
- ♦ *Leasing Away a Nation — The Legacy of Catawba Indian Land Leases*
- ♦ *Belair United Methodist Church — The First One Hundred Years*
- ♦ *Rock Hill, 150 Years of History*



Two of **Pettus'** books: *The White Homestead*, is the story of a plantation house and the people who have lived in the house, in Fort Mill; and *The Springs Story Our First Hundred Years* is about the company known today as Springs Industries, can be found in the Towers Library.



Slaying the Giant, written by **French O'Shields** is a practical help for understanding, preventing, and overcoming depression. The title *Slaying the Giant* refers to the biblical giant Goliath slain by the small shepherd boy David. **O'Shields** indicates that this book will also be translated into Spanish.



Refrigeration and Air Conditioning Technology, co-authored by **Bill Whitman** and **Bill Johnson**, is designed as a textbook for students in community colleges and tech schools learning to be refrigeration and air conditioning technicians.

If you know of anyone else living in the Towers who has authored a book and was not included in this article, please tell a Library Committee member: **Gloria Cody, Ruth Page, Peggy Collins, Barbara Whitman, Louise Clark, Billie Bell or Ernie Howard.**

~ **Bill Whitman** ✍️

Let The Games Begin!

Olympics in Rio de Janeiro AND at Westminster Towers

The **2016 Summer Olympics**, officially known as the **Games of the XXXI Olympiad**, and commonly known as **Rio 2016**, is due to take place in Rio de Janeiro, Brazil, from August 5-21 2016.

Rio will become the first South American city to host the Summer Olympics. These will be the first games to be held in a Portuguese-speaking country, the first to be held in the host country's winter season, the first since 1968 to be held in Latin America, and the third overall to be held in the Southern Hemisphere.

- ♦ Two countries are competing in the Olympics for the first time at Rio 2016: South Sudan and Kosovo.
- ♦ There are 306 sets of medals available to be won, featuring 28 Olympic sports.
- ♦ There were two open spots for sports and initially seven sports began the bidding to be included in the 2016 program: baseball and softball, karate, squash, golf, roller sports, and rugby union.
- ♦ Golf and rugby sevens (a seven-player version of rugby union) were chosen by the International Olympic Committee to be added. Golf used to be an Olympic sport – but it was cut 112 years ago and is only now returning!
- ♦ These sporting events will take place at 33 venues in the host city and at 5 venues in the cities of São Paulo (Brazil's largest city), Belo Horizonte, Salvador, Brasília (Brazil's capital), and Manaus.
- ♦ Kuwait has been banned from competing in the Olympics because of government interference in

the country's Olympic committee.

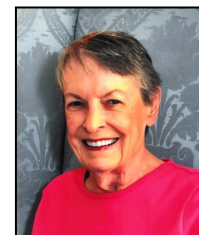
- ♦ Due to the European migrant crisis, the International Olympic Committee will allow athletes to compete as Independent/Refugee Olympians under the Olympic Flag. This is for athletes who are refugees and therefore not able to represent any specific nation.
- ♦ There are several concerns that may impact the Rio Olympics: the outbreak of the mosquito-carried Zika virus that can cause birth defects, the pollution of the Guanabara Bay where all the watersports will take place, the recent collapse of a hastily built bridge and the possibility of other structural problems with buildings and roads, and the political and economic instability in Brazil following the impeachment of President Dilma Rousseff for corruption.

♦ Westminster Towers will be hosting our very own Summer Olympic Games again this month. Featuring events such Balloon Volleyball, Pool Obstacle Course, Nerf Archery, Cornhole, Power Walking and Horse Racing, you don't want to miss it! Each floor of the Towers will be an Olympic team and will compete against the other floors in a week of physical activities and games.

The winning team will receive a Sunday night pizza party and major bragging rights! Points will be awarded for attendance, participation, team spirit and placing 1st, 2nd or 3rd. Events will be scheduled on the August Life Enrichment and Wellness calendars and be sure to check the bulletin boards for more information.



The past couple of Windows featured World War II stories which sparked memories for Gaylon Syrett. She wanted to share this story, from her late husband, Peter Syrett, illustrating the horror of war time in Britain.



Gaylon Syrett

Apt. 624

It was 1941, I think at the end of March or the first part of April. My father was, at that time, a Flight Lieutenant in the RAF. We were living at the Rex Hotel in Whitley Bay on the northeast coast of England just north of Tynemouth harbor. We could watch ships moving out of the Tyne River into the North Sea. The Rex Hotel was strictly a temporary residence until permanent accommodations were found for us. Prior to this move, we lived on the RAF base at Linton-on-Ouse just outside of York. That was where we were at the outbreak of war in 1939.

It was a pleasant Sunday morning and my father suggested to me that we walk down to the newsagent's shop and buy a paper. I think my mother was engaged in some domestic work in our small apartment. Walking down to the "paper shop" sounded good to me, as I thought I could probably pick up the latest issue of the comic book *Champion*. This was not a picture comic book but rather a book filled with stories — adventure, detective, etc. Many of them were serialized so you would want to buy the next week's issue.

My father and I set off on our walk along the promenade overlooking the North Sea. The weather was nice with a light fog hanging over the sea just off shore. We heard the sound of an aircraft over the sea but didn't pay much attention to it, as there was a RAF base nearby.

Suddenly, a plane appeared out of the fog and flew parallel to the promenade. The plane was a German Heinkel bomber. About the same time we saw it, the bomber crew saw us. The nose gunner opened up with machine guns, and my father knocked me down into the gutter, throwing himself on top of me. The bullets hit all around us and smashed some windows of hotels and homes that overlooked the sea. It all happened very quickly. Then it was over. The German plane disappeared back into the mist out at sea.

My father and I got up, dusted ourselves off, and he asked if I was all right. Obviously, I was and said so. We continued our walk to buy the paper. He also bought me a couple of comics to read. On the way back to the hotel, I can remember my father saying, "Peter, I don't think we need to tell your mother about this. It will only give her cause for unnecessary worry." ~ **Peter Syrett**

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



Get details at the
Marketing Office.

SAVE THE DATE

**Resident Association Meeting
Wednesday, September 7
2:30 p.m. in Heritage Hall**



Don Hunt

*From the Resident Association President's Desk—
This story was received from a friend and as your friend, I pass it on to you.*

'Life may not be the party we hoped for...but while we are here we might as well dance!'

GOD'S BOXES

I have in my hands two boxes,
which God gave me to hold.
He said, "Put all your sorrows in the black box,
and all your joys in the gold."

I heeded His words, and in the two boxes,
both my joys and sorrows I stored,
But though the gold became heavier each day,
the black was as light as before.

With curiosity, I opened the black,
I wanted to find out why,
And I saw, in the base of the box, a hole,
which my sorrows had fallen out by.

I showed the hole to God, and mused,
"I wonder where my sorrows could be!"
He smiled a gentle smile and said,
"My child, they're all here with me."

I asked God, why He gave me the boxes,
Why the gold and the black with the hole?
"My child, the gold is for you to count your blessings,
The black is for you to let go."



Greater love has no one than this,
that He lay down his life for his friends.
John 15:13 (NIV)

Book Signing

Tuesday

August 23 @ 2 pm

\$25 per person

Dick Wall husband and spokesman of author **Carol F. Wall** (1951-2014), **Dick Wall** titles himself "Plan B." **Carol** sadly died from complications of breast cancer on December 14, 2014, just nine months after *Mister Owita's Guide to Gardening*, her first book, was published to critical acclaim. In accordance with her wishes, her husband and children have carried on the message of her book, speaking to readers and groups across the country.

Dick will be promoting **Carol's** book about her friendship with **Giles Owita**, an African gardener, and their remarkable struggles and joys: *Mister Owita's Guide to Gardening*.



Carol Wall

Where Is It?

There is a place of which I know
Where ladies all sit in a row
Smiling and saying a fond 'hello'
To the people passing, that they know.

I wonder why they always go
To see the sun or watch for snow
Have you guessed yet where these ladies go?

They are in the lobby at the Courtyard window!

~ Beverly Schick



Contributions

Capital Campaign

In memory of **Jean McPoland**
Ed McPoland

Endowment Fund

In memory of **Herb and Olive Barnes**
Patricia Busch

In memory of **Nell Givens**
Lynn Hornsby

In memory of **Elizabeth Nash**
Harry Dalton

In memory of **Betty Sturgis**
Helen Bennett
Harry Dalton
Jeannette (Pix) Drennan

*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.*

*Thank
you*

In Memory
Betty Sturgis

**Through the
LORD's mercies we
are not consumed,
Because His
compassions fail not.
They are new every
morning; Great is
Your faithfulness.
"The LORD is my
portion," says my
soul, "Therefore I
hope in Him!"
Lamentations 3:22-24**



Liz Gray, Wellness Specialist,
Certified Massage Therapist

Massage therapy is back and better than ever!

We're kicking off our celebration with a drop-in event Friday, August 19, from noon to 2 p.m.

Drop-in to our **NEW** home for massage therapy located on the 4th floor @ 415. Meet Liz Gray, our in-house massage therapist, ask questions, fill out paper work, and make an appointment!

Studies have shown massage therapy to improvement in pain, stiffness, range of motion, stress, circulation and mental alertness. Used as a compliment with your doctor's recommendation and exercise, massage therapy can significantly improve overall function of the body.



Wellness

If you've had Medicare "Part B" for longer than 12 months, you can receive a "Wellness Visit" to develop or update a personalized preventive health plan to prevent disease and disability based on your current health and risk factors. Your health care provider will ask you to fill out a questionnaire as part of this visit.

Answering these questions can help you and your health care provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit.

As part of the Wellness Visit your health care provider will:

- Review your medical and family history
- Develop or update a list of your current health care providers and prescriptions
- Your height, weight, blood pressure and other routine measurements will be taken
- Check for any cognitive impairment
- Personalize your health advice
- List risk factors and treatment options for you
- Create a screening schedule for appropriate testing

A Wellness Visit is covered under Medicare Part B once every 12 months at no cost to you (11 full months must have passed since the last visit).

Riverview @ The Towers located in the Towers lower level is open two days a week, Monday and Wednesday from 8 a.m. to noon, and are able to offer this valuable preventative service at no cost to you.

Contact the Riverview @ The Towers, (803) 328-9355 (WELL) to set an appointment.

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).

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**.