

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

Have you started your Christmas shopping yet? As the Director of Life Enrichment I can't help it if my mind immediately jumps to health and wellness when I start thinking about giving (and getting) Christmas gifts.

I've made a list, and I've checked it twice, for all my friends, both naughty and nice.

I hope you will find some of my low-budget ideas helpful:

Services ~ Massage therapy gift certificates, one-on-one wellness training certificates, and beauty shop gift certificates are available year round at The Towers, but might be just the right gift for a neighbor or close friend during the holiday!

Gadgets ~ A wearable fitness monitor is helpful to track everything from heart rate to the number of steps walked per day. An automatic pill dispenser may be useful for someone who takes several medications. A handheld blood pressure monitor is helpful to keep on hand for individual tracking in-between doctor's visits.

Equipment ~ For people who may like to exercise in their own apartment, consider gifting small exercise equipment. Some ideas may include a yoga mat, small hand weights, or resistance tubes. Also consider giving exercise clothes or shoes to someone who may be active or have the desire to be active.

Classes ~ An exercise class is a great way to socialize while you exercise. Offer someone to come along! Exercising is hard to start, but some are more inclined to exercise with company. Also, having someone with you adds an element of safety. Share a common goal of overall wellness while you try classes on the wellness calendar such as Balance in Motion, Healthy Bones/Strong Muscles, or Water Aerobics!

Information ~ Don't forget the gift of knowledge! Give someone a wellness newsletter subscription in which there are plenty of reports, topics, and advice for improving your health. Also consider bringing someone with you to a wellness lecture or life learning lecture on the calendar!



Patrice Hinnant

Director of Life Enrichment

Chef Alan and the Dining staff recently added a fully-stocked salad bar to the dining choices at the Towers.

The advent of this new addition brought back a slightly embarrassing but very funny memory for French O'Shields...

The addition of salad bars at restaurants may be the most exciting innovation since the wheel. Admittedly, I am prejudiced. I like to eat salads. In addition, an "all you can eat" salad bar challenges me. There is this urge to see how much salad I can get on my tray. Little did I realize this would lead to one of my most embarrassing moments.

A friend once gave me a tip, "As you build your salad, keep pressing it down with the tongs and you can get more on your tray."

After an afternoon of shopping, my wife, Alma, and I decided to stop at our favorite fast-food restaurant. It was an ideal time to try my friend's suggestion. It was 8 p.m., so the place was not crowded. I had not eaten since breakfast, so I was hungry enough to be strongly motivated.

Alma took her hamburger and sat at the table while I began my conquest of the salad bar. When I had my tray half full—perhaps full to anyone else—I began to pack it down. The pressure of the tongs combined with the spring action of the Styrofoam tray caused the tray to slip in my hand throwing my salad in every direction.

In one second, I converted every container on the bar into a tossed salad: There was pineapple in the beets, tomatoes in the pickles, and cauliflower in the mushrooms. I had even decorated the crushed ice separating the containers with eggs, olives, carrots, and other sundry ingredients. I quickly glanced around to see if anyone had observed this awesome performance. To my relief, everyone seemed to be busy eating.



Peggy Collins, Apt. 221, sampling the abundant salad bar choices

Hurriedly, I started retrieving pieces of salad with the tongs, but realized this would take a minimum of two days. I had to work faster. I put the tongs and tray down and started frantically grabbing the scattered salad with both hands.

Suddenly, I was aware of the stares. Everyone was watching in utter disbelief this wild man grabbing salad with both hands.

My desire was to make a mad dash for the nearest exit, but it was too late for that. Now bordering on shock myself, I decided to take my tray and join Alma. As I walked to her table, she passed me. Without saying a word, she slipped a napkin into my hand with a message written on it. "Surely you don't think I am going to eat with a man who grabs his food with his hands. I will wait for you in the car."

Dismayed, but striving to maintain control, I sat down at the nearest table. There wasn't much of my appetite left, but I had sacrificed too much for that salad to go uneaten.

I had often wondered if wise King Solomon could be referring to embarrassment when he wrote, "Blows that would cleanse away evil" (Proverbs 20:30). Now I am sure he could. The wounding of a man's pride can be as painful as physical wounds, maybe even more so. Scattered salad and spattered dressing convinced me of this.

Another thing. I am not going to pack down any more salads...I don't think. But then again, sometimes I am a slow learner.

~ **French O'Shields**, Apt. 314



Meet Your Neighbor



Jean McMath is a woman who is facing change head-on, taking whatever comes her way with determination and a keen wit.

Last summer **Jean** and a friend accepted an invitation to a BBQ luncheon at the Towers sponsored by the Marketing Department. After lunch **Jean** started thinking about her future.

She had been looking at a retirement community near her home in River Hills and had even picked out an apartment. But, while she was enjoying her pork sliders, she saw something special at the Towers and decided to come back for a tour the next week.

Jean just ‘had a feeling’ that this was the place for her, so much so that she brought her checkbook when she came for her tour and made a deposit on the first apartment she looked at – 327.

She went home, contacted her real estate agent, gave away her two cats and put her granddaughter to work sorting and packing for a move. Her doctor asked her why was she moving. She answered him, “why not?”

Exactly two months to the day, **Jean** moved into her Towers apartment and closed on her River Hills condo the same day. It was clear to **Jean** that when God says “move” she can trust Him to lead the way and make it possible.

Jean is thankful to call The Towers home; even so, she acknowledges there have been

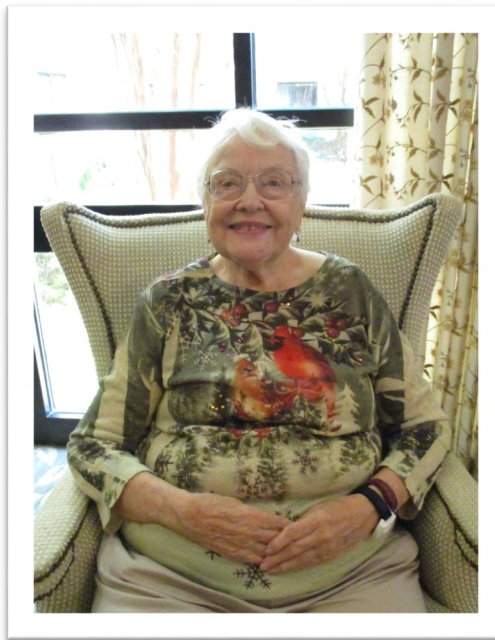
challenges getting settled into a new place. She just recently discovered the correct way to check out books in the Towers library; and since she isn’t driving any longer she is learning to plan ahead when it comes to grocery shopping; and don’t even mention trying to learn everyone’s name!

New things don’t scare **Jean**. She has a smart phone and regularly texts her children and grandchildren. She is a wizard at playing solitaire on a touch-screen laptop and enjoys her Nook during quiet times while listening to a Bose stereo.

One of her new neighbors, **Joe Huey**, offered **Jean** this great advice, “Give yourself a year.” Which she is happily doing as she enjoys many of the Towers amenities like the beauty

shop, library, swimming pool and the delicious meals in the dining room – all the while experiencing new things and making new friends.

Jean isn’t looking back. She is looking ahead, embracing the future with a positive attitude, knowing that the best is yet to come!



Jean McMath
Apartment 327

For I know the plans I have for you, declares the LORD, plans to prosper you and not harm you, plans to give you hope and a future.

Jeremiah 29:11

Answers from Amy

The Café is too crowded in the morning!

The Corner Café now opens at 7 a.m. Monday through Friday. We have some early risers and several residents are enjoying a leisurely breakfast. The 8 a.m. “crowd” is now spread out over a longer period of time and there is always somewhere to sit.

Can a buffet be added in the Dining Room?

Chef Alan has added a buffet-style salad bar every day at lunch and dinner. The salad bar is filled with fresh, crispy lettuces and vegetables, juicy fruits and various salad toppings and dressings. You may make your own salads or request that your salad be made by a server. The buffet table is also being used for the weekend Continental Breakfasts. Chef Alan and his staff are monitoring both your verbal responses and the comment cards to determine the success of the salad bar and which items to add in the future.

Can the Dining Room Guest Policy be changed?

Forty-eight hours advance notice to bring one guest seems unreasonable.

The Dining Room staff appreciate as much notice as you can give them, especially for several guests or on Sundays. However, if you have a surprise visitor, our Dining Room Supervisor will welcome you and your guest – we want your guest to enjoy Chef Alan’s excellent food and our Dining Room staff’s service.

The shrubbery and trees in front of the building are overgrown.

While the front entrance and driveway were closed as part of the sinkhole/parking lot repair, the opportunity was seized to remove many of the overgrown trees and shrubs and replace them with more appropriate and attractive landscaping.



Over the next few months, Director of Resident Services, Amy Laughlin will be responding to your questions, concerns and suggestions shared in the Independent Living Focus Groups and the Satisfaction Survey in October 2016. You are encouraged to contact Amy if you have any questions or comments you would like to share.



Harry Dalton
Apartment 321

Orchard Park Elementary School Veteran's Day Parade November, 2016



Hugh Barnett
Apartment 313

1st Annual Towers Turkey Trot November, 2016



Back Row: Liz Gray, Gene Blackmon, Lorraine Ernandez, Louise Clark, Don Hunt, Betty Cunningham, Harry Dalton, Pix Drennan, Hugh Barnett, Dorothy Kerr, Pat Bramer, Helen Bennett, Lynn Hornsby, Charlotte Metcalf
Front Row: Dawn Martineau, Arnesha Hudson, Michael Hajduk, Patrice Hinnant



Don Hunt

As 2016 comes to a close, we are aware another year will bring change to our nation, each citizen and the world.

Lest we forget, a greater event happened over 2000 years ago with the birth of Jesus. Nations and people in the world at that time saw and experienced change as a result of this event and it continues to bring change to the world today.

I believe, as we celebrate Christmas in a few days, the following poem by **Helen Steiner Rice** is appropriate for each of us, our nation and the world.

May you have a Blessed Christmas with family and friends.

~ **Don Hunt**, Resident Association President

A Christmas Thought

If there had never been a Christmas
or the Holy Christ Child's birth,
Or the angels singing in the sky
of promised PEACE on EARTH —
What would the world be like today
with no ETERNAL GOAL,
What would the temporal body be
without a living soul —
Just what would give us courage
to push on when hope is dead
Except the Christmas message
and the words OUR FATHER said —
"In love I send My only Son
to live and die for you,
And through His resurrection
you will gain a new life, too."

Towers Christmas Dinner

December 21 @ 6 p.m.

Cheese Straws
Baby Mini Quiches

Sliced Tenderloin of Beef
with a Bordelaise
Mushroom Sauce

4-5oz Lobster Tail

Duchess Potatoes
Steamed Asparagus
(subject to change)

Double Strawberry Cake
Chocolate Cake





Contributions

Endowment Fund

In honor of
Amy Laughlin
~ Vernon Sumwalt

In memory of precious friends
~ Virginia Dunn

In honor of and with sincere appreciation of their friendship:

Gene Blackmon
Imogene Blackmon
Gloria Cody
Lorraine Hernandez
Ernie Howard
Eloise Kimsey
Francis Leitner
~ Vernon Sumwalt

Capital Campaign

In memory of
Doris Stephen
Don and Laura
Wagman

Employees Assisting Employees

~ Edroy Mingo Family
~ Virginia Dunn

Thank you

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

Phil Ray

Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.

Ecclesiastes 4:9-11



More than 25 years ago the men and women on the Westminster Towers Board of Directors recognized the need to establish a fund that would assist Towers residents if they found themselves in a financial situation that could jeopardize their ability to remain in their home at the Towers.

When the Memorial and Endowment Gifts Program was created it became a wonderful ministry to many of your neighbors throughout the years and continues to grow and help those around you.

All of the money donated to the Memorial and Endowment Fund is used to provide grants to your neighbors who have demonstrated a financial need.

The Memorial and Endowment Fund is kept completely separate from the Operating account and undergoes an annual audit by independent auditors, Dixon Hughes and Goodman.

Last year 284 individual contributions were made to the Memorial and Endowment Fund, usually in "honor or in memory" of someone. These gifts were a blessing and a beautiful reminder to someone who 'has fallen and in real trouble' that they are not alone.

If you would like to make a tax deductible contribution to the Westminster Towers Endowment Fund in honor or in memory of someone, drop your gift in the mail addressed to: Endowment Fund, Westminster Towers, 1330 India Hook Rd., Rock Hill, SC 29732; or in person at the Towers Reception Desk.

Your generosity to the Endowment Fund is just one way that the Mission of Westminster Towers is fulfilled — to provide services that inspire, encourage, and empower seniors, while demonstrating the love of Christ to support individual well-being.



Odell Hope and **Francis Workman** taking an ice cream break on the day trip to Hendersonville, N.C.



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.

Welcome to the Towers



Ron Nesslinger

Apt. 519



Mary Rhyner

Apt. 623



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 — Vacant, *Chair*, **Vernon Sumwalt**, **Bob Benson**, **Pinky Funderburk**, **Gaylon Syrett**, **Bill Whitman**; Residents' Association President, **Don Hunt**; President and CEO, **Jim Thomason**; Director of Life Enrichment, **Patrice Hinnant**