

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

Matthews Musings

Westminster Towers celebrated several milestones in 2016. We acquired the very talented Chef Allan Cohn, gained an experienced, fearless leader in Jim Thomason and welcomed 17 new residents into our community:

A big thank you to all of our residents that support our mission by telling friends about the wonderful, care-free lifestyle at Westminster Towers! As you know word of mouth is the best advertising. The marketing team is starting a referral campaign that will conclude with a *Resident Referral Dinner Reception* in the spring. Please start thinking about friends you would like to have join us as neighbors! Keep an eye out for details and dates.

**Jane Babe
Ladson Barnes
Elizabeth Cunningham
Golda McKenny
Ralph Nessingler
Mary Rhyner
Larry Stroman
Janice and Vanessa Swetnam
Francis Workman**

**Anna Banks
Bill and Louise Bell
John Hunter
Jean McMath
Laura Norwood
Lee Smoak
Robert and Dorothy Southwell
Rita Wengel**

Moving to the Towers early in 2017:

**Spencer and Lib Anderson
Helen Lee**

**Charles and Henri Harrell
Betty Worrell**

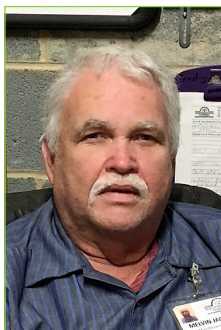
We are looking forward to a great year. New faces mean new friends and more good times celebrating throughout the year. Thank you for helping to make The Towers one of the best places to live! I feel blessed to be a part of your community.

Happy New Year!



Allison Matthews
Director of Marketing

Employee Appreciation Fund



Melvin Jackson, Plant Operations, was able to buy a green bicycle for a little girl who wasn't going to get much under the tree this year.



Tamerel Boyd, LPN in the Health Center, purchased Christmas gifts for her baby daughter.



Melanie Evans, Marketing Assistant, is expecting her first child and tucked away her Christmas gift for when the baby arrives.



Judy Krepps, Housekeeper, felt blessed to receive the gift and plans to be a blessing to someone else by "Paying It Forward."



Margaret Harbin, HomeBridge, is saving her gift for a 'Rainy Day' because she knows it will come—sooner or later!

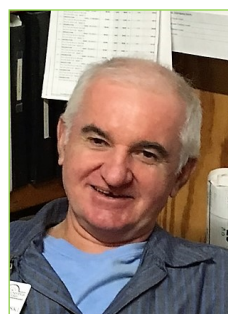
Every year in December Westminster Towers residents, family members and clients express their sincere appreciation to all of the Westminster Towers, Health Center and HomeBridge employees with monetary gifts to the Westminster Towers Employee Appreciation Fund.

The employees, more than 200 of them, are extremely grateful for the envelope they receive at the Annual Employee Christmas party.

There is a story for every envelope that was received. Here are a few examples of how employees are touched by your generosity.



Pearlie Long, Food Assistant in the Health Center, was able to finish up her Christmas shopping for her three grandchildren.



Andrew Baranski, Plant Operations, made a "Money Tree" with his gift and gave it to his daughter for Christmas.



Michael Rivera, Café Supervisor in the Towers, Bought Christmas gifts for his Mom and Dad and niece and nephew, a toy car for the Toys for Tots Campaign and a pair of dress pants and a shirt for himself.

Talk of the Towers



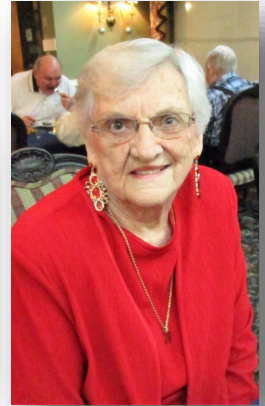
Jean Barnes and Joanne Cauthen



Dicksie Ward



**Bill Kirkpatrick
and Amy Laughlin**



Vanessa Swetnam



Ed Harding, Odell Hope and Lana Harding



Frank Kiser



Elaine Thomas and John Hunter



French and Alma O'Shields



Dorothy Southwell



Vernon Sumwalt and Gloria Cody

The 2016 Resident Christmas Dinner was held Wednesday, December 22 in the Towers Dining Room. The annual dinner brought everyone together for fabulous food and fellowship.



Helen and Bob Benson

Answers from Amy

Why can't I park in the First Time Visitor spots? I have trouble walking and those are premier parking spaces.

If you live at the Towers, you are not a First Time Visitor and should not be parking in those spaces!

The First Time Visitor parking spaces are a courtesy to guests who are visiting and those receiving tours from the Marketing Department. If you have trouble walking to a parking space in the main parking lot, please call Bette Christensen at 5125 to get on the list for a "Reserved" parking space.

Reminder: if you do not have a Towers Resident Sticker showing your apartment number on your car, please call Bobby Baker at 5011.

The new washing machines are more difficult to operate and have small print. Can we purchase machines with larger print that don't have so many "bells and whistles"?

An audit of all the laundry rooms/washing machines was completed. Yes, some of the newer machines have smaller writing that is all one color, and therefore much harder to read if you have low vision.

All the machines operate in the same way: simple three-way switches to select the temperature and load size, and a larger dial to select the wash type.

The newer machines should not be opened once the cycle has started as this will break the door-lock mechanism. While this is frustrating for someone who accidentally forgot to put an

item into the machine, it is actually a safety measure from appliance companies so no child could fall into a machine and drown.

Some ingenious person on the fifth floor has added small colored stickers to one of the washing

machines that make selecting the wash much easier. Perhaps this could be implemented by residents on other floors?



There are so many people coughing and sneezing in the Dining Room. How can I stay healthy this cold and flu season?

The best way to prevent the spread of bacteria and viruses is **frequent handwashing**: before and after eating, after using the restroom, after using fitness room equipment, grocery carts or pushing elevator buttons, after coughing or sneezing, after shaking hands with people, etc.

Proper handwashing needs warm water and soap: lather up your hands well and scrub well for 20-30 seconds. Don't forget to scrub between your fingers and your nail beds. Rinse with warm water and dry with a clean towel – a paper towel if using a sink in a public area.

Alcohol-based sanitizer is a good substitute when soap and water are not available. There are several sanitizer stations across the campus. Try to sneeze or cough into your elbow, not into your hand. Blow or wipe your nose using a fresh Kleenex each time; throw it away and wash your hands.

Answers...continued from page 4

Lysol wipes in your

Keep Clorox or

apartment to sanitize surfaces between visits from Housekeeping.

If you use the equipment in the Fitness Room, please take the time to wipe down your machine(s) with the antibacterial wipes available. The wipes can and should be used on all the parts your body touches: seat, handles, screen etc.

Please stay in your apartment if you have any of the following symptoms: a fever of more than 100°, diarrhea and/or vomiting or persistent coughing or sneezing. You are contagious and could be infecting your friends and neighbors! Call the receptionist to let her know you aren't feeling well. Dining Services can deliver you a regular or comfort meal, your

mail can be brought to you and Housekeeping Services can be rescheduled for when you are feeling better.

You should remain in your apartment until at least 24 hours after your fever or other symptoms have subsided.

Riverview at the Towers Clinic is available for Urgent Care on Mondays and Wednesdays 8:00am-12:00pm. Call 328-9355 to let them know you're coming so they can be ready for you.

Stay healthy by getting plenty of rest, staying hydrated, eating a balanced diet including lots of fruits and vegetables, taking vitamins as suggested by your physician and getting vaccinated against the flu and pneumonia.

Handrails, elevator buttons, fitness equipment and all communal areas are sanitized by Towers staff members on a regular

Memo

To: Alan, Elaine, Glenda, Christine, Latoya, Michael and everyone on the food staff
From: Agent 208
Date: December 2016
Subject: Eight Pounds Up and Counting

I had planned to watch a ball game so I had my meal delivered at 5 p.m. by Santa's Assistant, Dot.

The plan was to eat in a couple of hours, after the game, but a sniff of the clam chowder snuffed out that thought.

I enjoyed the clam chowder with the help of a roll dipped into the awesome chowder.

Chef Alan has added a new dimension to the soups, offering brand new tastes for us to enjoy.

The salad bar concoction was my next delight. What a splendid addition to our dining experience. But a warning is in order!!! I see residents leaving the salad bar who need a wheelbarrow to tote their load and that includes me. We all know that it's the dressing that is our downfall but we tend to love it oh so much !!!!

I dearly love the new tastes that Chef Alan continues to create with his sauces for our fish, meatloaf, chicken -- everything. It sure ain't like my mama used to cook!!! But you know what?
It sure is good!!!!!!

Thank you kitchen staff for making our meals so enjoyable.

One more thing—does anyone know a good tailor? I have some britches that need letting out.

Happy New Year!



Don Hunt

As we begin this new year of 2017, let us not only reflect on the past year(s) but on the blessings and opportunities that are ahead for each of us. Every day is a gift and blessing from our Heavenly Father. Some may say at this stage in our life there are no opportunities left for us. Have you and I befriended someone; given a word of encouragement; a helping hand; a praise; a thank you or a simple smile? It requires so little but it benefits both you and the one(s) befriended.

The following is take from a book, "Thinking of You" complied by Dove Publishing Co., Atlanta, Georgia, copyright 1975.

A Smile

A smile costs nothing but gives much. It enriches those who receive, without making poorer those who give. It takes but a moment, but the memory of it sometimes lasts forever. No one is so rich or mighty that he can get along without it, and no one is so poor but that he can be made rich by it. A smile creates happiness in the home, fosters good will in business, and is the countersign of friendship. It brings rest to the weary, cheer to the discouraged, sunshine to the sad, and is nature's best antidote for trouble. Yet it cannot be bought, begged, borrowed, or stolen, for it is something that is of no value to anyone until it is given away. Some people are too tired to give a smile. Give them one of yours, as no one needs a smile so much as he who has none to give.

Contributions



Endowment Fund

Anonymous
Jim and Lou Ardrey
Jim and Nancy Bright
Weldon Burns
James Pinochet
Louise Pettus
Rachel Roberts
Jim Thomason

In honor of **Amy Laughlin**
Lynn Hornsby

In memory of **Herb and Olive Barnes**
Anonymous

In memory of **Helen Blake**
Jane Watkins

In memory of **Grace Brewer**
Jack and Dicksie Ward

In memory of **Howard Craft**
Merle Craft

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.

Contributions Continued on Page 7

Contributions

Contributions Continued from Page 6

In memory of **Bettie Davidson**

Billie Bell

Gloria Cody

Harry Dalton

Sig and Judy Huitt

Marion Schaefer

Jack and Dicksie Ward

In memory of **Gloria Doswell**

Marshall Doswell

In memory of **David Gibson**

Billie Bell

In memory of **Smithie Gibson**

Billie Bell

In memory of **Clarence
Hornsby**

Lynn Hornsby

In memory of **Cas Johnson**

Harry Dalton

In memory of **Phyllis Kiser**

Robert and Beverly Sumner

In memory of **Jean McPoland**

Anonymous

In memory of **Walter Metcalf**

Gene and Imogene Blackmon

Jack and Dicksie Ward

In memory of **Charles Mitchell**

Billie Bell

Joanne Cauthen

Harry Dalton

Lorraine Hernandez

Ed and Pat FitzGerald

Lynn Hornsby

Marion Schaefer

Vernon Sumwalt

Jane Watkins

In memory of **Elizabeth Nash**

Jack and Dicksie Ward

In memory of **Phil Ray**

Jean Barnes

Gene and Imogene Blackmon

Joanne Cauthen

Harry Dalton

Lynn Hornsby

Sig and Judy Huitt

Dorothy Kerr

Jack and Dicksie Ward

Jane Watkins

In memory of **Sara Rooks**

Pix Drennan

In memory of **Lydia Smoak**

Sarah Smith

Jane Watkins

In memory of **Betty Sturgis**

Jack and Dicksie Ward

In memory of **Paul Sturgis**

Billie Bell

Joanne Cauthen

Pix Drennan

Lynn Hornsby

Vernon Sumwalt

In memory of **Jeannie White**

Jack and Dicksie Ward

Employees

Assisting

Employees

Luellen Guyer

Peggy Jordan

Jim Thomason

In honor of **Sherry Cook** and

Melanie Evans

Allison Matthews

Capital Campaign

Ed and Louise Barnes

John and Judy Gabrenas

Tony Fountain

Mike and Judith Honeycutt

John and Jessie Little

Elvin and 'Rene Walker

Manor Activity Fund

Wateree Dreams Foundation

In Memory

**Bettie Davidson
Cas Johnson**



Introducing Ginny Kight



Ginny Kight with her furbabies, Mooch, Molly and Frankie

New Wellness Specialist, **Ginny Kight** (pronounced “Kite”) is delighted to be part of the Westminster Towers family and is looking forward to seeing what God has in store for her at this new season of her life.

After years of working in an office environment, she traded her pant suits for sweat suits, received her wellness and fitness certifications and went to work for the Charlotte YMCA.

As a Towers Wellness Specialist, **Ginny** will be offering free 1-on-1 training to Towers residents that want to maintain (or regain) their strength, endurance and balance. If you would like to know more about the wellness training sessions, contact **Ginny** at extension 5126. Her office is located behind the Resident Computer Lab in the Towers.

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