

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

“We fail if we ignore connection” ~ Tony Caruso, Volunteer Coordinator

Connection is the one of the biggest avenues to enriching the lives of residents here at Westminster Towers. As our Volunteer Coordinator, **Tony Caruso** explains his favorite part of enriching lives here at the Towers. He focuses on how important making connections are: “My favorite part of enriching lives is to connect with people in an engaging way that is not fake but real to their soul and my own.” As we celebrated National Activities Professionals Week (January 22-28), we want to highlight connections the Life Enrichment Team makes on a daily basis. As professionals, we are dedicated to enhance the quality of life and functional status of the residents we serve. We are a hands-on department that spends an ample amount of time

engaging and connecting with residents in one-on-one and group settings. We provide opportunities for self-expression, independence, decision making, coping skills, socialization, self-esteem, purpose, enhanced physical status, and more. We find great satisfaction and joy in knowing that we are instrumental in enhancing the lives of those we serve. **Brianna Henry**, Manor Coordinator, describes enrichment as “exploring and creating new experiences for the residents.”

As a department, we have an array of backgrounds and skill sets that intertwine to make up a very diverse and effective team. Our skill sets



Front Row: Ruth Burgin, Dawn Martineau, Brianna Henry

Middle Row: Rhonda Watkins, Ginny Kight

Back Row: Patrice Hinnant, Elizabeth Gray, Jennifer Allen, Odell Hope, Tony Caruso



Meet Your Neighbor



Ralph O. Nesslinger

Apt. 519

Ralph O. Nesslinger, aka **RON** (his initials), has moved into Apartment 519 from Sun City where he lived for ten years.

He was born on Staten Island, New York, also known as the "Forgotten Borough"

because it required a ferry boat to get back and forth from New York City. He attended PS (Public School) 48 and New Dorp High School where he was the editor of his class yearbook in 1948.

RON had a sister who attended Women's College UNC and he and his father decided he should attend Duke University, from which he graduated.

A significant activity early on after Duke, was his experience in Korea during the war. He spent 16 months in Korea in the U.S. Army Public Information office working with the Korean Military Advisory Group (KMAG), traveling throughout Korea by Jeep and small planes meeting with military groups.

RON's working years were spent as an executive with the Insurance Company of North America where he lived in Michigan and Philadelphia from which he retired after 20 years after a short stint in Charlotte. After three houses or so in Charlotte, Sun City

in Indian Land, S.C., was being developed and **RON** decided to move there where he lived for ten years and enjoyed it very much. With no immediate family to support he has enjoyed early retirement, saving, investing, doing lots of travelling, and believe it or not, motorcycles.

He travels to various parts of Europe every September, cruising in the Caribbean and spending time in Florida every December, having done this for years and years.

Spending 30 years motorcycling (until age 80) he has ridden to all of the lower 48 states three times on his motorcycle and twice has flown his motorcycle to Europe travelling throughout.

RON is a man who always looks toward the future and when he decided it was time to leave Sun City he recognized that Westminster Towers would be a perfect place to continue with his free and easy lifestyle and his next adventure.

~ Bill Whitman



Summer Tour of Europe in 1988
RON on his Honda Gold Wing motorcycle
Vienna, Austria Ringstrasse (Ring Road)



Meet Your Neighbor



Lad Barnes

Apt. 212

Ladson "Lad" A. Barnes, Jr., was born in Rock Hill on Main Street in a house now used as an office area for Comporium Communications. He attended Central Elementary School and Rock Hill High School.

During early World War II he was in his third year at Clemson when he

joined the Army, starting with flight training school. Soon after starting this training the Army closed the school and **Lad** was transferred to Officer Training School from which he graduated as a 2nd Lieutenant. After being shuttled around the United States, he was sent to Czechoslovakia in the 10th Infantry. Soon after this, the war ended and **Lad** returned to the States.

He got married while he was a student at Clemson and after leaving the Army returned to his wife and studies from which he graduated in August 1948.

After finishing college **Lad** returned to work at the Rock Hill Telephone Company, where he worked part-time during high school.

Later, after the Fort Mill Phone Company was acquired by the Rock Hill Company **Lad** transferred there where he ran the company. During this time he and his wife **Martha** had three children, two girls and a son.

Fort Mill was beginning to grow and along with it the Fort Mill Phone Company. The development of Tega Cay was started with Fort Mill Phone Company providing the phone

service. Tega Cay started with zero housing to an estimated 10,000 homes today.

The RH Telephone Company had grown over the years and in the early 2000's changed the name to Comporium Communications. This company has expanded into many types of electrical, digital and electronic services. **Lad** was transferred back to Rock Hill where he was named Vice President of Operations and where he continues to work approximately two days a week. He has been employed full-time over 68 years.

The *Ladson A. Barnes Telecommunications Theatre* in the Baxter Hood Center at York Technical College has been established in **Lad's** name.

In 1990 his wife of 47 years, **Martha**, passed away. **Lad** remarried in 1991 and his second wife, **Roseanne**, passed away in 2006. He has 24 great-grandchildren with #25 on the way!

I was delighted to learn that **Lad** had moved to the Towers. I have personally known him for more than 35 years, primarily at the Fort Mill Golf Course. He had a regular foursome and I played with my two sons and a friend on Saturday mornings. We saw each other every week and had great times. He still remembers and speaks of my two sons — as they do of him.

~ Bill Whitman



Lad Barnes with an associate working on phone service to the Tega Cay Clubhouse under construction in the early 1970's.

Lad Barnes, Jr., on the cover of Telephone Engineer & Management magazine at Tega Cay development, September 1971.
Annual Fall Construction Iss

Why are there always so many rumors going round at The Towers? Just when I think I've heard some news about someone or something, another person contradicts what I've been told and confuses me. How can I find out what is the truth and what is just gossip?

Whenever there's a group of people involved, stories are going to get told and re-told until they no longer resemble the original truth and are nothing but a person's opinion.

Did you hear about Mrs. Jones being found on the floor of her apartment last night after she pressed her pendant 17 times?

Did you hear that Mr. Smith is in the hospital? I heard he's not going to make it.

Did you hear that apartment 716 was broken into and her family jewelry stolen? I bet it was that new housekeeper.

These are all examples of UNTRUE stories. Spreading gossip/stories like this can be damaging to a person's reputation and hurt individuals and family members. Imagine how your child would feel if they got a phone call from one of your neighbors expressing their condolences on your death when you were simply recuperating from surgery? Or how a housekeeper or maintenance man would feel if they were being wrongly accused of stealing?

We believe in transparent communication: being as open and honest as the law allows and as is socially/professionally appropriate. We want to share as much information about life at the Towers as we can with Towers residents – this is your home and you deserve to know what's going on. There are times when various laws constrain what may be shared, particularly the Health Insurance Portability and Accountability Act (HIPAA), which prohibits Westminster Towers staff members from sharing your protected health information, including your diagnoses and if/where you are receiving treatment. Some employment laws forbid us from talking about why an employee is off work for a period of time.

If you are worried about what you've heard is truth or gossip, it's best to call your friend in question and ask them for yourself. If it's an employee you are wondering about, contact their supervisor and they will share what is legally appropriate.

If you have a question about a Towers program or policy, ask the appropriate department leader or call **Amy** at ext. 5014 to get the most accurate and reliable information.



...Life Enrichment continued from page 1

include activity professional certifications, musical experience, a cosmetology license, social work experience and degree, Commercial Driver's License, wellness/fitness certifications through national organizations, anatomy and physiology knowledge, massage therapy license, and much more! We use our backgrounds and knowledge to determine precautions, contraindications, illnesses, symptoms, etc. so that programming can be adapted to the need of each resident. Additionally we are responsible for assessments, care plans, monitoring, and evaluations along with adding a constant change of enhancements such as decorations, bulletin boards, calendars, and seasonal programs.

While we love for the residents to engage in meaningful activities that expand the mind, increase physical performance, or enhance independence, sometimes enrichment is as simple as a warm greeting or smile. Senior Life Coordinator **Jennifer Allen** particularly enjoys watching the residents thrive. She states, "Seeing the residents I serve smile and laugh is my favorite part of enriching their lives. I love that the residents help to enrich my life while I strive to enrich theirs." Enrichment often becomes a two-way street that affects the Life Enrichment Team just as much as the residents. **Rhonda Watkins**, Cosmetologist, explains, "The residents enrich my life more than I enrich theirs. They bring laughter, a love for me that fills a spot in my heart."

The constant connection that the Life Enrichment team brings to each individual plays a significant part in how residents thrive. We hope that through these connections, each resident feels important, feels love, and feels a true connection.

Towers 'Round Town



Vanessa Swetnam and Virginia Dunn



Vernon Sumwalt and Ernie Howard



Ed and Pat Fitzgerald



Ruth Page and Eloise Kimsey



Louise Pettus and Lynn Hornsby



French and Alma O'Shields and
Elisabeth Cunningham



John Harris with OPES Study Buddies

**Hanging out
with Study
Buddies at
Orchard Park
Elementary
School.**



Pinky Funderburk with OPES Study Buddies

January might be a month of 'hibernation' for some people, but Towers residents found all kinds of interesting things to do the first month of 2017, such as a trip to Captain Steve's for dinner.

Saturday Socials in January brought neighbors together for fellowship and food.



Don Hunt

This month, many expressions of love will be given and received through cards, candy, flowers, etc. These are tangible things. However, there are many ways through which love can be expressed; warmth, affection, friendship, sympathy, attraction, fondness. Whatever method you may choose, let it be a genuine and sincere expression of your love to and for the recipient. Friendship is a good way to begin with each new day.

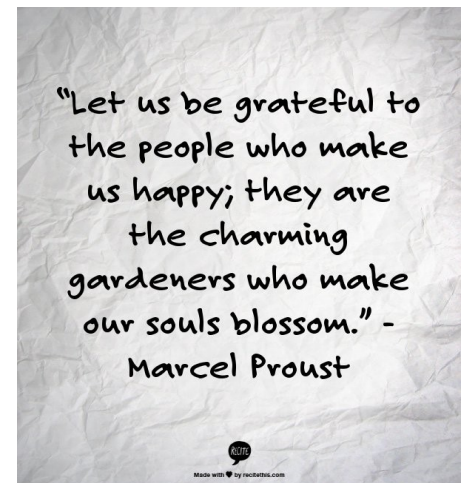
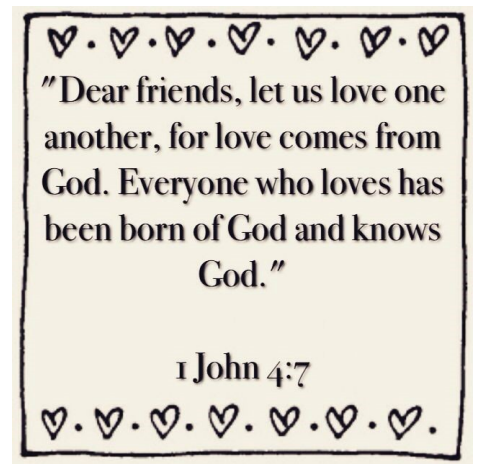
Happy Valentines Day

~ Don Hunt, Resident Association President

FRIENDSHIP

Begin the day with friendliness and only friends you'll find...yes, greet the dawn with happiness, keep happy thoughts in mind...Salute the day with peaceful thoughts and peace will fill your heart...Begin the day with joyful soul and joy will be your part...Begin the day with friendliness, keep friendly all day long...Keep in your soul a friendly thought, your heart a friendly song...Have in your mind a word of cheer for all who come your way...And they will bless you too, in turn, and wish you "Happy day!"...Begin each day with friendly thoughts and as the day goes on...Keep friendly, loving good and kind just as you were at dawn...The day will be a friendly one and then at night you'll find...That you were happy all day long through friendly thoughts in mind.

From the book, *Thinking of You*, compiled by Dove Publishing co., Atlanta, Ga., Copyright 1975.



Good friends help you to find important things when you have lost them...your smile, your hope, and your courage.

DOE ZANTAMATA

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Contributions



Endowment Fund

Estate of Bettie Davidson
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James and Katharine Hardin
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Milton and Courtney Sadler

In honor of **Hugh Barnett**
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Karen Kennedy

In honor of **Alice McAfee**
Anonymous

In honor of **Eleanor Patton**
Jerry and Carol Tift

In honor of **Robert and Mary Jo Rayfield**
Susan Campbell

In memory of **Alan Bell**, son of
Bill and Louise Bell
Marion Schaefer

In memory of **Lena Dodson**
Billie Bell

In memory **Harper Gault**
Wanda Forbes

In memory of **Nell Givens**
Mike and Rosemary Nelson

In memory of **Frank Gregory**
Billie Bell
Marion Schaefer

In memory of **Cas Johnson**
AC Johnson and Sara Melton

In memory of **Jennie Littlejohn**
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In memory of **Harry Miller Sr.**
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In memory of **Florence Nix**
Harry Dalton
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In memory of **Patty McNeely Redfern**
Redfern Family

In memory of **Emil Ridzik**
Vincent and Julie Morabit

In memory of **Mary Rhyne**
Billie Bell
Harry Dalton

In memory of **Glenn Schaefer**
Steven Schaefer

In memory of **Ed Wageley**
Wanda Forbes

Employees Assisting Employees

In loving memory of **Frank Gregory**
Margaret Harbin

Capital Campaign

Estate of Bettie Davidson
Harry and Kathleen Emerson



*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

**Frank Gregory
Florence Nix
Mary Rhyne**

Introducing Tony Caruso

After serving as a local pastor, missionary, and chaplain with hospice for a combined 35 years, Tony retired this past August and recently accepted the part-time position as Volunteer Coordinator of Westminster Towers, replacing recently retired **Connie Byers**.

Tony has several years of pastoral care counseling and group discussion and finds great joy in life by connecting with other people — making him a wonderful addition to The Towers.

Tony and his wife, **Mary Jane** have five children and five grandchildren with one more on the way sometime this summer.

After completing his Bachelor of Arts degree in 1976, **Tony** went back to school at Winthrop University, after his children were grown, and finished his Master in Liberal Arts degree.

Tony is looking forward to getting to know everyone and building on the great foundation **Connie** set for Volunteer Ministry on our campus.



Tony Caruso

Volunteer Coordinator

Make Time for Channel 99 • When you know the scoop you stay in the loop

Riverview @ The Towers **Urgent and Primary Care Clinic** **Located in the Lower Level**

HOURS
8—noon

Monday
Wednesday

803-328-WELL (9355)

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.

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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**