

westminstertowers.org

Inside View

Jim
Time

Dear Residents,

SPRING CLEANING at the Towers is in full bloom just in time for Come See Me — a community spring festival being held April 20-29. It is my understanding the event draws people from all over the region and I am looking forward to experiencing my first Come See Me this month.

It is important for us to reinvest in our lovely campus, but not just for a special event like Come See Me. It's important to keep our campus looking and feeling fresh and clean so you can always be proud to call Westminster Towers your home when your family and friends "Come See You!"

There has been a systematic approach to our SPRING CLEANING. I hope you have noticed the work being done these last few weeks:

- Shrubbery in the front of the building and in our courtyard has been pruned, refreshed and restored;
- Our courtyard has been repainted along with the gazebo and wiring and lighting fixtures have been repaired and replaced;
- The patio adjacent to the dining room has been repainted, awnings replaced and beautiful new outdoor furniture has been added to the area;
- A retaining wall in the back of the campus has been painted and items collecting around the storage shed have been removed;
- The raised garden beds located in the back of the campus have been prepared for residents who ascribe to 'dirt therapy' (more about the Towers' Garden on page 4);
- And last, but certainly not least, all of the windows in the Towers were professionally washed inside and out, which gives everyone a clear view of our beautiful surroundings.

Other enhancements to our 'green space' and common areas are being considered in the near future and I am looking forward to seeing you relax and enjoy your home to the fullest.



Jim Thomason
President and CEO

HomeBridge Services is an extension of Westminster Presbyterian Center, Inc., dba Westminster Towers.

HomeBridge was founded as a community outreach for seniors who are making the transition from home to Westminster Towers. Over the years we have grown to be much more, supporting individual independence, as people safely age in their home of choice, whether in the community-at-large or as a member of the Westminster Towers community.

Kim Montgomery and **Holly Brackett** handle all administrative responsibilities for HomeBridge including scheduling assessments and creating caregiver schedules. **Kim** and **Holly** focus on matching clients with the most appropriately skilled caregivers, assist clients with documentation needed to file long-term care and apply for grants among other duties. They also provide information on additional resources and personal customer service, on-call 24/7.

Social Worker and Case Manager, **Jennifer Allen** conducts one-on-one assessments of clients, creating a personalized plan of care for each individual, and then coordinates with **Kim** and **Holly** to ensure everyone receives the quality of care that is the hallmark of HomeBridge and Westminster Towers.

As the Community Liaison, **Susan Mooring** focuses on educating the community about HomeBridge services and Westminster Towers. HomeBridge is involved with many community services and events and other non-profit organizations that contribute to the community. The Walk to End Alzheimer's, York County Interagency Coalition, Chester County Wellness Coalition, Catawba Access to Healthy Food and



Lancaster Senior Health Group are just a few of the groups that are supported through HomeBridge services.

HomeBridge caregivers are the “secret sauce” that makes it different from any other caregiver franchise. The staff are devoted, compassionate and reliable caregivers who view caregiving as a calling. Staff are involved with on-going skills-training and are often the ‘first alert’ for people who would benefit from more therapy or medical care. HomeBridge also provides transportation to doctor visits, the grocery store, the beauty shop or airport.

HomeBridge companionship will allow the primary caregiver an opportunity to go to church, a family wedding, or just a free day of shopping.

Towers residents are offered dedicated caregivers for specialty services such as morning and afternoon visits for medication reminders, personal grooming, or breakfast prep. **Ruth Strubbe** and **Crystal Adair** are familiar faces at the Towers; they are primary “rounders” providing personalized service to many of your neighbors. **Margaret Harbin**, one of the very first employees hired at Westminster Towers, provides laundry and ironing services as well as other customized care to Towers residents and community members.

If you would like to know more about HomeBridge and the services offered, stop by their office located in the Health Center or call 803-328-5145.



Welcome to the Towers



Elizabeth and Spencer Anderson

Apt. 319



Betty Worrell

Apt. 520



Lee Smoak

Apt. 612



Helen Paxton

Apt. 518

Let's talk trash!

You know you have seen it.
That bottle here, that paper there,
Sometimes it seems to be everywhere!

I would like to challenge all those who would like to help make a difference by going on a 'Tower's Trash Trot.' I will have bags and gloves for anyone who would like to come along and pick up litter. Look for this event on your April calendar. Come on everyone! Let's talk trash!!!
~ Dawn Martineau



Episcopal/Catholic Communion services are held at 4 p.m. on the second Tuesday of each month. Services are held in the Community Room and all are welcome to participate in Communion.

The Rev. Janice M. Chalaron, Rector of the Episcopal Church of Our Savior, is the celebrant. There is a homily on the previous Sunday's Gospel, a time for sharing, prayer and concluding with Communion of Bread and Wine. Please come and spend a half hour with us.

Scouts and Sprouts

This winter there was considerable upgrading of the Tower garden plots. Last December, Eagle Scout candidate Nicklas Bradberry, a member of Tega Cay Baptist Troop 250, and his fellow scout team constructed and set in place five new raised bed garden boxes. Nicklas and his helpers spent a cold wet Saturday in December setting landscape timbers that they pre-cut, then leveling and filling with top soil. Nicklas wanted to “thank the Towers Maintenance staff and residents that came out in the drizzle to cheer on their project.” These new raised beds provide a more organized setting for residents who want to grow vegetables, flowers and herbs and keep connected with the satisfaction of gardening.

The garden bench has been reset and spring flowers will soon be planted to beautify this tranquil spot. Hopefully, in the future, picnic tables and an outdoor grill may appear for resident use.

The garden shed has been cleaned and organized. There is an adequate supply of tools and wood stakes to get any resident farmer started. Water is available from the long hose or air conditioner drains.

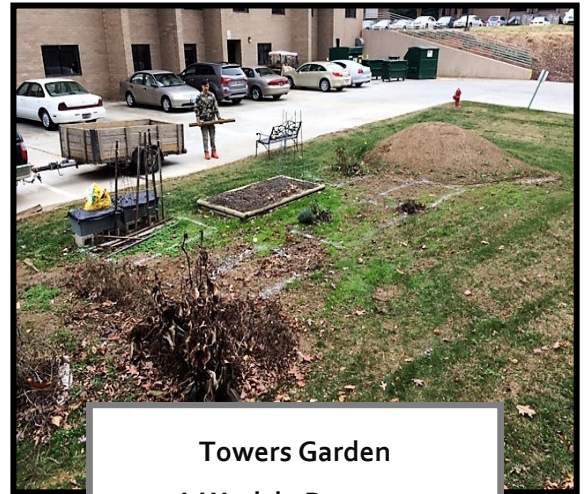
Currently spinach and lettuce, cold weather spring crops are planted and growing well. Our senior garden expert, Van Chambers, is always willing to help anyone get started.

If you are interested in sharing a garden plot, contact **Patrice Hinnant** at 5077 to register as a gardener.

~ Ed FitzGerald



Tim and Nicklas Bradberry



Towers Garden
A Work in Progress



Towers Gardeners
Ed FitzGerald, Mary Mitchell, Van Chambers

Introducing Tamara Addison

It's a well kept secret that Westminster Towers is a major employer in York County with nearly 300 full and part-time employees. It's a big job to hire and train good people in this highly regulated industry and to administer their health and wellness benefits. After our previous Human Resource Director resigned to return home to her family in Kentucky, the search was on to find someone who could handle the many facets of the position.

Tamara Addison took over the office in February and she is doing a wonderful job acclimating to her new position as Director of Human Resources. In an effort to get to know her, she willingly answered a few questions for our Newsletter.



Tamara Addison

Director of Human Resources

Do HR Directors really check candidate backgrounds by searching social media sites? Have you ever made the decision to NOT hire someone because of something you found on Facebook, SnapChat, etc.? **YES AND YES!**

Was your previous employer a retirement community? **Yes; it was also a CCRC.**

What was your first-ever job? **Cashier at McDonald's.**

What did you learn from the experience? **That a restaurant type job was not for me... customers are never happy.**

How did you end up in the Human Resource field? **I did an internship my junior year in college in the Human Resources department of one of the local hospitals and loved it.**

Would you rather...go hiking in the woods or dress up and have dinner at a 5-Star restaurant? **Have dinner at a 5-Star restaurant.**

Would you rather...stay at home and watch a movie with your best friend or hang out with your co-workers after work? **Stay at home and watch a movie with my best friend.**

Would you rather ...read a good book at the beach or go shopping at the outlet mall? **Go shopping at the outlet mall.**

On a typical Saturday morning do you sleep in and lounge around in your pj's all morning or get up at your regular time and fill your day with cleaning and running errands? **I alternate every weekend doing one or the other.**

What household chore do you usually leave until last? **Mopping the floor.**

What household chore do you find most satisfying once it's finished? **Cleaning the bathrooms.**

What was the last memorable book you read? **Born a Crime by Trevor Noah**

What food do you find impossible to resist even when you're not hungry? **Shrimp!**

What food do you avoid at all costs, even if you are hungry? **Any type of bean.**

What gets on your 'last nerve'? **People who don't keep their word.**

If you could have dinner with anyone, living or dead, who would it be and what would you like to talk about? **Oprah Winfrey...anything she wanted to. Seriously though, I would want to talk to her about her philanthropy work, her school in South Africa, and out of everything she has accomplished, what gives her the most satisfaction.**



Don Hunt

President of the
Resident Association

When I received this from my young cousin, I just had to share it with my friends and neighbors. I believe it's applicable for all age groups. Enjoy!

“Hi handsome, my name is Rose”

The first day of school our professor introduced himself and challenged us to get to know someone we didn't already know. I stood up to look around when a gentle hand touched my shoulder.

I turned around to find a wrinkled, little old lady beaming up at me with a smile that lit up her entire being.

She said, “Hi handsome. My name is Rose. I'm 87 years-old. Can I give you a hug?”

I laughed and enthusiastically responded, “Of course you may!” and she gave me a giant squeeze.

“Why are you in college at such a young, innocent age?” I asked.

She jokingly replied, “I'm here to meet a rich husband, get married, and have a couple of kids.”

“No, seriously,” I asked. I was curious about what may have motivated her to be taking on this challenge at her age.

“I always dreamed of having a college education and now I'm getting one!” she told me.

After class we walked to the student union building and shared a chocolate milkshake.

We became instant friends. Every day for the next three months we would leave class together and talk nonstop. I was always mesmerized listening to this ‘time machine’ as she shared her wisdom and experience with me.

Over the course of the year, Rose became a campus icon and she easily made friends wherever she went. She loved to dress up and she reveled in the attention bestowed upon her from the other students. She was living it up.

At the end of the semester we invited Rose to speak at our football banquet. I'll never forget what she taught us. She was introduced and stepped up to the podium. As she began to deliver her prepared speech, she dropped her three-by-five cards on the floor.

Frustrated and a little embarrassed, she leaned into the microphone and simply said, “I'm sorry I'm so jittery. I gave up beer for Lent and this whiskey is killing me! I'll never get my speech back in order so let me just tell you what I know.”

....To be continued in the May Windows

“Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious — the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.”

Philippians 4:8 The Message

Contributions



Endowment Fund

Joanne Cauthen

In honor of **Vernon Sumwalt**

Anonymous

In memory of **Bettie**

Davidson

Jack and Dicksie Ward

In memory of **Evelyn French**

Jean Barnes

Hugh Barnett

Pat Bramer

Joanne Cauthen

Gloria Cody

Harry Dalton

Lynn Hornsby

Charlotte Metcalf

Ruth Page

Marion Schaefer

Jack and Dicksie Ward

WPC-Joe Everett Bible Class

In memory of **Frank Gregory**

Jack and Dicksie Ward

In memory of **Cas Johnson**

Jack and Dicksie Ward

In memory of Ginny Kight's son, **Matt Kight**

John and Dorothy Hunter

Jack and Dicksie Ward

In memory of **Florence Nix**

Jack and Dicksie Ward

In memory of **Katherine**

Rabb

Jack and Dicksie Ward

In memory of **Mary Rawls**

Lynn Hornsby

Tom, Carol Anne and Ryan

McNellis

Clifford and Patricia Milner

Jack and Dicksie Ward

In memory of **Mary Rhyne**

Jack and Dicksie Ward

General Fund

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Employees

Assisting

Employees

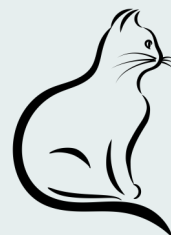
In memory of **Doris Greene**

Tim and Racine Miller

Sara Stringfellow

In Memory

**Evelyn
French**



*"Be joyful always;
pray continually;
give thanks in all
circumstances, for
this is God's will for
you in Christ Jesus."*

1 Thessalonians 5:16-18

*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.*



Three Things God Wants You To Know This Easter

As we look to celebrate Easter, I was reminded of what God may be trying to get us to remember. I thought how He must love Reese's peanut butter eggs, and how He doesn't believe in the Easter bunny. Seriously, Easter is an important holiday where we remember Christ rose from the dead. This one act changed all of recorded history, but it is also meant to have daily importance on our lives. Here are three things God wants you to know this Easter.

Never Lose Hope First of all, we are not like those of the world who are without God and without hope (Ephesians 2:12). During the darkest hour of Christianity, when all of our hopes died at the cross, Christ rose from the dead. And, the same power that rose Christ from the dead now lives in every believer (Romans 8:11). We are never without hope. If you have any area of your life that is not filled with hope, invite more of our Risen Savior into that need. He has more than enough hope for you.

God is for You It is easy to get caught up with the cross as an incredible act of love and miss that He didn't have to do it. He wasn't just fighting Satan or sin; He was attempting to bring you into a relationship with Himself. While you were an enemy of God, living a life apart from Him, He died on the cross to bring you back (1 Peter 3:18). You

can never go too far that He will not fight to get you back. If life has got you down, think through all that God has done to win you over (If God is for us...). He has not given up on you. He is for you and will fight on your behalf.

You are Immensely Important Now if God has done this for you, He must think you are worth it. If God thinks you are worth it, then you must be. God cannot lie. He is not just being nice. He knows you and says you are worth it all. Let's stop thinking that we are a sinful waste that God took pity on and start living out of the value that He sees in us. An awareness of this value God sees leads us to greater worship because He sees us in a way we could not even believe was true. But it is true. You are important. You were created to change our world for good.

May you have a wonderful Easter filled with all the joy and hope found in our Risen King!

~ Kevin Shorter is the founder of the Prayer Coach blog, prayer-coach.com. Since 2009, the site has been committed to help people grow in their relationship with God. Kevin also started a non-profit, Josiah's Covenant, with his wife helping teenage orphan girls aging out of China's orphanages. You can find out more at JosiahsCovenant.com.

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**, **Pinky Funderburk**, **Beverly Henriquez**, **Gaylon Syrett**; Residents' Association President: **Don Hunt**; President and CEO: **Jim Thomason**; Director of Life Enrichment: **Patrice Hinnant**