

westminstertowers.org

## Inside View

**Jim**  
**T**ime

Dear Residents,

It is such a joy to serve as your President and CEO. Our residents, along with our caring staff, create a wonderful community and a meaningful place to work day-to-day.

Thank you for placing your confidence in us and being such a positive influence on your fellow residents and our staff — for all we learn from you.

Did you know..... Riverview Medical Center has clinic hours in the lower level of the Towers across from the Woodshop. The hours are 8 a.m. – 12 p.m. on Monday and Wednesday mornings to serve you. Please make sure to call ahead at 328-9355 prior to your visit.

In addition the Clinic, at our invitation, has committed to follow residents in senior housing and throughout the other levels of service at the Towers, thus creating a primary care model of continuity for our residents. The founder of the Clinic, Dr. Robert Lesslie has met with me and our staff about putting your needs first. He has committed to visiting the Towers every other week to see patients of the Clinic in our Manor and Health Care Center. A healthcare provider will also be available in the Manor on Wednesday afternoons to provide weekly care for the residents.

All of this is to place the resident “first” in the services we deliver. And, for sure we support all residents choosing their own primary care physician. Regardless of a resident’s primary care physician, Riverview @ The Towers will also see patients for urgent care needs. If you want to learn more about Riverview Medical Center beyond the program here, visit their website at [www.riverviewmed.com](http://www.riverviewmed.com). Just remember, we first and foremost respect your personal physician choice. On the other hand, we want to bring on campus as many services as possible to serve you. We have no financial ties to the Clinic, nor the Clinic to us. The common tie between Westminster Towers staff and Riverview @ The Towers is caring for you, and it is an honor to do so!



**Jim Thomason**

President and CEO

# Towers 'Round Town



## RINGLING BROTHERS CIRCUS

Back Row: Jeannette Drennan, Janice Swetnam, Spencer Anderson, Vanessa Swetnam, Jane Watkins

Front Row: Elizabeth Howell, Dorothy Kerr, Lib Anderson, Dawn Martineau, Betty Mahan



## WINTHROP BASKETBALL GAME

Don Hunt and Larry Stroman



## LAURA'S TEA ROOM

Lorraine Hernandez and Delores Brandon



# And All Around!



## LAURA'S TEA ROOM

Back Row: Lorraine Ernandez, Carol Sterling, Pat Bramer, Gloria Cody, Imogene Blackmon, Jane Watkins

Front Row: Lana Harding, Francis Workman, Dawn Martineau, Louise Clark



## SOUTH CAROLINA MILITARY MUSEUM

Louise Clark, Dawn Martineau, Odell Hope, Pat and Ed FitzGerald, Dwight Benson



## **Please can you give an update on the search for a new Chef / Dining Services Manager?**

First of all, I'd like to give a huge THANK YOU to our star Westminster Towers cooks: **Christine** and **Glenda**, with help from **Shun** and **Jackie**. These wonderful ladies are working hard every day to bring you both the daily menu items and all the delicious snacks and desserts served at our special functions and events. Behind the scenes they also shared their ideas, combined them with your suggestions and created the new menu cycle that began on February 19. **Diana Trout** and I are working with a Charlotte hospitality agency to recruit qualified candidates to lead the independent living dining services area. These candidates will possess a great deal of hospitality-related expertise, exceptional customer service skills and will strive to elevate our dining services to greater heights with increased options, flexibility and a variety of meal services.

## **I heard the Towers Front Desk and Front Entrance are going to be open until 8 p.m. Is this true?**

Because YOU asked... the Maintenance and Service Committee has considered several options for Towers front entrance accessibility. The committee voted unanimously to keep the Towers front desk and therefore front door open until 8 p.m. and then have the door shut and locked.

Beginning on March 1, there will be a receptionist 8 a.m.-8 p.m. at the Towers and Health Center front desks and both doors will be locked at 8 p.m. The keypad on the Towers front door will be removed. Anyone trying to enter the building after 8 p.m. will either need to use the keypad at the pool side door or basement door, or pick up the phone at the Towers front door, dial 5000 and wait for Maintenance to let them in.

## **I've noticed some trash around campus recently. What can I do to help keep our campus beautiful?**

I'm glad you asked! Over the past few weeks the Maintenance Department has been working hard to clean up some areas where some junk has collected – in the basement, behind the shed and in the former resident garden area.

This is a busy campus; hundreds of people come and go every day – residents, employees of the Towers, Church and School, church members, school families, visitors and volunteers. Trash falls out of open car doors and pockets, gum wrappers get dropped, paper and plastic even blow out of trash cans or over from the houses across the street. We want our campus to look pristine: well-cared for, attractive and clean.

### **How you can help**

- Ensure that all trash you place in the chute on each floor is securely inside a trash or plastic bag. This eliminates loose pieces that can be caught by the wind and fly out of the trash compactors when waiting to be collected.
- Pick up any trash you see when walking around the building, There are trash cans outside every entrance for easy disposal.
- Do not throw food items out of the window or over the balcony for the birds – purchase and use a bird feeder instead.





# Rehabilitation Therapies for Better Living

Our Rehab department helps patients of all ages achieve maximum physical, social and emotional independence. Patients make appropriate recoveries through occupational, physical and/or speech therapies.

Therapy treatments are offered throughout the week (or weekend!) by licensed professional therapists in our well-equipped rehab gyms both in the Health Center as well as in the Towers. Our dedicated team develops comprehensive individualized care plans to maximize patients' physical, social and emotional independence safely and quickly.

## **PHYSICAL THERAPY**

Restores function for individuals who have experienced neuromuscular or skeletal dysfunction. Individualized therapeutic treatment may include:

- ♦ Training in mobility, gait stability, posture and positioning
- ♦ Exercise programs to increase muscle function, coordination and endurance
- ♦ Joint and soft tissue mobilization to increase range-of-motion
- ♦ Pain management

## **OCCUPATIONAL THERAPY**

Assists individuals with adapting to their social and physical environment. Our therapists enhance patient functionality through:

- ♦ Education and training in areas such as dressing, bathing, eating and grooming
- ♦ Activities for memory, orientation and cognitive integration
- ♦ Adaptive techniques or equipment to overcome physical disabilities
- ♦ Strengthening and coordination exercises
- ♦ Exercises to reduce the effects of arthritis or other conditions to maintain normal joint movement

## **SPEECH THERAPY**

Addresses communication and swallowing dysfunction. Treatment plans are designed for individual needs such as:

- ♦ Recovery of speech, language and memory skills
- ♦ Verbal and non-verbal communication, including programs for hearing impaired
- ♦ Oral muscle functioning and strength required for speaking and swallowing
- ♦ Appropriate diet recommendations

All you need to get started with therapy is a Physician's order or prescription. We can assist you with obtaining this and will verify insurance prior to initiation of any therapy. Should you have any questions, please contact our Rehab Department at 326-3116.



**Back Row:** Bridget Conway-SLP/Director of Rehab;  
Lisa Davis-OTA; Angela Sugameli-PT

**Front Row:** Kacie Montgomery-OTR; Michael Slafka-OTA;  
Jessica McDaniel-PTA



Don Hunt

This is the day the Lord has made. Let us rejoice and be glad in it. Psalms 118:24

Each day is a gift and a blessing. May we be wise in how we use them.

~ Don Hunt, Resident Association President

- ✓ Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, *"Success is when you look back at your life and the memories make you smile."*
- ✓ Today, I asked my mentor — a very successful business man in his 70's—what his top three tips are for success. He smiled and said, *"Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."*
- ✓ Today, after my 72-hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said, *"On 9-11-01, you carried me out of the World Trade Center."*
- ✓ Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died, *he licked the tears off my face.*
- ✓ Today at 7 a.m., I woke up feeling ill, but decided I needed the money, so I went into work. At 3 p.m., I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. *A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.*
- ✓ Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, *"I feel so loved right now. We should have gotten together like this more often."*
- ✓ Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, *I realized it was the first time I had given him a kiss since I was a little boy.*
- ✓ Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, *"Why?"* She replied, *"So you can help me save the planet."* I chuckled again and asked, *"And why do you want to save the planet?"* *"Because that's where I keep all my stuff,"* she said.



## The Tax Man Cometh

An agent with  
H&R Block will  
be here  
March 2,  
8 a.m.—noon  
and March 16,  
noon-4 p.m.,  
to help you  
prepare your  
2016 Income  
Tax returns.

Normal fees  
apply for tax  
preparation.

Consultations  
are free.

# Contributions



## Endowment Fund

Howard and Donna Sternlieb  
Jim Thomason

In honor of **Liz Gray, Patrice Hinnant, Amy Laughlin, Dawn Martineau**  
Anonymous

In memory of **Juliet Barnett**  
Hugh Barnett

In memory of **Ann Cassells**  
Helen Bennett  
Joanne Cauthen

In memory of **Dora Gaston**  
Helen Bennett

In memory of **Doris Greene**  
Sig and Judy Huitt

In memory of **Katherine Rabb**  
Vernon Sumwalt

In memory of **Mary Rhyne**  
Anna Banks  
Helen Bennett  
Joanne Cauthen  
Jane Watkins

## Capital Campaign

Jim Thomason

## Employees Assisting Employees

In memory of **Doris Greene**  
William and Racine Miller  
Sara Stringfellow

In memory of **Mary Rhyne**  
Anonymous  
Jim Thomason



## The Two Ships

As I stand by the cross on the  
lone mountain's crest,  
Looking over the ultimate  
sea,  
In the gloom of the mountain a  
ship lies at rest,  
And one sales away from  
the lea:  
One spreads its white wings on  
a far-reaching track,  
With pennant and sheet  
flowing free;  
One hides in the shadow with  
sails laid aback,—  
The ship that is waiting for me!  
But lo, in the distance the  
clouds break away!  
The Gate's glowing portals  
I see;  
And I hear from the outgoing  
ship in the bay  
The song of the sailors in  
glee:  
So I think of the luminous  
footprints that bore  
The comfort o'er dark  
Galilee,  
And wait for the signal to go to  
the shore  
To the ship that is waiting  
for me.

~ Francis Bret Harte

*In Memory*

**Katherine Rabb**

*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.*



January started off right with a **Winter Walking Challenge** to keep everyone up and moving during the cold weather. Floors competed against one another to walk the most miles in hallways. With over 40 participants, residents walked a collective total of 638.78 miles! Wow!

Floor winner: 3<sup>rd</sup> Floor with 201.88 miles walked (Participants: Gene and Imogene Blackmon, Hugh Barnett, Harry Dalton, Naomi Schlick, French and Alma O'Shields, Charlotte Metcalf and Laura Norwood)

Individual winners:

1<sup>st</sup> place Golden Shoe award: Imogene Blackmon (57.73 miles)

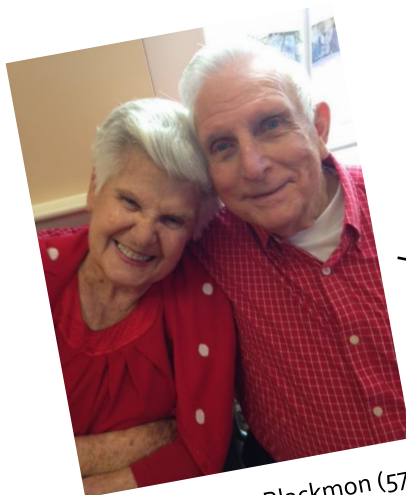
2<sup>nd</sup> place Silver Shoe award: Gene Blackmon (54.27 miles)

3<sup>rd</sup> place Bronze Shoe award: Donald Hunt (49.5 miles)

The next fitness challenge will be a week-long NuStep Challenge in March! Be on the lookout for challenge details!

Special thanks to all  
who participated in  
the  
**Heart Healthy  
Walk.**

The Towers raised  
\$60 for the  
American Heart  
Association!



1st Place—Imogene Blackmon (57.73 miles)  
2nd Place—Gene Blackmon (54.27 miles)



3rd Place—Don Hunt (49.5 miles)

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.

Like us on  
**facebook** 

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