

J^{im}
T^{ime}

Inside View

Living Well

Do you notice the bulletin board next to the Towers Dining Room? It is a large bulletin board packed to overflowing with news, announcements and abundant activities. There is pragmatically something for all who call the Towers their home.

A staff member recently shared with me an article from the Harvard Public Health magazine titled “The Aging Game” which chronicles the reality and promises of aging societies in America and around the world. They use terms such as “The Gray Wave,” “The Silver Tsunami,” “The Agequake.” We all read how people are living longer and better. Towers residents are well aware of these changes all around. Here at the Towers, our Life Enrichment Programs are aimed at healthy aging, and the magazine article validates all of those programs on the bulletin board. While the list in this article is far from exhaustive, takeaways from the research include attributes of “successful aging” by having healthy habits of a high-quality diet, physical activity, social interaction with peers, volunteering, and

preserving purpose in one’s life.

Our health and wellness philosophy and practice here at the Towers embrace the seven dimensions of wellness—Emotional, Environmental, Intellectual, Physical, Social, Spiritual, and Vocational—in partnership with our residents and staff.

We have a committed, well-educated, focused group of Life Enrichment staff wanting to see all our residents age with as little decline and as much sustained functionality as possible.

We are riding that “Gray Wave” here at the Towers. Let us know what we are missing to keep us all moving forward with progressive activities.

It is such a joy to serve as your CEO.



Jim Thomason
President and CEO

28 Years and Living It Up!

There was something for every person, young and old, who attended the 28th Anniversary Celebration of Westminster Towers founding. Music was the theme and a grand cookout feast was the centerpiece of the festivities. Chef Rick estimated that over 250 people enjoyed BBQ, burgers, hot dogs and all the appropriate condiments. Dawn Martineau, Patrice Hinnant and an army of volunteers and staff decorated the campus with balloons, posters and musical themes. Old vinyl recordings (78 & 45) were used to create amazing wall art. Record jackets were displayed everywhere and brought back memories of famous artists of the 60s, 70s and 80s. Many of the residents and guests were heard saying, "Hey, I once owned this record." What nostalgia.

There were games for the children that featured a bouncy castle, dunking booth and an amazing trackless train ride around the campus that attracted as many adults as children. Jugglers, a face painter, balloon twister and a great bubble artist created a festive atmosphere on the lawn behind Heritage Hall. It was good to see so many of the staff and dining room cooks and wait staff interacting with both residents and guests and enjoying the festive atmosphere. It was an afternoon filled with great music, good food and snacks everywhere with loads of laughs, happy faces and tapping toes.

~ Ed FitzGerald



Sarah Ridgeway, Betty Worrell, Mary Alice Mitchell and Dean



The Trackless Train was a hit for all ages!



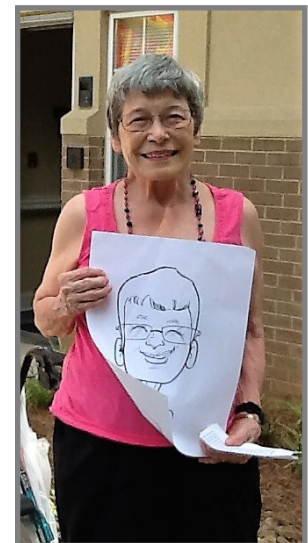
Pat and Ed FitzGerald with Elvis



Hope Trigg and Frank Polito



WMT Guests were delighted by the "Tall Man" and his antics.



Mary Alice Mitchell



From the Chef

Rick Schmitt, CDM, CFPP

July is not only the month that we as Americans celebrate our Independence, but it is also packed full of holidays surrounding food. The entire month is dedicated to Blueberries, Hot Dogs, Ice Cream and Picnics. Other notables include national Fried Chicken Day, Chocolate Day, Strawberry Sundae Day and Pecan Pie Day – Oh my!

Have you ever wondered where hot dogs came from? Frankfurters as they have been known for centuries actually evolved from sausage which dates back as far as the 9th century. We know this because they were mentioned in Homer's Odyssey. It is said by historians that the frankfurter was developed in 1487, five years before Christopher Columbus set sail for the new world. Imagine this – Christopher Columbus sailing the high seas eating hot dogs!

The term "hot dog" was not coined until 1901 when a New York Journal sports cartoonist, Tad Dorgan, couldn't spell dachshund sausage (the common name at the time). He simply wrote "hot dog!" on a hastily drawn cartoon, and an American food sensation was born.



Nathan's Famous (Coney Island 1915) is mostly responsible for the popularization of hot dogs as we know them today. An interesting fact of the food's early recognition is that when President Franklin Roosevelt hosted King George VI of England and his queen at a picnic in Hyde Park (1939), First Lady Eleanor decided to make grilled hot dogs part of the menu. The king liked them so much that he asked for seconds.

Spumoni?



Many of you have been curious about a specific ice cream flavor that I have been serving for the last few months - Spumoni. This frozen treat is a molded Italian ice cream that is made with layers of different colors and flavors that usually contain candied fruits, such as cherry bits, and nuts. The typical flavors are cherry, pistachio and either chocolate or vanilla. These ice cream layers are often mixed with whipped cream.

Spumoni originated in Naples, Italy and was introduced in the United States in the late 1800's. A true Spumoni is never dipped (unlike ours), but is sliced. The American favorite Neapolitan flavored ice cream was inspired by this Italian treat.

Next Cookout....

July 4th – Come hungry! The menu will be similar to the buffet served for the 28th Anniversary with a few twists and holiday favorites.

Just as a reminder – the new evening hours in the Towers Dining Room are 4:45 until 6:15 pm. For reservations and meal orders for lunch and dinner, please call the dining room extension 5118.

Thank you for your comments, suggestions and making me feel at home. My staff and I are eager to make your dining experiences enjoyable!



I Had A Dream!

Ten years ago at The Towers we had a nice couple here named, **Ralph** and **Shirley Brannon**. They adopted our courtyard and spent many hours making it attractive. They planted all kinds of things and spent hours weeding our 15'x25' grassy area. Of course, every year the weeds would return. The couple 'graduated' and our courtyard reverted to a weed patch. Maintenance inherited the green space and indeed kept it looking pretty good but it took a lot of time.



Louise Clark is par for the Towers course

One afternoon my cockatiel and I were talking and looking out the window and he said, "Papa Pinky, why don't we put a putting green out there?" I said, "Wow!" and gave him a millet thank you for such a nice idea.

Spawned in 2010 and creating a file 1/2" thick, there is a long story. I will not bore you with the details. I will just repeat one of my mottos: "Persistence is omnipotent."

Here is my take and it was my inspiration to present this project to your management team.

- Almost everyone went putt-putting when the family took a trip to the beach. Almost everyone can still enjoy it!
- There is something now to do after dinner that might jiggle off a couple of calories and precipitate a few laughs.
- When I visited The Towers, looking for a new home, I was much impressed by the heated pool. It attracted me to come.

Today, a fun, useful putting green beautifies our courtyard!

Therefore —

- A beautiful putting green on a color brochure by our Marketing Department will absolutely attract people to come look at our facility. Once here they will be indelibly impressed with our pool, our billiards room, our theatre and our putting green, a magnet to attract potential residents.
 - For those of us whose apartment gives us a view of the courtyard, we now have a very pleasant scene, year 'round. I can't wait for the next snow over our GREEN!
 - For your visitors—put a putter in their hands and watch the smiles.
- This putting green is very long lasting and will require no maintenance other than cleaning off the debris.

Thank you Jim Thomason for picking up an almost incomplete pass and running with it for a touchdown.

Thank you Westminster Towers Board of Directors for keeping us in your sights and continuing to give us residents the finest retirement community in South Carolina.

See you in the courtyard!

~ **Tom "Pinky" Funderburk**

AKA, Agent 208

Join your neighbors in the courtyard for a ribbon cutting
**July 4
10 a.m.**



Tom Funderburk is tickled pink over the new putting green in the Towers Courtyard



Meet Your Neighbor



I'm sure most of us old timers are familiar with the AMAZING Comptometer. It was the first successful key driven mechanical calculator, patented in 1887. The machine was so effective that a skilled operator, entering all the digits of a number simultaneously, was faster than the early electronic calculator. These business machines remained in use into the early 1990s when they were replaced by electronic calculators and computers.

Betty Worrell was born in Huntington, West Virginia and left Marshall University after her freshman year because she decided that she wanted to seek independence and join the working world. Looking for employment she became aware that the International Nickel plant was actively soliciting skilled Comptometer operators to work at the head office. She enrolled in a Comptometer training class and quickly went to work at the Nickel plant. There, over 50 women entered all types of calculations into



Betty Worrell,
Apt. 520

their machines in a very large and busy work area. She met her future husband on a, sort of, blind date. **Rod** was just returning from the war and was enrolled in the GI Bill program at Marshall

University. They were married in 1948 and openly stated that they wished for a large family. This wish was granted with the arrival of six children. **Rod** retired from Ashland Oil and Refining at age sixty and they decided to leave their home in Findlay, Ohio and relocate south. Fate led them to Tega Cay where they lived an active retired life for 30 years. Three of their six children eventually followed them and currently reside with their families in the Charlotte area. Betty is justifiably proud of the accomplishments of these, now adult, children.

All well-educated, there are two engineers, two entrepreneurs, a sales executive and a teacher/principal. There must be some interesting conversations when this group gathers for a family dinner!

~ Ed FitzGerald

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28

Answers from Amy

Why do we eat dinner so early at the Towers? I would prefer for the Dining Room to stay open later.

Great question! In response to several requests, we are gradually extending the opening hours of the Independent Living Dining Room. The Dining Room will continue to open for dinner at **4:45pm** for early birds, but last seating is now at **6:15 pm**. This means residents may arrive at the Dining Room and be seated any time between **4:45** and **6:15 pm** and receive the same great service and delicious menu options. The Dining Room will stay open until the last seating of residents has finished eating, probably around 7:15pm. I often hear residents say they feel like they “have” to eat early, but please be assured that you do not! Take your time, enjoy the afternoon and then come and have dinner.

I am impressed with the recent upgrades to the community’s facilities. These positive changes make for a more pleasant place we call “home.” Are there any plans to upgrade the very “long in the tooth” décor of the Dining Room? The pea green wall-covering is getting to me!

Ask Amy Continued on Page 8...



The monthly Veterans Breakfast had special visitors in June: **Austin Stallings** with The Dog Knowledge Service Foundation and **Trusty**, a service-dog-in-training.

Trusty is an English Cream Golden Retriever who is being trained by The Dog Knowledge Service Dog Foundation out of Charlotte, N.C., specifically for a U.S. Marine Corps veteran named **Greg**, who lives on the Outer Banks of N.C.

Trusty and **Greg** are being brought together through the efforts and generosity of The Dog Knowledge Service Dog Foundation, the Semper Fi Fund and Physician's Forever Young.

Trusty is being trained to help **Greg**, who is an amputee, by being a comfort companion, a 'brace' for **Greg** if he should fall, and a buddy who will 'fetch' for him if something is out of reach. The training process has taken months and began when trainers at The Dog Knowledge picked a puppy from a reputable breeder. The puppy met and lived with **Greg** for a few weeks to make sure there was a proper bond. Then **Trusty** came back to The Dog Knowledge trainers where he is receiving advanced training before he moves in permanently with **Greg** and his family.

Trusty was a big hit with our Towers vets who had lots of good questions for **Austin** and lots of love pats for **Trusty**.



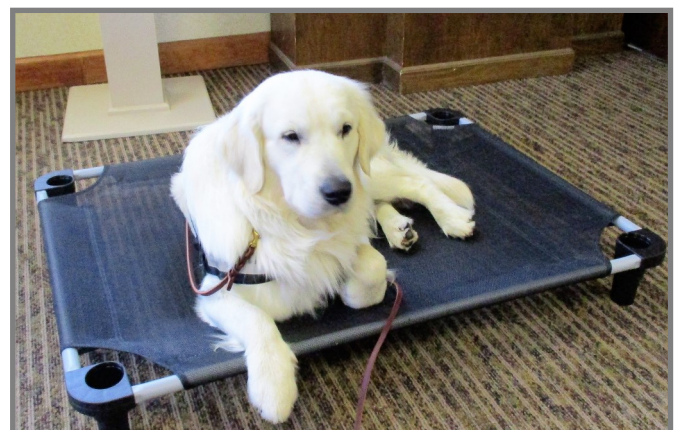
Buzz Benson giving Trusty some love pats.



Hugh Barnett, David Henriquez, Ed McPoland, Don Hunt, Buzz Benson, Pinky Funderburk, Joe Huey and Trusty



Trusty and **Austin Stallings** with The Dog Knowledge Service Dog Foundation



Trusty on his 'place.'

Contributions

Endowment Fund

Estate of **Bettie Davidson**

In memory of **Bill Kirkpatrick**
Joanne Cauthen
Jack and Dicksie Ward

In memory of **Florence Dickey**
Lynn Hornsby

In memory of **Florence Nix**
Lynn Hornsby

In memory of **Sudie Wilson**
Jean Barnes
Joanne Cauthen
Jeannette (Pix) Drennan
Lynn Hornsby
Jac and Grayson Reville
Courtney Sadler
Jack and Dicksie Ward



Employees Assisting Employees

In memory of **Jean McPoland**
Ed McPoland

Betty Foss
Louise Pettus

Employee Appreciation

In honor of the **Maintenance and Environmental Services** Staff
Paula DeYoung



FIRE SAFETY

(When the Alarm Sounds)

- ✓ Exit apartment immediately. No dressing.
- ✓ Put pillow in front of door.
- ✓ Knock on neighbor's door.
- ✓ Do NOT use elevator.
- ✓ Exit building using nearest stairwell.
- ✓ Meet at designated areas:
 - ☐ Front parking lot
 - ☐ Loading dock basement
 - ☐ Pool side.
- ✓ Follow instructions from firefighters or staff.
- ✓ If on walker, remain in stairwell and help will arrive for assistance.

In Memory

Luellen Guyer
Jack Ward

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.

"Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him."

1 Thessalonians 4:13-14

What's That Number?

Many people are cancelling their landline phone service and opting for cell phones for all calling, in and out. If your next of kin has terminated their landline service since last September you need to update your Westminster records. Please advise Amy Laughlin or Jennifer Allen that the contact phone number has been changed to the new cell phone number and they will update your file.

Hope for Neuropathy!



Do you suffer with neuropathy pain? Have you noticed I no longer use a walker or a cane? For many years I endured the discomfort of neuropathy, unable to sleep, my bed a shambles in the morning. In early spring I learned of a program at the Riverview Medical Clinic called Combined Electrochemical Therapy (CET). This therapy consists of two procedures, an ankle block performed with local anesthetic, and Electronic Signal Treatment (EST).

This treatment reduces pain and inflammation while stimulating blood flow to promote small nerve regrowth and long-term healing. Treatment is extremely safe and highly effective. A medical team initiated this treatment in Las Vegas over ten years ago. The clinicians at Riverview went to Nevada for training and they are the only clinic offering this program east of Texas and south of Connecticut, right here in ROCK HILL! If you would like more information and how to contact the therapists, give me a call.

~ Ernie Howard, Apt. 307

Ask Amy Continued from Page 5...

Newer residents to the Towers may not be aware that we held a capital campaign a couple of years ago to raise funds to upgrade the Towers Dining Room, Café and Fitness Room. A major renovation and refurbishment was planned, which included construction work to expand the Dining Room, relocate the Cafe and double the size of the Fitness Room. Then the Towers went through a 13-month transition in leadership and the Board of Directors decided that phase one of the capital campaign was complete, having successfully raised around \$500,000 of the original \$2 million planned. One of my ongoing projects is to work with a committee of department directors, board members and residents to bring our scheduled Dining and Wellness upgrades to life, albeit on a smaller scale than planned. I've heard a lot of rumors flying around but I can tell you with confidence that no decisions have been made about what, when and how the renovations will take place, and the committee is carefully considering priorities because we want these renovations, not only to be attractive but to meet the needs of both current and future generations of residents.

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: **Ed FitzGerald**, Members: **Vernon Sumwalt**, **Pinky Funderburk**, **Beverly Henriquez**, **Gaylon Syrett**; Residents' Association President: **Frank Kiser**; President and CEO: **Jim Thomason**; Director of Life Enrichment: **Patrice Hinnant**