

## Inside View

### Meet the President...

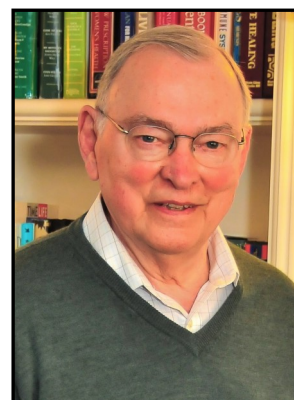
**Doctor Frank Kiser** practiced Internal Medicine in Rock Hill for 38 years, retiring in 1995. He was born and raised in Kansas and went to high school in Lakewood, Ohio (Cleveland). After a year in the Navy, he attended and graduated from the University of Michigan, Ann Arbor, majoring in science and math. He graduated from the medical school at Case Western Reserve University, Cleveland, Ohio, followed by a medical residency at Cleveland's St. Luke's Hospital.

In 1948, while a student at Michigan, he married his high school sweetheart, **Phyllis**, who as a working nurse, helped finance **Frank's** university and medical school education. One of **Phyllis's** nurse friends had married **Dr. Robert Sumner**, a Rock Hill native, who was doing advanced medical studies in Cleveland. **Dr. Sumner** set up his practice in Rock Hill and later convinced **Frank** and **Phyllis** to move to Rock Hill, and for **Frank** to join him in the Internal Medicine practice. The family, now with three small children, moved to Rock Hill in 1957. **Frank** was active with many medical and civic boards. He is most proud of his 12 years on the Rock Hill School Board, including a term as Board Chairman during a period of major expansion and school construction. He remarked that he was involved with the Board

when it smoothly implemented the Federal mandated integration of public school education.

Their three children are all involved in education. **Kathy** is a local math teacher. **Betsy** teaches voice and is a vocal coach, living in New Jersey. **Jim**, an outstanding athlete at Northwestern High School, coached college football. **Phyllis** and **Frank** moved into the Towers in 2012, and **Phyllis** passed away three years later. He said that moving here met all their needs. Last June, **Frank** was elected president of the Residents' Association and represents our voice with the CEO and the Board of Trustees. If you have concerns about life in the Towers, **Frank** is anxious to hear from you.

~Ed FitzGerald



**Dr. Frank Kiser**

President of the  
Residents' Association

# Towers 'Round Town



**Odell Hope** with the Towers' new bus, "Hope"



**Pastor Gene Craven** at the Luau



**J.U.L.I.E.T.S.** at Rock Hill Diner (left to right: **Janice Swetnam, Imogene Blackmon, Lynn Hornsby, Fay Reynolds, Frances Leitner, Ginny Dunn, Vanessa Swetnam**)



**Author, Mary Alice Monroe** with **Imogene Blackmon**



**Frances Workman** enjoying a shake at Five & Dine



**Jane Watkins** taking a stroll in downtown Rock Hill



**Ethelyn Hayslett** and **Joanne Cauthen** at the Charlotte Aviation Museum



## Emergency Form Update

It's that time of year again – time to update your medical emergency form for your refrigerator! This year, we have a new form, so **ALL** Independent Living residents must attend one of the drop-in events. Please bring with you: Medicare and supplementary insurance cards, medications or medication list, emergency contact person and phone numbers (preferably two different people). Look for a flier in your mailbox for your floor's date and time. Patrice, Jennifer, and Amy will be present to assist with the form update; come drop in! Should you need to go to the hospital or have an emergency, these forms are very important! If you have any questions, please contact Jennifer at 5211 or Patrice at 5077.

## Active Aging Week



**Pat Bramer and Don Hunt** participating in the Wellness Walk



Right: **Bob and Dorothy Southwell** practicing the Shag



**Joanne Cauthen, Imogene Blackmon, Lorraine Hernandez, Dave and Beverly Henriquez** in the Wellness Walk

## Welcome to The Towers!



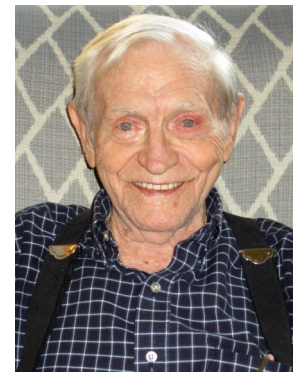
**Irmgard McGonagill**,  
Apt. 421 (Lake Wylie, Germany)



**Mae Patton**  
Apt. 213 (Rock Hill)



**Sarah Schell**, Apt. 623 (Charlotte)



**John Player**, Apt. 316 (North Myrtle Beach)



**Betty Spradley**,  
Apt. 206 (Rock Hill)



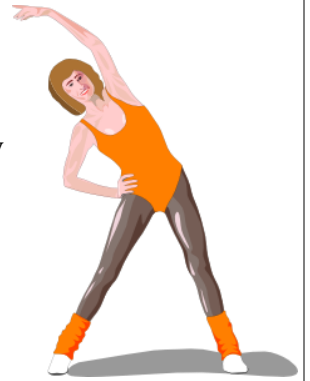
**Pat Winterer**,  
Apt. 320 (Florida)

### Not Pictured:

**Richard Cadugan**— Apt. 205 (Pennsylvania)  
**Vickie Moore**—Apt. 519 (Charlotte)

## Exercise and Arthritis Can and Should Coexist

People with arthritis who exercise regularly have less pain, more energy, improved sleep and better day-to-day function. Starting slowly with a few, low-intensity exercises will help to ensure a safe and successful exercise program. With this in mind, Westminster Towers has started a new 'Wellness Class' focused on improving flexibility and function in individuals affected by arthritis. This class is 30 minutes (mostly seated) and incorporates range of motion, strengthening exercises using bands and gentle stretches.



It is important to stress that **physical activity of the type and amount recommended for health has not been shown to cause or worsen arthritis**. While rest is important, especially during flare-ups, lack of physical activity is associated with increased muscle weakness, joint stiffness, reduced range of motion, fatigue and general deconditioning. Current recommendations now emphasize a *balance* of physical activity and rest. Also, exercise needs to be directed at the entire body, and not just the joints that are affected with arthritis. Regular physical activity can keep the muscles around affected joints strong, decrease bone loss and may help control joint swelling and pain.

**\*New Class\*: Gentle Stretching and Exercise for Arthritis (30 minutes) on Tuesdays @ 10:00am**

For more information or suggestions for new classes, please contact: Elizabeth Gray, Ext. 5126  
Reference: <https://www.hopkinsarthritis.org>

## *What's Happening in October?*

**October 2-4**, Myrtle Beach Trip (SOLD OUT): Staying at the Island Vista Hotel Resort with lots of amenities. Visiting Brookgreen Gardens and zoo, participating in a sculpture class and boat ride and seeing a show at the Carolina Opry. Good food and shopping! *Let Dawn know if you are interested as a stand by. Also, look for a another trip next year!*

**October 4**, Collective Goods (Formally Books R Fun) & Daniel Stowe Botanical Gardens (Chinese Lantern Festival)

**October 7 at 11am**, Quilt of Honor

**October 8 at 2pm**, "Hair, The Musical" - Winthrop University Johnson Hall

**October 27**, Linville Caverns

**October 31**, Costume/Tacky Day Contest. Announcing winners of the pumpkin decorating contest.

### **Watch for these dates in October:**

- Breast Cancer Awareness Day—Will be selling t-shirts and accepting donations for breast cancer awareness.
- Fall Festival
- Upcountry Museum
- Putting Tournaments



## **Recycling: Additional Information**

**Does the glass, paper, metal and plastic collected by the Towers truly get recycled?**

According to Bobby Baker, Director of Plant Operations, the material deposited in the blue paper box, as well as three recycling containers in the basement are taken to one of the York County Recycling Centers. The prisoners in the County Jail separate and segregate the materials, and they eventually are reprocessed and returned for use as new products like plastic fiber, glass containers, aluminum beverage cans, egg cartons, wallboard paper, paper tubes, all grades of paper, and many more products. What we recycle does not go into the land fill.





## Meet Your Neighbor



**Luz**, translated as light in Spanish, moved to the Towers in August, and was born in Refugio, Texas, a small town north of Corpus Christi. Generations of her family resided in this part of the state, even before Texas, the 28<sup>th</sup> state, was granted statehood in 1845. Before that, it was part of Mexico. She attended Texas State College for Women and then the University of Texas in Austin, receiving a BA in Spanish Education. Deciding that teaching was not really her thing, she continued at UT and received a Master's in Social Work.

Her first job in Social Work was as a Child Welfare Supervisor in Laredo, Texas. She was young, inexperienced and under "Old Party" political control. Not a happy first experience for a young girl just out of the University. Fortunately she met her future husband, **Captain Charles L. McDade**, an Air Force Pilot Training Instructor who had just returned from the Korean War. An experienced aviator, he had flown 101 fighter missions during the Korean War. **Charles** was a USC graduate from Union, SC, and was flying with the SC National Guard when he was called up for service in Korea.

They were married in 1957 and moved to Riverside, California, where **Charles** was trained to

fly B-52 bombers for the Strategic Air Command. After an assignment at Griffiss Air Base in Rome, NY, **Charles** retired as a Lt. Colonel. There were now four children in the family. **Luz** said that four children in five years was quite a challenge. They all turned out well - attending Yale, Harvard, Stanford, Texas A&M and Colorado. Lots of educational dollars were invested! There are nine grandchildren.

After retirement from the Air Force, the family moved to Tokyo, where **Charles** was a captain for Japan Airlines for 16 years, eventually flying the new Boeing 747. After 10 years in Japan, they relocated to Anchorage, Alaska, which had become home base for many Japan Airline pilots. While in Alaska, **Luz** was an Assistant Professor at Alaska Pacific

University. After 23 years in Alaska, **Charles** was experiencing health issues and they relocated in Charlotte to be near family and better health services. **Charles** passed away in 2004 and Luz maintained her South Park home until deciding to relocate to the Towers. Stop and have a chat with her, as she is quite a story teller.

~Ed FitzGerald



**Luz McDade**, Apt. 401



**Melanie Evans**  
Marketing Dept.

As we all know, Bette Christensen wore many hats as the Executive Support Manager—one being Editor of the Newsletter. As Marketing Assistant for the Towers, this very important responsibility was passed down to me and I am up for the challenge! I look forward to continuing Bette's legacy as the new Layout Editor of *Windows*. In a nutshell, this fancy title basically means I will be compiling all of the articles, news and pictures given to me by the Newsletter Committee. I will admit it—the residents do all of the hard work and I just make it look pretty!

Huge thanks to our Maintenance Department for the excellent work following a major clog in the plumbing system on the second floor and subsequent flooding. They quickly sourced the cause of the problem, worked with professionals to clear the line, and then cleaned and sanitized the affected areas. The clog was caused by a piece of fabric being flushed and getting stuck: please remember that nothing should be flushed down the commode except bathroom tissue.

The Resident Library Committee has worked hard to declutter and organize the Towers' Library. The books that have been removed are older books that have not been checked out for years, or books that are not appropriate for our Library, e.g. coffee table books, small print paperbacks, duplicates, etc. Thank you to the Library Committee for their efforts – and if you're an organized individual who likes to read, the Committee is looking for at least one new member. Call me at 5014 for more information.

Westminster Towers gladly accepts donations of books for the Library and supplies for crafts and other Life Enrichment programs. However, please be aware that we do not always need donations, nor do we always have the space to store them. In these circumstances, items are then donated on to another non-profit organization or given to local teachers for use in their classrooms. Please do not use the Library or Craft Room as storage for your personal items.

Chef Rick and I have been meeting with Kitchen Designers and Equipment Specialists as we continue to make plans for our Dining Room Renovation/Refurbishment. We are looking at creative ways to use the space and equipment we currently have and do minimal construction so that the majority of funds raised through the capital campaign can be used for the much-needed aesthetic upgrades like flooring, furniture, window treatments and lighting. We will also be purchasing some new small equipment for specialty items, for example, a panini press to make hot/pressed sandwiches, and a top quality blender for fruit/veggie smoothies and iced beverages as well as new refrigeration and storage for our relocated café. As soon as we have architectural drawings, we will be happy to share the plans with you. For now, please keep your suggestions and ideas coming; nothing is set in stone!



Left to right: **Fay Reynolds, Lynn Horsnby, Kim Cash** (Rock Hill High school teacher,) **Janice Swetnam, Dawn Martineau**. Residents donated school supplies to area schools.



Residents did some shopping at Concord Mills. Front row: **Pix Drennan, Rita Wengel, Imogene and Gene Blackmon**. Middle row: **Ethelyn Hayslett, volunteer, Carol Collins**. Back row: **Lana Harding**

# Contributions



## Endowment Fund

In memory of **Hugh Barnett**

Anonymous

Billie Bell

Edmund FitzGerald

Charlotte Metcalf

Dicksie Ward

In memory of **Wilma Best**

Dicksie Ward

In memory of **Lillian Dorer**

Billie Bell

Harry Dalton

In memory of **Betty Foss**

Naomi Circle Bible Study Group

In memory of **Rachel Pollari**

Sylvia Holley

In memory of **Fannie Ray**

Lynn Hornsby

In memory of **Monteze Snyder**

Lynn Horsnby

Dicksie Ward

In memory of **Jack Ward**

Naomi Circle Bible Study Group

Elizabeth Sumner

Rachel Ward

*Thank you*

*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*

**Wilma Best  
Hugh Barnett**



Our October Special Breakfast is on Saturday, October 14. Don't forget to add this special occasion to your calendar!



### Special Saturday Breakfast

**October 14, 2017**

**8:30 am—9:30 am**

**Roasted Salmon over Grits  
with Hollandaise Sauce**

**Assorted Pastry Display  
Fresh Fruit & Yogurt Bar**

**Breakfast Buffet of:  
Scrambled Eggs  
Bacon & Sausage Links  
Biscuits & Gravy**



**Assorted Juices, Coffee, Milk & Water**



# Board Member Profile

**John Gabrenas**, a five-year member of the Board of Trustees, brings a wealth of business and pastoral experience to the Board. A native of Pittsburgh, PA, **John** graduated as a mechanical engineer from Virginia Tech in 1966. While at Tech, he was an intercollegiate swimmer for the university, concentrating in breast stroke and free-style events.



**John Gabrenas**

After graduation, he married **Judy** and started employment at the PPG Industries chemical plant in New Martinsville, West Virginia. He was recruited by Celanese Corporation in 1973 and assigned to their large fiber manufacturing operation in Cumberland, MD. It was there that he began to develop his expertise in plant operations including utilities, power generation, environmental and manufacturing processes. He was transferred to the Narrows, VA, Plant in 1977 until 1984 and eventually joined the production team at the fiber operation in Rock Hill. He retired from Celanese in 2005, after 32 years of service.

Retirement was short-lived for **John**, and he immediately started working as a consultant for

Celanese at their plant expansion in Ocotlán, Mexico, and then for several years on the \$150 million expansion at the Narrows facility. In addition to the above consulting, he joined the staff at Catawba Christian School as business manager and CFO. His charge was to strengthen the finances of the school. He completed his assignment and left after two years with the school's bottom line in the black! He was then

asked to join the Westminster Church management team as Acting Business Manager and was deeply involved in the re-organization of the business side of the church.

**John** is an Elder at Westminster Presbyterian Church and he and **Judy** are proud parents of two children and three grandchildren. He has a special connection to the Towers, as both his and **Judy's** mothers lived in Independent Living during their retirement years. He views his role and the role of the Board to provide the best retirement community in our area that ministers to the physical, emotional and spiritual health of its senior residents.

~Ed FitzGerald

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).

Layout Editor: **Melanie Evans**; Newsletter Committee — Chair: **Ed FitzGerald**, Members: **Vernon Sumwalt**, **Pinky Funderburk**, **Beverly Henriquez**, **Gaylon Syrett**, **Marshall Doswell**; Residents' Association President: **Frank Kiser**; President and CEO: **Jim Thomason**; Director of Life Enrichment: **Patrice Hinnant**