

Inside View

Board Member Profile

For thirteen months, Jim Bright, Chair of the Westminster Towers Board of Trustees, functioned in the capacity of Interim CEO. Jim said that it took this long to find a replacement for Tony Fountain, as the Board was searching for the right fit in a CEO to lead the Towers forward. Forward in what has become a very competitive business environment for health facilities like ours. The hiring of Jim Thomason finally allowed Jim Bright to concentrate his skills on the needs as the Chair of the Trustee Board.

Jim, a native of Pittsburgh, Pennsylvania, received his electrical engineering degree from Case Western Reserve University and spent 33 years working for the Massachusetts-located Foxboro Corporation, a major supplier of process controls and instrumentation systems. He and his wife, Nancy, decided to relocate to Fort Mill after his retirement as it was the mid geographic point of travel to his two children and aging parents.

REMINDER
Flu Shots Available
Wednesdays in November
11:00am—12:00pm
Community Room
Bring your Medicare
cards

After moving to Fort Mill, they affiliated with Westminster Presbyterian Church and became active participants. Jim's mother moved to the Towers in 2003, and as a result of her residency, Jim became more involved in the Towers' activities and was asked to join the Board in 2004. His participation increased when he was elected an Elder of the Church and Chairman of the Towers Board in 2011. Obviously Jim is a tireless worker for his church and the Towers.

Jim and Nancy love to take cruises. Two years ago, they shared their Antarctica adventure with a packed audience of Towers' residents. Hopefully, we can get them to share their upcoming January cruise from San Diego to the five Hawaiian Islands. Jim states that one of the many objectives he and the Board has is formulating strategies to effectively promote Westminster Towers to prospective residents, near and far. He concluded by stating that the input of the Residents' Association is of significant importance to both him and the Board.

~Ed FitzGerald



Jim Bright
Board of Trustees, Chair

Towers 'Round Town



Ed FitzGerald and son, **Greg**, at the *Walk to End Alzheimer's* in Downtown Rock Hill



A grand ol' time was had at North Myrtle Beach. Front row: **Dawn Martineau, Jane Watkins, Ruth Page, Pix Drennan, Amy Laughlin** Back Row: **Anna Banks, Ethelyn Hayslett, Peggy White, Pat Bramer, Derek & Kathy Nichols, Lynn Hornsby**



Rachel Roberts, Ginny Dunn, Catawba Queen Captain and Jane Watkins pose at Queen's Landing on Lake Norman



Students interview **Dorothy Kerr** about her school days



Eating out at the *Famous Toastery*. **Don Hunt, Rachel Roberts, Derek & Kathy Nichols, Jane Watkins and Ginny Dunn**



Our winners of the *1st Annual WT "Masters" Putt Putt Tournament* stop to pose with our announcer and her assistants. Left to Right: **Tiffany Tuesday (Liz Gray), Pinky Funderburk (men's champion), Announcer Sunny Sommers (Dawn Martineau), Betty Rudd (women's champion) and Pat Patterson (Patrice Hinnant)**

What's Happening in November?

11/4 - Coffee and Art Show, Cotton Factory, Downtown Rock Hill

11/5 - "Steel Magnolias," Winthrop University

11/10 - Veterans Day Celebration, featuring Rock Hill High School ROTC flag folding ceremony

11/11 - WT veterans participating in the Novant Health Charlotte Marathon with *Speed for Need* (see picture at right)

11/14 - Episcopal Communion, 4pm. All Welcome.

11/21 - Turkey Trot, 9:30am (see pg. 6 for details)



John Harris was recently awarded a hand-sewn quilt from the Quilts of Valor Foundation, dedicated to covering all combat service members and veterans with comforting Quilts of Valor.

Veterans Day November 11

Thank you for your
service!



Frank Polito sits in the *Speed for Need* chariot that some of our Westminster Towers' veterans will ride in during the Charlotte Marathon on Veterans day.

Left to Right: 2 volunteer veterans who will be pushing the chariot, **Kevin Young**, Founder of *Speed for Need*, **John Player**, **Ken Lacy**, founder of *Veterans Path Up*.

Adopt-a-Resident

Westminster Towers' residents, staff, and volunteers are sponsoring *Adopt-A-Resident* this year. We will be giving each of our Manor residents and Health Center residents a Christmas gift. This is a wonderful chance to bless someone else this Christmas. Everyone can participate by donating monetary gifts no later than **Friday, November 17**. This will allow us time to purchase and wrap each gift.

All donations can be given to the Towers' receptionists. Checks should be written to *Westminster Towers*.

Please consider blessing our Manor and Health Center residents with a Christmas gift through Adopt-A-Resident. For more information, please contact Volunteer Coordinator, Debbie Dyches, at 803/328-5477 or ddyches@westminstertowers.org.





Meet Your Neighbor



Irmgard McGonagill remembers spending many frightening nights in bomb shelters avoiding the destruction from allied forces' air raids on Frankfurt, Germany. She grew up in Neu-Isenburg, a small village outside Frankfurt. The war was underway when she, then six years old, entered the local school. Soon the school was completely destroyed and the classes had to be moved to various church halls and meeting places about the town. Even the roof of the family home was destroyed during the nightly attacks. Her family survived during the war and after with her father's automobile sales and repair business, and her mother's sewing and dress-making skills. Food was in short supply and in many cases food was part of a barter system that developed for payment for goods and services.

After the war, **Irmgard** married a local building contractor, had a daughter, and lost the husband to cancer. At a party hosted by her sister-in-law, married to an U.S. airman, she met an American Air Force mechanic stationed at the Rhine-Main U.S. airbase and they soon were married. When he retired from the Air Force, they decided to stay in Germany and her husband worked at the PX store at the airbase. After two



Irmgard McGonagill,
Apt. 421

years this job ended. In 1978, they decided to move to Plantation, Florida, where there were friends and her husband worked for the city Building and Zoning Department. Her husband passed away in 1994. Again a widow, she remained in Plantation for seven years raising her son. Eventually, persuaded by a friend, she relocated to an "Over 55 Community" in Ocala, Florida. Her son was now attending Winthrop University on a soccer scholarship. After his graduation from Winthrop, he married a fellow student and settled in York County.

She was convinced by her son and daughter-in-law to relocate closer to them. Agreeing, she sold her Ocala home and purchased a newly constructed home near Lake Wylie. She does not travel back to Germany; however, her daughter is a frequent visitor at her mother's home. Last August, she decided it was time to give up driving, as well as moving from house to house, and she took up residence at Westminster Towers. She is very happy with the decision and enjoys the new companions and the activities available at the Towers. She resides in Apartment 421.

~Ed FitzGerald

Marketing Minute

It has been a busy year in the Marketing Department! Did you know we have welcomed 24 new residents to The Towers since January? You're probably wondering "Where do all of these people come from?" About once a month, the Marketing Department invites prospective residents to special events. Recently, we hosted a Halloween-themed event discussing downsizing. There were 34 guests in attendance!

The internet is also a great resource. Our website (www.westminstertowers.org) gives anyone around the globe the ability to contact us and learn more about Westminster Towers.

With so many new folks... here's a reminder about our referral program that gives you, the resident, the opportunity to save money on your monthly maintenance fees. Here's how it works: Contact the Marketing Department with the name of a prospective resident. When your friend moves in, you will receive one month free of maintenance fees based on the type of apartment your friend moves into. Give Allison or Melanie a call at 328-5587. We want our *Community of Friends* to continue to grow!

Pinky's Travels

My Schmooze Group of 11 Lake Wylie men flew up to Washington, DC, to visit our friend, Ralph Norman, and his beautiful wife, Elaine, for several days. We have been ardent supporters of Ralph for years. As you know, Ralph is our congressman representing the 5th District and is filling the remaining term of Mick Mulvaney who is now Director of the Office of Management and Budget. He will have to run again in a year to keep his seat.

We rented a 15-passenger van and Elaine was our tour guide. Ralph and Elaine were excellent hosts and we crammed a lot of things into a few precious days. We stayed at The Marriott, toured the White House, House of Representatives, night view of lighted monuments, Air and Space Museum, Senate Chamber, Trump International Hotel, and the Museum of the Bible.

The Bible Museum will open in November. Fortunately, we are friends of Tony Zeiss, who will be The Museum's Executive Director. Tony was President of Central Piedmont Community College in Charlotte for 24 years (I took Engineering night classes there (Charlotte College) in 1949. It is the largest Community College in the US.

Tony Zeiss arranged a special tour for our group. This was the highlight of our trip. It is incredible!! Please go online and visit this museum. I'll give a few highlights: The museum is eight floors and 430,000 square feet. It is the largest museum in

Washington, DC. Located just 3 blocks from the Capitol, there are 40 foot bronze doors at the entrance. I have many pictures on my computer if you wish to see them. Best you go online if you can. The technology used throughout is world class. GPS will be used to control tours. You can tell them how much time you have and what you want to see and a tour will be arranged.

There is some controversy about the artifacts. Hobby Lobby President, Steve Green, is owner of 44,000 artifacts which they are giving to the \$800 million museum. This is complicated and you should check into this story for details. There is no charge to visit, but reservations are a must. The annual budget is about \$160 million and will be supported by donations. Your donation is welcomed.

By the way, I saw President Trump TWICE!!!! Unfortunately, he was in a 50 mph motorcade, but I think he returned my frantic waving. Gasoline in DC is \$3.69/gallon. Hotel rooms are \$250-\$400/day. Occupancy tax is \$38/day. Ralph Norman has a rollaway bed in his office and that's where he sleeps.

~Tom "Pinky" Funderburk



Ralph Norman with his wife, **Elaine**, showing his rollaway bed.



Tom and Donna Eubanks,
Apt. 529 (Fort Mill)

Welcome to The Towers!



Ann Geier,
Apt. 413 (Fort Mill)

Thanksgiving Menu

Thursday, November 23, 2017

12:00pm - 2:15pm

Guests Welcome!

RSVP by November 20th to guarantee seating!

Salad Bar of Fresh Toppings & Seasonal Composed Salads

Choice of One Entrée

Roasted Turkey Breast with Cranberry Sauce

Honey-Glazed Ham

Sliced Roast Beef with Mushroom Demi-Glace

Choice of Four Side Items

Cornbread Dressing

Green Bean Casserole

Roasted Fall Squash Medley

Cranberry Wild Rice

Collard Greens

Sweet Potato Soufflé

Dinner Rolls & Corn Muffins

Dessert Cart of Fabulous Seasonal Desserts

Upcoming 2nd Annual Towers' Turkey Trot

The Towers' Turkey Trot is a 1 mile walk featuring a course that is both indoor and outdoor through the Towers and Health Center. There is no entry fee, but canned good donations are greatly appreciated before or after the race to donate to families in need. The walk will be on Tuesday, November 21st at 9:30am and starts in Heritage Hall. Following the walk, mock mimosas and orange juice will be served in Heritage Hall and a light stretch class will be held at 10:15am. Our event serves as a fantastic way to engage the entire community in celebrating fitness, family and tradition. We hope to see you there and check the November calendar for more details!



**Dawn
Martineau**

My name is Elizabeth (Liz) Gray, and I am a Licensed Massage Therapist specializing in geriatric massage and spa therapies. Geriatric massage techniques performed by licensed therapists are safe and non-invasive. A growing body of new research finds that tactile (soft) massage reduces aggressiveness, agitation and stress levels in patients with dementia. A simple hand massage combined with aromatherapy decreases levels of chronic pain. Massage Therapy has been shown to:

- Ease pain and discomfort brought on by sore muscles
- Promote restful sleep
- Speed recovery from surgery
- Improve circulation
- Ease pain from neuropathy
- Reduce joint pain/stiffness from chronic arthritis
- Improve all body systems affected by the aging process
- Improve **QUALITY OF LIFE**
- **Mostly, massage feels good and can reduce being overwhelmed by physical and/or psychological loss**



Liz Gray

At Westminster Towers, we offer chair massage and massage (on table) and complementary aromatherapy is provided! Please contact Elizabeth Gray at 328-5126 to schedule an appointment or for more information. Our Massage Special through the end of the year is (3) 60 minute sessions for \$100.

Contributions



Endowment Fund

In memory of **Hugh Barnett**
Spencer and Elizabeth Anderson
Gene and Imogene Blackmon
Gloria Cody
Harry Dalton
Jeanette (Pix) Drennan
Lynn Hornsby
Mr. and Mrs. Todd Rixman

In memory of **Wilma Best**
Gene and Imogene Blackmon
Gloria Cody
Harry Dalton
Jeanette (Pix) Drennan
Lynn Hornsby

In memory of **Betty Foss**
Harry Dalton

In memory of **Rachel Pollari**
Harry Dalton

In memory of **William Plowden, Jr.**
Spencer and Elizabeth Anderson

*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.*

Having difficulties with a recent loss or death of a loved one?

Consider attending the Grief Committee
meetings:

2nd Floor Lounge
3pm
Twice a month

Check the activities schedule for November
dates.

After recent storms, floods, and earthquakes, questions have arisen concerning the safety of residents in retirement communities around the country. Some of our family members, especially those living in distant states, have expressed concern about whether Westminster Towers has in place plans for such emergencies. In response, they may be assured that our facility *by law* is required to have plans for all emergencies such as fires, floods, damaging storms, or earthquakes. Items from these detailed plans include:

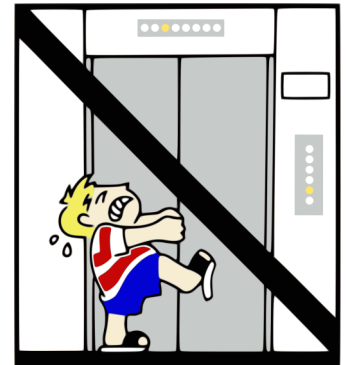
- Plentiful supplies of bottled water and non-perishable food to last several days;
- Generators to provide electricity for medical use for four days;
- A contractual agreement with two other facilities in the area for residential services, should evacuation become necessary;
- An agreement with a pharmacy to provide medical supplies and prescriptions;
- Water from the pool delivered to apartments for cleaning and flushing purposes.

Many other details for our safety are included in the emergency plans.

~Gaylon Syrett

Elevator Etiquette: 10 Helpful Hints to Keep Us Moving!

1. After pushing the desired button to call the elevator, please back up in order to permit those exiting from the elevator to do so safely.
2. For those using motorized vehicles, please note that there should be only one such device per elevator to ensure safety for all.
3. Please be aware that each time you hold the door for a friend, who is not readily available to enter the carriage, you cause frustration for those waiting for the elevator on other floors.
4. The elevators are first come, first served. Please honor that by not stepping in front of others who have been waiting.
5. When entering the elevator, please do not stand at the front of the carriage. Move toward the back to allow others to enter quickly.
6. Please be reminded that entering for peak events (meal times, special activity functions, etc.), the elevators will have higher demand. Plan accordingly and do not become disappointed with other expectations.
7. Remember common courtesy when using the elevators. Should you accidentally bump someone with a bulky item or step on toes, etc., please apologize. This act of kindness will be appreciated by others.
8. Please be aware that the elevator should not be used as a social club moment. Although many enjoy catching up with their friends, conversations that delay the elevator's usage are frowned upon.
9. On occasion, the elevators are used for transporting department carts or furniture moving devices. Please be cautious of this necessity and be safety conscious. You may choose to wait until the elevator returns.
10. Should you be able to use the stairs one floor up or down (more if you're able), please consider that option. Not only will it free up the elevator usage for those who truly need it but it will also offer a bit of exercise.



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). Deadline: 1st week of the month for the following month's issue. For example, an article for the November issue needs to be submitted the first week in October for consideration.

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**