

westminstertowers.org

Inside View

A Season for Giving

Jim
Time

The holidays can be a time of joy or reflection. Sometimes they are both. Sometimes reflective time can be sad, other times glad, most often both. Such is the fabric of life. It has been a productive year at the Towers. I am so very blessed being able to form friendships with so many residents who call the Towers their home.

I hope you will consider a year end gift to the Towers to support its mission and ministry. We have the Endowment Fund that is so worthy of gifts. I want all of you to know that 100% of your gift goes directly into the Endowment Fund and the only use of the Endowment Fund is exclusively to help residents who have exhausted their resources and the Endowment Fund helps with the resident remaining at the Towers. As is so often the case, people outlive their resources. The Endowment Fund has been growing over many years and those who have been blessed with financial resources give to the fund to help those in need. Nobody will ever know who receives funds from the Endowment Fund but rest assured they do, and with your help, they can continue living here at the Towers!

I hope you will consider a gift to the Endowment Fund before year end. Marshall Doswell, one of our residents who is 96, gives to the Fund. He states, "The Westminster Endowment Fund exists for one purpose: to raise money for Towers' residents who need financial assistance to continue living here. I am happy to support such a worthy cause."

Many of you knew, loved, and admired Hugh Barnett. When he passed earlier this year, his daughter, Ann Mohrmann, visited with me. She wanted to contribute her Dad's refundable entrance fee to the Endowment Fund because she and her parents who lived here 20 years believe in the Towers. I am so very grateful for her very kind gesture and the funds from his entrance fee, along with everyone else's gifts, will continue to make a difference in the lives of our residents.

Please read with Hugh's memory his daughter's wonderful words of appreciation and generosity in this issue on page 7. The Barnetts serve as an ongoing symbol and memory of what we view as important here at the Towers.



Attention Residents:

Please consider donating to the Annual Employee Appreciation Christmas Fund. Deadline is December 8th. It's voluntary, but any amount is appreciated! Helpful guideline: 10% of your monthly fees. Thank you!



Jim Thomason
CEO

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Vanessa and Janice Swetnam



Polly Schuerg



Bill Bell and Chef Rick Schmitt



Jennifer Allen and Michael Rivera



Mary Alice Mitchell and Betty Worrell



Ed and Lana Harding



Intern Destiny Scott, Pix Drennan and artist Nancy Thomas at Winthrop University Art Show



Dining Services



Dorothy Kerr



Betty Worrell, Ed McPoland, Kathy Nichols, Ernie Howard, Gloria Cody during a Drama Club Performance



Michael Rivera



Charlotte Marathon Veterans: Gene Blackmon, Spencer Anderson, Derek Nichols, Frank Polito, Don Hunt, and Speed for Need Founder, Kevin Young



Sylvia Holley and Betty Worrell, Cotton Factory



Dawn Martineau, Lorraine Ernandez and Don Hunt in the Turkey Trot

DRIVING WITH HOPE



Odell Hope

On occasion, individuals who work for institutions like Westminster Towers become a part of the institution's legacy. They become part of the institution rather than an employee. On Friday, December 29th, Mr. Odell Hope will retire after over 24 years of service with the Towers. All of us know him as the kind and cheerful personality who drives the bus that takes residents out to events, shopping visits, doctor appointments and many other scheduled activities. Odell is much more than a driver. He is full of information and advice on services for new and older residents. His help with loading and unloading wheel chairs, walkers, shopping bags is a vital service for our residents. He is also full of Rock Hill folklore and history. Riding with him on his Christmas lights tour is always an amazing exploration of our community. At large events held in Heritage Hall, Odell helps with logistics, set-up and interacts with the residents with genuine hospitality—especially dancing!

Raised in Rock Hill, Odell was brought up in a large family. His mother was one of 14 and he was one of nine. Lots of siblings, uncles and aunts contributed to great and memorable family reunions. He has been married for 41 years and has two children and six great-grandchildren. One of his sisters, working as a CNA in the Manor, suggested that he apply for an opening in the maintenance department. Prior to joining the Westminster staff, he worked in construction and at the BASF chemical plant. During the first two years at the Towers, he worked as night maintenance and security person. When the job of permanent bus operator was created, he applied, was accepted and trained by John Putnam. Odell said that he was speechless when he learned that the new Ford bus was christened "HOPE" in his memory. He has no idea of how many miles he has driven over these twenty-plus years, but it has to be plenty.

Odell said that he has always loved the job and that it made him a much more outgoing and giving person. His plans for after retirement are to continue the restoration of his pride, a 1966 Chevrolet pickup he has been restoring for many years. Automotive repair and restoration has been a hobby since his youth and will be his primary post-work activity along with fishing some of his favorite secret ponds. He will be greatly missed and certainly there will be a grand send-off on December 29th (details on page 8). He is deeply loved by all Westminster residents and staff. Fond farewell, Odell, and may God bless all your future journeys.

Now therefore, our God, we thank thee,
and we praise thy glorious name.

1 Chronicles 29:13

~Ed FitzGerald



Odell with new bus, "Hope," named after him



Odell with his 1966 Chevy Pickup

Special Saturday Breakfast



December 9, 2017
8:30 am—9:30 am

Pancake Bar

Buttermilk Pancakes with Fruit Toppings, Pecans,
Chocolate Chips & More!

Assorted Pastries
Fresh Fruit & Yogurt Bar

Breakfast Buffet of:
Scrambled Eggs
Bacon & Sausage Links
Homestyle Hash Browns
Corned Beef Hash
Biscuits & Gravy



Assorted Juices, Coffee, Milk & Water

Westminster Towers Christmas Dinner



December 25, 2017
12:00pm - 2:15pm



Salad Bar of Fresh Vegetables & Composed Salads

Choice of Entrée

Roasted Cornish Hen * Honey Glazed Ham
Prime Rib of Beef

Choice of Four Side Items

Cornbread Dressing * Green Beans
Candied Yams * Broccoli Casserole
Lima Beans * Dilled Baby Carrots
Pineapple Casserole
Assorted Rolls

Dessert Cart of Seasonal Desserts

Please RSVP Early!

Circuit Training at the Towers

Wednesdays 10:00am-10:30am

You do not have a ton of time to exercise. You get bored easily. You need a more different routine. If these excuses sound familiar, it is time to try circuit training. A series of exercises done one after another, circuit training builds muscle while providing cardiovascular benefits, too! A typical circuit training workout takes just half an hour or less and it's safe for individuals with arthritis. In our CIRCUIT TRAINING CLASS, we tailor the exercises and exertion to the resident's ability level.

Here is what you need to know about circuit training:

We perform 10 different exercises, which can be all strength moves or a combination of strength moves and cardio that target upper and lower body. Depending on your fitness level we do 2-3 rounds of the exercises.

We use slightly lighter weights than you normally would – for example, 2-pound dumbbells instead of 5 – so you're able to complete the whole circuit.

Remember it is OK to skip a move if it hurts your joints. You will not ruin the workout by omitting one exercise or modifying it. Also, always get your doctor's OK before starting a new workout program.

Adopt-a-Resident Donations Needed!

There are still Manor and Health Center residents who have not yet been adopted! **The deadline for monetary gifts has been extended to December 12.** Please consider blessing our Manor and Health Center residents with a Christmas gift through Adopt-A-Resident. Everyone can participate by donating monetary gifts and giving them to the Towers' receptionists. Checks should be written to **Westminster Towers**. For more information, please contact Volunteer Coordinator, Debbie Dyches, at 803/328-5477 or ddches@westminstertowers.org.



Keeping the Miracle Alive

Christmas is about LOVE. Love is about GIVING.

It all started with God. “For God so LOVED the world, that He GAVE His only begotten son, that whosoever believeth in Him shall not perish but have everlasting life” (John 3:16).

It is God doing for us what we could not do for ourselves. Therein lies the miracle of Christmas. The people who sat in darkness and could do nothing about it now have light.

Those who were helplessly dead in sins and trespasses now have life. Those condemned with no escape from their sin debt now are forgiven.

The words of this song declare the truth, “He paid a debt He did not owe, I owed a debt I could not pay. I needed someone to take my sins away.”

That is exactly what God did. He met our need in the gift of His Son. He did for us what no person could ever do for himself. “Christ also suffered. He died once for all us guilty sinners, although He Himself was innocent of any sin at the time, that He might bring us safely home to God (I Peter 3:18 TLB).

The sight of a child who does not get what he wants pulls at the heart of everyone. As Christmas music resounds through the mall and shoppers pass by laden with packages, a child gazes wistfully into the window at the shiny red bike. He dares to dream of the wind caressing his face as he rides his shiny bike. Yet, he knows sadly in his heart it is not going to be. Only by a miracle.

There is a sadder sight. That of a child who does not get what he NEEDS. He does not even dare to wish for what he WANTS. He is too hungry. He only dares to dream of getting what he NEEDS just to survive. Only by a miracle.

There are few, if any, places on earth like the old city of Jerusalem. Narrow streets and cubbyhole shops with everything from dressed chicken to fruits, vegetables and leather goods. Once while walking through those crowded streets my oldest son Berny, who was then a teen, grabbed my arm. “Dad,” he said, “did you see that little girl back there? She was picking up scraps of food from the filthy street and eating it.” He was deeply touched and so was I.

Through the tears in my eyes I could see the tears in his.

As network news programs televise pictures of starving children, one can hardly watch. The emaciated bodies and whimpers of children too weak to cry pierce the heart of any caring person. Does God not

care? If so, why doesn't He do something?

He already has. He has given us the miracle of Christmas. Not only has He spiritually resurrected us, but He has blessed us with material substance through which we can perpetuate the miracle of Christmas.

When a child gives up his old bike, and a man or organization makes it like new for a needy child who dared to dream a miracle, they are perpetuating “the miracle of Christmas.” Every person who gives to feed starving children is keeping the miracle alive.

I challenge and encourage you to celebrate Christmas in the true spirit of Jesus. Be God's instrument of love and giving. Make it happen for a needy child or adult who dares to dream for a miracle. You can perpetuate the miracle of Christmas. Nothing would please God more.

Well yes, one thing would! Make the miracle happen for someone every day of the year. That would really put a smile on God's face.



Board Member Profile

On January 1st, J. Marty Cope will become the Chair of the Westminster Towers Board of Directors, replacing long-term Chair Jim Bright. Marty has had a long-time relationship with the Towers, serving on the board for two separate three year terms. Marty grew up in Cope, South Carolina, a small Orangeburg County community, named after his Great-Grandfather. He attended Clemson University, graduating from the Construction Management program, a part of the School of Architecture. Anxious to get quickly involved in construction, he joined the large Charlotte General Contracting Company, McDevitt and Street, as a construction project manager. Marty remarked that his eight-year stay with the firm was his invaluable, on-the-job training program for what lay ahead. Right after graduation he married his high school sweetheart, Fran, and they moved to Rock Hill, as Fran was in her last year at Winthrop University, majoring in Education.

In 1981, J.M. Cope Construction was formed and Marty was starting the pursuit of his long-term dream of establishing a quality commercial general contracting firm concentrating in the Rock Hill and York County construction markets. Startup was a difficult time, however. After 30 years of building in our community Marty retired and transferred a very successful business to his son, Andrew. He is proud of the work the firm did with the York County Moss Justice Cen-

ter and jail facilities, Family Trust Headquarters and many local churches. Today if you drive about Rock Hill, you will see the JM Cope sign on many projects underway in our community. Marty stated that we are in the midst of a major commercial construction boom fueled by the I-77 corridor and our proximity to the Charlotte Metroplex.



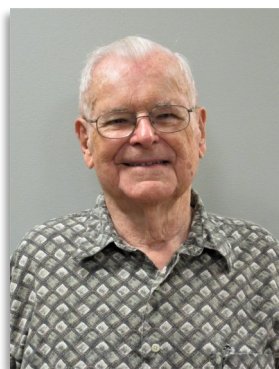
J. Marty Cope

Marty and Fran have four grown children and ten grandchildren. A son and daughter are in Dallas, affiliated with a large PCA congregation. The son is choir director and organist and the daughter events coordinator. The other two children live in the Rock Hill area and are affiliated with the construction company. Fran and Marty have been long time members of Ebenezer ARP as well as involvement with the Towers.

Marty views his number one priority, as board chair, the completion and approval of the Towers' Strategic Plan. The plan is nearing completion and, once approved, it will be the vehicle designed to keep the Towers competitive in the rapidly changing world of Senior Health Care. Marty stated that there is a "silver tsunami" heading our way and the Towers needs to have the facilities and plans in place, ready for this challenge. Marty is very confident that we will be ready.

~Ed FitzGerald

Welcome to The Towers!



Lew Fallon, Apt. 308
(Florida)

Beauty Salon Cosmetologist Rhonda Watkins has extended her special offer of six haircuts for the price of five. Rhonda holds cards in her file to record your visits. Remind her to punch your card each time you have a haircut.

The Towers' administration recently changed procedures with respect to payment at the Beauty Salon. All services now are charged to the resident's account. Payment by check or cash will no longer be accepted.

As an employee of Westminster Towers, Rhonda cannot accept tips. For questions or appointments, call her at **5128**. Chief services offered with corresponding prices, are listed below. Others are available on request. Be on the lookout for ongoing specials!



Women's Cut	\$16.50
Men's Cut	\$13.50
Shampoo & Set	\$18.00
Shampoo, Cut & Set	\$30.00
Shampoo, Color & Set	\$44.00
Perm (includes Set/Style)	\$65.00
Weekly Rinse	\$6.50

Contributions



Endowment Fund

In memory of **Hugh Barnett**
Joanne Cauthen
Ann Mohrmann

In memory of **Jean Belcher**
Pix Drennan
Lynn Hornsby

In memory of **Peggy Collins**
Joanne Cauthen
LaReine Chapman
Dorothy Kerr
Patricia Williams

In memory of **Monteze Snyder**
Nancy Thomas

*Thank
you*

In Memory

Jean Belcher • Doris Carlisle
Peggy Collins • Hazel Manos
Marion Schaefer

*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.*

The Towers CEO, Jim Thomason, recently received this thank you note from Ann Mohrmann, daughter of Hugh Barnett. The Barnetts were residents of the Towers for over 20 years. We thought it was worth sharing:

~Windows Committee



"My mom and dad moved to Rock Hill to be near family (grandchildren are such a pull!). They visited several retirement communities in the area, but ultimately chose the Towers because it was the closest to us. After a few months at the Towers, they changed "closest" to "best." They found a wide variety of activities, exercise classes, trips, and committees and quickly took advantage of most of them. As newcomers to the community, they felt that active involvement was the best way to feel a part of it. They also learned that no one wants to just sit in an apartment when there's so much to do! As time passed, the Towers became so much more than a retirement community; it became home. Their apartment was comfortable and the surroundings were familiar, but it was their fellow residents and the caring staff that really made them feel at ease and at home. They could never imagine living anywhere else and I never heard a single complaint other than the dinner portions in the dining room were too large! After 20+ years, that's a pretty good record!"

The Grief Group has changed its name to "Coping with Loss." They will meet on December 14th and resume their every other week regular schedule on January 11th and 25th. Hospice Social Worker, Michelle Jones, facilitates.

***Having troubles coping during the
Holidays?***

***7 Join us December 14 in the 2nd floor lounge
at 3:15pm.***

What's Happening in December?

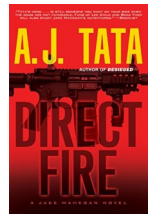
Check your calendar
and bulletin board for
added activities!

- 12/1 — White Home Christmas Tour, Depart @ 2:00pm, \$5 at the door.
- 12/5 — Shopping at Hamrick's, Depart @ 9:00am. Men welcome.
- 12/6 — Residents' Association Meeting @ 2:30pm, Heritage Hall.
- 12/8 — Westminster Catawba Christian School Jazz Band and Ensemble @ 1:30pm, Heritage Hall.
- 12/9 — Christmas Coffee, Duchess Rahn performance @ 10:00am, Heritage Hall.
- 12/11 — Collective Goods (Formerly Books Are Fun) Shopping, @ 10:00am, Community Room.
- 12/12 — Episcopal Communion @ 4:00pm. All are welcome.
- 12/14 — Christmas Party for Campus Residents @ 2:00pm, Heritage Hall.
Coping with Loss Group @ 3:15pm, 2nd Floor Lounge.
- 12/15 — Christmas Sweater and Jeans Day
- 12/20 — Towers Christmas Program "One Fabulous Show" @ 6:30pm, Heritage Hall.
- 12/29 — Odell's Retirement Farewell, Refreshments and Surprises @ 3:00pm, Heritage Hall.
3:00pm—4:00pm Staff to say Farewell
4:00pm—6:30pm Residents to say Farewell (residents are welcome to heavy hors d'oeuvres or dinner in the dining room)
6:30pm—8:00pm Dancing, Déjà Vu to perform.



FAMOUS AUTHOR TO VISIT TOWERS JANUARY 4, 2018

Brigadier General A.J. Tata, retired, author of a series of novels on military life, will be making a presentation on his new novel "Direct Fire" in Heritage Hall on Tuesday, January 4th. Time of the lecture to be announced later.



General Tata is a West Point Graduate with a Masters in International Relations from Catholic University and for a time was a fellow at the Kennedy School at Harvard University. He was Deputy General of U.S. Forces in Afghanistan and has held many other important commands. He is an Airborne soldier and a graduate of the U.S. Army Ranger School. The General donates 100% of the proceeds of his novels to the USO Metro DC Hospital for Wounded Warriors located at Walter Reed. Please plan on attending this exciting lecture. Copies of his new book will be on sale.

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**