

## Inside View

**J**im  
**T**ime

### One of Those Mysteries in Life

I was walking through the Community Room on a Tuesday in December. Sitting in a chair was Jim Sims, a long-time resident of Westminster Towers. His “late love” sweetheart Marion Schaefer passed away recently. She, like him, was a long-term Westminster Towers resident, and both of them had been in very long-term marriages for many decades. Both had lost their spouses, but they met at the Towers. What started as a friendship turned into a very deep love connection between the two of them. He is now over 90, Ms. Schaefer was in her middle 80’s. I would see them together all the time in the dining room, in our lobby, in the beauty shop. Many times they were holding hands, forever being kind, respectful and deeply thoughtful with and toward each other. It was a beautiful picture of romance, respect, friendship in late life. They pondered getting married. Both decided it was not the best, given their ages, but not being married did not inhibit an extremely mature relationship grounded in their life experiences and their mature faith.

I asked Dr. Sims in the Community Room that day, “What was it that caused your relationship to be so close with her?” He instantly shared with me that it is one of those mysteries of life that cannot be explained. He went on to say that Ms. Schaefer was good looking, very kind, intelligent, and nice to visit with. He shared her family, loved her, and was very good to her. Her death was a real loss to her family and to him. He went on to say that their love affair was beyond understanding. I thought during his sharing, it is ok in life to embrace this mystery.

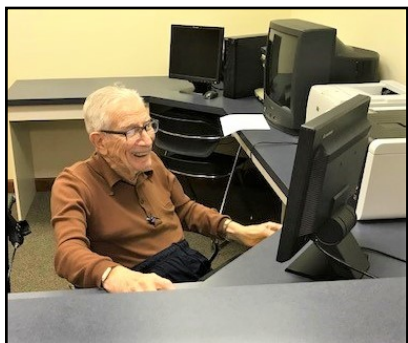
Finally, he mentioned to me that she was a born-again Christian, as he is as well. She is in heaven and he will see her again along with other loved ones. Clearly his loss of her is deep and he feels it daily. However, while dealing with his loss he celebrates her heavenly home. Perhaps this is what the Apostle Paul meant when he said, “we do not grieve as those with no hope.”

Mystery, lack of understanding, love affair, faith, hope.....it all blends together in ways beyond understanding.



**Jim Thomason**  
CEO

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**"Computerspurt," Frank Polito**



**Michelle Cookhorne and Betty Cunningham**



**Norma Chambers, Mary Alice Mitchell, and Van Chambers celebrating the 60th wedding anniversary of Bob and Nancy McDuffie**



**Bob and Dorothy Southwell at the Campus Christmas Party**



**Allison Matthews and Frances Workman**



**Dining Services (left to right): Kujan Hughes, Karina Chavez-Medal, and Shia Harris**



**Jennifer Allen, Dawn Martineau, Gene Bigger, Patrice Hinnant and Amy Laughlin**



**Don Hunt and Dawn Martineau**



**Beverly Henriquez enjoying the Special Christmas Dinner**



**Life Enrichment Team: Liz Gray, Ruth Burgin, Patrice Hinnant, Dawn Martineau, Jennifer Allen and Brianna Henry**



**2nd Floor Greeter**



**Pix Drennan and Gloria Cody at the White Home Christmas Tour**



## Welcome to The Towers!



Linda Lenz, Apt. 313  
(Rock Hill)



Betty Walters, Apt.  
615 (Rock Hill)

## New Year's Resolutions Again

Once again it is time to contemplate making a life style change by making a New Year's Resolution and sticking with it. The recent issue of AARP Bulletin listed a few ideas to help guard your memory. Fitness may be the best tool we have against cognitive impairment and dementia. Doing things in groups where there are friends makes these activities better for the brain. Keep an eye on your blood pressure and discuss this with your doctor.



Hopefully all of us will be making one or two resolutions this year for better health or something very special that will improve our lives. Let us in on your secret resolution and we will publish the unique ones in the February issue of Windows. Have a grand and healthy year.

## New Responsibilities Within the Accounting Department

**Kevin Johnson, CFO**, has initiated several changes in the Accounting Department designed for greater efficiency and improved communications with residents. They are:

- ⇒ **Tina Trout:** Accounting Manager, is responsible for the daily oversight of the accounting operations, month end close, account reconciliations, Financial Statement preparation and distribution, and multi-systems interface efficiencies. Ext. 5015
- ⇒ **Glenda Redmon:** Manage Rehab Unit Medicare billing, Medicare collections and Insurance issues. Ext. 5033
- ⇒ **Daniel Williams:** Manage billing for Independent Living, Manor and Skilled Nursing. Ext. 5039
- ⇒ **Jo Wiker:** Executive Assistant for CEO, Jim Thomason, as well as Accounts Payable. Ext. 5125
- ⇒ **Sydney McKinney:** Manages all medical supplies inventory, billing and cash receipts processing. Ext. 5027
- ⇒ **Peggy Jordan:** Payroll and Accounting History. If you are stuck, she can answer any question you may have about billing or accounts. Ext. 5019

### Left to Right:

Sydney McKinney, Tina Trout, Resident Ed FitzGerald, Daniel Williams, Glenda Redmon, Jo Wiker

Not pictured: Kevin Johnson, Peggy Jordan





## Meet Your Neighbor



For many years the most recognized merchandising family in Metro Charlotte was the Player Family and their Queen City TV and Appliances stores. It seemed that everybody in town knew, or thought they knew, **Woody, John, Chip and Roddey Player**. They featured their 11 stores as the place to get the best deal and service in the growing market for ever-changing electronics and appliances. The stores were constantly promoted in the newspapers and on TV with photos of the various members of the **Player** family and store managers of the growing chain of stores. **John**, the younger brother, joined **Woody** soon after he had opened a small electronics repair store in 1952. This store was located on West 2<sup>nd</sup> Street in what is now called "Uptown Charlotte." Business was brisk, repairing all the TV, radio and stereo equipment appearing in people's homes. In 1957, retail sales were added to repair and Queen City was on their way as the dominant local force for electronics and appliances with their friendly faces promoting honesty and reliability.

**John** was born and raised in Lancaster, SC, the youngest of 10 children. He said that it was always a bit crowded, but a loving and happy family situation. In 1948, **John**, joined a group of seven Lancaster young men who had decided to enlist in the Army for a two-year hitch. His enlistment was extended an addi-



John Player, Apt. 316

tional year, compliments of President Truman and the Korean conflict. Interestingly, the seven young men from Lancaster, except one, served their entire three years together! When he was mustered out, he returned home to Lancaster and married. There was not much work available in his home town and he decided to re-enlist for an additional three years. At Fort Jackson, **John** was an instructor in the culinary training school, called cook school by the troops. He spent most of his time posted in Germany assigned to the 4<sup>th</sup> Infantry Division. After returning again to civilian life, he attended an electronics school in Charlotte and joined his older brother, **Woody**, at the electronics store in 1954. Slowly the firm grew and

**John** remembered on the 13<sup>th</sup> anniversary of their founding they had only 13 employees. He retired after 34 years as Vice President and moved to North Myrtle Beach. By then Queen City TV and Appliances had grown to 11 stores.

He has four children and two step children. They, along with his physician, convinced him to locate to Westminster last fall. He still maintains his house at the beach and misses his golf and bowling buddies. You can always find **John** visiting with the early morning coffee pals that gather before 8:00 a.m. in the Café.

~ Ed Fitzgerald

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### Shepherd's Center Adventures in Learning Winter Session

Adventures in Learning is six weeks of stimulating lessons and challenging activities that enrich and inspire. Classes for the Winter Session included Current Events, Creative Writing, Arts and Crafts, Game Playing, Yoga Dance, Genealogy and visits from local authors. Classes are held right up the street at Oakland Baptist. If there is a reasonable signup, we will run the bus to the classes.

Classes are held on Monday mornings from 9:15 a.m. to 12:15 p.m. There is snack time, light exercise and a bit of old time song singing, all designed to get the students loosened up and ready to learn. Cost is \$20 for the six week sessions that start on Monday, January 22. Look for the flyer that will be available on the activities' desk in early January. It is a great way to start the new year with renewed vigor!



**Shepherd's Center  
Of Rock Hill Inc.**

# How to Set S.M.A.R.T. GOALS

It's that time of year again...time to focus on your New Year's resolutions. Many people begin an exercise program but abandon it before Easter. However, you can increase your chances for long-term success if you follow these five simple tips to achieve your fitness goals.

## **Specific**

Make sure your goals are precise and stated in performance terms. For instance, if you want to lose weight, your goal might be "to lose 15 pounds in the next 10 weeks."

If you want to improve your walking, your goal might be "to attend mall walking every Thursday evening in the next three months." If you want to improve your body composition, your goal can be "to reduce my weight by 10 pounds within the next six months."

## **Measurable**

A goal is measurable when it is easy to determine if it has been accomplished. A goal to "reduce my risk of disease" is not very measurable. A better goal is to "reduce my LDL cholesterol by 20 points within the next year."

## **Achievable**

One of the biggest mistakes people make while setting goals is that they set unattainable goals. Goals should be set high, but they must also be realistic. A goal to lose 20 pounds in four weeks is both unrealistic and unhealthy. Likewise, if you are new to running and set a goal to finish a marathon in two months, you're setting yourself up for both failure and pain. Make your goals challenging, but attainable.

## **Relevant**

Your goals should be **important** to you. Don't set a goal just because your friends, family members or exercise partners have set that goal. Your goals are your motivators to continue exercising, so make sure they are important to you.

## **Time-Bound**

Make sure each goal has a specific time frame for completion. This allows you to easily determine if it has been achieved. It also increases the likelihood that you will accomplish each goal since you know the clock is ticking. For example, the goal "I want to lose 15 pounds in 10 weeks" has a time frame.

\*For any questions on fitness goal setting, contact Liz Gray or Ginny Kight at ext. 5126.

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## **You're Getting a New Medicare Card!**

The Federal Government has listened to consumer complaints and will be issuing new Medicare cards between April 2018 and April 2019. These new cards will remove your Social Security number and each person will be mailed a new card with a new Medicare Number. This will help keep your information more secure and help protect your identity. All the information you need will be included with your new card.

Please beware of anyone who contacts you about your new Medicare card. The Government states that they will never ask you to give personal or private information to get your new Medicare Number and card.





# Board Member Profile



Anne Harty

**Anne Harty** is one of two women on the 16 member Towers Board of Directors. I found this a bit strange, as the resident population of the Towers is predominately female. Regardless of this shortage, I found that after talking to **Anne** for five minutes I was convinced that her impact on the Board will surely make up for the under-representation of women on the Board.

**Anne** has spent most of her life connected to the Rock Hill Community. Her father **Coleman Poag**, a real estate broker, was active on the City Council and then represented Rock Hill as a State Senator in Columbia. Her mother, **Genie**, was busy raising five children and very active in church and worked tirelessly at the Shepherd's Center's Adventures in Learning Program for seniors.

She received her Bachelor of Science Degree in Business Administration from Winthrop University in 1987 and received her CPA very shortly after graduation, scoring in the top 2%--a major accomplishment. After working for small accounting firms, she joined the County's management team as Treasurer from 1991 until 2005. She left the County to join the City of Rock Hill as Customer Services Director and was promoted to Chief Financial Officer in 2010. During her tenure at the City, she has earned several prestigious awards and honors. In 2015, she received the Outstanding CPA in Local Government Award from the American Institute of CPAs, selected from a candidate pool of over 12,000 nationwide. In 2017, the Charlotte Business Journal recognized **Anne** as CFO of the Year in the non-profit/government category for the Charlotte region. She was cited for "her deep community connection and passion for excellence." The scope of her management responsibility is impressive. She currently has 25 employees in her department managing a budget of over \$236 million!

Husband, **Brian**, is an electrical engineer at the Catawba Nuclear Station and the family is very active at Westminster Church. They manage a blended family of five children.

~Ed FitzGerald

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## A Note from the Resident Association Treasurer...

Over the years your Resident Association fee of \$5 per year per resident has done the following:

- Purchased the dining room dessert trolley.
- Provided new directional signs for apartments on all floors.
- Mailed greeting cards to residents for special occasions.
- Purchased the US and SC flags in Heritage Hall.
- Purchased globe in library and several card tables.
- Other projects to enhance the quality of life in the Towers.

~**Buzz Benson**, Association Treasurer



Buzz is ready to receive your donation, either in person or placed in an envelope marked for Buzz in apartment 620. Don't forget to write your name on the outside of the envelope. The annual fee is \$5 per resident person per year. Buzz hopes to report 100% participation by residents. Fees are due starting January 1<sup>st</sup>. Thanks for your early cooperation.

# Contributions



## Endowment Fund

In memory of **Jean Belcher**

Joanne Cauthen

Dicksie Ward

In memory of **Doris Carlisle**

Jeffrey Carter

Harry Dalton

Dicksie Ward

In memory of **Peggy Collins**

Helen Bennet

In memory of **Philip Nichols** (son  
of Derek and Kathleen Nichols)

Lynn Hornsby

In memory of **Marion Schaefer**

Billie Bell

Helen Bennett

Joanne Cauthen

LaReine Chapman

Gloria Cody

Harry Dalton

Pix Drennan

Ethelyn Hayslett

Lynn Hornsby

Ernestine Howard

Dorothy Kerr

Betty Mahan



*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.*



**From the desk of South State Bank  
President to Jim Thomason, CEO:**

Thank you for meeting with me and working with me to find a solution for the banking needs of the Residents at Westminster Towers. We have moved the Park Sterling conversion date to April 20, 2018, so no changes will take place until this date. The new date gives us additional time to work toward a solution. I look forward to meeting with you again in January to continue our discussion.

Thank you and Merry Christmas to everyone at the Towers!



Kevin Blackwood  
Piedmont Regional President  
1127 Ebenezer Road  
PO Box 3186



## Neurobics

Mondays, 1:45 p.m.

### **Laughter in the Community Room?**

You exercise your body, why not your brain? In our Neurobics class, we focus on stimulating our minds in FUN ways, because that's what Neurobics is: exercise for your brain. Expect variety: individual puzzles and group activities. Some people like number games and others like words. It's different every week! No prior knowledge is required. **Come join the fun!**

## In Memory

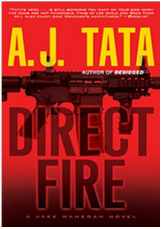
Anne Padget  
Pat FitzGerald

Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. (2 Corinthians 5:17, NKJV)

# Coming up in January!

## General Tata Appearance and Book Signing

January 4<sup>th</sup> • 2:00 PM • Heritage Hall



After serving in the U.S. Army for 28 years, Anthony J. Tata retired as a Brigadier General and set out to become an award winning military novelist. As an advocate for veterans, 100 percent of the proceeds from Tata's *Threat* series has been donated to the USO Metro DC Hospital Services fund for Wounded Warriors at Walter Reed Army Medical Center. General Tata's last combat tour was as the Deputy Commanding General of the Allied and Joint Task Force in Afghanistan where he earned the combat Action Badge and the Bronze Star. Currently, he is the National Security Expert for One American News Network on *Tipping Point*. He also appears frequently as a guest commentator on Fox News, the NBC *Today Show*, the CBS *Early Show*, and CNN.

He will be introducing his new novel, *Direct Fire*. (Kensington Books, Dec. 26, 2017). This novel delivers a story as exciting and adrenaline-charged as it is alarming. With stunning authenticity, General Tata explores the potentials and damage of sophisticated cyberwarfare coupled with terrorist ground forces on American soil as an ISIS cell gathers in the North Carolina mountains to avenge an American strike in Syria—known as *Operation Groomsman*.

Come to the book signing in Heritage Hall on January 4, at 2:00 p.m. to find out more about General Tata's military experience, life after retirement and receive a personalized copy of his new book, "*Direct Fire*." Cost is \$26 for Westminster Towers Residents and \$30 for guests. Please contact Dawn Martineau at 803-367-1145 or [dmartineau@westminstertowers.org](mailto:dmartineau@westminstertowers.org) for reservations or questions.

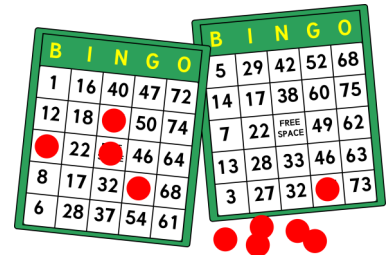
### Also in January:

- ♦ Mint Museum trip featuring the Tony Award Winning William Ivey Long costume exhibit and more!
- ♦ "The 5 Browns" performance in Charlotte, NC, featuring five siblings who all attended New York's Juilliard School – the first family of siblings ever accepted simultaneously.
- ♦ Winthrop Men's Basketball Game
- ♦ Episcopal Communion, Jan. 9, 4pm, Community Room, All welcome.



## January Wellness Challenge FITNESS BINGO

Starting January 1<sup>st</sup>, we will pass out fitness BINGO cards. Each group exercise class (stretch, water aerobics, dance class...etc.) will call the numbers. We will have prizes for cover-all and for vertical, horizontal or diagonal. Stay tuned and check the bulletin board for more details and other fitness classes!!!!



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**; CEO: **Jim Thomason**; Director of Life Enrichment: **Patrice Hinnant**

