

Inside View

*“You must never be fearful about what you are doing when it is right.”
—Rosa Parks*

Then and Now

Jim
Time

Recently one of our energetic residents approached me wanting to increase our intellectually stimulating current events offerings at the Towers. I promptly followed up on his request. Though he is in his 97th year of living, he is concerned about current events and the future of America. After that conversation, a Board member sent me a link from a SCETV program, *Palmetto Scene*, titled “Civil Rights Journalist Made a Difference in Rock Hill.” It is the story of our resident Marshall Doswell, born in 1921, and a cherished resident who lives here in independent living. The article depicts a person’s life committed to doing the right thing in the right way, and making a difference in the lives of his community and “all” its citizens. We are putting the program on our Towers TV 99 for residents to see the interview.

Marshall was the Managing Editor of *The Evening Herald* in 1957, where he used the platform of the freedom of the press and speech to speak out for racial justice in an era where for many it was not a welcomed message. Marshall’s journey was to speak his mind, but to speak his mind from a platform of understanding the importance of how living together and listening to one another is the hard work of understanding and change. Last November, he was honored as a Freedom of Walkway Local Hero by the City of Rock Hill for his contributions to social change. Marshall, along with countless other civil rights leaders, endured the challenges and slow pace of change. However, given his long life and his keen intellect, he has lived to see positive changes.

These days, with our climate of political leaders and the media both being “loud” versus “listening” on all sides of the political spectrum, perhaps we can learn from Marshall Doswell the importance of speaking the truth, but doing it in a way that with trust brings people together, not tearing people apart.

Not only did Marshall make a difference in 1957, if you are around him, he continues to make a difference in 2018 as a treasured resident here at the Towers, encouraging me as the CEO, and keeping up with his community, state, nation and the world. You see the Marshall of 1957 carried forward to the Marshall of 2018, perhaps older but certainly wiser. Ever faithful in his beloved Oakland Avenue Presbyterian Church, ever present at his lunch table, at the Men’s group, and News and Views, he contributes to all of us at the Towers.

I am so very proud to count him as a dear friend who has always been ahead of his time in his thinking and reflecting.



Jim Thomason
CEO

Towers 'Round Town



Ed FitzGerald, Don Hunt, Lynn Hornsby and Larry Stroman watching the Winthrop Eagles.



Allison Matthews, Odell Hope and Patrice Hinnant celebrating Odell's retirement.



Don Hunt and Spencer Anderson at the Pearl Fryar Topiary Garden in Bishopville.



Derek and Kathy Nichols, Pix Drennan, Spencer and Lib Anderson, Don Hunt and Jamie Sullivan at Mr. B's restaurant in Bishopville.



Luz McDade and Vernon Sumwalt at the floor social.



Ruth Page, Betty Spradley and Jane Watkins at a performance of the "5 Browns" at Central Piedmont Community College.



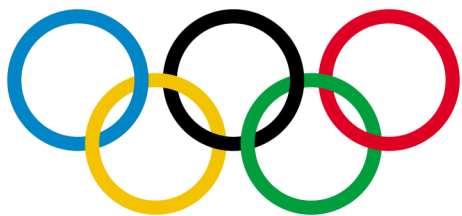
My special view from floor number 2
sees the putting green always looking so new.
Though now covered in white fluffy snow
it's waiting for spring and summer you know.

The snow will soon make a retrieve
reviving thoughts of a calm putting eve.
When winter retreats and fresh spring returns
we can return to golf
for which our heart burns.

Show this beauty in a color brochure
to attract ex golfers
who might not be sure
that they want to hang in a place like this.
Let's open their eyes to an outlet of bliss.

-Pinky Funderburk

Winter Olympics is coming!



Join us for the 2018
Towers Winter Olympics:
February 9 - 23
Please check the calendar
and bulletin board for all
events.
**Bring your enthusiasm
and team spirit!**

Towers Employee Funds

There are two funds that have been established to assist Towers employees. Residents may contribute to these funds to honor friends, recognize excellent employees or make a charitable gift.

- The Employees Assisting Employees Fund exists for those workers that have encountered financial difficulties. It is managed by employees.
- The Ethel King/Rita Marx Education Scholarship, established by two former residents of the Towers who believed strongly that their fund should support employees' efforts for educational development in the Health Care field. Mrs. Marx was the mother of Pat FitzGerald.

Please consider these funds in your charity planning for 2018.

American Heart Month/ National Wear Red Day

The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Please join the WELLNESS TEAM in celebrating American Heart Month!



Feb. 5th - **National Wear Red Day**

Feb. 6th - **Heart Walk (HH)**

Feb. 6th - **Heart Healthy Social and talk by Heather Miller, BSN (CR)**

Welcome to The Towers!



Ruthann Poore, Apt #309
(Rock Hill)

Love one another
as I have loved
you.
-John 13:34



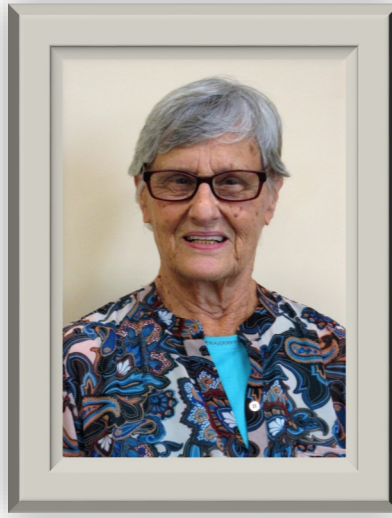
Meet Your Neighbor



When I first contacted **Ann Geier** as a possible subject for this month's newsletter she was hesitant: "Nothing special about me." After finally agreeing to sit and visit with me I found that **Ann's** life, prior to moving to Westminster, was indeed special. She was born in Orlando, Florida, and her father was a naval aviator, then Pan Am pilot and then back flying in the navy. Up until fifth grade, the family spent most of their time moving due to navy duty station assignments and Pan Am flight assignments.

She spent several years living in Mexico where her dad was based with Pan Am. As a small child, moving back to Florida, she spoke Spanish. The family was always on the move. They lived in Orlando, Norfolk, VA, Forest Hills, NY, Atlanta, GA, Pensacola and finally back to Orlando. She told of a funny incident, during her first days at school in Atlanta. One of her new classmates advised her: "We don't wear Mary Jane's anymore." **Ann** was mortified, but did acknowledge that the Atlanta girls were more sophisticated than she was.

She attended Florida State and then Rollins College in Winter Park. She left school and went to work in Orlando's Citizens National Bank. While working the teller window, an old friend from FSU, **Joe**, stopped by and renewed their friendship. They shortly married and moved to DeLand, Florida, while he was finishing his degree at Stetson University. **Joe** began



Ann Geier, Apt. 413

working in Human Resources for Burlington Industries and they moved every two years to plants in North and South Carolina. Always active, she and **Joe** developed a love for tennis and social life that surrounded the sport in the new communities that were their homes. **Joe** eventually started his own textile personnel placement firm and they semi-retired in Keowee Key, SC. The pull of Florida became stronger and they bought a fifth floor condominium and relocated to Daytona Beach.

Eventually **Ann** decided to move on her own to Charlotte and be closer to her daughters **Whitney** and **Leslie** and grandchildren. After tiring of apartment life, she built her own small studio sized home on one of the daughter's large property. There, she did extensive yard work and helped care for horses and was an outdoor handy person.

Feeling that she was slowing down mentally, she searched retirement facilities and found what she wanted at the Towers. Here she found a minimal care residence, close to family and with plenty of activities. And does she participate! She has the Month's Activity Schedule always with her. A firm believer that participation sharpens her mental acuity, she does Balloon Volleyball, Soccer, Rummikub, Kitchen Band, Neurobics, half hour sessions in the pool, and she is searching for more activities. Say hello to an active resident who lives in #413. She is quite a character!

~Ed FitzGerald

We did not receive any New Year's Resolutions from residents for 2018. Must be that everyone is happy. However there were a few good suggestions on the internet that may be worth considering:



- ⇒ Keep a journal about special memories in your long life.
- ⇒ Drink a full glass of water before each meal.
- ⇒ Eat very slowly and you will eat less.
- ⇒ Go to bed and rise the same time each day.
- ⇒ Avoid desserts and eat fresh fruit. 4



Memory Lane...

When I learned that Anne Harty had been named to the Towers Board of Directors, I thought of her grandmother, Mary Poag, a wonderful, kind lady I knew and loved.

My mother came from Australia to visit me in 1950. During the four months of her visit, she made friends with a number of women in Rock Hill and bonded especially with Mary Poag. In May of that year, they celebrated their 50th birthday together.

When leaving to return home, my mother asked Mary if she would be my American mother in her place, and “Mamie” became a wonderful friend and mother to me and my family over the years and enriched our lives greatly. She took us to Asheville to visit her Aunt Minnie and many other places.

Mary’s son, Coleman, married Genie Holroyd and they had five children: Coleman, Mary, Anne, Charlie and Polly. Mamie loved visiting her grandchildren and often took me with her.

Years later, after Mamie moved to Clinton to a senior place and my husband and I moved to Banner Elk, NC, we lost touch with many Rock Hill friends. I remember Anne as a sweet little four or five-year-old girl.



~Pix Drennan

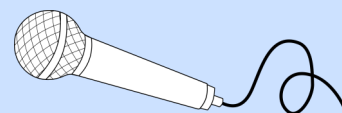
Answers from Amy

Dear Amy—After the last Residents’ Association Meeting on December 6th, there were several complaints from residents about the difficulty they experienced hearing several of the speakers. Apparently the sound system was not working properly or some of the presenters do not know how to speak properly into the microphone. Can you help find a solution for this problem?

Amy’s response: What an excellent question! I know that it can very frustrating if you are hard of hearing and can’t understand important information that is being shared. Let me clarify:

1. The sound system in the Heritage Hall works very well, if it is being used correctly.
2. People wearing hearing aids often cause feedback (screeching noise) when speaking into microphones. It’s a well-known problem, but very little can be done about it.
3. People wearing hearing aids often speak very softly into microphones, as their voices sound very loud to themselves. **It is imperative that each person giving a report or presenting information speak clearly, loudly and slowly.** Each word should be enunciated and the speaker must do their best not to mumble. Even if they are a little nervous in front of an audience!
4. For reasons unknown, the corded microphone on the stand is a little louder than the cordless handheld microphones. All committee chairs will be encouraged to give their reports using this microphone at future RA meetings.

P.S. Many residents have commented that they can hear Dawn, Patrice and me better than many others. We have a lot of experience in speaking in front of an audience whose members are hard of hearing and we’d be happy to offer some microphone elocution lessons! ☺

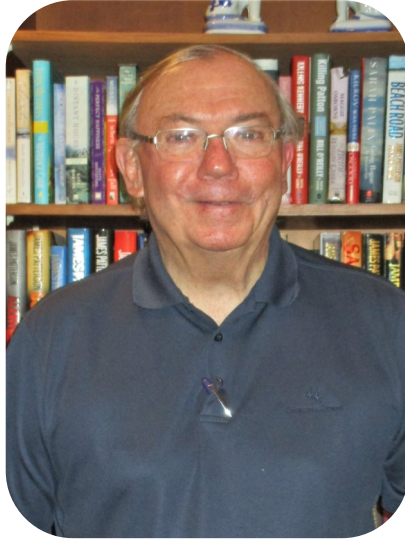


Board Member Profile

It is hard to categorize **Bob Breakfield** by what he does. Is he a practicing lawyer, a university professor, a master chef or a hard charging hiker? **Bob** is all of these vocations and more. He has been on the Westminster Board of Trustees for more than 15 years—can't remember exactly. He has taught Tax and Business Law at Winthrop University for 40 years—just recently retiring. He made a commitment to hike all the 2,189.1 miles of the Appalachian Trail. It took 25 years to accomplish this feat but he did it hiking south to north. All this time he has maintained a private law practice that specializes in Tax, Estate and Business Law for numerous clients. He is an expert at Mexican cuisine and has developed the preparation of a complete Mexican meal that will be served in the home to the winner of charity auctions. The meal is for 8-10 people, prepared, served and cleaned up by **Bob**. He estimates that over \$80,000 in auction funds have been raised by his gift to local charities. I have witnessed him in action with these meals and he is amazing!

A native Californian, thus the connection to the Mexican cuisine, earned a law degree from Cal Western University, entered the service and was assigned as a JAG to the Marine Air Station Beaufort, SC. When his Marine service ended, he attended Boston University earning a LLM Master's degree in Taxation. After a few years with the IRS in Washington, he came to Winthrop to establish the Taxation Department in the School of Business.

Always an energetic person, it was an easy decision to make the entire trek on the Appalachian starting at Spring Mountain, Georgia, heading north to the trail end at Baxter State Park, Maine. He made a plan of attack, stuck with it and completed all the sections of the trail during the 25 years it took to accomplish



Bob Breakfield

the goal. He usually would devote a week for travel and hiking several times a year. He carried a pack that weighed 19 pounds that included a tent, sleeping bag, food, and minimal clothing. He consumed dehydrated trekking meals and used a sophisticated water filter pump to purify his drinking and food preparation water. He never got sick! His rule was to sleep away from the permanent shelters that are located along the trail. They were too noisy and snakes hung out there feeding on the mice that also lived at these shelters. There were ropes at the shelter so that the hikers could hoist their food caches up into the trees at night away from the bears. The most important item in trail hiking, according to **Bob**, is a good pair of boots and he wore out several. He preferred to hike solo as it cleared his mind and generated more energy to maintain his pace. Maine and New Hampshire were the most difficult parts of the trail.

He has a very interesting view on being a board member. He stated that most of the board has had a relative or close friend that lived at the Towers, thus they are connected. He sees the management and staff as comprised of local people that are dedicated to provide the best resident care available in our community. The new models for care communities, he states, are part of corporate multi-unit business and bottom line oriented. They, by their very nature, have not grown out of the local community like the Towers. This is a uniqueness that can be marketed. Fortunately, **Bob** is on the Marketing Committee and is currently reviewing the newly issued Strategic Plan and anxious to integrate its guidelines into an effective strategy to market our facility and living units.

~Ed FitzGerald

Contributions



Endowment Fund

Clover High School
Daniel and Virginia Barnes
Jean Barnes
William and Louise Bell
Jim and Nancy Bright
Joanne Cauthen
Ginny Dunn
Ed FitzGerald
Sylvia Holley
Robert and Dorothy Southwell
Betty Worrell

In memory of **Doris Carlisle**
Jeffrey and Denise Carter

In memory of **Pat FitzGerald**
M.A. and Linda Bailey
Helen and Leon Bennett
Gene and Imogene Blackmon
Jim and Nancy Bright
John and Wilma Bucy
Joanne Cauthen
Mace Coleman
Pix Drennan
Ed FitzGerald
E. Gault
Lynn Hornsby
Sig and Judy Huitt
Jane Maraia
Joann McMaster
Gerald and Barbara Schapiro
Nancy Thomas
Dicksie Ward

In memory of **Dorothy Hunter**
Jean Barnes
Dicksie Ward

In memory of **Ruth Johnson**
Bruce and Kristen Rhyne

In memory of **Philip Nichols**, (son of Derek
and Kathy Nichols)
Ed FitzGerald

In memory of **Marion Schaefer**
George Bacon
Paulette Bacon-Gilbert
Gene and Imogene Blackmon
Pat Bramer
Jim and Nancy Bright
John Freiwald
Ann Hayes
Thomas Hayes
Sig and Judy Huitt
Pansy Kirkpatrick
Polly Schuerg
Dicksie Ward

In Memory
Dorothy Hunter
Bob Benson

Building Fund

Frank Kiser

Education Fund

Robert and Elizabeth Edgerton
In memory of **Pat FitzGerald**
Ed FitzGerald

Manor Activity Fund

In memory of **Doris Carlisle**
NL Gehlbach
Martha Johnson

Thanks

*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.*

February Events!

- 2/3 — Life Long Learning Lecture, Dr. Vic Shukla
2:30pm, CR.
- 2/4 — OAPC Communion, 2pm, CR.
- 2/5 — Brandi, the Marvelous Mini Horse, 11am, HH.
- 2/7 — Winthrop Basketball vs Radford. Depart 6:30pm.
- 2/9 — Westminster Towers Winter Olympics Opening
Ceremony, 2pm, HH.
- 2/13 — Episcopal Communion, 4pm, CR.
- 2/14 — Valentine Party and Crowning of King/
Queen/Duke/Duchess/Prince/Princess, 2pm, HH.
- 2/14 — Ash Wednesday. Lent begins.
- 2/17 — Broadway Show Music, 3pm, HH.
- 2/24 — Winthrop Basketball vs Charleston Southern,
Depart 1:30pm.



NOTE: During the Olympics, various events will be broadcast on the TV screens in the Movie Theater and Community Room. Check the bulletin board or Channel 99 for details.

St. Valentine's Day Menu



February 14

French Onion Soup

Traditional Caesar Salad ** Tossed Salad
Mini Crab Cakes with Remoulade

Roasted Beef Tenderloin with
Shrimp & Béarnaise Sauce

Chicken Piccata

Red Potatoes with Parsley & Butter
Asparagus wrapped in Bacon

Sautéed Hericoverts with Pecans

Dilled Baby Carrots

Don't Forget Your Resident Association Fee!

Buzz Benson, Association Treasurer, is now accepting your \$5 per person donation. Don't forget to write your name on the outside of your envelope along with "Buzz" at apartment #620. Fees have been due since January 1, and he is anxious to report 100% participation by residents. Thank You.

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**