

Inside View

Jim
Time

“Thank You, Rhonda” Campaign



Rhonda Watkins
Cosmetologist

Friends of the Windows, I believe I am preaching to the choir when I share that “everyone loves Rhonda.” Rhonda came to the Towers in 2000 as our cosmetologist and has faithfully served our residents across campus. She has done all kinds of hair care from under the dryer with hair rollers (something I don’t understand as a guy but the outcome always looks great!!!), perms, haircuts and anything else a resident asks. However, beyond her expertise as a cosmetologist, there is something that comes from her heart: she loves our residents, our families and our staff. She provides great service, but she excels at loving, caring, praying, accepting and understanding. Rhonda “makes the shop:” it is a happy place because of her.

While Rhonda herself is not worn out (though she works very hard), her shop is worn out from years and years of serving Westminster Towers’ residents. In fact, Rhonda is so special that residents look past the worn out shop! It is past time to encourage Rhonda by saying “THANK YOU, RHONDA.” We are excited about the Dining Room renovation project moving forward and I just don’t want to upgrade the Dining Room without upgrading Rhonda’s shop!

I am extending an “appeal” to all who know and appreciate Rhonda to give a designated gift to the Towers for the **“Thank You, Rhonda” Campaign. 100% of the gifts will be in honor of Rhonda and 100% will go towards the needed remodeling of the shop.** We want her to have a new and attractive environment in which to cater to the needs of current and future residents. I have already asked the architectural firm that has been engaged for the Dining Room renovation project to provide design services for the beauty shop as well. Rhonda will be at the forefront of equipment selection and design of the floor, wall coverings and wall finishes. She also needs a new desk and storage facilities.

Please send your tax-deductible, donations to my attention and label the check “THANK YOU, RHONDA” CAMPAIGN. At the end of the project, we will recognize all individuals who generously contributed towards the project.

Rhonda, thank you for your hard work and professionalism, and thank you most of all for how you care for and love those you serve.



Jim Thomason
CEO

WT Olympics Games



Gold, Red Team (5th Floor)



Silver, Black Team (4th Floor)



Bronze, Green Team (3rd Floor)



Honorary Winners



Mary Alice Mitchell with
Mrs. North Carolina

Towers 'Round Town



Lois Dasher and Gene Bigger are
ready for Church.



Vanessa Swetnam and Janet Billey
playing Rummikub



Betty Worrell playing
pool Volleyball in the
WT Olympic Games



King and Queen, Derek
and Kathy Nichols



Duke and Duchess,
Elaine Thomas and
Chef Rick



Dickie Ward
enjoying a cup of tea
during the Tea Party



Princess, Betty
Cunningham



Prince, Ed McPoland



Louise Whitfield with
Brandy, the Marvelous Mini
Therapy Horse



Bob McDuffie and Lee Smoak
enjoying the Low Country Boil



Meet Your Neighbor



There has always been a piano in the household of **Nancy** and **Bob McDuffie** and they continue to maintain this tradition as she plays and he listens to the family spinet piano, still with them, in Apartment 614. **Nancy**, a Cameron, SC, native, was given this piano when she was 10 years old and as she learned to play, developed a love for music that has been an important part of her and **Bob's** life. She attended Columbia College, naturally majoring in Music Education. She was introduced to her future husband by a distant relative; **Bob** was living and working in Charleston at that time. After her graduation, they married and moved to Nashville, Tennessee, where **Bob** earned his degree from G.P. Peabody College, now part of Vanderbilt University. While **Bob** studied, **Nancy** taught pre-school and gave private piano lessons.

Bob joined International Harvester Company in the Charleston operations, and over the next 28 years with the company, they lived in Charlotte, Atlanta, Kansas City and finally Racine, Wisconsin. During these IH years, they raised three daughters; however, they lost a son to cancer at a very young age. When **Bob** retired, the girls, all teachers, had married and were now living and raising their families in the Charlotte/York County area; so a move to Rock Hill was an easy decision. **John Hunter**, now a resident in Apartment 619, had recently assumed the

Headmaster responsibility at Catawba Christian School and needed someone to lead the accounting and financial matters of the school. He told **Bob**, "I will manage the students, and you will manage the money." **Bob** signed on and

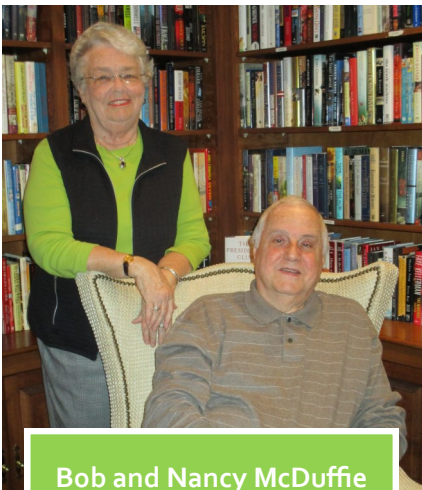
"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

- 1 Peter 4:10

worked six years at the school before retiring again.

In the early 1990s, **Lydia Smoak**, deceased wife of **Lee Smoak**, currently, a resident in Apartment 612, had started a music and devotional ministry that met every Friday morning in the activities room, especially for the residents of the second floor Skilled Nursing. She asked **Nancy** if she would join the ministry and assist with the hymns by playing the piano. This ministry continues to this day with **Nancy** at the piano and **Tony Caruso**, as chaplain, involving these mostly wheelchair bound residents in rousing song and biblical readings.

Bob's second retirement did not last long and he joined the staff of "Shepherd's Fold" book store on Cherry Road. There he renewed his working relationship with **John Hunter** who was also working at the book store. He worked there for 15 years before finally retiring for good! Two years ago, they and their beloved piano moved to the Towers and the music continues. When she is needed, she willingly will sit in for the resident pianist at the Thursday evening Hymn singing. Having their daughters, sons-in-law, and six grandchildren close by is a joy, **Nancy** said. Their second best joy is time spent at their mountain cabin home near Lake Jocassee, where the peace and quiet of nature is only occasionally interrupted by a short energetic family visit.



Bob and Nancy McDuffie

Apt. #614

~ Ed FitzGerald

Keeping Your Health in Mind

Chef Rick Schmitt, CDM, CFPP

Over the last few months I have received questions from some of you about different products we use to prepare your food, and whether they are healthy for you. Let me bring you up-to-date on changes we have made since last March:



Frying oil was changed as soon as I began serving you to Optimax, a high-grade, Trans Fat Free Canola oil. Also, other oils in the kitchen were changed to canola/olive oil blends, and pomace olive oils. The margarine was changed in late summer to a European Butter/Margarine blend for its stability and flexibility with all food products.

All soup bases were changed to Low Sodium, Gluten Free products from which we adjust the sodium by taste. This also gives us the ability to serve individuals low sodium diets if they prefer.



Many of the pies, both fruit and crème pies, have been changed to “No Sugar Added” brands. All gelatins made in the kitchen are Sugar Free. All puddings have been changed to Sugar Free. Also, all canned fruits used are packed in water or fruit juice (not syrup).

We have added many “superfoods” to the menu and salad bar over the last year - “although not well received.” We have used quinoa, couscous, whole grain wild rice, and most recently Edamame. We are even stocking Kashi cereals and other health based cereals that are high in fiber, minerals and vitamins.



The latest change occurred in January of this year. The chicken products that we now use (bone-in, skinless, boneless, and breaded) are all “No Antibiotic Ever” birds.

We will continue to keep your health in mind as we plan menus, recipes, and products for use in the Towers’ kitchen. If you have questions about any products that we serve, please ask me. I am happy to keep you up to date on what you are eating.

Tips to Help “Spring Clean” your Medicine Cabinet



As you open up your medicine cabinet you might find some old prescription bottles or leftover medicine that “might come in handy someday.” Those medications may be expired and could be potentially harmful to you and the environment if not discarded the proper way. **Be careful about throwing out medication.** Because of the potential harm to the environment, it is not recommended to simply throw out medications or flush them down the toilet.

Here are some other tips to help you discard of expired medications the proper way:

- Examine everything in your medicine cabinet, including ointments, supplements and vitamins. Discard any item that is beyond the expiration date. Many medications lose their effectiveness after the expiration date. Some may even be toxic.
- It is NOT recommended to simply throw out medications or flush them down the toilet.
- Remove any identifying information on the prescription bottles (like the label).
- Do not give unwanted or expired medications to someone else for disposal.
- Winthrop’s Police Department is available 24/7 for medication disposal.

Address: 701 Oakland Ave, Rock Hill, SC 29733

The bus is available on any drive day to take residents to the Winthrop medication drop box for your convenience!



An Easter Message... Angels Still Make House Calls



As we approach EASTER, we prepare to celebrate the most significant event of all of human history... the resurrection of Jesus Christ. The crucifixion of Jesus was the implementation of God's plan, formed before the creation of the world, to provide a way of redemption and salvation for lost mankind. The resurrection of Jesus was God's confirmation that the plan had satisfied both God's holiness and love for "whosoever will believe." It sealed for all eternity the last words of Jesus from the cross, "It is finished." (John 19:30)

This annual celebration of Christ's resurrection contains more than enough spiritual truths and practical life principles to fulfill a lifetime of Bible teaching. Its meaning and truth are inexhaustible.

Privileged, by His grace and love, to observe another Easter, God's word shared with me to share with you, centers on Mary Magdalene, and Mary the mother of James. On the day after the Sabbath, they went to the tomb where Jesus' body had been placed. The women were on a mission from God to anoint the body of Jesus with sweet spices.

They came with heavy hearts. They had witnessed Jesus, whom they loved, believed to be the promised Messiah and their hope of glory, suffer, perish, and "give up His spirit," on a Roman cross. In addition they were preoccupied with anxiety and despair.

Why? Listen as Mark, the Gospel writer explains: "And early in the morning the first day of the week, they came to the sepulchre at the rising of the sun. And they said unto themselves, 'Who shall roll away the stone from the door of the tomb for us?'"

Evidently they were aware Pilate, having heard Jesus say He would rise in three days, wanted to eliminate the possibility of any fake resurrection. So he ordered the tomb be secured by guards and a huge stone.

The women feared their mission was hopeless. They had no way to roll away the stone. Anxiety, frustration, and hopelessness obsessed them...

Can you identify with this feeling? Have you ever found yourself in a similar situation? Well, I sure have. I suspect you have also. To feel God has given you a specific mission for Him, only to encounter a huge "stone," obstacle, standing in the way, one which

we have no way to roll away ourselves. A feeling of defeat sets in. But wait! Let's look at what happened (Matthew 28:1b-2): "And when the two women arrived at the tomb and looked, and behold, there was a great earthquake: for the ANGEL OF THE LORD descended from Heaven, and came and rolled back the stone, and sat upon it"... (vs. 5-6) "And the angel said to the women... Fear not... He is not here, for He has risen!" They were rewarded and blessed to be the first persons to hear the announcement of the Lord's resurrection.

Yes, indeed, my friends. ANGELS STILL MAKE HOUSE CALLS!!! Just as He did for the two Mary's; Shadrach; Meshach and Abednego in the fiery furnace; Daniel in the lion's den; Peter and Silas in the Roman prison; Jesus following His baptism while in the wilderness being tempted by Satan but being ministered to by an Angel and many other occasions during His incarnation; as well as on many occasions in Biblical and post Biblical history, and many current events as fresh as your evening news or morning paper... In every story GOD'S ANGELS ALWAYS SHOW UP!!!

The next time a huge stone seems to block your way to fulfill a God-given mission, do not focus on anxiety or despair. Recall this life principle from the Easter story. Then recall, trust, and claim these promises of our God in heaven: "This poor man cried, and the Lord heard him, and saved him out of all his troubles. The ANGEL OF THE LORD encamps round about them that fear (love) Him, and delivered them (Ps. 34:6-7). "And He shall give His angels charge over you, to keep you in all thy ways," (Ps. 91:11) Yes, fellow believers, God is always faithful to keep His promises, and because He is: ANGELS STILL MAKE HOUSE CALLS!!

Will we always recognize them when they do? We may, or we may not. The Bible reminds us: "Don't forget to be kind to strangers, for some who have done this have entertained angels without realizing it" (Hebrews 13:2 Liv. Bib). Sensitivity to spiritual things will help us discern an angel when one shows up in our life.



~ Dr. French O'Shields

Board Member Profile

Wes Hayes, a longtime Westminster Towers board member, has made leadership and public service a lifetime commitment. He was born in Rock Hill where his father practiced law and was a long time Circuit Court Judge. A graduate of Rock Hill High, he was appointed to the U.S. Military Academy at West Point by Congressman **Tom Gettys**. **Tom's** wife, **Mary Phillips**, has resided at the Towers for many years and now lives in the Health Center. After graduation from the Academy, **Wes** spent five years active duty with the 82nd Airborne located at Fort Bragg, NC. This service was followed by 25 years with the National Guard and he retired with the rank of full Colonel.



Wes Hayes

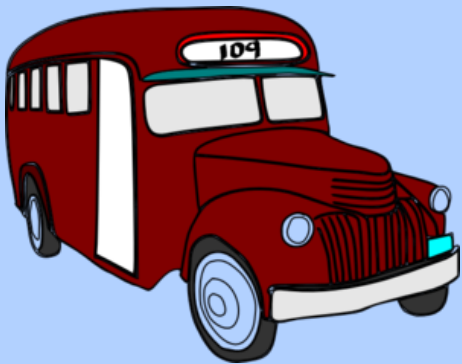
While in the Guard, he attended USC School of Law and returned home to practice law. Always interested in politics, he ran and was elected a Member of the House representing District 46, and served seven years. A senate seat opened for District 15 when **John Hayes** (no kin) was elected a judge and **Wes** ran, was elected and served York County for 25 years in that capacity. During his Senate tenure, he held many leadership rolls, including chair of the Ethics Committee and Banking and Insurance Committee. Currently, **Wes** is chair of the York County United Way Fund Drive and as Vice Chair of the Board; he will replace **Marty Cope** next year as Chairman of the Board at the Towers. He has had a long connection with the Towers through the church and more personally through his mother, **Wilbur**, who resided at the Towers for six years.

Wes is married to **Sally** and they have three grown children: a teacher, an occupational therapist and a son, also a USC Law graduate, who has joined him at the firm. He and **Sally** are very proud of what these young people have accomplished and what they will do to make their communities a better place.

As for the Towers, **Wes** is deeply involved in determining where he can best contribute to the success of the facility now that the Strategic Plan has been completed. He sees a role of working toward increased occupancy and broader diversity on the board and among our residents.

~ Ed FitzGerald

TRIPS TO OUTSIDE EVENTS



Recently we have experienced an outbreak of last minute cancellations and no-shows for outside event sign-ups. The Activities Department works hard to plan a wide variety of interesting trips that utilize our bus. The decision to “make the trip” is determined by the numbers on the signup sheet. When there are last minute cancellations and the attending numbers drop, the entire trip may have to be cancelled, thus stranding those who had planned on attending. This is not a fair situation to those who wanted to go on the trip. Recently, a restaurant trip was fully booked, yet several of those who signed up failed to show up at departure time. Sadly other residents, who had expressed an interest in going, could have filled in for the “no-shows.” Again this is not fair. In the future, please make sure you are firm in your commitment on the trip or event when you sign up. This is just being considerate of your fellow residents and Towers staff.

Contributions



Endowment Fund

In memory of **Bob Benson**
Jim and Nancy Bright
Joanne Cauthen

In memory of **Pat FitzGerald**
Spencer and Elizabeth Anderson
Benjamin and Cynthia Johnson
Sula Pettibon
Jane Watkins

In memory of **Josephine Gorski**
Gene and Imogene Blackmon
Joanne Cauthen
Pix Drennan
Ed FitzGerald
Lynn Hornsby
Dicksie Ward

In memory of **Margaret Henson**
Pix Drennan

In memory of **Dorothy Hunter**
Gene and Imogene Blackmon
Ed FitzGerald
Lynn Hornsby
Kristen Davis Rhyne
Lee Smoak
Jane Watkins

In memory of **Wilkes MaCaulay**
LaReine Chapman

In memory of **Philip Nichols**, (son of Derek
and Kathy Nichols)
Pix Drennan

In memory of **Marion Schaefer**
Naomi Circle — Rebekah Loftis

*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.*

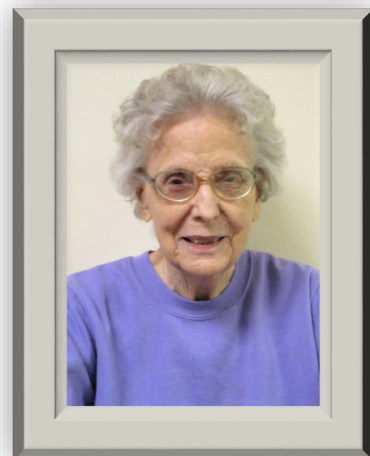
Thanks

In Memory
Josephine Gorski
Margaret Henson



Betty Leach, Apt. #406
Summerville, SC

*Welcome to
The Towers!*



Selma Brandt, Apt. #415
Rock Hill, SC

March Events!

3/5 —Winthrop Chorale and Chamber Singers (Depart 7:00pm)
3/12—March Birthdays with Opera - Kadabra (3:00pm, HH)
3/14—Hamrick's Shopping and Lunch (Depart 9:00am)
3/15—St. Patrick's Day Performance, Irish Dancers (6:00pm, HH)
3/16—Life Long Learning: Nicaraguan Neighbors (2:00pm, CR)
3/21—Afternoon Tea with Author, Kristy Harvey (TBA, HH)
3/22—Kudzu Kuzins musical performance (6:30pm, HH)
3/25—March Madness Nu-Step Challenge Begins
3/28—Dunnamans Musical Performance (1:45pm, HH)
3/28—St. Johns Methodist Maundy Thursday (7:00pm, HH)
3/31—Children's Ballroom Dancers (2:00pm, HH)

Helpful Uses for *Bounce* Dryer Sheets:

Tie a dryer sheet around your belt loop during an afternoon walk to repel mosquitoes. • Wipe a dryer sheet over clothing to eliminate static.

Westminster Towers Spring Show!

Saturday, April 7
10:00am - 2:00pm
Heritage Hall

Many vendors including Mary Kay, Thirty-One Gifts, food, handmade gifts, jewelry, crafts, special raffles, etc.

Let's get ready
for Spring!



Learn How to Play Cribbage



It is an exciting game played around the world, especially in local British pubs. Darts, cribbage and a wee pint are the heart and soul of these timeless institutions. I have been told by Kathy and Derek Nichols, experts in the game, that it strengthens the mind, improves math skills, tunes up the memory centers; plus it is a great fellowship enhancer. Kathy and Derek will start new beginner classes on Tuesday, March 13 at 1:45 pm and Tuesday, March 27 at 1:45 pm in the Community Room. They provide the cards and cribbage boards. It is an exciting, rousing and easy to learn game. Not as intellectual as chess, thankfully. Please stop in, give a look and meet the cribbage masters. They guarantee you will have a few laughs and meet some new and interesting Towers people. Once there are enough novice players, there will be some real competitive gatherings. The only thing we would be missing is a pub and a dart board.

~ 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). 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**