

Inside View

Hula Dance: My Passion

My country of origin is the Philippines, an archipelago that consists of 7,641 islands. Yes, I am an Islander! Hula, a Polynesian dance developed in the Hawaiian Islands, dramatizes or portrays the words in a visual dance form.

I developed my passion to dance Hula at the young age of 10. I was able to convince my parents to allow me to attend Polynesian School of Dance, where I received formal dance training while attending a traditional Catholic school for girls.

Coming home from college, I danced Hula for years and taught young girls to dance Hula during summer time in my family's garage. As a young adult, I often danced for various groups and events.

Although it has been over 30 years since I performed Hula as a teen, it has never left my heart. So, when Dawn, Towers' Activity Coordinator, asked me if I could be part of a Luau celebration, I jumped at the chance to be involved.

The beautiful, melodious Hawaiian music captivates and mesmerizes me to bring out the meaning of joy and expressions behind every word sung. I find a true state of relaxation listening to Hawaiian music while in my car or at home.

My ultimate reward is to see appreciation on the faces and in the hearts of Westminster Towers residents, families and staff.

Until we meet again.....I say ALOHA!



Malou Shukla, RN, BSN
Director of Nursing Services

29 Years and We Haven't Missed a Beat!

The 29th Anniversary Celebration of Westminster Towers founding was full of fun, excitement, and entertainment for all! "Traveling" the states of America was the theme highlighted with performances, food, movies, and games from different parts of the country.



A courtyard full of residents for the Luau entertainment



Mary Alice Mitchell & Lynn Hornsby at the SC Petting Zoo



Linda Austin at the Hawaiian Luau



Red, White, & Blue Anniversary Parade



Frank Polito with his feet in the California Sand



Betty Cunningham and brother, Anton Knopfler



Line dancing class learning choreographed dance numbers



Lew Fallon enjoying an ice cream treat



Residents enjoying the Vegas dice game



LADIES,
THIS IS THE TIME TO
CHANGE!

RECEIVE
\$2.00 OFF
SALON SERVICES

IF YOU TRY A NEW STYLE OR
DIFFERENT CUT DURING THE
MONTH OF JULY!

*See Rhonda in the Beauty
Shop for more details.*

July 4th Cookout at the Towers!

12 PM – 2 PM

Hamburgers, Hot Dogs & BBQ Pork

With all the toppings and
Several choices of BBQ Sauce



**Baked Beans
Corn on the Cob**

**Potato Salad, Cole Slaw, Cucumber Salad,
Southwestern Black Bean Salad,
Watergate Salad, Carrot Raisin Salad**

**Apple Pie, Banana Pudding,
Patriotic Shortcake and More!**

**Just as a reminder – for reservations and meal orders for lunch and
dinner, please call the dining room: extension 5118.**

~ Rick Schmitt, CDM, CFPP

With two sets of parents, how were your visits with your mom and dad this year?



This is me and my mum, Judi. It was taken at Wing Haven Bird Sanctuary in Charlotte, NC in May 2017.

When my parents come to visit, we don't tend to do a lot of traveling. Our focus is spending as much quality time together as possible, drinking lots of tea and TALKING. We often go on day trips in the local area - my mum and stepdad love nature and gardens, so some of their favorite places have been Daniel Stowe's Botanical Gardens, hiking at Crowder's Mountain, seeing the spider lilies at Landsford Canal and the Botanical Gardens at Riverbanks Zoo. They also enjoy coming to the Towers to meet or reconnect with residents and employees as it helps them feel connected to me and my everyday life.



This is me and my dad, Nigel. The photo was taken when I went back to England on vacation in September 2017.

We both have a silly sense of humor and couldn't resist trying on these traditional Pith helmets when we were in an old-fashioned hat shop in Dorset. Although he and my step-mum live in Suffolk, just a few miles from the east coast of England, they have a vacation home in Dorset in the southwest part of the country where the weather is warmer and sunnier and where their grandchildren live!

Answers from Amy

Parkinson's Outreach Initiatives

In June 2012, my wife, Donna, noticed a slight tremor in her left hand. At first, we thought very little of it, but it was bothersome, so we consulted a local neurologist. He all but confirmed what we had feared the start of Parkinson's Disease (PD). The tremor continued to worsen and Donna was adamant that she would not take any medications. Finally, by 2014, the tremor was having an impact on her quality of living and she found out that there were specialists for PD called "Movement Disorder Specialists." Originally, she was scheduled to see a neurologist at Duke, but it would take six months to get an appointment. We decided that we needed to see a specialist much sooner than that and discovered that The Medical University of South Carolina (MUSC) had a major program dedicated to Parkinson's.

Now that she had a confirmed diagnosis, she wanted to join a local support group. Repeated calls to the local coordinator remained unanswered, so we sought out another location. At the Annual PAC (Parkinson's Association of the Carolinas) Meeting, by chance, we sat next to Doug Murphy and his wife from Shelby, NC. It happened that he led a support group and invited us to attend. This was in October, 2014. Eventually, Doug was no longer able to lead the group and asked me to take over. Due to many attendees leaving the area or unable to get to the meetings, it was decided to disband the group in late 2015.

In January, 2016, Donna and I started to attend the local group at Westminster Towers. Allison Matthews was leading the group, but needed help, so I decided to assist her and eventually became the group leader.

Since that time, Donna and I decided to learn all that we could about her disease and try to find any therapy that would help her cope with PD. We attended seminars in both Carolinas and I have been dedicated to conducting monthly meetings that would be informative and helpful to all who attended, whether they be a patient or caregiver. We have been able to attract speakers both locally, statewide, and from other parts of the country. Most recently, the large pharmaceutical manufacturer, Abbott Labs, sent one of their representatives from Lubbock, Texas, to present one of our meetings on Deep Brain Stimulation.

Last month, we held our second Annual PD Forum at Westminster Towers. We had over 50 caregivers and patients attend. It was very successful due to our presenters which included a Movement Disorder Specialist from MUSC and a nurse practitioner from Hospice & Palliative of Charlotte.



Howard Sternlieb and wife, Donna Sternlieb

Several weeks ago, after much lobbying by several of us involved in PD, PAC decided to fund a Yoga Group exclusively for Parkinson's patients and their caregivers at Westminster Towers. It is led by Aminta St. Onge, a Yoga professional. The class meets every Monday afternoon at 2:00 PM in Heritage Hall for one hour. There is NO charge to participate.

It is important to note that none of the local outreach initiatives for Parkinson's Disease would be possible without the support of Westminster Towers and its personnel. Programs for the remainder of 2018 have already been finalized and I'll be working on the 2019 schedule, including our Annual May Forum, during the next few months.

To any readers of this newsletter who have Parkinson's, you are cordially invited to attend our next regularly scheduled meeting on Wednesday, August 15 at 1:30 in the Community Room. We always have light refreshments provided by Chef Rick.

- Howard Sternlieb
Westminster Towers Community Supporter



Meet Your Neighbor



Barbara Gladden has an eye for colorful birds. Her apartment is decorated with her paintings of them—birds of various breeds and bright tones. Barbara, a native of Columbia, SC, was a first grade teacher in Chester County before being forced into early retirement.

A graduate of Winthrop, her first college experience was short lived. "I didn't know how to study; therefore, Winthrop asked me to go home and think about what I wanted." She decided to attend summer school at USC-Columbia where she met Dean Gladden from Rock Hill. When Dean got a job at Celanese Fibers near Rock Hill, Barbara returned to Winthrop as a serious student. She graduated in 1971 with a degree in Early Childhood Education and taught first grade in five different Chester schools until her retirement.

Barbara and Dean were married in 1969. They loved to travel and spent many vacations exploring the country. They were especially

fond of the West Coast but also visited Alaska, Hawaii, Montreal, Quebec, Halifax, Nova Scotia, and New Brunswick. They were particularly fond of their many vacations right here in South Carolina cruising on Lake Wylie and Lake Murray near Columbia.

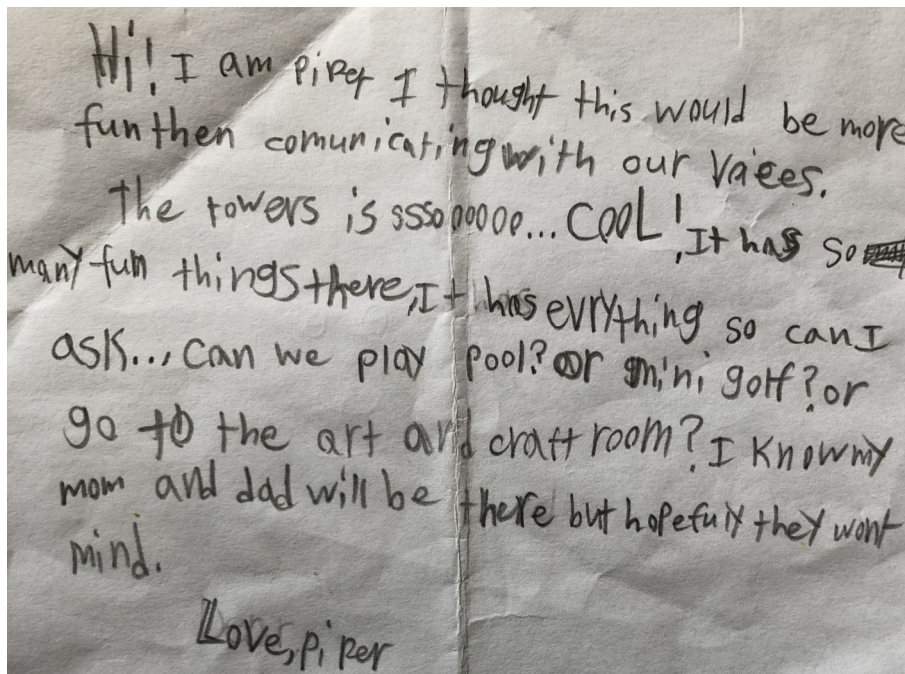


Barbara Gladden
Apt. 228

A member of Westminster Presbyterian Church, Barbara sang in the choir. Her son, daughter-in-law, and their three granddaughters also live in Rock Hill, one of which visited recently and had such a positive experience at the Towers that she decided to write a handwritten letter to "Ra Ra." In the letter, Piper expressed how much she loved visiting the Towers and how it was "ssssooooo COOL!" She's eager to return to join "Ra Ra" playing pool, mini golf, or joining her in the arts and crafts room.

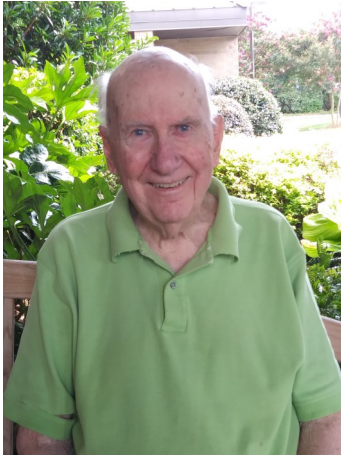
- Gaylon Syrett

See more of Piper's letter below.



Piper visiting Westminster Towers during the 29th Anniversary Celebration

WELCOME TO THE TOWERS!



Steve Ellsworth
Apt 504



Gordon & Donna Reese
Apt 515

The Resident Association is Your Association!

The purpose of the Resident Association of Westminster Towers is to enhance the quality of resident life; to provide an amicable means of communication between residents and administration with respect to policies and their implementation, and to foster other matters of common interest to the membership.

The following members of the Executive Committee were installed at the June 6 meeting:

President—**Frank Kiser**, Vice President—**Nancy McDuffie**, Secretary—**Betty Spradley**, and Treasurer—**Buzz Benson**

Committee Chairs:

- **Betty Worrell**, is the chair of the Correspondence Committee. This Committee acknowledges birthdays and offers solace to ill residents with notes and cards.
- **Lynn Hornsby** chairs the Food Service Committee. This Committee works with Dining Services to enhance the quality and service of the food in the dining room and Corner Café.
- **Patrice Hinnant**, Life Enrichment Director, and **Liz Gray**, Wellness Specialist, both chair the Health and Wellness Committee. This Committee is dedicated to promoting health and wellness.
- **Joanne Cauthen** chairs the Welcome Committee which is responsible for reaching out to new residents, to assist with their transition to their new life at The Towers.

Vacant Committee Chair Positions:

- **Newsletter Committee** which publishes the *Westminster Windows*, a monthly newsletter
- **Life Enrichment/Activities Committee**. This Committee helps to plan trips, parties, games, arts and crafts and special functions
- **Library Committee** which is responsible for keeping the Towers' Library organized and stocked with current reading material
- **Maintenance and Service Committee** works closely with Plant Operations regarding safety and maintenance needs

If you are interested in joining a committee, please see the committee chair or an Executive Committee Member for details.

Contributions

Beauty Campaign

In honor of **Rhonda Watkins**

LaReine Chapman

Larry Stroman

Betsy Sumner

Endowment Fund

In memory of **Edwin Banks**

Joann McMaster

In memory of **Ed Barnes**

Joanne Cauthen

In memory of **Peter Eayre**

Joanne Cauthen

Lynn Hornsby

Charlotte Metcalf

In memory of **Tom Eubanks**

Joanne Cauthen

In memory of **Mae Williams**

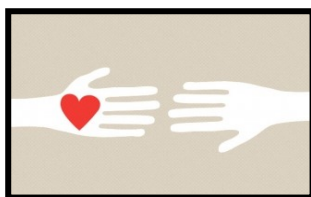
Joanne Cauthen

Lynn Hornsby

Employee Appreciation

In memory of **Jean McPoland**

Ed McPoland



Thank you

FIRE SAFETY

(When the Alarm Sounds)

- ✓ Exit apartment immediately. No dressing.
- ✓ Put pillow in front of door.
- ✓ Knock on neighbor's door.
- ✓ Do NOT use elevator.
- ✓ Exit building using nearest stairwell.
- ✓ Meet at designated areas:
 - ☐ Front parking lot
 - ☐ Loading dock basement
 - ☐ Pool side
- ✓ Follow instructions from firefighters or staff.
- ✓ If using a walker, remain in stairwell and help will arrive for assistance.

In Memory
Sara Grantham
Guy Shealy
Jackson Quinn

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.

“Brothers, we do not want you to be ignorant about those who fall asleep, or to grieve like the rest of men, who have no hope. We believe that Jesus died and rose again and so we believe that God will bring with Jesus those who have fallen asleep in him.”

1 Thessalonians 4:13-14

What's That Number?

Many people are cancelling their landline phone service and opting for cell phones for all calling, in and out. If your next of kin has terminated their landline service since last September you need to update your Westminster records. Please advise Jennifer Allen that the contact phone number has been changed to a new cell phone number and they will update your file.

SURVEYS ARE COMING!

Be on the lookout for two Life Enrichment surveys in your mailbox during the month of July. One is dedicated to Activities followed by a survey specific to Wellness Programming.

These confidential surveys are to inform the staff in the Towers what interests you, as a resident, and what you would like to see in the next year of programming in Activities and Wellness. It's important that all residents participate in order to meet the current needs of our community!

Thanks in advance for your participation,
Patrice Hinnant, Director of Life Enrichment & Wellness

Safety Awareness While Walking

Plan to walk either early in the morning or in the evening to avoid being outside during the hottest part of the day.

Stay visible! Walk in places around the Towers that is not too secluded and wear clothes that can be seen easily (bright colors during the day; light colors at night).

Wear plenty of sunscreen (even UNDER your clothes).

Hydrate!!! Freeze a half-full water bottle and fill the rest with water before your walk. Take sips regularly (if you cannot get yourself to drink more water, try a sports drink or dilute a fruit juice with water).

Wear breathable, lightweight hat and shoes that ventilate well.

Listen to your body! If you begin to feel light-headed, weak, or dizzy, immediately stop exercising and head for a cool place.

Consider using the buddy system and invite a friend to exercise with 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).

Editor: **Addison Harris**; Newsletter Committee — 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**