

Inside View

Daniel Williams: Defying All Odds

I was born and raised Bedford Stuyvesant nicknamed “Do or Die Bed-Sty,” Brooklyn, NY. Growing up in such a neighborhood was extremely tough and dangerous. I had the loving support of my family as we all lived in a three-story Brooklyn tenement. My family lived on the first floor, my cousins on the second and my Grandparents on the third. We all looked out for each other. I grew up around a lot of drugs, violence and crime. The heavy influence of crime and peer pressure was constantly around me. But the hard and heavy reality hit me when I started to lose so many of my close friends and even family members to street violence. I myself was even shot on two separate occasions when I was young. Once when I was 11 years old in a drive-by, in which I was hospitalized for a month. The second time I was shot in the leg at a neighborhood street party at the age of 15. My mother began to be afraid for my safety moved me out of NY and to Columbia SC to live with my sister in my Junior year in HS and with my uncle for my Senior year. In Columbia I was more focused and less distracted by the mean and violent streets of NY, and I graduated HS with honors. I attended USC and played some football. After a brief stint there, I was rejuvenated and I headed back to NYC with a new sense of strength to conquer life in the big city.

I started my banking career working for Chemical Bank in Long Island, NY. After a year I began working for the rival bank (Citibank in Manhattan, NY). I worked in banking for years doing accounting duties for both rival banks, working for Citibank on 33rd Street and Chemical Bank on Wall Street. Yearning for a slower lifestyle and a deep desire to be closer to my daughter in Columbia, SC, I decided to move back South.



Daniel Williams
Accounting and Billing

Serving the Servers

Last month Tower residents had the opportunity to “Serve the Servers” during the Employee Anniversary Lunch as a fun way to thank staff for the awesome job they do everyday.



A room full of employees enjoying the “Bar Hopping” Anniversary Lunch



Imogene Blackmon and Ann Geier pleasantly serving staff members

Brandy the Marvelous Mini Horse

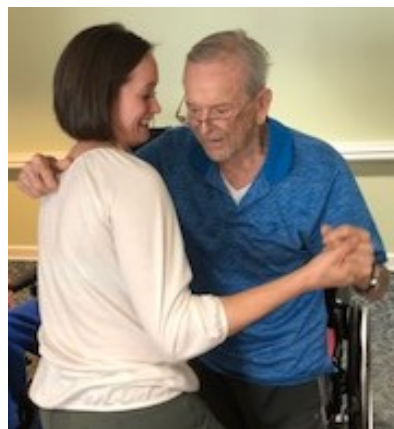


Manor Bells performing for listening pleasure during the Independence Day Celebration. From left to right: Helen Benson and daughter, Elizabeth Howell, Ruth Norwood, Barbara Quinn, Annie Mae Sealy, Linda Austin, and John Harris



Sylvia Holley with Brandy

Health Center Summer Family Night



Amy Laughlin and Richard Denton enjoying a dance



Residents engaging in a fun game of balloon volleyball! Pictured left to right: Elizabeth Faris, John Hunter, Olive Dower and Evelyn McCarter



Ruth Norwood with Brandy

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This time I moved South on my own terms after finally conquering Brooklyn, NY, and all the dangerous elements that came along with it. Settling in Charlotte NC the self-titled "Banking Capital," I worked at First Union Bank and Nations Bank (Bank of America) in uptown Charlotte for years. I even worked for Wachovia Bank (Wells Fargo). After all of the bank merging I decided to convert my career to the private industry. I worked for Allied Waste (Republic Waste) and Cummins Atlantic (Cummins Inc.).

My career wasn't the only thing I converted. I converted my life to receiving Jesus Christ as my Lord and Savior! After so many years of running from Him, I finally decided to run towards Him! I've dedicated my life to a life of Christ. God has given me such peace and joy in my life! I can now for the first time in my life-Live, Laugh and Love fully! I've been ministering the Word of God at nursing homes with my family for over ten years. I've served as a Deacon for my church for over ten years until I was called to become a Minister of the Gospel of Jesus Christ. I've ministered at churches, prisons and youth centers for years; telling everybody my testimony of how God brought me from a mighty long way. God has been so good to me so I wanted to give back as much as I could. I take part in inner-city outreaches and even teamed up with the Rock Hill Police department as a part of their "Weed & Seed" Program.

It's a dream and a true blessing from God to work at a place like Westminster Towers. I have the work experience to work in the administrative office with accounting after years in the banking field. I also have many years of experience volunteering in nursing home facilities. Westminster is not only a non-profit organization but also is connected to church. So I count it all joy to be able to come here, pray, and take part in devotions; sending out God's Words daily to our hard working staff that needs to be encouraged daily. I was even asked by a residents family to assist with a graveside service for their dearly departed love one. I take my job seriously but I'm also very sensitive to the environment and culture that resides here at Westminster Towers. It's community based and teamwork oriented, which I thoroughly enjoy! I hope I have the opportunity to serve this place for many years to come! With love, peace and joy! God bless!

~ Daniel Williams

Health Center Chapel Devotional

Daniel Williams
volunteers his time by
leading a
devotional for residents
the last Monday of
each month at 3:00 PM.



The Chapel located in the Health Center is always available for any resident, employee, or family member who may need a space for reflection, prayer, or meditation.

Wellness

READY TO JUMPSTART YOUR FITNESS GOALS? Our Wellness Training Program May Be Just What You Need!

Each resident is eligible to receive the following with our Wellness Trainer, Ginny Kight:

- Confidential Fitness Evaluations
- Personalized Workout Programs
- Strength and Endurance Improvement
- Balance Focused Workouts
- And More! Depending on Your Personal Needs and Goals!

****August SPECIAL**
Sign Up to Receive a 30 minute
Wellness Consult AND
2 Training Sessions for FREE**



Trainer, Ginny Kight, with Mary Alice Mitchell

*Call Ginny Kight directly to schedule your sessions at **328-5126***

Westminster

Presents

Vegas Review

Towers

Enjoy the musical stylings from celebrities, past and present...

Westminster Towers Heritage Hall

**Friday, September 7 at 6:30pm
&
Saturday, September 8 at 2:00pm**

Limited Seating!

Please call 803-328-5000 to make a reservation.

*Admission: \$5 (pay at the door)
Refreshments available for sale.*

All proceeds benefit the Life Enrichment Department!



Meet Your Neighbor



Davis Kirby, a native of Lynchburg, SC, traveled over a broad area of the country during his military and professional careers. When he was drafted in 1945, he was sent to a naval facility in Memphis, TN, called NATTC (Naval Air Technical Training Center). After receiving a medical discharge, he returned to South Carolina and enrolled in Clemson University where he earned a degree in electrical engineering.

After graduation, he was hired by the General Electric Company and completed the



Davis Kirby
Apartment 202

program for new employees at plants in Lynn, MA, Pittsfield, MA, Erie, PA, Fort Wayne, IN, and Philadelphia, PA, before taking a permanent assignment with the company that included extensive periods in Charlotte and Philadelphia. Subsequently, he took a different position with GE in Houston, TX, where he retired, after spending 40 years with the company.

Davis lived in Houston for several years until the next oil recession occurred and he returned to the Carolinas to live in retirement. He has three children—a son and two daughters.

~ Gaylon Syrett

Creativity and Aging

People today are living longer and embracing new and different activities well into their older years to stay in shape and “age well.” While keeping our health in check with proper nutrition, physical activity, and regular checkups are necessary, studies are starting to recognize the benefits of artistic endeavors to be just as important as we age – even when we are not necessarily creatively inclined.

The Journal of Aging Studies identifies six features of successful aging: a sense of purpose, interactions with others, personal growth, self-acceptance, autonomy, and health. Creative activities, such as writing, painting, or knitting, encourage a sense of competence, purpose, and growth—all of which contribute to aging well. The Art Group at Westminster Towers does that weekly as they dedicate time to interact with one another, bringing all different backgrounds, level of expertise, and art projects to work on together. Arts, crafts, and other creative projects keep the mind busy and may even help prevent feelings of depression. Furthermore, arts and crafts help with hand-eye coordination, cognitive abilities, and concentration.

Many of our residents were once teachers, artists, poets, authors, etc., who bring many talents and creativity along with them to the Towers. The Art Group of Westminster Towers invites you to join them to put your creative hats on! Work on a project you’ve started or even get ideas for a new creative project to begin.



The Art Group meets every Tuesday at 1:30 PM in the Lower Level Art Room



Joanne Cauthen and Lynn Hornsby enjoying some "girl time" in the lobby.

**Riverview @
The Towers**

**Urgent and Primary Care Clinic
Located in the Lower Level**

**HOURS: 8—noon
Monday and Wednesday
803-328-WELL (9355)**

**Mark Your Calendar!
Resident Association Meeting
Wednesday, September 5
Heritage Hall—2:30 PM**



recycle
/rē'sīk(ə)/

verb

Convert (waste) into reusable material.
Synonyms: reuse, reprocess, reclaim, recover

Westminster Towers, from its inception, has been dedicated to an active program of waste recycling. Here are the facts about our recycling program:

- Newspapers, catalogues and magazines are to be placed in the blue plastic tubs located near the trash chutes on each floor.
- Cardboard and corrugated paper are to be placed in the large green recycling container located outside to the right of the loading dock doors. It is marked for corrugated paper.
- Metal cans and aluminum products are to be placed in the plastic garbage cans located across from the lower level employee lounge.
- Glass and plastic are to be deposited in the appropriate cans in the same area. *Styrofoam products are not recyclable and should be disposed of with normal trash.*
- All glass and metal containers should be washed, clean, and removed from plastic bags before placing in recycle cans.
- Confidential, financial and other important documents are placed in the locked garbage roll-out near the lower level (north) elevator. A bonded and insured shredder service will dispose of this waste.
- If you have questions or need assistance with disposal of large items, please contact maintenance via reception #5000.

Thank you for your continued effort at recycling.

Contributions

Beauty Campaign

In honor of **Rhonda Watkins**

Rachel Roberts

Jim Thomason

Aileen Wallace



Endowment Fund

In memory of **Jackson Quinn**

Clover Middle School

In memory of **George**

Whitesides

Nancy Thomas

Anonymous



In Memory

Sara Moore

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.

For I know the plans I have for you, declares the LORD, plans to prosper you and not harm you, plans to give you hope and a future.

Jeremiah 29:11

SPECIAL SATURDAY BREAKFAST

AUGUST 18, 2018
8:30 AM – 9:30 AM

CHEF'S OMELET BAR

BUILD YOUR OWN OMELET STATION HOSTED BY CHEF RICK

ASSORTED PASTRY DISPLAY
FRESH FRUIT & YOGURT BAR

BREAKFAST BUFFET OF:

SCRAMBLED EGGS
BACON & SAUSAGE LINKS
GRITS
HASH BROWN POTATOES
BISCUITS & GRAVY

ASSORTED JUICES, COFFEE AND MILK



(note the special breakfast for August will be held on the third Saturday of the month)

Volunteer Spotlight: Carol Collins

Carol has volunteered at Westminster Towers for over six years and during that time she has given over 250 hours per year to serve the residents and staff at Westminster Towers. She is our lead team volunteer and we strive to allow new volunteers to work with Carol prior to serving on their own.

Carol serves faithfully every week as she visits with our residents one-on-one, spending time listening, talking, and making them feel special. She takes our long-term health care residents on weekly wheelchair strolls outside, weather permitting, or inside our facilities to stroll, visit old friends or to special events. Carol also reads devotional and inspirational stories weekly to our residents in the Manor and Health Center. These activities may seem simple, but for a resident who does not frequently enjoy the sunshine or who may not have family nearby, she is a true asset to their lives.



Carol is also a tremendous asset to the staff at Westminster Towers as she is someone the staff depends on. They know Carol is dependable and caring. She is a joy to the staff and residents and many of our residents even consider her family.

Recently, Carol Collins was nominated to receive the President's Volunteer Service award through the Points of Light Organization created to promote positive change through volunteerism. So far, she has been selected as a finalist of the award out of many submissions worldwide!

We appreciate all of our wonderful volunteers, but Carol is a shining star in the Volunteer Ministry. Thank you, Carol, for all that you do and for representing Westminster Towers in such a positive light.

~ Debbie Dyches,
Volunteer Coordinator

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, Barbara Gladden**; Residents' Association President: **Frank Kiser**; President and CEO: **Jim Thomason**; Director of Life Enrichment: **Patrice Hinnant**