

Inside View



Board Member Profile: Susie Hinton

If you don't recognize her face, you probably have heard her name! Susie B. Hinton served on the Rock Hill City Council for several years in Ward 1 district. She never planned to go down the political path; in fact, she never cared for politics, but ironically enough that is where God led her. Councilman Winston Searles asked her to take his spot after serving for 25 years and Susie was honored, to say the least. She truly enjoyed serving our community during that time.

A native of Rock Hill, Susie's first job in high school was working for her dad. He owned Mutt's Pool Hall/Restaurant in downtown Rock Hill. Mutt's was located in the area beside the train tracks on Black Street across from the Post Office. That patch of land consisted of black business owners only. She worked there with her siblings; the boys worked in the billiards room while the girls worked up front. The City bought all of those businesses later for redevelopment purposes.

She earned a Bachelor's of Science degree from North Carolina Agricultural and Technical University in Greensboro and a Master's degree in Education from the University of Hartford in Hartford, Connecticut. For 43 years, she lived in Connecticut and was a teacher and principal in several schools. At one point, she thought she wanted to be a superintendent and was attending the University of Connecticut for a Doctor of Philosophy degree. She quickly realized that was not what she wanted to do and began taking courses in Religion instead - another path God led her down. She became an ordained Baptist preacher at First Baptist Church in Hartford. After traveling to Rome, her spirit was pricked to study Catholicism and enter the Catholic Church. She is presently a member of St. Mary Catholic Church in Rock Hill.



Susie B. Hinton

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I Scream, You Scream, We ALL Scream for... ICE CREAM!



Frances Workman



Lois Dasher



Polly Schuerg



Betty Worrell, Jean McMath, and Ernestine Howard



LaReine Chapman, Betty Cunningham and Donna Eubanks

A View From the Walk

"Oh!" Betty W. said "Did you see that?"

"It's too small for a cat."

Louise said, "Could it be a rat?"

Frances said, "It has no tail at all."

Billie says, "It lives in the wall."

Bonnie said, "It's a mouse!"

Winona laughed, "A mouse in our house."

"Look!" said a voice, "It has a baby."

Betty L. said, "Hummmm maybe..."

Could the critter

Have a litter?

Another said, "A chipmunk?"

Janet said, "Glad its not a skunk!"

"Aha!" said Helen. "It's a mole"

Betty C. exclaimed, "It's a VOLE!"

And sure enough it was.

All things bright and beautiful,

All creatures great and small,

God and Westminster loves them all.

~ Janet Yocum

Glass Art



Barbara Gladden, instructor Bill Belchee, and Donna Eubanks



Pix Drennan



In August, the art group learned the technique of decorating plates with colored glass powder!



Betty Cunningham, Ruthann Poore, and Polly Schuerg awaiting the return of the vole!

WELCOME TO THE TOWERS!



Glen and Sharon Miller
Apartment 414



Lee Bowers
Apartment 330

SPECIAL SATURDAY BREAKFAST

SEPTEMBER 8, 2018
8:30 AM – 9:30 AM

ASSORTED PASTRY DISPLAY
FRESH FRUIT & YOGURT BAR

SMOKED SALMON WITH BAGELS

BREAKFAST BUFFET OF:
SCRAMBLED EGGS
BACON & SAUSAGE LINKS
GRITS
BISCUITS & GRAVY

ASSORTED JUICES, COFFEE AND MILK



Marketing Minute

It's no surprise if you've made some new friends this year! We have welcomed 20 new residents thus far and have 8 additional residents excited to move in. While many moved from York County, there were some who crossed the state lines of Florida, Georgia and North Carolina. You can guess we have been very busy in the Marketing Department! We are excited to announce that Westminster Towers will have some new commercials airing in the coming months thanks to Comporium Communications. Be on the lookout for those!

Don't forget that you can choose your neighbor with the Refer a Friend Program! If you know someone who would love calling Westminster Towers their home, contact the Marketing Department. When your friend moves in, you will receive one month free! Give Allison or Melanie a call at 328-5587 for more information. We want our *Community of Friends* to continue to grow!

Wellness

The International Council on Active Aging (ICAA) will be celebrating "Active Aging Week" the last week of September with a variety of activities to promote active, healthy lifestyles for adults over the age of 50.

Westminster Towers will be hosting special events/classes the last week of September (Sept. 24th-Sept.28th) to participate in wellness activities and exercise in a safe, friendly and fun atmosphere.

There will be many opportunities to learn and to participate in activities that encourage an active lifestyle such as:

- ♦ **Nutritional Lecture Series with Matthew**
 - ♦ **Fall Prevention Awareness**
 - ♦ **Wellness Walk**
- ♦ **Zumba Party with Courtney**
 - ♦ **Outdoor Games**
 - ♦ **And more!**

Check the Wellness Bulletin Board for updates and information!



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

Westminster Towers Vegas Review Heritage Hall

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

*There's still a limited amount of seats left!
Please call 803-328-5000 to make a reservation.*

*Admission: \$5 (pay at the door)
Refreshments available for sale for \$1 immediately following the show.*

All proceeds benefit the Life Enrichment Department!



**First
Citizens
Bank**

Now OPEN!

**Monday: 2:30 pm—4:00 pm
Tuesday: 9:00 am—11:00 am
Thursday: Ebenezer Branch**
Depart from Westminster at 10:00 am



Meet Your Neighbor



Betty Leach loved sports from her earliest years and especially excelled in softball and basketball. She played on basketball teams in junior high, high school, and at Indiana State University.

A native of Indiana, she has two sisters, one older and one younger. Betty attended Indiana State University, majoring in physical education, and the University of Tennessee where she earned a Master's degree in Physical Education.

Her career included coaching gymnastics at Ball State University, where her husband,



Betty Leach
Apartment 406

Jim Leach, also attended. Betty taught physical education for two years, at Richmond High School in Indiana and for 32 years at Dixon Middle School in Eaton, Ohio.

She and Jim were married in 1968. They had one daughter, Angie, born in 1973 who currently teaches in York, SC. Their grandson, Jordan, is a junior at the College of Charleston. Betty and Jim moved to Summerville, SC, to be closer to Angie, and would have celebrated their 50th wedding anniversary in February of this year.

~Gaylon Syrett

Winthrop Tales

Excerpts form *The "Good Town" Does Well: Rock Hill, S.C., 1852-2002* by Lynn Willoughby

At the end of September 1896, young women from all over the state boarded crowded trains for college life in Rock Hill. At Camden Junction, the little train station was so filled with Winthrop girls that most of them had to stand out in the adjoining fields for two hours waiting on the train to arrive.

With the girls' arrival Rock Hill would never be quite the same again. Post office receipts doubled almost overnight. The physical presence of more than three hundred girls in blue and white uniforms was hard to miss, but this was especially so if you happened to be a young man.

The curriculum was expanded first to a two-year and then to a four-year course of study in pedagogy. Besides granting teachers' degrees, other bachelor degrees were offered in such fields as business science, home economics, physical education, and music. The girls also took placement examinations, which included a two-and-one-half-hour exam on "grammar, Virgil, and Cicero."

To be accepted in the school of pedagogy, the girls were asked to write essays on such questions as these: List the names of all your Latin and Mathematics textbooks. Who is your favorite novelist and why? The oddest question of all may have been: "'Behold the Lamb of God that taketh away the sins of the world.' Who said this? When and where?"

Blessed with the Challenge of Old Age

Growing old presents a real challenge. Some grow old gracefully, others dig in their heels. For those blessed with a long life, growing old is inevitable and resisting avails nothing. It only turns it into a crisis.

Old age is often viewed as an unhappy time of life. Mark Twain wrote, "Life would be happier if we could be born at the age of eighty and gradually approach eighteen." Depression is experienced by all ages, but perhaps more so by the elderly.

True, it may be a time of: slipping self-esteem, fading physical attractiveness, physical ailments, loneliness, activity limitations, and less attention and respect. All these contribute to old age being an unhappy depressing time to many.

Yet, the major factor may be a sense of no longer being useful to others. An inner chill very deeply felt: "Life goes on all around me, but excludes me. I am no longer needed or useful."

This is a myth that needs to be exposed for the falsehood that it is. Sharing Rachael's story will help. She is 94 years old and lives in a western North Carolina assisted living facility. Her entire life has been devoted to others. She never married, choosing instead to care for an older sister nearly blind from a childhood disease. For 44 years Rachael influenced the lives of hundreds of children as a teacher in public schools.

As a 94-year old resident, she is rather unique in the facility. Her mind is still good and she is able to walk unassisted. A therapist detected her feeling of no longer being needed by others. He persuaded her that there were many other residents who needed her, and encouraged her to devote herself to actively helping them. She took to heart this counsel and now spends most of her day giving words of

encouragement, a friendly smile, and a helping hand to her fellow residents as well as to the staff. She even assumed the responsibility of being chairperson of the "Welcoming Committee."

Rachael, a devout Christian, became attentive to a middle-aged lady on staff who had immigrated to the U.S. years before with her parents from Poland. Discovering she was not a Christian, Rachael gave her copies of a daily devotional, saw to it that she had a Bible and shared her own faith with her. After months of the power of God's Word, the work of the Holy Spirit in her heart, and Rachael's continuous words of witness, care and encouragement, she joyously received Jesus Christ as her own personal Savior.

The Sunday after I visited with Rachael, her friend was baptized and received into membership in the local First Baptist Church. Seated on the second row was Rachael. No way was she going to miss that service.

What Rachael discovered, we all need to know if we are blessed to face the challenge of old age. It can be one of the happiest periods of our life if we forget self and focus on others.

Rachael learned this from her Savior who, even when dying on the cross, did not complain about his own pain, but concerned Himself with the well-being of others. From Jesus and Rachael, we can learn the same lesson.



Dr. French O'Shields

Apt. 314

Contributions

Beauty Campaign

In honor of Rhonda Watkins
Lynn Hornsby

Endowment Fund

In memory of Ed Barnes
Jane Watkins
In memory of George Barron
Jane Watkins
In honor of Marshall Doswell
Sarah "Sally" Viault
In honor of Pix Drennan
Sarah "Sally" Viault
In honor of Mary Gettys
Sarah "Sally" Viault
In honor of Dawn Martineau
Sarah "Sally" Viault
In memory of Charlotte Metcalf
Joanne Cauthen
Dorothy Kerr

In memory of Jackson Quinn
Ted & Mindy Bartee
In memory of Rachel Roberts
Dorothy Kerr
Joanne Cauthen
Lynn Hornsby
Jane Watkins

In honor of Betsy Sumner
Sarah "Sally" Viault

In memory of Bill Whitman
Ed Fitzgerald
Jane Watkins
Lynn Hornsby

Thank you



In Memory

**Charlotte Metcalf
Rachel Roberts**

*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

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Susie joined the Westminster Towers Board of Directors in January of this year. She currently serves on the Marketing Committee, focusing on diversity at Westminster Towers. She is excited about being an advocate and instrument for change for Westminster Towers. She has a rather impressive resume, which includes being a member of the Rock Hill chapter of the NAACP where she previously served as president.

A humble person, when asked about her greatest accomplishment, she said "giving back to the citizens and especially the youth of this community." For six years, she has enjoyed being a mentor for students at Sunset Park Elementary in the Lunch Buddy Program. In addition to volunteering her time on the board, she is also a teacher at the Emmett Scott Recreation Center (Good News Club) and a member of the Central City Optimist Club. Additionally, Susie is a lifetime member of the Delta Sigma Theta Sorority. Her hobbies include walking and reading. She loves to visit all of the trails in Rock Hill and knows them extremely well. She has one son, Mark, in Connecticut, four grandchildren and three great-grandchildren. Interestingly enough, she never planned to move back to Rock Hill, but God had different plans for her. She wouldn't have it any other way. We are happy to welcome Susie B. Hinton!

~Melanie Evans

The Haven Men's Shelter Donations

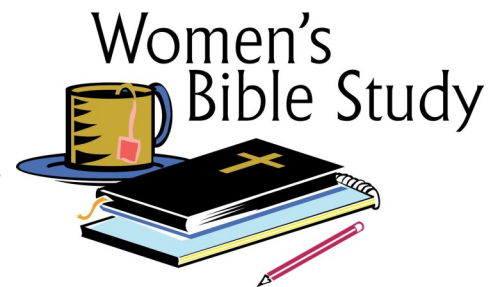
In June, residents were asked to join with Lou Ardrey's Bible Study group to help donate necessities of life for The Haven Men's Shelter. The group learned that many of these men who had been productive workers all their lives became homeless with the sudden loss of a job or rent increases. The Haven, in addition to giving meals and safe shelter, provides opportunities for the men to become productive citizens and live independently. During the month of July, four men obtained gainful employment and can now afford housing. As a community, we donated a total of 556 items. Cash donations purchased 41 toiletry kits for the toothbrushes, paste, razors, shaving cream, soap, antiperspirant, band aids, lotion, etc. Also, 41 packets were given with underwear, undershirts, and socks.

The selflessness the residents showed, with the help of Janet Yocum as an orchestrator of the collected goods, is a direct example of blessing others while overcoming the challenges of growing old as mentioned in Dr. French O'Shields' article on page 6.

The men received the gifts with such gratitude and humility and thankfulness that all hearts were touched. It was tangible proof that their neighbors, community, and YOU care!

Lou Ardrey and group member, Janet Yocum, invite you to join "God's Might Acts" Bible Study beginning in September.

Bible Study will be held every Tuesday 10:30am—11:30am in the Community Room beginning September 11th.



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).

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**