



CONTINUING CARE RETIREMENT COMMUNITY



WINDOWS

Vol. XXIX No. 11

1330 India Hook Road, Rock Hill, South Carolina 29732 (803) 328-5000

November 2018

westminstertowers.org



Marketing
Minute

Inside View

Marketing

Allison Matthews and Melanie Evans

Marketing is not all about sales... at least in Senior Living. It's about building relationships! Twenty-four residents have moved in this year, and several more are excited to join them. These wonderful people will be moving from Bluffton, Lancaster, and Cheraw, as well as New Jersey and North Carolina. In case you are wondering, we are offering a move-in incentive - a special 29th anniversary gift to new residents. Did you know that a 29th anniversary gift is supposed to be furniture? We obviously can't give people furniture, as the point is to downsize; however, we are paying (up to \$1,000) to move their furniture if they move in by the end of the year.

While that's our gift to new residents, we also have a gift for existing residents! Do you have a friend who would love to live at Westminster Towers? Tell us about them! If they move in, you'll get **\$2,500 off** your monthly maintenance fee! This doesn't matter if they move in next week

or wait a few years! As always, feel free to throw a party or invite guests to lunch who you believe are interested. We'll cover the bill!

As this year is slowly coming to a close, we are preparing for our 30th Anniversary of Westminster Towers! In order to make this the biggest celebration possible, we want to give back to the community by doing 30 ACTS OF KINDNESS. The Marketing Department has several ideas, but we want to hear from you! Please let us know of any ideas you may have or any causes that are near and dear to your heart. Help us make year 30 the best year yet!



Allison Matthews
Melanie Evans
Marketing



Don't forget to make your reservations now for the holiday season! Our guest suites, lounges, and the Community Room quickly get booked up during November and December with your private family / church events. Also remember to make arrangements for guest meals in the dining room at least one week in advance of an upcoming holiday.

Please contact the following to make your reservations:

Guest Suites	Receptionist	5000
Lounges / Community Rooms	Dawn Martineau	5018
Guest Meals	Elaine Walker	5118

Fall Vendor Show

November 17, 2018
Heritage Hall
9:30 am - 2:30 pm

Items for Sale:

- Handmade Gemstone Jewelry
- Carved Stone Animals
- Crystals
- Wind Chimes
- Salt Lamps
- Mary Kay Cosmetics
- Handmade Cards
- Crafts
- Children's Books
- Stained Glass
- Sun Catchers
- And more!



Hot dogs will be sold for lunch.

November Recognition Dates

- Alzheimer's Disease Awareness Month
- Bladder Health Awareness Month
- COPD Awareness Month
- Diabetes Month
- Family Caregivers Month
- Home Care and Hospice Month
- Hospice / Palliative Care Month
- Nov. 1-7: Medical / Surgical Nurses Week
- Nov. 5-11: Allied Health Professions Week, Diabetes Education Week, Medical Staff Services Awareness Week, Patient Transportation Week, Radiologic Technology Week



Getting to Know You

The *Getting to Know You* program allows the residents an opportunity to know a little information about the people who are in their home every day. This program involves inviting staff members to share their background, life experiences, future goals, hobbies and general interests with the residents. The program also provides opportunities for reminiscing, learning about new topics, socialization, and reducing anxiety. The program has greatly enhanced communication between staff and residents. Vicky implemented her program in the Health Center several months

back. She submitted her *Getting to Know You* program to the 21st Annual Spirit of Caring in July, and she won! On October 25th, Vicky was able to travel to Columbia, where she presented her program to retirement communities from all across South Carolina! **We are so proud of her hard work!**

Vicky Harris
 Activities Coordinator
 Health & Rehab Center



Welcome to the Towers!



Betty Love (L) and Peggy Moore (R)
Apt. 321



MASSAGE THERAPY IS BACK!

Sessions are located in Towers
Independent Living, Room 528.

November and December Special

3x 60 Minute Massage Sessions—\$100
(Gift Cards Available!)

Adopt-a-Resident

Westminster Towers' residents, staff, and volunteers are sponsoring *Adopt-A-Resident* this year. We will be giving each of our Manor residents and Health Center residents a Christmas gift. This is a wonderful chance to bless someone else this Christmas. Everyone can participate by donating monetary gifts no later than **Friday, November 16**. This will allow us time to purchase and wrap each gift.

All donations can be given to the Towers' receptionists. Checks should be written to **Westminster Towers**.

Please consider blessing our Manor and Health Center residents with a Christmas gift through Adopt-A-Resident. For more information, please contact Volunteer Coordinator, Debbie Dyches, at 803-328-5477 or ddyches@westminstertowers.org.



Massage Therapy Pricing

30 Minute Custom Massage————\$40
60 Minute Custom Massage————\$50
20 Minute Focus Area or————\$20
Chair Massage

For more information, contact:

Elizabeth Gray at 803-328-5126 or
egray@westminstertowers.org for
appointments.



Riverview @ The Towers

Urgent and Primary Care Clinic
Located in the Lower Level

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



Meet Your Neighbor



Meet your neighbor, Marie Graham! She at Western Carolina University. was born and raised in New Jersey with a large family.

She always enjoyed school and considered it a "second home," as she says. Her original college major was secondary education, but while earning her master's degree, she added an elementary certification. This is where she found herself teaching third grade at Parkway Elementary School in Boone, North Carolina. She is a mentor at NCCAT, which is based



Marie Graham
Apt. 311

In her spare time, she used to enjoy hiking and jogging until six years ago when she was injured in a kitchen accident. She now enjoys other things such as knitting, baking, and reading.

Her husband of fifty seven years passed on March 12, 2017; however, she says the hole in her heart has been filled with the blessing of a great grandson, Liam Sebastian, who is now seven months old. She is joined by her grandchildren; Sandy, Anna, and Benjamin; and her sons, Bill and Jeff.

Have You Considered...

By: Dr. French O'Shields

Thanksgiving Day has some identity problems. It is more than a day of parades to mark the beginning of the Christmas shopping season, football games between traditional rivals, and eating orgies at family tables excessive with food.

To the Pilgrims, the initiators of this observance, it was a special day for the counting of their blessings and expressing thanks to Almighty God.

Even when the original purpose is remembered, all the confusion is not cleared.

Giving thanks only results from the awareness of blessings. This awareness is greatly influenced by one's definition of "blessing."

Some people have little enthusiasm for observing Thanksgiving because they define blessings to be getting the things they want. As they review the past year, there are many things they wanted that they didn't get. Since they consider their blessings to be meager, if any, the giving of thanks is deemed irrelevant and unnecessary.

The Pilgrims didn't view it this way. The circumstances that prompted their giving of thanks were not those of prosperity and abundance. There were many things they needed and wanted they didn't have. But they recognized their blessings to be those things they didn't want that they didn't

get.

The plagues and illnesses that had taken the lives of some on the crowded ships had not taken theirs. They did not want to be lost at sea, their tiny vessels ripped apart by wind and waves, and they hadn't. They did not want to be massacred by the Native Americans, and they had not been. They did not want to perish from starvation or exposure in this new and primitive land, and they hadn't.

If you have difficulty counting your blessings and are wondering what you have for which to give thanks, think about these blessings... the things you don't want that you don't have.

Since you are reading this article, thank God you aren't blind. As you hold this article, thank God your arms and hands do not lie limp at your sides. If you can understand what is expressed here, thank God you are neither mentally challenged or senile. If you can verbally share it with another, thank God you are not deaf or unable to speak.

Thanksgiving is a feeling every person should have constantly. Everyone is blessed. Some just have such a narrow definition of blessing, they don't recognize one when they experience it.

Count your blessings wisely and realistically. When you do, every day will be a day of Thanksgiving.



Dr. French O'Shields



Guests waiting for the Vegas Review show to begin.



Her Majesty The Queen with Derek and Kathy Nichols in celebration of Derek's 90th birthday.



Lynn Hornsby graciously opened her mountain home near Elkin, NC.



(L) Group socializing at the Hornsby house.
(R) Golda McKenney relaxing.



Mary Alice Mitchell attended the Senior Expo.



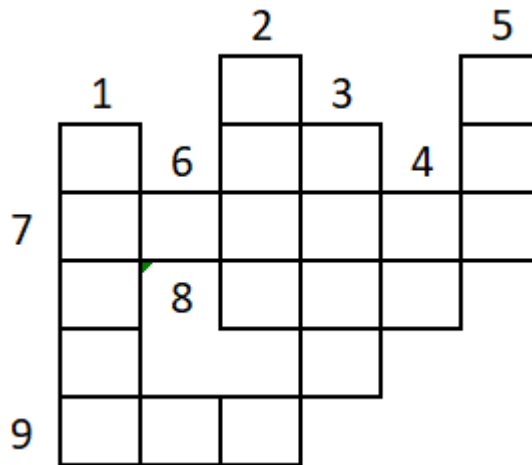
Our talented staff, in character.

Puzzle Page

Answers now on the last page!

ACROSS

- 6.) Short term for user interface
 7.) A food commonly eaten at Thanksgiving
 8.) Color worn by many on Fridays in support of our troops
 9.) To put on an article of clothing



DOWN

- 1.) Opposite of sit
 2.) A rough or prickly envelope of a fruit
 3.) Swedish-founded multinational group that designs and sells ready-to-assemble furniture
 4.) Famous Sullivan, American TV personality
 5.) The Director of Resident Services

5		8	6				1	9
9			8	2	1		4	5
6	1		9	7	5	8	3	
			1	6	8		7	3
7			5	9	2		6	
1	6		4			9		8
4							5	
3			2					
8		6	3				9	7

Sudoku: How to Play

Sudoku is a logic-based, combinatorial number-placement puzzle. The objective is to fill a 9×9 grid with digits so that each column, each row, and each of the nine 3×3 sub-grids that compose the grid contains all of the digits from 1 to 9. The puzzle setter provides a partially completed grid, which for a well-posed puzzle has a single solution.

Enjoy!



Did You Know?

This month in 1930:

- Bank of Italy was renamed Bank of America.
- The first nonstop airplane flight from New York to Panama was performed.
- The first United States football game was broadcast to England (Harvard 13, Yale 0).
- Nov. 17 - Bob Mathias, two time American gold medalist decathlete and congressman, was born.

Be on the
lookout for
information
on our
Third Annual
Turkey Trot!
Coming
soon!



Contributions

Beauty Campaign

In honor of **Rhonda Watkins**

Betty Worrell

Janet D. Billey

Endowment Fund

In memory of **Charlotte**

Metcalf

Mr. & Mrs. Entrekin

Marilyn Margolis

In memory of **James "Jim"**

Peura

Billie Bell

Lynn Hornsby

In memory of **Larry Stroman**

Mr. & Mrs. Stowe

Jane Watkins

Mr. & Mrs. Bell

Lynn Hornsby

In honor of **Imogene**

Blackmon & Pix Drennan

Jane Watkins

Employee Assistance

Fund

In memory of **Jim Peura**

Mr. & Mrs. Jablonski

Patti Young Merfa

In Memory

John Hovis
John Hunter
Karen Schuerg

*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.*



Last Edition's Answers



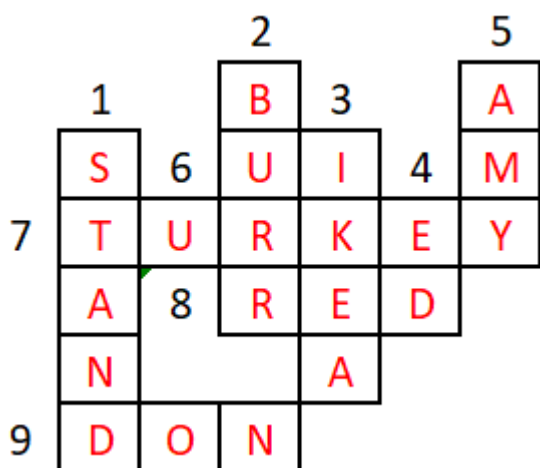
Across

- 7. MAILBOX:** Where you go to retrieve items sent via post
- 9. INTEGRITY:** Firm adherence to a code of especially moral values
- 10. BONFIRE:** A large fire built in the open air
- 11. VOLE:** A creature mentioned in last month's issue
- 12. WESTMINSTER TOWERS:** Address is 1330 India Hook Road (2 wds.)
- 13. FALL:** The season that began September 22nd
- 14. RESPECT:** High or special regard

Down

- 1. PUMPKIN:** Commonly carved into various faces during an October holiday
- 2. CANDY:** Sweets given to children on an October holiday
- 3. FLORENCE:** Name of the September hurricane
- 4. EXCELLENCE:** The quality of being eminently good
- 5. ENRICHMENT:** To make rich or richer especially by the addition or increase of some desirable quality, attribute, or ingredient
- 6. RAINY:** Type of weather brought by the hurricane
- 8. HALLOWEEN:** October holiday
- 12. WELLNESS:** The quality or state of being in good health

This Month's Answers



5	2	8	6	4	3	7	1	9
9	3	7	8	2	1	6	4	5
6	1	4	9	7	5	8	3	2
2	4	9	1	6	8	5	7	3
7	8	3	5	9	2	1	6	4
1	6	5	4	3	7	9	2	8
4	9	2	7	8	6	3	5	1
3	7	1	2	5	9	4	8	6
8	5	6	3	1	4	2	9	7

Thanksgiving 2018 Meal

Thursday, November 22, 2018
12:00 PM - 2:15 PM

Salad Bar of Fresh Toppings and Seasonal Composed Salads

Choice of One Entrée:

Roasted Turkey Breast with Cranberry Sauce
Honey Glazed Ham
Sliced Roast Beef with Mushroom Demi-Glaze

Choice of Four Side Items

Cornbread Dressing
Green Beans Amandine
Cranberry Wild Rice
Collard Greens
Candied Yams

SPECIAL SATURDAY BREAKFAST

NOVEMBER 10, 2018
8:30 AM – 9:30 AM

ASSORTED PASTRY DISPLAY
FRESH FRUIT & YOGURT BAR

SMOKED SALMON AND ANCHOVIES

SERVED WITH CREAM CHEESE, DICED RED ONION, CAPERS, AND BAGELS

BREAKFAST BUFFET OF:

SCRAMBLED EGGS
BACON & SAUSAGE LINKS
GRITS
BISCUITS & GRAVY

ASSORTED JUICES, COFFEE, AND MILK

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.

Like us on

facebook



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 — Editor: **Sandy Graham**; 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: **Jennifer Allen**