



## Inside View

### Activities

**Christmas at the Towers has always been special and this year is no exception! Here are just some of the events and performances to look forward to in December.**

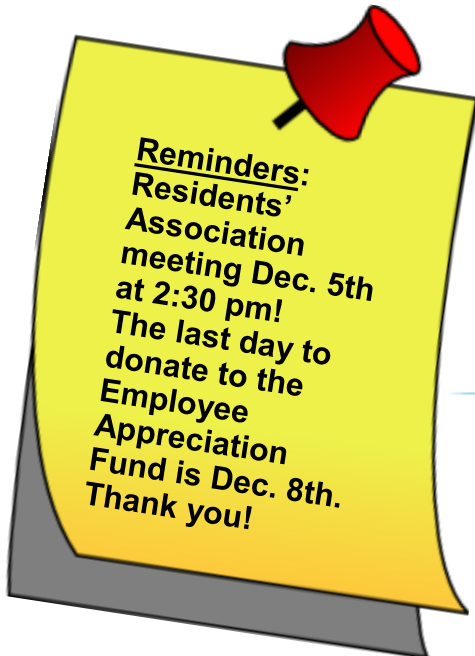
- ✦ A Life Long Learning Lecture by Carolyn Rogers-York County Probate Judge
- ✦ Shopping at Hamrick's, South Park Mall and Talbots just to name a few
- ✦ The "Westminster Towers Christmas Show" performed by the Life Enrichment Department and friends
- ✦ Performance by "Voices Of The Carolinas" Homeschool Chorus
- ✦ Resident performances by the Kitchen Band, Drama Group and the Manor Bell Choir
- ✦ Performance by Dobys Bridge Presbyterian Church Chorus
- ✦ Performance by The Joy Choir of First Baptist Church of Rock Hill
- ✦ Performance by the Charlotte Chapter of the American Harp Society
- ✦ Performance by York Prep Academy Chorus
- ✦ Christmas Tea and music by Duchess Raehn
- ✦ *The Towers Christmas Party* to be held on December 19. We hope you will don your Christmas best and join us in the lobby at 4:15 pm for Hors d'oeuvres, mocktails and special music. After a lovely holiday meal we will gather in Heritage Hall to listen to the sweet sounds of Samantha Duncan

*A special thanks goes to Judy Krepps in housekeeping and her elves. She is responsible for the Christmas decorations in and around the Towers, and we appreciate her time and talent.*

On behalf of myself and other staff, I would like to express my sincere appreciation for the love and good cheer that you extend to us every day. Each of you are truly special, and we wish you a very Merry Christmas and a happy, healthy, and prosperous New Year.

**Be sure to check the main bulletin board daily for added activities!**

Dawn Martineau  
Towers Activities Coordinator



**Reminders:**  
**Residents' Association meeting Dec. 5th at 2:30 pm!**  
**The last day to donate to the Employee Appreciation Fund is Dec. 8th.**  
**Thank you!**



## Christmas Sugar Cookies

### Ingredients:

- 2 3/4 Cups all-purpose flour
- 1 Teaspoon baking soda
- 1/2 Teaspoon baking powder
- 1 Cup butter, softened
- 1 1/2 Cups white sugar
- 1 Egg
- 1 Teaspoon vanilla extract



### Instructions:

1. Preheat oven to 375 degrees F (190 degrees C). In a small bowl, stir together flour, baking soda, and baking powder. Set aside.
2. In a large bowl, cream together the butter and sugar until smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoons of dough into balls, and place onto ungreased cookie sheets.
3. Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

## A Song Was Heard At Christmas

By: Timothy Smith

A song was heard at Christmas,  
To wake the midnight sky.  
A Savior's birth and peace on earth,  
And praise to God on high.

The angels sang at Christmas,  
With all the hosts above.  
And still we sing to the newborn King,  
His glory and His love.



## December Recognition Dates

- National Tie Month
- Read a New Book Month
- Universal Human Rights Month
- Identity Theft Prevention and Awareness Month
- Art and Architecture Books Month
- Gifts from the Heart Month
- 6th - Microwave Oven Day
- 7th - Pearl Harbor Remembrance Day
- 8th - National Chocolate Brownie Day
- 8th - John Lennon Remembrance Day
- 9th - Christmas Card Day
- 12th - Poinsettia Day
- 19th - National Hard Candy Day
- 20th - Go Caroling Day
- 24th - Christmas Eve
- 25th - Christmas Day
- 26th - Boxing Day
- 26th - National Candy Cane Day
- 27th - National Fruitcake Day
- 28th - Card Playing Day
- 28th - National Quilter's Day



**First Citizens**  
WEALTH MANAGEMENT

Did you know that in addition to being your retail banking partner, First Citizens Bank can also serve to provide guidance from a wealth management planning perspective? This might include decisions such as how to make family or charitable gifts, how to allocate investments given recent volatility, or how to review estate plans given recent tax law changes. Please plan to attend an FCB discussion on Monday, 12/10 at 2:30 in the Community Room. Please also be on the lookout for more information in upcoming newsletters.

# Puzzle Page

Answers now on the last page!

## ACROSS

- 1.) Eating utensil # 1
- 5.) Chopping down, as a tree
- 7.) What Beelzebub and The Tempter are both names for
- 8.) Major mix-up
- 9.) Comics icon Stan

	1	2	3	4	6
5					
7					
8					
9					

## DOWN

- 1.) Practices or interests followed for a time with exaggerated zeal, crazes
- 2.) Plow-pulling animals
- 3.) Ohio State, to Michigan, in college football
- 4.) Eating utensil # 2
- 6.) Elmer's product



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1			2				5	
2		9	4	6		1		

## 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 1927:

- Dec. 2 - The first Model A Ford sold for \$385.
- Dec. 4 - Duke Ellington opened at a club in Harlem.
- Dec. 10 - The "Grand Old Opry" was first named as such during a Barn Dance radio broadcast in Nashville, TN.
- Dec. 27 - Joseph Stalin's faction wins All-Union Congress in USSR, expelling Leon Trotsky.
- Dec. 30 - Japan dedicates first subway in the Orient, a route that was under two miles long.

# Listen to the Autumn Leaves

By: Dr. French O'Shields

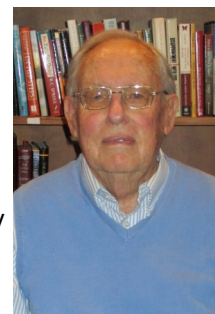
## *In memory and appreciation of John Hunter.*

It was midday as I stood on the open deck on the second floor of the Assembly Inn, Montreat, NC. Looking at the mountain up toward my South Carolina home, the night was magnificent. It looked as if Heaven's buckets of colors had overflowed and spilled over those mountains. The leaves offered a panorama of multi-colored brightness and beauty. The mixture and genuineness of the colors were only as the Master Artist could mix.

As I looked at that creation of God, I also began to "hear" truth through those autumn leaves. Not earth-shaking, but refreshing and meaningful to me in the latter half of my lifespan. The life of those leaves is drawing to a close, yet their last days are their most beautiful. So it can be with human life.

When we are young, we look forward to growing older. We can hardly wait for the years to mount up. Yet there comes a day when we awake to the realization that our strength is waning, and senses are dimming, and life seems to promise nothing save dullness and dreariness. Then we dread, rather than eagerly await, the last years of life. This need not be true.

If one reflects the glory of God, as does the colorful leaf, and when the peace of God, which passes understanding, is in our hearts, then we have no fear. As we grow old, our appearance changes, and our abilities and capacities lose something of their keenness. But if we, like the little leaf, will let God work in and through us, the last years may well be the most beautiful and colorful of all.



**Dr. French O'Shields**  
Writer



## What's Your Holiday Tradition?

My son-in-law's family has a Moravian history, and we celebrate the Christmas Eve traditional Love Feast usually at The Little Church on the Lane in which they were married. The service entails the beautiful Christmas hymns, the Christmas Story, then sweet Moravian coffee and sweet bread. Hot chocolate is served to the young people by the ladies of the church in ancient garb. All comes to an end with a beautiful candlelight service. This service was biblical and began in the 1st century AD and revived in the 1700s. - Janet Yocum

We alternated eating holidays for a meal with my mother and father's families. My folks kept Christmas for our immediate family. We always had at least one large chicken in our chicken house. It was stuffed and extra stuffing was prepared for the top of the cast iron stove. We each got to pick a side dish, and the first picker got to pick from a list of deserts. We always had pumpkin pie too. - Ed McPoland

Our family, including aunts, uncles, and cousins; gathered on Christmas Eve at Grandma's house to enjoy each other and a traditional Swedish smorgasbord - yummy! After Grandpa read the Christmas Story from the Bible, we opened one gift, then enjoyed the music of the season. There were violins, cellos, flutes, and even a bassoon to accompany voices singing carols. Many, many fond memories. - Lynda Thompson

I got married in April 1949. We had six children by July 1958. With the help of relatives, friends, and young lawyers, my wife and I took two weeks every Winter and went to the north end of Miami Beach. She spent a lot of days swimming at the pool. I always went to the horse track in the afternoon (Gulfstream). We both went to the dog track at night (Hollandale). One year, Momma won enough to buy our children moccasins. The older ones wore them to school and told everyone that Momma won them at the dog track! - Vernon Sumwalt

We have a "Jesus" cake for Christmas dessert after singing "Happy Birthday" to Jesus and blowing out one candle on the cake, or three representing the light guiding the three wise men. We began this tradition, passed down from Dave's mother, using an angel food cake with a fluffy, white icing. - Dave and Bev Henriquez

Our first Christmas in our first home, featured a huge live tree with no ornaments. Bill created a special one from a well-used Spalding golf ball, which has a red and green dot on it. Needless to say, it's been on every Christmas tree since then. - Marie Graham

My English husband, Peter, taught me to appreciate December 26, Boxing Day - an all day celebration - as the best holiday of all. - Gaylon Syrett

For many years, our Christmases were a wonderful event. Our family of eight from grandparents to grandchildren convened on Christmas Eve to our rustic log cabin on the shore of beautiful Friends Lake, deep into the Adirondacks in upstate New York. As soon as all had arrived, we adjourned to the closest village church for a Christmas Eve candlelight service conducted by an itinerant minister who led us in prayer and song. She had a strong, almost soprano, voice. The short service was necessary to finish her commitment to three or four other small village churches in the area. Next chore was to send our oldest son out into the snowy woods, flashlight in hand, to find a Christmas tree. He would return with a three foot tall "Charlie Brown" type tree that did not require extensive decoration. We then sat down to a Christmas feast of all you could eat shrimp cocktail and filet mignon served fondue style. The Christmas holiday was filled with skiing, ice skating, presents, and family love.—Steve Ellsworth

I am originally from Germany, and one of our traditions was the lighting of the advent wreath. The wreath is also known as the advent crown and symbolizes the passage of the four weeks of Advent. It is usually an evergreen wreath, which lays flat, and has four candles. The first candle is lit on the first Sunday of Advent, and an additional candle is lit each of the following Sundays. The last Sunday before Christmas, all four candles are lit. Some wreaths have a fifth candle, which is lit on Christmas Eve. - Rita Wengel





# Welcome to the Towers!



**Carlos & Janice Gardner**  
Apt. 625



**Harry & Madeline Hazen**  
Apt. 302



**Dorothy Modla**  
Apt. 403



## MASSAGE THERAPY IS BACK!

Sessions are located in Towers  
Independent Living Apt. 528.

### November and December Special

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

### Massage Therapy Pricing

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

**For more information, contact:**  
Elizabeth Gray at 803-328-5126 or  
[egray@westminstertowers.org](mailto:egray@westminstertowers.org)



## Riverview @ The Towers

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

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



# Team Alz In!

Walk to End Alzheimer's



Participants raising flowers in remembrance.



Employees and their families walking.



Davis Kirby and Jennifer Allen.



(Above) Staff, family, and residents walking.



Jim Thomason, Buzz Benson, and Don Hunt.



Charles Ives, Spencer Anderson, and Ed Fitzgerald.



The Alz In group: staff, family, and residents.



### In memory of Pat Fitzgerald

Edmund Fitzgerald  
Joyce Simpson  
Terry Plumb  
Beverly Carroll  
Catherine Sullivan  
Margaret Hagan  
Carolyn Russett  
Margaret Sims Platt  
Margaret Brewster  
Sharon Davis  
Patricia Blaney Bright  
Ellen Stenstrom  
Lareine Chapman  
Audrey Ross-Klein  
John Alan Presto  
Harriet Goode  
Mr. & Mrs. Bowler  
Mary Lynn Guettler  
Susan Barron  
Mr. & Mrs. Wilkerson  
Monica Emmert  
Elena Ziegler  
Mr. & Mrs. Branagan  
Kay McSpadden  
Mr. & Mrs. Hyclack  
Ginny Dunn  
Hannalie Ferguson  
Mr. & Mrs. Jeffrey  
Pinky Funderburk  
Bridgit Napleton  
Mr. & Mrs. Henriquez  
Mr. & Mrs. Blackmon  
Martine Simmons  
Mr. & Mrs. Weisbruch  
Mr. & Mrs. Keenan  
Mr. & Mrs. Fitzgerald  
Betty Worrell  
Martha Curran  
Ruth Page  
Bridget Quinn  
Janet Billey  
Mr. & Mrs. Magers  
Constance Zdenek

### In memory of Phyllis Kiser

Frank Kiser

### In memory of Rachel Roberts

Gaylon Syrett

### In memory of Margaret Gandy Zeigler

Barbara Zeigler Gladden

### In honor of Kathy Starford

Vanessa Swetnam

### Other Donors

Vicky Harris  
Amy Laughlin  
Patricia Brammer  
Mr. & Mrs. Nichols  
Dicksie Ward  
Janet Yocum  
Mr. & Mrs. Miller  
Louise Whitfield  
Davis Kirby  
John Player  
Lynn Hornsby  
Jean Barnes  
Ruthie Strubbe  
Jennifer Packer  
Nicole Martin & Melvin Walters  
Jim Thomason

# Contributions

## Beauty Campaign

In honor of **Rhonda Watkins**

Carol Tift  
Vanessa Swetnam

In honor of **Imogene Blackmon & Pix Drennan**

Jane Watkins

In honor of **John Hunter**

Barbara Gladden

## Capital Campaign

James Thomason

In memory of **Doris Stephan**

Laura Wagman

## Endowment Fund

James Thomason

In memory of **Karen Schuerg**

Polly Schuerg

In memory of **James "Jim" Peura**

Billie Bell  
Mr. & Mrs. Jablonski  
Lynn Hornsby

In memory of **Larry Stroman**

Jane Watkins  
Lynn Hornsby  
Mr. & Mrs. Bell

In memory of **John Hovis**

Dorothy Kerr  
Dicksie Ward

In memory of **John Hunter**

Dorothy Kerr  
Dicksie Ward  
Jean Barnes  
Lee Smoak  
Mr. & Mrs. Blackmon

In memory of **Charlotte Metclaf**

Marilyn Margolis  
Timothy DeWalt

In honor of **Rhonda Watkins**

Betty Worrell  
Janet Billey

In honor of **Imogene Blackmon & Pix Drennan**

Jane Watkins

## Employee Assistance Fund

In memory of **Jim Peura**

Mr. & Mrs. Jablonski

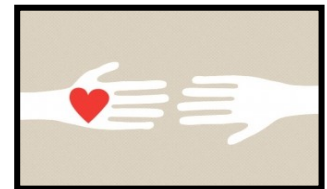
## Life Enrichment

James Doswell  
James Thomason

# *In Memory*

## Myrtle Buddin

**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.**



Our community would like to give a big thank you to our own **Jean Barnes** and **Ladson Barnes**, and their **Family** and **Comporium** for their sponsorship.

### **A big thank you to the residents who walked:**

Ed Fitzgerald & Family  
Ruthann Poore  
Dwight "Buzz" Benson  
Juanita Eising  
Spencer Anderson  
Louise Whitfield  
Charles Ives  
Ann Geier  
Don Hunt  
Davis Kirby  
Sharon Miller

Also a big thank you to others who planned to walk but with good reason could not do so.

Thank you to Westminster Towers for providing transportation for participants.

### **A big thank you to administrators and staff who walked:**

Jennifer Allen  
Holly Brackett & Family  
Allison Matthews  
Jim Thomason  
Amy Laughlin  
Heather Miller & Family  
Jennifer Packer & Family  
Daniel Williams  
Latoya Barber  
Liz Gray & Family  
Nicole & Family  
Ashley Clark

To date we have raised \$3,245.00 to find a cure, support research, and give much needed help to caregivers.

*Ed Fitzgerald*

*Ruthann Poore*

*Janet Yocum*

# This Month's Answers

	1	2	3	4	6
5	F	O	R	K	
7	A	X	I	N	G
8	D	E	V	I	L
9	S	N	A	F	U
			L	E	E



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

## Special Christmas BREAKFAST



DECEMBER 08, 2018  
8:30 AM – 9:30 AM

ASSORTED PASTRY DISPLAY  
FRESH FRUIT & YOGURT BAR

CHEF'S OMELET BAR  
WAFFLE AND PANCAKE BAR

BREAKFAST BUFFET OF:

SCRAMBLED EGGS  
BACON & SAUSAGE LINKS  
GRITS & APPLE CINNAMON OATMEAL  
BISCUITS & CREAMED CHIPPED BEEF  
HOMESTYLE HASHBROWN POTATOES

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.



*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**