



An Old Irish Blessing

*May love and laughter light your days,
and warm your heart and home.*

*May good and faithful friends be yours,
wherever you may roam.*

*May peace and plenty bless your world
with joy that long endures.*

*May all life's passing seasons
bring the best to you and yours!*



A Prayer for Growing Older

Copied and Submitted by Ruthann Poore

Help me, Lord, from becoming a pest, And being a know-it-all on every subject. Keep me from thinking I must say something about every subject on every occasion, and provide every small detail, Keep me from repeating, repeating, and repeating myself! Help me to listen, and don't regale others with my aches, pains, medicines, and doctor visits. Make me thankful for my memory, be it as it is, and not be intolerant of those whose memory has faded over the years. Let me admit when I am wrong or make mistakes and not judge others. Let me be thankful and show gratitude daily and remember Proverbs 17:17, "**A friend loveth at all times.**"

March Recognition Dates

National Nutrition Month
National Women's History Month
Social Workers Month
Mar. 1 - Employee Appreciation Day
Mar. 3 - Caregiver Appreciation Day
Mar. 3 - National Anthem Day
Mar. 5 - Mardi Gras
Mar. 12 - Girl Scouts Day
Mar. 13 - Jewel Day
Mar. 14 - National Pi Day
Mar. 15 - Ides of March
Mar. 16 - National Quilting Day
Mar. 16 - Freedom of Information Day
Mar. 17 - Saint Patrick's Day
Mar. 17 - Submarine Day
Mar. 20 - Proposal Day
Mar. 20 - International Earth Day
Mar. 23 - National Puppy Day
Mar. 25 - Waffle Day
Mar. 26 - National Spinach Day
Mar. 30 - National Doctor's Day
Mar. 30 - Take a Walk in the Park Day

Meaning of the Claddagh Ring

The Claddagh Ring is a traditional Irish ring which represents love, loyalty, and friendship.

The hands represent friendship.

The heart represents love.

The crown represents loyalty.

The design and customs associated with it originated in the Irish fishing village of the same name in Galway. The ring, as currently known, was first produced in the 17th century.



Puzzle Page

Answers now on the last page!


ACROSS

- 1.) Waiter's word after delivering the food
- 6.) Lineup of Netflix shows to watch
- 7.) Cars ordered from one's phone
- 8.) Condensing thing to put on
- 9.) _____ Vegas, Nevada

	1	2	3	4	5
1					
6					
7					
8					
9					

DOWN

- 1.) Like 8^2 and 4^3
- 2.) Region of ancient Egypt
- 3.) Heckles from the stands
- 4.) Shared by the two of us
- 5.) R.S.V.P. option



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

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 1921:

- Mar. 1 - Rwanda ceded to Great Britain.
- Mar. 3 - Drs. Banting and Best discovered insulin.
- Mar. 4 - Warren G. Harding was inaugurated as the 29th President of the United States.
- Mar. 17 - Marxist Revolutionary leader Vladimir Lenin proclaims New Economic Politics.
- Mar. 21 - The Walter Kerr Theater (Ritz, CBS, NBC, ABC) opened at 223 W 48th Street, NYC.

Peaches

Written by: Janet Yocum

I **love** peaches. My husband and I traveled a lot. He kept his ear to the ground to hear where the cheap gas was located and I to where the best peaches were found. Georgia was a welcome stop for both items. The State Farmers Market just south of Atlanta had fairly good peaches, and I usually got a peach basket full and he a tank full of cheap gas.

One year we were traveling to York, SC to visit our daughter. We liked to travel the "blue highways," and we took SC 321, the "Old Charlotte Highway." Just short of Columbia, I spied a small handmade sign that said "Peaches." "Stop the car!" I requested, thinking I might get a good peach at a bargain price. The peaches were on a small stand in front of a home with a large peach tree in the back yard. The peaches looked delicious, but the sign said \$3.00 with 5 peaches in each basket. I decided that was no bargain. When a very young mother came out the door with a precious little girl about 4 years old, the little girl looked at her mother and said, "Oh Mama, we are going to have some money." My heart melted, and I quickly said, "3 baskets, please!" I handed the young mother \$10.00 and said to keep the change for an ice cream for the little girl. We had traveled about 10 miles and decided we would eat a peach. The fuzz was still on the peach. It was the best peach I had ever eaten. I had discovered "South Carolina" peaches. Juice was pouring down our chins, and we were looking for old McDonalds napkins in the car, thanking the Lord for our good luck because there was also a cheap gas station just ahead.

Imagine my surprise when shortly after I moved here, I saw a notice - "Sign up to go to the Peach Stand!" I couldn't wait! The day finally came, and we arrived at the Peach Stand. I looked around for the peach orchard and saw no peach trees. The bus emptied quickly and I thought I better hurry in or they will buy all the peaches. Inside only a few peaches were in sight; gnarly little things. "Where are the peaches?" I asked. "They will be here in about 2 weeks," I was told. I investigated the shop and found some homemade pimento cheese. As I paid, I saw no one from Westminster Towers. Thinking I was keeping the bus waiting, I asked the clerk where all the people from Westminster Towers were. She replied, "Every one of them are in the back eating ice cream." "ICE CREAM!" I exclaimed, "I thought this was a peach stand!" Looking at me as if I didn't have a brain to my name, she said, "Westminster always comes for ice cream."

Days passed and still no peaches. One day I heard Gene Bigger talking to a pretty little lady, and

what were they discussing? Peaches! He was telling her that he was a DOT employee and her family's peach farm was located in his district. On his travels, he always stopped in and visited with her family; and they gave him some delicious peaches. I perked up. One Monday we arrived at bridge and at every chair there was a beautiful peach, a treat from Sarah Goforth. Must be true, and it is! Sarah Goforth's family owns and operates one of the largest peach farms in South Carolina, covering 7,500 acres and offering over 25 varieties of peaches. It was established over 100 years ago and is now operated by her nephew's son, Spencer McLeod. The McLeod Peach Farm is located in McBee, South Carolina. It has a shop selling the best peaches in South Carolina, a good restaurant, a bakery, a fresh vegetable stand, and even an antique museum. Best of all I was told, they have the best black cherry ice cream and other flavors too. I am going to make a suggestion, purely in my self-interest, that we take a trip to McBee, SC. I called them and it is about 1 hour and 15 minutes away. They recommended we come in July for the best peaches, homemade peach bread, lunch, and yes, ice cream. I talked to our Sarah and will talk to our Activities Coordinator, Dawn! Are you interested? God Bless You. - Janet Yocum



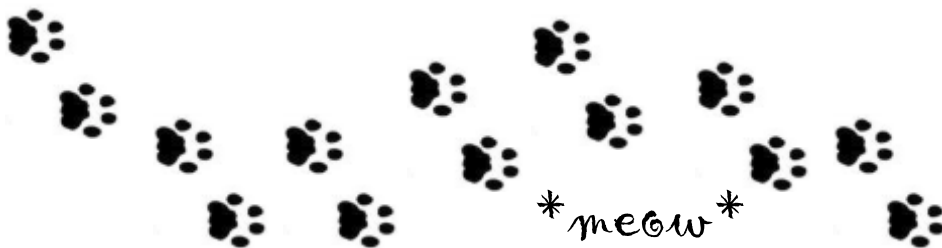
Welcome to the Towers!



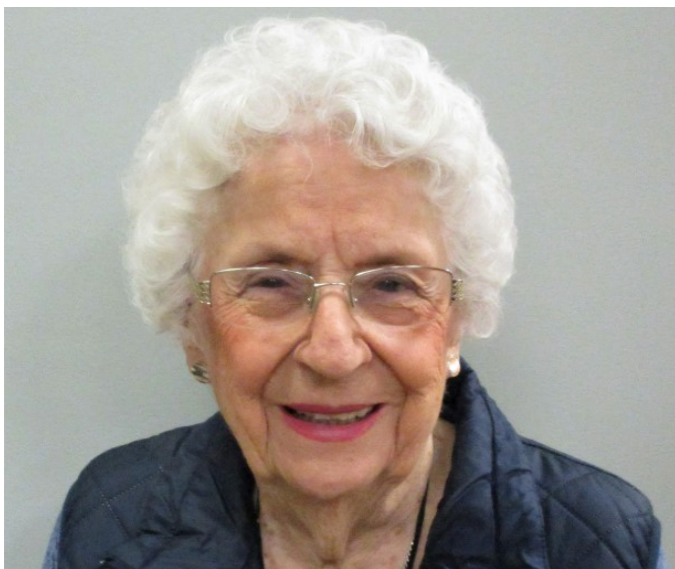
Barbara Ingelse
Apt. 511



Barney Blackwelder & Arlene Jenkins
Apt. 325



Andy



Genevieve Brandel
Apt. 511



Robert & Sarah Jefferies Calhoun
Apt. 606



Beverly and David Henriquez



Dorothy Modla and Betty Worrell



Ann Geier



Pix Drennan



Lynn Hornsby, Ginny Dunn, and Kathy Nichols



Betty Walters



Group doing crossword puzzles.



Don Hunt and Kathy Nichols



Group at CN2.



Group on the set.



Barbara Gladden



The group, patiently awaiting crowning of the court.



Betty Worrell



The group, still patiently waiting.



Fay Reynolds



There was a great turnout for this event!
Thank you to all who attended!

And the winners are...



King Glen Miller

and

Queen Sharon Miller



Prince Charles Ives

Princesses Ruthann Poore and Ann Geier

Have You Considered....

By: Dr. French O'Shields
(Former Syndicated Columnist)

There was a time when I suspected all this talk about body language to be utter nonsense. If it contained any truth, it certainly posed no threat to expose anyone. After all, with forethought and subtle deception, you could hide your real feelings.

It is shocking how this experience does not always support theory. This experience happened a long time ago – a very long time ago...

I daily take a fast three mile walk for physical conditioning. When I was able to add five pound weights to each ankle and wrist, I felt good about my accomplishment. One particular morning, even with the weights, I had hit my stride. Just as I was congratulating myself for doing so well, a first grade boy, standing by the road waiting for his school bus, interrupted my self-worship experience.

"That must be really hard work," he said as I hurried past.

"No, Son," I confidently replied, "There's nothing to it!"

"Well then, Mister, why are you huff'n and puff'n so?"

There I was... caught with my hand in the

cookie jar!

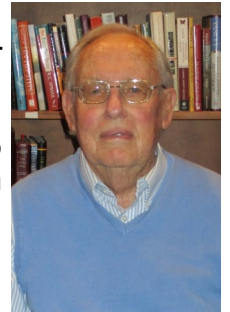
It brought to mind other experiences. Those when someone asked me, "Are you angry?" With flushed faced, taunt jaw, and sharp voice I quickly answered, "No, I am not angry at all!"

Not only have I been caught with my words saying one thing and my body another, but I have experienced it from the other side. The times when someone's words said, "I love you," but everything else about him or her recoiled as if I had leprosy.

Finally, I tried something different. A man had refused for two weeks to return my calls. I confessed to his secretary, "If I appear to be annoyed, I am sorry, but it is only because I am!"

I discovered it worked better. She appreciated my honesty. And for me... well, it sure made the cookie taste better.

If we can't deceive others, to say nothing of God, wonder why so many of us keep trying? Maybe it's because we have accepted the bottom line... The most deceived person in the world is the one who believes he can deceive others.



Dr. French O'Shields
Writer



Minute to Win It games in the Manor.



Making Pyramids for Minute to Win It in the Manor.

**WESTMINSTER TOWERS
RESIDENT'S BILL OF RIGHTS**

As a resident of Westminster Towers Independent Living campus, you have, or your legal guardian has, the right to:

- ⇒ Choose your own personal physician;
- ⇒ Have security in storing your personal possessions;
- ⇒ Be treated with respect and dignity;
- ⇒ Be free from mental or physical abuse;
- ⇒ Be free from working or performing services for the facility;
- ⇒ Have your legal guardian, family members, and other relatives see you when they visit;
- ⇒ Send and receive mail with freedom and privacy;
- ⇒ Associate and communicate privately with persons of your choice;
- ⇒ Meet with and participate in social, religious, and community group activities.

Contributions

Capital Campaign

Howard Sternlieb
Elvin & Loreen Walker

Endowment Fund

In memory of **Gloria Cody**

Lynn Hornsby
Howard Sternlieb
Dorothy Kerr
Jane Watkins
Dixsie Ward
Joanne Cauthen

In memory of **Mignon Eayre**

Lynn Hornsby

In memory of **Harold Denny**

Dorothy Kerr

In memory of **Peg Arko**

Joanne Cauthen

In memory of **Lois Dasher**

Joanne Cauthen
Lynn Hornsby

In Memory

**Bobbie Ellsworth
Pearl Gregory**

***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.***



We need your help!

Do you love to **write**?
Do you have a **great idea** for an article?
Do you have a passion for **photography**?

We could use your help to boost our newsletter and take it to new heights!

Entries can be submitted directly to Jennifer Allen or Sandy Graham.
Deadline for entries for April is March 18th.

This Month's Answers

	1	2	3	4	5
1	E	N	J	O	Y
6	Q	U	E	U	E
7	U	B	E	R	S
8	A	I	R	S	
9	L	A	S		



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

Special Saturday BREAKFAST



MARCH 9, 2019
8:30 AM - 9:30 AM

SMOKED SALMON & BAGELS

FRESH FRUIT & YOGURT BAR

BREAKFAST BUFFET OF:

SCRAMBLED EGGS
BACON & SAUSAGE LINKS
GRITS
BISCUITS & CHIPPED BEEF

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, Janet Yocum, Linda Lenz**; Residents' Association President: **Frank Kiser**, President and CEO: **Jim Thomason**; Director of Life Enrichment: **Jennifer Allen**