

TOWERS TALK

Life Plan Community • Independent Living • Assisted Living • Long Term Care • Short Term Rehab • HomeBridge

Socialization Can Have Many Health Benefits

There are so many great programs at Westminster Towers, it's sometimes hard to choose what to participate in! Did you know there are many benefits from staying active and connected to others? Several studies have shown the following:

- **You may live longer** - staying connected may have overall health benefits.
- **Your physical health may be better** - socialization may help build a stronger immune system.
- **Better mental health** - Interacting with others lightens your mood and feelings of depression may decrease.
- **You may lower risk of dementia** - socializing is good for your brain health.



There are many ways to engage with others such as walking with friends, singing in a choir and volunteering at your favorite charity organization. Find things that you enjoy and try to participate as much as you can. Even having friends over for a cup of tea and a good chat will make your day brighter. Attending a religious service and serving in your church may make a big difference and keep you connected with the community. Westminster Towers' residents have the best of both worlds by having many social opportunities within the community and also in the community at large. If you want to learn more about the wonderful programs offered at Westminster Towers, please contact Allison Matthews, Director of Marketing and she will be glad to introduce you to some of the wonderful people who call Westminster Towers home. She can be reached at 803-328-5587. You will be happy you did!



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Resident Feature: The Gardners

Carlos and Janice Gardner moved from Lancaster, SC to Westminster Towers November 2018. They reside on the 6th floor, also known as the “Pent House.” Carlos, a native of Richmond, VA, is a retired Methodist Minister. He served in the SC National Guard as chaplain from 1970 - 2002.



Carlos and Janice Gardner

Janice, originally from Maryville, TN, is a retired Mathematics teacher. Janice is usually seen out in the garden, checking on her beautiful zinnias. She’s known as the “cookie fairy” around here as she loves to bake! Their pride and joys are their 18 month-old twin grandchildren, Jack and Eleanore. They come by often, and usually command a room by their presence.



Employee Spotlight: Cindy Ashworth

Cindy Ashworth has been a loyal employee of Westminster Towers for over 23 years. She was recently promoted to Director of Facilities Management. While she oversees numerous people in her department, you will see Cindy around campus helping with laundry and anything needed to get the job done. She’s here for the residents and always has a smile on her face.

Cindy is a Chester, SC native. She loves spending every minute of her spare time with her family, which includes three wonderful grandchildren: Tyson, Caroline and Stella. They keep her busy attending baseball games, gymnastics and other events. She wouldn’t have it any other way!



Cindy Ashworth

Renovation Update

Construction is still underway with the renovation of our formal dining room, kitchen, fitness room expansion and beauty salon. We’re 50% complete!

Westminster Towers *By the Numbers*

(2019 Statistics - Independent Living)

TOTAL RESIDENTS

143

AVERAGE AGE

86



30 NEW RESIDENTS

ORIGINAL HOMES OF
NEW RESIDENTS:

CALIFORNIA
CHERAW
DANIEL ISLAND
EDGEMOOR
FORTMILL
GREAT FALLS
KANSAS
LAKE WYLIE
LANCASTER
MISSISSIPPI
NEW JERSEY
OHIO
ROCK HILL
SUN CITY - INDIAN LAND
VIRGINIA

45 MEN

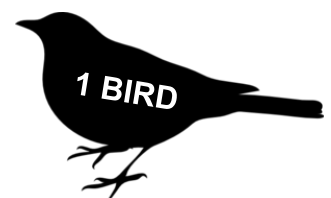
AGE RANGE

65 – 100

COUNTRIES REPRESENTED



17 YEARS
LONGEST LENGTH
OF RESIDENCY



Outside Services... on the Inside!



First Citizens Bank provides banking services on campus Monday afternoons and Tuesday mornings for any residents who need to make withdrawals, deposits, etc. Transportation is also provided to the local branch.



Westminster Towers partnered with Riverview Medical Center in 2015 to provide primary and urgent care services to residents. Riverview at The Towers is available Monday and Wednesday mornings.



Westminster Towers hosts a Parkinson's Support Group once a month for anyone diagnosed/affected by Parkinson's Disease or other movement disorders. Caregivers, family and friends are welcome. Also, in partnership with Parkinson Association of the Carolinas, a free Yoga class is held every week. Contact the Marketing Department at (803) 328-5587 for more information.



**WESTMINSTER
TOWERS**

1330 India Hook Rd
Rock Hill, SC 29732

(803) 328-5587



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