



westminstertowers.org

Inside View

Memories



“September Song” on Music Choice brings back memories of fall seasons of the past.

I remember the air becoming chilled as the sun sank low on the horizon. There was a sharp briskness that nipped the nose and stung the sinuses as shadows of late afternoon divided our block from the magnolia trees on one side and the “sunny side of the street” on the other.

We had received a coveted pair of skates as a gift from our parents that October. They were skates with a very important metal key which sized the skate for the individual foot. The key had a bright red ribbon attached to hang up the key with the skates when not being used. We were not to lose the key because this pair of skates was given as one gift to a pair of sisters, so close in age, but possessing different sized feet. No, one must NOT lose the key!

It was 1945 with World War II in progress with all its horrors. But for two small children in second and third grades, their world spread no farther than the one block sidewalk sloping downward beside their home across the street from the school.

One pair of skates. Two sisters. How was this going to work? Neither sister wanted to wait for the other to try out the skates first, so they each took a skate, fitted it to a right or left foot with the all-important key, and sailed down the hill together, pretending to fly like Peter Pan.

When fatigue took over one foot, they switched skates, readjusted size with the key, and sailed down the hill after switching sides on the sidewalk...thrilled with their new gift given out of love (It being neither Christmas nor birthday.). Out of love it was shared until the sun sank slowly over the western horizon.

It was time to go in for supper. Home-made soup would taste good...even with chapped lips and rosy, red cheeks flaming with the promise of frostbite.

In other small towns across the ocean, the cold went bone deep. There was no gay afternoon on skates, no hot meal waiting as the sun went down. Children stood in line clinging to their parents. Smoke rose from the chimneys....

“Lord, may we always remember Your blessings and Your mercies; that evil may never prevail again.”

Carol Partridge

Puzzles and “Puzzlers”

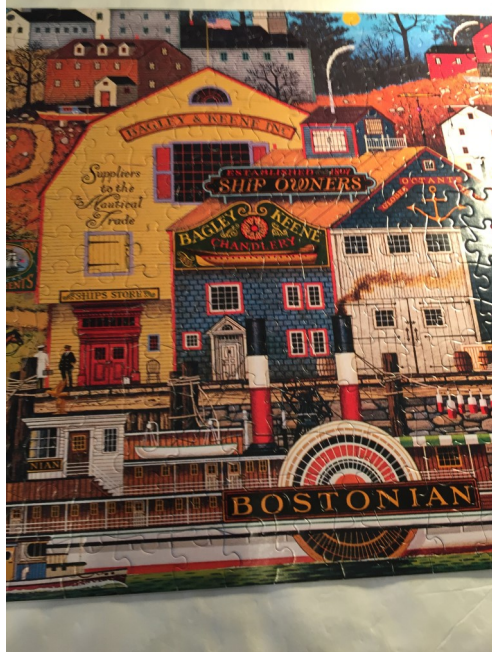
Several years ago, I attended a study on cognitive issues, Alzheimer’s Disease, and other forms of dementia that affect seniors. Statistics are grim, stating that by age 83, 1 in 6 women will have some form of a memory or cognition problem and 1 in 11 men will have the same. By age 86, 1 in 3 women will develop this disorder and 1 in 6 men. The study was based on a Harvard Medical School Study, and the following recommendations were made to promote memory health and delay the onset of cognition issues. Number 1: Exercise. Engage in regular aerobic exercise and brisk walking for approximately 30 minutes a day. 2: Diet changes. The Mediterranean or the Mind diet. 3: Vitamin Supplements. 4: Stress Management (less stress). 5: Sleep; seven, preferably eight hours of a good restful sleep. 6 & 7: Socialization and Learning – Improving your mind, reading, writing, playing musical instruments, doing cross-word puzzles, jigsaw puzzles, playing card and other games, and lastly staying socially active. In addition to seeing Ray Damron and Ruth Page, heads down, pencils in one hand, and a dictionary in the other, doing the daily cross-word puzzle, you see a group at the library table doing jigsaw puzzles. There is Nancy Anderson, Betty Cunningham, Cindy Dekun, Ann Geier, Woody Feemster, Harry Hazen, Morna Matheny, Ruthann Poore, Ron Weisburg, Janet Yocum, and others all puzzling away as if their lives depended on it. We are fulfilling two of the seven Harvard recommendations for better memory. Socialization and improving our minds, connecting those important brain neurons! Today I am going to tell you about one of our very favorite puzzles – a Charles Wysocki puzzle.

Charles M. Wysocki Jr. was a famous American artist born in 1928. He was an American painter for 40 years, whose paintings depicted Americana and American life of yesteryear. Many of his paintings included horse and buggies, steam ships, quaint villages, American flags, fall leaves and pumpkins, and people dressed in the finery of the 1880s in incredible detail. He was the son of a

Polish immigrant father and an American mother of Polish decent born in Kansas. He met his wife in California at The Art Center School of Los Angeles. He studied commercial art in the vein of Norman Rockwell. Viewing his artwork, you would assume he was from Vermont, living right next door to Grandma Moses; but he was born in Detroit, Michigan. Both he and his wife enjoyed rural life and spent many years traveling together in New England. Although he made his living as a commercial artist, he spent his spare time developing his primitive folk art.

He passed away in 2002, at the age of 73. The Buffalo Puzzle Company of Buffalo, New York purchased the rights to some of his most beautiful and famous paintings and made puzzles of them for people like us who love his art and who love puzzles. He particularly enjoyed puzzlers putting his paintings together one piece at a time. A famous Wysocki puzzle depicts a painting called, “The Bostonian,” which we recreated here in our lobby one piece at a time. We would like to thank our many friends and family who regularly donate puzzles to us, especially those by Charles Wysocki.

Janet Yocum

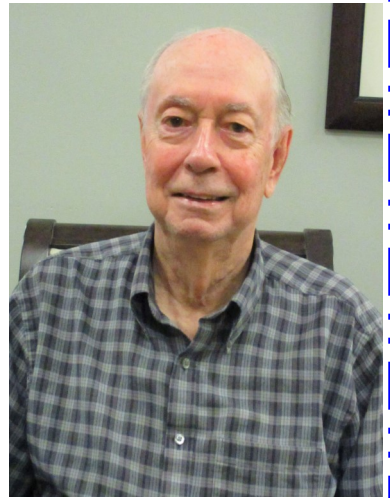


Puzzlers: Betty Cunningham, Nancy Anderson, Morna Matheny, Harry Hazen, Ruthann Poore, Ann Geier, Woodrow Feemster, Janet Yocum
Not Pictured: Ron Weisburg, Cindy Dekun, Wayne Major

Spencer Anderson---Resident Association Vice President

Newly appointed Vice President of the Resident Association, Spencer Anderson, was born in Lee County South Carolina. He has been a long time resident of Rock Hill and has lived at the Towers with his wife Lib for two and a half years. Spencer has had a broad career in textile management with The Kendall Company, as well as legal administration for Roddey Carpenter and White Law firm. He was Founder's House Manager with Springs Industries until retirement. A dedicated Rotarian, he is proud of his 17 years perfect attendance. Additionally, he has been active in Rotary International and several years ago, in 2011, traveled to India to work with the Rotary Polio Inoculation Program. He remarked that this was an experience that he found most rewarding. Always a supporter of music and the arts, he has sung with the 1st ARP choir since moving to Rock Hill 52 years ago.

He and Lib have two children living close by, a son lives in Gastonia and a daughter resides in Charlotte; and there are three boy grandchildren. Spencer is very sociable and easy to know and is most anxious to have input on how residents feel about the Resident Association. Please get to know him.



Ed FitzGerald

News You Can Use



Library Committee: Your Library Committee has been hard at work both in the Lobby Library and Towers Lounge Libraries. We added many new books to all libraries. We are proud that in one day, 20 books were checked out and cards placed in the basket to be filed. For your enjoyment we have new Jonathan Kellerman books, **The Murder's Daughter**, **Mystery**, **Heartbreak Hotel**, **Bad Love**, **Victim**, and **Killer**. We are trying to build a collection of this popular author. Thank you so much. People are buying books to donate,

others are asking friends and family for donations. New Books: Barbara Delinski's **Sweet Salt Air**, Vince Flynn's **Extreme Measures**, and four new books by Dale Brown have been added to the Lobby Library. The 2nd Floor Lounge added five Mary Kay Andrews books and several Jan Karon books. The 5th Floor Lounge added a new section of Bodie Thorne books and also a nice variety of John Grisham books. The 6th Floor Lounge added a new section of Danielle Steel, Nora Roberts, and James Patterson books. Thank you one and all! **Donna Reese**, Chairman and **Betty Worrell**, Co-Chairman

Windows Committee: Thank you to our new writers and contributors, you are adding so much to our publication. Thank you residents for your many compliments and kind words. We are trying very hard to make the Windows better and better. We have solved the dark picture problem. It was an equipment failure. September pictures were beautiful. We welcome new articles and new writers. Thank you all. **Linda Lenz**, Chairman

Maintenance Committee: Welcome to Paul Gregg, new maintenance employee. We see Paul working everywhere, responding to work orders in minutes, not hours. Thank you, Paul, for being so diligent to help us with our maintenance issues. We appreciate you. **Charles Ives**, Chairman

What is it like to be a Christian?

It is like being a pumpkin. God picks you from the patch, brings you in, washes all the dirt off of you. Then He cuts off the top and scoops out all of the yucky stuff. He removes the seeds of doubt, hate, greed, jealousy, etc. and then He carves you a smiling face. He puts His light inside of you to shine for all the world to see. **Submitted by Betty Love**





Beautiful Fall Scene

**Photo Taken
and
Submitted
by:
Barbara
Ingelse**

Towers Emergency Response Link

It is time to refresh the procedures to follow if you are experiencing a medical emergency while in your apartment, pool, or Towers common areas. If you need assistance, immediately push the red button on the wrist or pendant unit each resident was provided on entry as a Towers resident. This will activate the Towers Emergency Response Link system. From 8AM to 9PM your call will be answered by the reception desk and you can speak to the desk from any location in your apartment. After you have described your emergency, they will dispatch maintenance or Homebridge staff to assist you. If an ambulance is required, it will be requested by Towers staff.

Between 9PM and 8AM Response Link calls will be answered by the Manor nursing staff. If needed, the Campus Certified Nurse Assistant (CNA) will be dispatched to assist you in your room, calling for ambulance service if needed.

If an ambulance is required, staff will meet the response crew at the basement door and direct the responders to your location and be with you until leaving for the hospital Emergency Room.

Please make sure that the emergency information form is current on person to contact, insurance, medications

and hospital preference and kept in the magnetic envelope that is to be attached to your refrigerator. The information envelope will accompany you to the Emergency room. To ensure that your Emergency Response Link is working, call the reception (5000) advising them that you are testing the system. They will confirm and you will be able to talk directly to reception via the voice system. Please contact Jennifer Allen at 5077, if you have other questions about the system or you believe your unit is experiencing a problem.



Have You Considered....

Just One Ticket Out of 53,000

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

There is a lot to like about fall. The cooler temperature is refreshing. The colors of the autumn leaves make our world a more beautiful place. As for all avid college football fans, the excitement of Bowl Games and the national football ranking competitions is one of the joys of fall.

One pastor friend introduced me: "French has probably been in more football stadiums in the U.S. than any retired Presbyterian minister." This statement probably is not true. But then again, it might be. What my friend failed to say, however, was that during many of these visits, there was no game in progress.

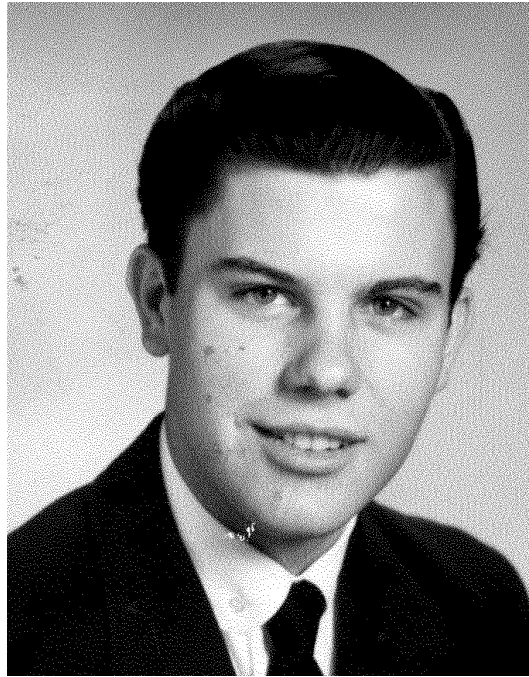
When our four children were young, and even later, on family vacation we always visited a stadium, which we had often seen on tv. I had to talk my way in through an office receptionist, who let us in the stadium. They had been remarkably sympathetic to this fanatic.

One was particularly interesting. I was accompanied by 45 of my church members. From the church in Charlotte, NC, we chartered a Silver Eagle bus to attend a Christian conference in Ann Arbor, Michigan. The morning we departed Ann Arbor, I asked the driver if he could take us by the University of Michigan football stadium. He took us there, parked the bus, and all of us enjoyed walking around the playing field of that 100,000 plus seat stadium.

One experience automatically comes to my mind at the start of every football season, though it occurred fifty plus years ago.

My brother, Bob, thirteen years my junior and my only sibling, was in the Army at Fort Jackson in Columbia, SC. My hunting friend and college football game companion had two tickets to the South Caroli-

na—Georgia game in Columbia. I called my brother, Bob, invited him to meet us at a restaurant for lunch, and to attend the South Carolina—Georgia game with us. I explained we did not have a ticket for him as of yet, but we would surely find one for him outside the stadium. As we walked to the stadium, we saw only one man with tickets to sell. He had only one ticket. I looked at it. Amazing!



Bob O'Shields

That night, I felt that God had really done a wonderful thing for Bob and me, even bordering on the miraculous. Later, there was no doubt. I knew for certain that He had.

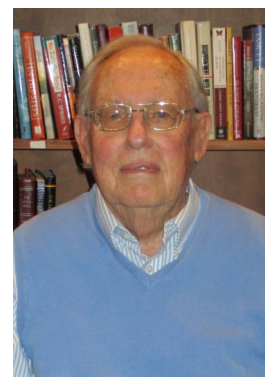
Only several months later, Bob was killed, at 23 years of age, in an industrial accident due to malfunctioning equipment. That time together at the football game in Columbia was the last real quality time that we had together.

It is true that sometimes, our Heavenly Father will do something very special for one of His children. At the time, it may not appear all that significant. The full value and importance of the "gift" only becomes known by events that happen at a later time in our life. Rest assured that my unique experience with Bob is embedded significantly in my book of memories.

At that time, the USC stadium seated 53,000. This ticket was for the same section, same row, and only one seat from the two tickets we already had. After arriving at the seats, the man beside me graciously swapped seats, allowing Bob to sit beside me.

It was super quality time, as we enjoyed the game and being together.

Out of 53,000 seats, how often do you imagine this could happen? My prayer had been answered.



Dr. French O'Shields

A “No Fall” Fall

October is here and Fall has arrived. A nip is in the air, bringing the aroma of wood-burning fireplaces. Our heads are filled with memories of raking leaves, taking the kids to school, and beautiful fall leaves. We are overwhelmed with the beauty of fall. Have you seen the view of our parking lot and church grounds from the 6th floor lounge? A wondrous sight, yellow, gold, and red trees framing the beautiful church. Add the sound of church bells and hymns filling the air and our hearts filling with the joy at the beauty of God’s creation. Pumpkin muffins, pumpkin pies, and a new crop of apples on sale at our grocery stores. Saturdays are filled with cheering for our favorite football teams. Apple cider and powdered donuts in our community room (hint, hint). Fall is a glorious season, but as any teacher will tell you, the word fall is a homonym. It is spelled the same and sounds the same, but can mean more than one thing; and for seniors, the connotation of a fall can have an ominous meaning.

Falls are the leading cause of death from injury in people over 65 years of age. Approximately 9,500 deaths are associated with falls each year. More than half of those who die are over the age of 75. Katherine Graham, the editor and owner of the Washington Post, Dr. Atkins, the famous diet doctor, and our own Gloria Cody, who headed our library for years, each died as a result of a fall. One in three people over 65 will fall each year and 2/3 of those will fall again in six months. One in 200 will fracture a hip and ¼ of those will die within six months. Hospital stays are twice as long for falls as stays for any other reason. Statistically more women fall than men. One of the saddest statistics is falling is the reason most people who fall can no longer live independently. Fall prevention is a seri-



ous topic and should be one of our main concerns. What steps can we take to avoid falling?

Mindfulness

Lancet is the world’s largest independent medical journal, publishing the latest developments in medicine. A study published recently by Lancet determined falls might not be caused by what you might think. Incorrect shifting of body weight accounted for 41% of falls. What does that mean? Turning too quickly, getting out of chairs or sitting down and losing balance, reaching for something just out of reach, hurrying and losing balance, climbing ladders and shifting weight and balance. A surprising number of falls were associated with improper use of walkers and canes and other aids. A smaller number of falls can be caused by slips and trips. What can you do?

Mindfulness – What does it mean? The state of being acutely conscious or aware of your surroundings: what are you doing, thinking in the moment, and giving your complete concentration to the task at hand, always remaining calm in your thoughts and actions, being nonjudgmental, accepting and maintaining a good attitude. Do not think about imagining the future or rehashing the past, but live in the here and now and practice gentle awareness. Mindfulness decreases stress and anxiety. Example: When you are taking a shower concentrate on your safety by getting in carefully, holding on to bars or sitting on a shower seat, being aware and being careful at all times. In the shower, we sometimes plan our day, make mental notes to ourselves, think of what we plan to do, and other distractions. That is the opposite of mindfulness. Most falls occur in the home and many in the bathroom.

Recommendation: Have our Resident Ac-

tivities Coordinator present a qualified teacher to give a seminar on how we can be mindful.

Safety Equipment – Believe it or not, the Lancet study revealed that many falls occur from those very devices that we are provided for our safety to prevent falls, such as walkers, wheelchairs, rollators, canes, and motorized chairs. We trip over them, we use them improperly, letting those on wheels get away from us, sitting and getting up improperly. Example: We had a resident board the bus in a wheelchair and the wheel became stuck, the resident stood to straighten the wheel and fell off the lift.

Recommendation: Have a safety course taught by a manufacturer or rehab specialist on how to safely use our equipment.

Slips and Trips: I was surprised to learn that only about 5% of falls occurred for these reasons. Tripping over throw rugs or items left on the floor. I use myself as an example. I had left a book on the floor and went to the kitchen; and when I returned, I stepped on the side of the book, twisted my ankle, fell, and fractured my leg.

Recommendation: Exercise regularly, increasing strength, flexibility, and balance. We have a good program here, let's use it! Review your medications with your doctor for those that might diminish alertness. Give your apartment a safety check. Have clear wide paths, no hazardous furniture in your way. Install handrails where needed. Get rid of throw rugs, any hazards on the floor; get rid of clutter. Make sure you have good lighting and night lights. Never hurry. Slow down in our busy world, making full use of all your senses: hearing, sight, etc. Is the approximately three seconds you save by hurrying worth a fall, possible hospital and rehab stay? Wear sensible, safe, comfortable shoes with non-skid soles; make sure your glasses are the correct prescriptions and use them. Be very aware of stairs. They should be well-lit, have appropriate handrails. Be very careful going both up or down. Let's have a "No Fall" fall. And most important of all, Remember God. 1st Tim – 4:4 Everything created by God is good and is to be received with gratitude; Psalms – 95:2 Let us come before his presence with Thanksgiving.

Unity

I dreamed I stood in a studio
And watched two sculptors there –

The clay they used was a young child's
mind
And they fashioned it with care.

One was a teacher – the tools she used
Were books, music, and art.

The other, a parent, worked with a
guiding hand
And a gentle, loving heart.

Day after day, the teacher toiled
With a touch that was deft and sure.

While the parent labored by her side
And polished and smoothed it o'er.

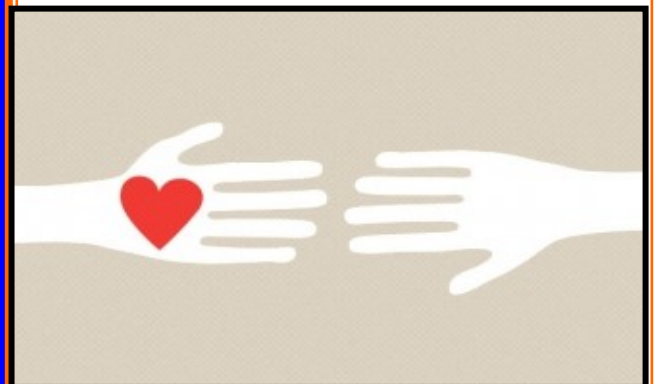
And when at last their task was done
They were proud of what they had
wrought.

For the things that they had put into the
child
Could be neither sold nor bought.

And each agreed they would have failed
If each had worked alone.

For behind the teacher stood the school
And behind the parent, the Home.

Anonymous
Submitted by Dot Kerr



What is your favorite fall memory?

Raking up a huge pile of leaves with my cousin and then jumping in them – which, of course, scattered them once again! The asthma attack that the dust stirred up was worth it! Then, as an adult, driving through the Adirondack Mountains to appreciate the brilliant display of fall colors. – **Nancy Anderson**

Dear Windows!!!! What is your favorite fall memory?? Actually none of my fall memories are my favorites. In fact, all of them are really ugly stinky memories. Fall No. 1: In the parking lot at The Big Hospital in Charlotte. Result: bloody knee, bruised rib, bruised EGO. Fall No. 2: At Longhorn Steakhouse. My son took me to lunch. I missed high jumping the curb at the entrance by only ½ inch! Broke my glasses, destroyed my male honcho ego, but got the attention of my son and was rewarded with a gorgeous Ribeye and baked tater. Fall No. 3: This was my favorite fall. I was at a fly-in for a \$100 hamburger at the Airport in Rutherfordton (Pronounced “RUFTON!”), N.C. After a nice juicy burger I headed out to the plane and tripped over a fuel line pipe and fell flat on my uhuh. Result: Total loss of dignity and most of the hamburger. I cherish this one! Fall No. 4: This one is coming. I cannot tell you where. – **Pinky Funderburk**

My favorite fall memory is always the cooler air after the long hot summers. Cooler air, leaves turning, football games, and church barbeques are hard to beat. – **Robert Calhoun**

Taking the children to the U Pick Apple Orchard for a large basket of MacIntosh apples. Then watch as the mill pressed apples for fresh cider. The apples were stored in the basement – good eating. – **Ed Fitzgerald**

In the Fall of 1964, we were living in Kittery, ME where my husband was stationed at the submarine shipyard. We lived half a block from the river and next door to four teenage boys, whom we loved; but they were determined to turn their parents prematurely grey. Each fall my family raked leaves and made a straw man. We stuffed jeans with leaves, made a body from a trash bag filled with leaves, and dressed it in an old work shirt and gloves. We put the pant legs in old galoshes, stuffed a brown paper bag and painted a realistic face on it, put an old straw hat on his head, and sat him in a lawn chair with the rake resting in the crook of his arm. The kids named him Ole Joe. We placed potted mums and pumpkins by the chair, put Indian corn and bittersweet vine on the door to complete the scene, and there sat Ole Joe for the month of October to be enjoyed by the trick or treaters on Halloween. On Nov. 1st, the Portsmouth Herald reported someone seeing a man floating down the Piscataqua River on Halloween night. I checked the front yard immediately and sure enough Ole Joe had probably gone for a swim. The lawn chair was empty with the rake leaning on it. Discretion prevailed and we did not report Ole Joe missing or inquire of the boys next door whether they happened to see him wandering away. We bought a new pumpkin to rest on the front porch until Thanksgiving. – **Janet Yocum**

Our trip to Nova Scotia in early October of 1995. Seeing all the brilliant colors of the leaves. Also as we were on the ferry crossing the Bay of Fundy, it was stormy with high winds and the ferry (the size of a cruise ship) was rocking so even the crew members said that was the worst trip they had experienced. Everyone was sea-sick but three of us. But we made it safely back to Portland, Maine. – **Imogene Blackmon**

Raking leaves; letting younger siblings mess up leaves by tumbling in them. – **Anonymous**

Fall Leaves—My neighbor and former resident here, Nell Givens, and I had two special trees in Rock Hill that we visited every year in the fall—one a red maple on Myrtle Drive and the other a yellow maple on Park Ave. Every year, they each seemed prettier than the year before. Also very special to us were the yellow ginkgo trees on Winthrop’s campus.—**Joanne Cauthen**

Thank you for your submissions!

Got 8 minutes?

Look what your newly revived Channel 99 can do for you!

In 8 minutes, here is what you will see while relaxing in your apartment. The screen changes every 15-20 seconds and then repeats after 8 minutes of information. So, if you miss writing down the info you need, you can see it again in just 8 minutes!

Here is the typical sequence:

1. Large CLOCK always on the screen
2. Weather
3. Riverview Schedule
4. Outings – ROMEO and JULIETS
5. Cart Notice
6. Check Bulletin Board
7. Blood Pressure Clinic
8. Bank Hours
9. Activities Events in the Towers
10. Veterans Breakfast
11. Daily Events
12. Committee Meetings
13. Birthdays
14. Manor Events
15. Health Center Events
16. Pool Open/Closed
17. Mail Is Up



Reminder: Please give us comments and suggestions about Channel 99 in the suggestion box located beneath the main bulletin board by the south elevator.

Riverview At The Towers

Primary Care • House Calls • Hospice • Palliative Care • Urgent Care

Riverview Medical Center
is excited to offer
extended services AND staff
for Westminster residents!

New Clinic Hours! - Beginning October 1st we
will have expanded hours on Mondays and an
additional day on Fridays! Call **328-9355** for info!

Monday	8am-12pm, then 1pm-4pm
Wednesday	8am-12pm
Friday	8am-12pm

House Calls Friday!

Don't go into the weekend sick

Doris Chitwood will continue her clinic **AND** House Call services on Mondays and Wednesdays. Holly Davis will be joining the team on Fridays. She will work in the clinic from 8am-12pm, then be available for

House Calls in the apartments!

Call **366-7443** for appointments.

Within our collaborative practice, Doris Chitwood and Holly Davis work under the medical supervision of Dr. Robert Lesslie who will be onsite on a regular basis and available as needed.



DORIS CHITWOOD, APRN-BC

Doris received her Associate Degree in Nursing from Central Piedmont Community College, Charlotte, NC, her Bachelors Degree in Nursing from the Medical University of SC, Charleston, SC, and her Masters of Nursing and post graduate degree from the University of SC, Columbia, SC. She has worked at Riverview Medical Center and with Dr.

Lesslie since July 1995. She has served in many roles in the last 46 years to include Family Practice, Emergency Medicine, Occupational Health, Hospice and Senior Care.

Welcome to the team Holly!



HOLLY DAVIS, APRN-C

After Holly received her Nursing degree from Queens University in Charlotte, NC, she practiced as a Registered Nurse in Emergency Medicine and Critical Care, including Medical, Surgical, and Trauma Intensive Care. She received her Masters of Science in Nursing from The University of South Carolina and is a Family Nurse Practitioner certified by the American Association of Nurse Practitioners.

“Take Me Out To the Ball Game”

Friday August 16th, 10 Towers residents and two staff travelled to Uptown Charlotte to take in the afternoon baseball game between the Charlotte Knights vs the Columbus Clippers. It was a great outing afternoon, clear skies, and the bus parked right at one of the entry gates. Prior to the game start we were treated to a complimentary lunch at the Upper Buffet Club. Lots of baseball food including the best hot dogs ever. Our seats were in the shade and there was plenty of action with many hits, home runs and double plays. Sadly the Knights comeback fell short by one run, losing 5-4. After a full day at the beautiful BB&T ballpark, we arrived home just in time for dinner. Thanks, Jennifer and Jamie, for being our guide and driver. Hope we can repeat the experience next year.

Ed FitzGerald



Back Row: Pinky Funderburk, Robert Calhoun, Charles Ives, Lynn Hornsby, Woodrow Feemster, Dot Modla, Don Hunt, Jamie Sullivan, Ed FitzGerald

Front Row: Jennifer Allen, Lorraine Whaley, Sharon Miller



Back Row: Don Hunt, Woodrow Feemster, Ed FitzGerald, Dot Modla

Front Row: Sharon Miller, Pinky Funderburk, Robert Calhoun, Lynn Hornsby, Charles Ives

Towers Residents Play Top Golf

We had no idea of what we were getting into, but the name Top Golf was intriguing. Eight anxious players from the Towers, with Cami leading the charge, arrived at the unique facility located off Interstate 485 in Charlotte and began having the golfing experience of their lifetime. We had no idea on the scoring, the rules, or who won, but we all had a grand time cheering good shots, laughing at duffs and just hitting away at multiple targets. All this fellowship was combined with a leisurely lunch as we played away. Hopefully we may visit sometime in the future with a full bus. It was good clean exercise during a beautiful Carolina blue morning.



Charles Ives Lining up his club



Sharon Miller showing the men how it's done!



Ed McPoland on the backswing

September Service Project: Operation Christmas Child Shoebox Supplies

We will begin collecting items for Samaritan's Purse: Operation Christmas Child Shoeboxes. Please donate items so that we can pack as many shoeboxes as possible for this ministry. Look for more information to come about what items to purchase and what items cannot go in the shoeboxes.

Thank you for your generous support of our school supply drive throughout August! Westminster Towers certainly blessed teachers and students at a local school with the generous donations. For October, we get to expand these blessings to children around the world!

Resident's Association Update

At the last meeting of the Resident Association Executive Committee, the following expenditures from the treasury were approved:

- \$750 donation to the Employee Christmas fund.
- \$132 for purchase of "Residents Parking Only" signs.
- \$95 cushions for benches at Heritage Hall entry.

Residents had made these suggestions that were acted upon by the Committee.

*In Loving
Memory:*

Lo Faris

Jim Sims

Shirley Frank

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

Entries can be submitted directly to Jennifer Allen or
Linda Lenz.

Deadline for entries for November is **October 15th.**

Contributions

Endowment Fund

In Memory of: Sarah Goforth

Dicksie Ward

Frank Kiser

Barbara Gladden

Marshall Doswell

William and Louise Bell

In Memory of: Forrest Buice

Dicksie Ward

Lynn Hornsby

Dot Kerr

Joanne Cauthen

In Memory of: Bob McDuffie

Barbara Gladden

Dicksie Ward

Dot Kerr

Joanne Cauthen

Ed Fitzgerald

Gene and Imogene Blackmon

Anna Banks

In Memory of: Nancy Thomas

Frank Kiser

In Memory of: James Sims

Polly Schuerg

Gene and Imogene Blackmon

Dicksie Ward

Dot Kerr

In Memory of: Jane Lowery

Joanne Cauthen

Lynn Hornsby

Employee Appreciation Fund

In Memory of: Shirley Frank

Charles and Donna Campbell

Joanne Cauthen

Ted and Sue Maness, Jr.

Dr. and Mrs. M. Christopher Marshall

Charles and Rise Strickland

Royce and Richard Chaffin

Lynn Hornsby

Carol F. Smith

Employee Appreciation Fund

Sue Nazak

In Memory of: Jean McPoland

Ed McPoland

Capital Campaign

Jim Thomason

Employee Christmas Fund

Westminster Towers Resident Association

Just
for
Laughs!



Special Saturday BREAKFAST



OCTOBER 12, 2019
8:30 AM - 9:30 AM

OMELET BAR

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).

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