

# Mint



I “mint” to call and thank you –  
But my time is in demand.

I “mint” to say “I love you” –  
But I knew you’d understand.

I “mint” to send you flowers –  
But they cost so much you know.

I “mint” to pray for you this morning –  
But I had someplace to go.

I “mint” to say “forgive me” –  
But that’s so hard to do.

I heard my Lord say, “Bless you child”  
I hope He “mint” me too!

**Submitted by:**

**Betty Love**



## Letter From the Birmingham Jail

The year was 1963 and it was springtime in Birmingham, Alabama. The south was the scene of demonstrations, freedom rides, sit-ins at lunch counters, protests, tension, and political unrest.

Dr. Martin Luther King, as President of the Southern Christian Leadership Conference (SCLC) was in the forefront of this movement. Dr. King stated Birmingham was thought to be the most segregated, racist city in the United States and was known for its police brutality, using fire hoses and police dogs against non-violent, unarmed protestors. Negro churches and



homes were bombed in Birmingham. Being a young woman during that time who, as a little girl, had spent her childhood in Baptist Sunday Schools I recoiled in horror when I learned four little girls had been killed by a bomb in their Baptist Sunday School in Birmingham, Alabama. Dr. King was invited to lead a protest in Birmingham with the local group of SCLC. He accepted and applied for a permit to conduct a march against segregation. He was denied a permit, marched anyway, was arrested, and placed in the Birmingham Jail. He was there when a guard gave him a copy of the Birmingham News which contained a letter from eight white clergymen condemning his actions. He began to write his response to their letter in the margins of the newspaper until a friendly guard gave him a note pad where he began to write in longhand the longest letter of his life.

The clergymen stated in their letter he and the demonstrators were “outsiders” and their visit was “unwise” and “untimely.” It stated that they had broken the law and they should “wait.” Dr. King was calm and stated that he believed the clergymen were sincere and men of good will but he would like to answer their charges. He began his letter by saying that he came to Birmingham because injustice is here, and injustice anywhere is a threat to justice everywhere. As to being outsiders he stated anyone who lives in the United States can never be called an outsider and what affects one affects all. He stated the Apostle Paul was an “outsider” leaving his home in Tarsus carrying the gospel of Jesus Christ throughout the Greco-Roman world. Like Paul, he said he carried the

gospel of freedom wherever it needed to go. The clergymen stated they “deplored” the demonstrations but made no mention of the horrible conditions that brought the demonstrations into being. As to their being untimely he stated that Justice delayed was Justice denied. This legal maxim has been used throughout history as far back as in the Old Testament. To the black man, the term “wait” meant “never.”

Dr. King commented their letter called him an extremist and that he broke the law. After much thought, he stated that Jesus was an extremist for love, quoting his admonition to “Love your enemies and bless them who curse you.” He said, “Was not the Apostle Paul an extremist for the Gospel of Jesus Christ. Was not Abraham Lincoln an extremist stating that the nation cannot survive half-slave and half-free? Was Thomas Jefferson not an extremist when he wrote in the Declaration of Independence, ‘We hold these truths to be self-evident that all men are created equal?’” He stated the question is, “Will we be extremists for the preservation of injustice or extremists for the cause of justice?” The article stated that he broke the law. He stated he broke a man-made law, but God’s law should prevail. He used the example of Hitler passing a law that no one should help or offer comfort to the Jews. He said that law was immoral and against God’s law and had he had the opportunity, he would have broken that law also. He stated, “Oppressed people cannot remain oppressed forever.” He closed his letter by stating that one day when these disinherited children of God sat down at lunch counters they would be exonerated as they were in reality standing up for what was best in the American dream and for justice and the most sacred values of our Judeo-Christian heritage.

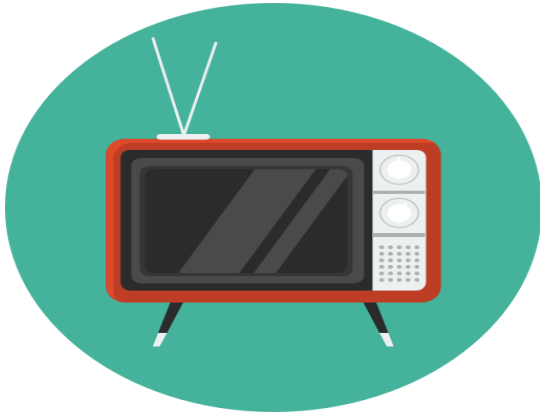
Dr. King was born in 1929, did his undergraduate work at Morehouse College, studied at Crozer Theological Seminary, where he was President of his class and won a Fellowship to Boston University, where he earned his PhD. He was the youngest man, at age 35, to be awarded the Nobel Peace Prize. He died at 39 on April 4, 1968, by assassination in Memphis, Tennessee. God bless you, and in honor of Black History Month.

**Janet Yocum**

## 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:

Large CLOCK always on the screen  
Weather  
Riverview Schedule  
Outings – ROMEO and JULIETS  
Cart Notice  
Check Bulletin Board  
Blood Pressure Clinic  
Bank Hours  
Activities Events in the Towers  
Veterans Breakfast  
Daily Events  
Committee Meetings  
Birthdays  
Manor Events  
Health Center Events  
Pool Open/Closed  
Mail Is Up



## News You Can Use



**Library Committee:** Thank you to an anonymous donor who donated several good new books appearing on the New York Times Best Seller List, Before We Were Yours, by Lisa Wingate and Elephant Company by Vicki Croke. Janet Yocum's daughter donated Stephen King's The Dome. Janet also donated Educated by Tara Westover, also on the best seller list. A new feature of the library is to ask a resident, "What is your favorite book?" We asked Jody Ranking, and she replied "Wish You Well by David Baldacci," also found in our library. Happy reading during the new year and thank you for making our library wonderful and interesting. **Don-**

**na Reese, Chairman and Betty Worrell, Co-Chairman**

**Windows Committee:** The committee would like to thank Jennifer Allen for the wonderful job she does doing the layout and graphics for our paper. Also we would like to thank the photographers for the beautiful work they did with pictures for December. Barbara Ingelse for the spectacular winter scene, Melanie Evans for the great pictures of the 30<sup>th</sup> Anniversary, Barbara Gladden, our committee photographer, and others. We continue to work hard to get your paper in the boxes by the 1<sup>st</sup> of the month. We are proud to report we got some great compliments from some very professional people. Thank you all.

**Linda Lenz, Chairman**

**Food Committee:** With the knowledge that food and how it relates to our health is a very important issue to our residents, we would like to invite you to attend our Food Committee meetings. The committee meets on the second Wednesday of the month in the 2<sup>nd</sup> floor lounge at 2:00pm. Chef Rick meets with us and will address your needs and concerns. This month we discussed additional food items which are being offered and added times we can order. Chef Rick advised us fruit was hard to obtain now, but he will keep trying to increase our supply. Also he has learned that about 50% of residents prefer rice and 50% prefer potatoes, so he will continue to offer both options daily. We appreciate your input. **Dot Modla, Chairman**



## Meet Your Neighbor: Frances Workman Apt 215

Frances has spent most of her life in South Carolina. Her Father, an electrical contractor, eventually settled the family in Moncks Corners, Berkeley County. She graduated from the local high school at 15. However in those days many South Carolina high schools students graduated



**Frances Workman  
enjoying a visit to the  
Living Water Chapel  
at Westminster Park**

after completion of 11<sup>th</sup> grade. There were four girls in the Stone family and like her older sister she was going to attend Winthrop College, then a women's only school. A popular college for Southern Women, there were over 600 girls in her freshman class.. Her interest was in Chemistry and Physics as well as a minor in Education.

Back then Winthrop was famous for the "Blue Line" an event that started the fall academic year. All the girls, dressed in their formal blue uniforms, would line up at the President's house, and led by the President and staff, marched down Oakland Avenue heading toward downtown. The girls would leave the line and enter the church of choice during the march and attend services. It was a happy event with many Rock Hill townspeople lining Oakland Avenue cheering on the marching girls. Sadly with men entering the school, changing into a University and dropping the uniform, the Blue Line ceremony ceased.

Frances, like all the out of town students, lived on campus in dorms overseen by strict House Mothers. Saturday evening dances, attended by local Rock Hill young men that passed the House Mothers test, were the main attraction for the ladies. The dances were upstairs in the old gymnasium with live or recorded music. Generally the women outnumbered the men. All the House Mothers were in attendance keeping an eye on all the girls.

Charlie Workman, an excellent dancer, and former Wofford College student, was working in the family business, Workman Greene Sporting Goods. He was a regular at the Saturday evening dances and soon he and Frances decided they needed to dance through life together. It took Charlie two or three trips to Moncks Corner to get enough courage to ask her father for his permission and blessing. They danced together for 63 years!

They soon married and set up housekeeping in a small two bedroom cottage on College Avenue. There were three children and they eventually built their own larger home. Frances, after the children were grown a bit, taught science at the then-new Finley Road Elementary School. When the sporting goods store closed Charlie became the super salesman for the Cleveland Cotton Company, selling products to the medical and hospital markets. Frances, always interested in building, opened Workman Real Estate and Construction Company. She built and managed many Government funded #235 Low Income Homes, as well as selling real estate.



**A toast to Christmas!**

After Charlie's death she moved to Georgetown, South Carolina, to be closer to her daughter. After two years she missed her Rock Hill friends and connections and moved back home, again on College Avenue. Frances has lived at the Towers since 2018 and is very happy with her life here. She is always out and about, participating in many special events and outings. She and a cadre of other ladies keep a sharp eye on what's happening in the lobby. Say "hello" to her, she is a great character.

**Ed FitzGerald**

## Have You Considered....

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

### **Walking the Beach on a Winter Day**

We're on the doorstep of the winter months. There are people who love spending time on the beach during this time. Walking the beach on a winter day is a strange experience for anyone accustomed to doing so only in the summer.

It is different. Instead of wall-to-wall people, there are few. Bulky jackets, long pants, and wool caps replace bikinis and shorts. Seagulls nestle in the sand, lazily soaking up the warmth of the sun in preparation for the cold night ahead. The sun is bright, but its heat feels as if God has turned it from high to low.

The ocean delights in a time of tranquility: unmolested by swimmers, surfers, or fishermen. The



shells peacefully enjoy a reprieve from being crushed by active feet or smothered by oil-soaked bodies sprawled on beach towels. The natural sounds of wind, surf, and birds fill the air,

free from blaring radios and boisterous voices.

A winter beach scenario accentuates your feelings. If you are lonely, you feel more alone. If you are happy, it makes you happier; sad, it causes you to be sadder. If you are meditative, it renders you more so. If you are lighthearted, you begin to laugh. It takes the emotion you are experiencing, magnifies it, and mirrors it back to you.

Walking on the beach in the winter encourages you to be reflective; you can hardly escape it. It makes you aware of your world and the God who created and governs it.



You think about yourself. Past experiences vividly flood your mind. Present problems appear in a different light. New insights emerge, making difficult decisions seem easier.

Your thoughts turn to the significant persons in your life, those who partly made you who you are. You remember those who helped you, and it fills you with gratitude and humility. You recall the ones who hurt you, and realize bitterness must give way to forgiveness. Those you wronged parade through your thoughts, and your eyes fill with tears. You see the smiling faces of those who love you just as you are, and you marvel at the nature of love. You consider anew the profoundness of God's love and forgiveness, and from your innermost being swells the refrain of the old hymn, "Amazing grace, how sweet the sound, that saved a wretch like me."

Now, it is easy to understand why Jesus spent so much time walking the shore of the Sea of Galilee. Often He walked alone; sometimes, He shared it with others.

So it is with us. Our walk is at times gloriously shared with someone special; but occasionally, it needs to be a private experience.

Walking on the beach on a winter day is different. If it does for you what it does for me, it is a happening that bathes your soul!



**Dr. French  
O'Shields**



## Residents Enjoy a Night Out at Luigi and Sons Restaurant!



# Welcome to the Towers



**Mary Doty**  
**Apt. 230**





## We will hold a Sweetheart Dinner for St. Valentine's Day. Stay tuned for more information!



### Meet Eladio, Our New Activities Coordinator!

I was born in Uruguay, a small country in South America. My family moved to Hilton Head Island, SC when I was four and that is where I lived for 13 years. In high school I ran cross country and track and I was lucky enough to receive a scholarship to come run at Winthrop University. During my time at Winthrop I took a course taught by Mrs. Lee Miller that made me realize what career path I wanted to focus on. Mrs. Miller was able to help me get an internship at Westminster Towers last year where I had the pleasure of interning for Amy Laughlin, as well as working with other great members of our staff like Heather Miller, and Ryan Troutman, to name a few. I graduated Winthrop University last December with a Bachelor's of

Arts in psychology and a minor in gerontology. I am a huge sports fan, whether its football, basketball, soccer, tennis, golf, I always have a game on at home. Another interest of mine is music. Growing up, my grandmother would have music playing all day in the house, which is a big reason why I have a love for music now. Personality-wise, I am a laid back and relaxed person, I try to see the positives in life instead of dwelling on the negatives. As the new activity coordinator, Cami and I are going to be working together to make the activities even better than they already are. I am very excited to be a part of the Westminster Towers organization, and I will work hard to do the best job I can for the great people here at Westminster Towers.



**Eladio with his grandparents at his graduation from Winthrop University**



**Eladio with his mom and sister at his graduation from Winthrop University**



**Ashley Clark**  
**Daytime Care Partner**



**Nikki Clewis**  
**Daytime Care Partner**



**Sheri Bivins**  
**Nighttime Care Partner**



**Jennifer McCormick**  
**Nighttime Care Partner**



## STEP UP/STEP OUT

When was the last time you confronted a new challenge? Were you prepared? Have you studiously avoided trying something new for fear of the unknown, or the extra energy it takes to “haul yourself” out of that comfortable recliner?

These were fleeting accusatory thoughts as I wallowed in the “SOLD MY CAR BLUES” and wondered where the next adventures would arise. It was time to confront the issue of maintaining courage and independence – one to trigger the other, or to sustain each other.

I heard the back-up “beep-beep” of the Westminster Towers Transport outside my apartment window. I had seen many others come and go to their various destinations, and knew in my heart it was time to take the plunge if I were to get to the grocery store or to doctors’ appointments.

Preparation is definitely the Girl Scout key to venturing out. I chose a large handbag; threw in an extra pair of comfortable shoes should I be abandoned and have to walk home. It being the hottest summer in South Carolina history, I included an iced bottle of water from the freezer. It would melt on the way. With the fear and trembling of a five-year-old going to kindergarten on the bus the first day of school, I joined the veteran



Transport passengers. various previous concerns melted away in the act of shopping. (Doesn’t spending money always do that?)

Finished shopping and watched the various shoppers come and go while we waited for the return bus home. Each new customer entered and exited with his or her own grocery list of history, current concerns, and future. It became the challenge to imagine what their stories were.

The driver returned on time and deposited us back home safely. The next time will be easier once I learn the unofficial protocol for seating .... residents with walkers sit toward the front, walkers are stored in the back by the driver.

Healthy residents sit in the middle or over the wheels (now THAT is an adventure of another kind!). Buckle up the seat belts! Take a deep breath, step UP or step DOWN then OUT, holding the safety hand hold. SMILE!! YOU MADE IT!!

As with any new adventure or long-neglected old one, I am reminded of the little boy clinging to his mother’s hand as darkness descends, and they climb the stairs for bedtime:

“Mom, I’m AFRAID!”

“Remember, My Little One, you are in the palm of God’s Hand.”

“Yes,” he replies, “but I wish I could FEEL HIS FINGERS.”



Transport passengers.

Upon walking into the Food Lion, I realized I’d also save money on groceries because I was already loaded down with extra “safety” baggage. The

**Psalm 18:35: “You have given me the shield of Your salvation; Your right hand has held me up, Your gentleness has made me great. You enlarged my path under me, So my feet did not slip.” (NIV)**

**Carole Partridge**



## Meet Your Neighbor: George and Esther Jackson Apt 602

Esther and George Jackson, both former Pennsylvania residents, moved to apartment 602 in

Westminster Towers from Mt. Gretna, PA, a well-known cultural center where Chautauqua Museum and Theater produce a famous large annual art show.

George, originally from Philadelphia, grew up in Lebanon, PA. He entered the Marines in September 1942. He later worked for 15 years in rail-roading, then went to Washington, D.C., as an assistant to a congressman. During his tenure in Washington, he worked for three different congressmen as an administrative assistant. George said one of the members he worked for was the richest man in Congress, and later another member was probably the poorest. After several years working in government, George moved to Harrisburg, PA. He decided to run for the State General Assembly and won that race, remaining in that legislative body for ten years.

Esther grew up in Lancaster County, PA. She became an organist, starting to play for a church

when she was 17. She studied at the Lancaster School of Music and became an accomplished pipe organist. She also worked in secretarial jobs with school principals and superintendents. After she retired as a church organist, George bought her an electric organ for their home. She regrets having to

give that up due to back problems and surgeries, but she keeps up her skill by using a keyboard in their apartment.

Their marriage is a second marriage for Esther and George. They met at a parade in Atlantic City, where Esther was driving a convertible that was needed in the parade. It was explained to her that only men customar-

ily drove in the parade, but somehow it was worked out that her automobile was driven in that one by a woman – George was among the parade organizers.

The Jacksons moved to Rock Hill because Esther's daughter and family live here. The son-in-law is an engineer with Duke Energy. Esther and George are well-satisfied to live at Westminster Towers. The only thing missing, George says, is a good walking trail around the campus. A number of residents probably would agree with him.

**Lynn Hornsby**



**If you use a lounge for any reason, please remember to leave it how you found it! This includes resetting the thermostat, ensuring the lights are off, turning off the fireplace, and putting tables and chairs back where they belong. Please also turn off lights when leaving the laundry rooms!**





## Resident Storage Lockers

There is this dark basement place  
Where valuables (yea) keepsakes hide from  
disgrace.

Scrapbooks and pictures,  
No money for sure  
Mostly junk without much allure.  
We love our junk  
But our kids have such class  
For them to inherit,  
It's a pain in the 🤔

But this good news ,  
Will make someone happy  
Pinky cleaned out a locker  
Instead of his nappy.

I did what I promised,  
My words are sooo true.  
Locker 35 is empty  
and ready for you.



**Thank you to all the residents  
who cleaned out storage lockers  
and made room for our new  
Towers residents to have one!  
We know it isn't easy cleaning  
out, but you did it!**

***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.***

*In Loving Memory:*

*Tom Smith*

*Lindsay Pettus*

## Contributions

### Endowment Fund

Mr. and Mrs. Wes Hayes, Jr.  
Bill and Florence Plyler  
Charles Ives

#### **In Memory of: Nell Givens**

Rosemary Nelso

#### **In Memory of: Herbert and Olive Barnes**

Dan and Ginny Barnes

#### **In Memory of: Steve Ellsworth**

Joanne Cauthen

#### **In Memory of: Lindsay Pettus**

Sig and Judy Huitt

#### **In Memory of: Tom Smith**

Jody Rankin

### General Fund

Bill and Florence Plyler  
Westminster Foundation

#### **In Memory of: Steve Ellsworth**

Genevieve Brandel

### Capital Campaign

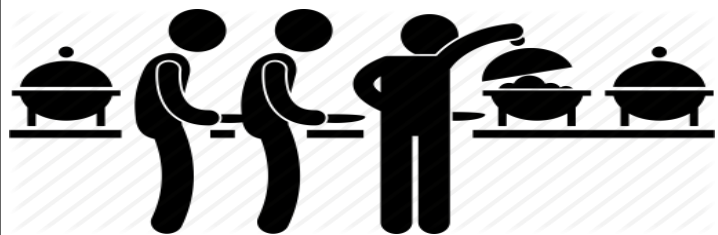
Bill and Florence Plyler

#### **In Memory of: Steve Ellsworth**

Jody Rankin

# Special Saturday BREAKFAST

FEBRUARY 8, 2020  
8:30 AM - 9:30 AM



HOT BREAKFAST BAR

SMOKED SALMON AND BAGELS

FRESH FRUIT & DAIRY BAR

PASTRIES

ASSORTED JUICES, COFFEE,  
AND MILK

## We need your help!

**We could use your help to boost our newsletter and take it to new heights! We are looking for articles about Westminster Towers residents and happenings around the Towers!**



Entries can be submitted directly to Jennifer Allen or Linda Lenz.  
Deadline for entries for February is **January 15th**.

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 — Committee Chair: **Linda Lenz**; Members: **Nancy Anderson, Marshall Doswell, Pinky Funderburk, Barbara Gladden, Carole Partridge, Gaylon Syrett, Janet Yocum**; Residents' Association President: **Lynn Hornsby**; President and CEO: **Jim Thomason**; Editor and Director of Life Enrichment: **Jennifer Allen**

