



WESTMINSTER TOWERS **WINDOWS**

CONTINUING CARE RETIREMENT COMMUNITY

Vol. XXXI No. 04 1330 India Hook Road, Rock Hill, South Carolina 29732 (803) 328-5000

April 2020

westminstertowers.org



If Christ Had Not Been Raised

(Based on 1 Corinthians 15:17-20)

If Christ had not been raised from death,
Our faith would be in vain,
Our preaching but a waste of breath,
Our sin and guilt remain.
But now the Lord is risen indeed;
He rules in earth and heaven:
His gospel meets a world of need –
In Christ we are forgiven.

If Christ still lay within the tomb,
Then death would be the end;
And we should face our final doom
With neither guide nor friend.
But now the Saviour is raised up,
So when a Christian dies
We mourn, yet look to God in hope –
In Christ the saints arise!

If Christ had not been truly raised,
His church would live a lie;
His name should nevermore be praised,
His words deserve to die.
But now our Great Redeemer lives;
Through Him we are restored;
His word endures, His church revives
In Christ, our risen Lord.

Christopher Idle

Submitted by: Mary Alice Mitchell

Recycling A Different View

A few years ago, my granddaughter, Molly, from Maine called to ask how I was doing. I casually mentioned I had been to "Hospice Attic," a thrift shop in my town that recycles things for the benefit of our Hospice Home. "Grandma," she said, "I am so proud of you." My first thought was, "What for?" Ha! She said, "You are recycling, not buying new things that you don't need but buying good things without using any more of our resources. You are donating to and spending your money to help make many people's last days better." Enter a guilt trip! You never want to disappoint a granddaughter. "Why thank you," I said, when in reality I was just looking for bargains. My granddaughter is from Maine and she lives by the old Maine axiom, "Use it up, wear it out, and when it's gone, do without!" She is a clinical psychologist and therapist, who, until recently, worked with mentally disturbed children. Her treatment plan included exercise and she took them running with her daily. She is a mini-marathon runner. She planned a healthy diet for them, no sugar, fresh fruit, whole grains, fresh veggies, and natural juice. She held them accountable for their behavior, and introduced them to good manners, respect for others, and personal responsibility. They slept better, ate better, and behaved better. Some were



able to get off medication. None of her recommendations cost the families additional monies or used resources. The children's grades improved, as did their behavior at school and at home. Alas, that was not the case with all the children, as some parents had mental health issues themselves.

Molly Cathleen (my Irish lass) lives what she calls a minimalist lifestyle: simple furnishings and not too many of those. (My apartment looks like a second-hand store – Ha!) She and her husband bought an older home in Portland, Maine in the downtown area. They can walk to shops, theatres, and events. Her husband works for Maine Medical Center in management in the environmental department and he can walk to work, weather permitting, which is usually in summer. Summer came on Wednesday in Maine this year. That is an old Maine joke.

My granddaughter made me think, "What can this old lady do to recycle?" A lot. One of my friends has 50 pairs of shoes, and I do not have an empty hanger in my closet, so I have attempted to adopt her philosophy "Use it up, wear it out, and when it's gone, do without." We have a lovely Hospice Shop in downtown Rock Hill. Check it out. It is fun and I bet your granddaughter will be proud of you. **God Bless You and All Your Grandchildren.**

Janet Yocum

Thank You

A big **Thank You** to the residents of Westminster Towers and the members of the Tuesday morning Bible Study for your generosity in donating 333 dental care articles. We had less than two weeks to purchase these articles and several residents have mentioned they wanted to participate but could not get out to shop for the needed items. A thank you to them also, and we just ask you to remember the needy in your prayers and to join us in prayers of thanksgiving for what we could collectively accomplish in a short time.

We, together with the Morrison family's grant monies, were able to assemble a grand total of 133 dental kits from those 333 items. They delivered



them to the Clover Area Assistance Center Free Dental Clinic for their "Confidence Begins with a Healthy Mouth" program. The donated kits will cover their entire 2020 program. The dental staff were overwhelmed with joy to receive your gifts. Again we have demonstrated that "Little is much when God is in it," and the residents of York County who live at or below the Federal Poverty Level will be the beneficiaries of your Christian love and generosity. We invite you and would welcome you to join our Westminster Towers Tuesday morning Bible Study at 10:30 in the Community Room. Thank you again and **God Bless You, Westminster Tow-**

Candy Thompson



I was raised as country girl on a small farm in between Rock Hill and McConnells. I went to Northwestern High School and there I met my husband of 32 years, come this July. When we got married, my grandparents gave us some of the family land, so I have been living in the same place my whole life. My husband and I have three children, two boys and one girl, and now three grandchildren, two girls and one boy, ages three months, three years, and two and a half years. I get the privilege to keep them every day through the week while their parents work. I love being a grandmother. It is a wonderful feeling, I didn't realize how different the love would be from your children. I started working at Westminster Towers on May 12th. I love to help people, especially seniors. I only work two weekends a month; other

times we may be camping in our camper. We go camping with family, and normally we have a convoy of about four campers going down the road. We enjoy traveling around and spending time with family.



News You Can Use



Library Committee: Our March feature of Pat Conroy and Dorothea Benton Frank, popular South Carolina authors, was well received and many of their books were checked out and enjoyed. For the month of April, we are going to feature two of America's best-selling women authors, both of whom recently died. *Mary Higgins Clark*: She passed away on January 31, 2020 at age 92. She was the author of 51 suspense novels and worldwide sold over 100 million cop-

ies. Recent ones are Kiss the Girls and Make Them Cry, Every Breath You Take, and You Don't Own Me. We have a large collection of her books in the Lobby Library and others on the floor libraries. We invite you to enjoy one of her outstanding works. *Sue Grafton*: She passed away on December 28, 2017 at age 77. She was a writer of detective novels and best known for her "alphabet series" beginning with A is for Alibi and her last one before she passed away was X. We have a large collection of them but are still looking for her early alphabet novels to add to our library. Try one, we think you will enjoy! We continue to upgrade our libraries for your reading pleasure. **Donna Reese, Chairman**

Windows Committee: Thank you for your many compliments about our March issue. So many enjoyed our Irish theme and especially the Irish Blessings. We thank our many contributors for their excellent work and keep those good articles and interviews coming – they are enjoyed by all. **Linda Lenz, Chairman**

Food Committee: Chef Rick and his staff would like to thank you for your support and understanding during this national emergency. His first and foremost concern is to provide you with healthy meals and options during this challenging time for everyone. We remind ourselves that "This too shall pass." Our safety and wellness have been his top priority. Thank you, Rick and staff. **Dot Modla, Chairman**

Wellness Committee: Wellness Committee Exercise groups are enjoying being back in Heritage Hall with all the space. The pool is open for classes as well as individual swimming enjoyment. Jason and Jennifer are available for personal training - give them a call at 5126 to set up an appointment. **Sue**

Ruthie Strubbe: Receptionist

Ruthie Strubbe is one of our efficient receptionists at the Health Center and Rehab desk. She is always cheery and has a ready smile and always makes everyone feel welcomed.

Ruthie was born in Millburn, NJ, where she attended public schools. She worked in a bank for 13 years prior to the Lord calling her to the mission field. After that she got her Bachelor's in Business Administration & Missions at Nyack College, Nyack NY. Two years later she went to the mission field for 10 years, serving in New Mexico & Arizona with Navajo Indians; Quito, Ecuador, at an International School; and Sao Paulo, Brazil; working in Accounting in all three places.

In 2004, Ruthie returned to the United States and stayed with a family living in York, SC. She said NJ was too cold, expensive, and fast-paced, whereas South Carolina is warmer, less expensive, and slower-paced. After a year, she got an apartment in York and eventually bought a condo in Rock Hill, where she has lived for 12 years.

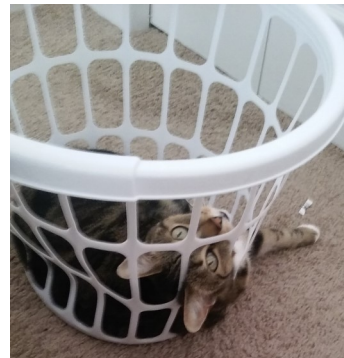
Ruthie started working with seniors in health care in 2006 at White Oak Manor as an Activity Assistant. Then, once she was certified, she



worked as an Activity Director, in 2009, at Spring Arbor. She then finally made her way to Westminster Towers in 2014, working in HomeBridge as a caregiver and a rounder (someone who goes to various residents in the mornings and evenings, assisting them with medication reminders, showers, dressing, etc.) Then in July 2019, she became one of the receptionists at the Health Center and Rehab desk.

Among her off-time activities, she enjoys reading, crocheting, going to concerts, attending church and Bible studies, singing in the choir at Westminster Presbyterian Church, and spending time with her two cats, Gracie and Topaz.

Ruthie truly enjoys meeting, greeting, and helping people whether they are on the phone or as they come through the Health & Rehab doors.



Gracie



Topaz

Jillian Clinton

Jillian Clinton, granddaughter of residents Louise and Jack Clinton is a graduate in dietary science and is a registered dietitian. She gave us one of the most outstanding programs on diet and health presented here. Her presentation demonstrated about how good nutrition helps us maintain good health, live more active lives, and have a better quality of life. Her presentation was excellent, educational, and timely.

I wish more residents had had the opportunity to attend, but several events were scheduled at the same time.

Although many residents have long been interested in good nutrition, we all learned new things we could apply to our diet and daily habits. I, for one, will never buy peanut butter again with-

out a brown lid!

I hope she can come again soon and we can arrange for our Food Committee, our chef and some of our cooks to be there also.

She went the second mile for us: shopping; bringing food; bringing the equipment to prepare it and showing us how, by making a few changes, we can still have tasty treats by planning ahead buying whole wheat, low fat, or fat free items. Also using fresh, colorful organic products, and substituting vegetable protein for fatty artery-clogging fat protein. Then she cooked it, served us, and it was delicious.

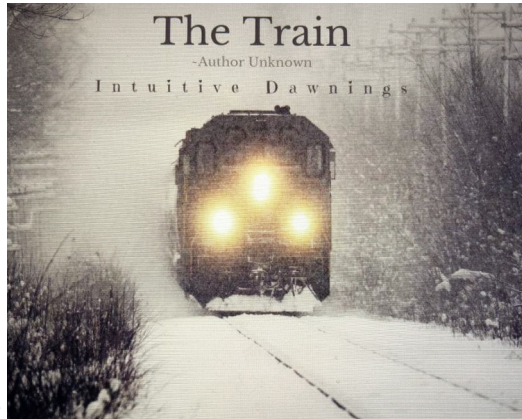
A BIG THANK YOU to Jillian for driving from Columbia, sharing her vast knowledge and talent with us. We hope you will come again.

Janet Yocum

Thank You 

The Train

At birth we boarded the train and met our parents, and we believe they will always travel by our side. As time goes by, other people will board the train; and they will be significant—i.e. our siblings, friends, children, strangers, and even the love of your life. However, at some station, our parents will step down from the train, leaving us on this journey alone. Others will step down over time and leave a permanent vacuum. Some, however, will go so unnoticed that we don't realize they vacated their seats. This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells. Success consists of having a good relationship with all passengers, requiring that we give the



best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down. So, we must live in the best way, love, forgive, and offer the best of who we are. It is important to do this because when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you a joyful journey for the coming years on your train of life. Reap success, give lots of love, and be happy. More

importantly, thank God for the journey!

Lastly, I want to thank you for being one of the passengers on my train!

Author Unknown

Have You Considered....

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

Keep Looking Up

For sure, COVID-19 and the effort to contain it has changed life for us all. In my effort to comply, a past experience of mine flooded my thoughts.

During a real pit experience with my anxiety level soaring, the Lord used one of my granddaughters, Erin, then four years old, to speak a word of wisdom to me.

She was seated beside me on the green sofa in our beach house telling me all about the evening before. What an exciting time she had had at the Myrtle Beach Pavilion filled with happy sounds, bright lights, and exciting rides – a children's paradise.

Her grandmother and I couldn't go with them, so I was listening eagerly as Erin shared her experience. Even the morning after, her excitement was still contagious.

"And guess what, Granddaddy," she shouted after more calmly telling of riding the merry-go-round and little boats. "I rode the big ferris wheel!"

My surprise bordered on shock. I could hardly believe it, but her parents interrupted to confirm her story. The previous summer she had been so fearful of the rides that the coaxing and begging of parents and grandparents couldn't persuade her to even ride on an up-and-down horse on the merry-go-round. My offer to stand beside her and hold on to her couldn't win over her fear. Now, just one year later, she rode on the big ferris wheel, huge even for adults.

Not even from my pastoral experience could I recall anyone having such a victory over fear. I was very curious as to how Erin had achieved this. How

had this child, once so fearful of even the kiddie rides, become so fearless? And in just one year. Maybe if I mustered all my adult wisdom and was subtle enough in my method, I could discover her secret. Curiosity was not my sole motive. Frankly, my personal need was the real one. I would like to get off of my anxiety trips.

"Erin, when you were on top of the ferris wheel and could see so far, were all the colored lights pretty?" I asked, sort of sneaking my way into the matter.

"I don't know, Granddaddy," she exclaimed with eyes as big as saucers, "I never saw the lights!"

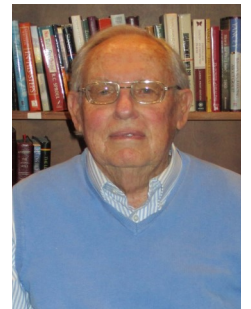
"What did you do? Did you close your eyes?" I asked.

"Oh no," she said with a smile of confidence, "I just kept looking up. I never looked down." It may be possible for a believer to become fearless, but not likely. It is rather naïve to expect that we are going to be able to encounter all of the experiences of life and death totally without fear and anxiety.

The secret is not fearlessness, but knowing what to do when we are afraid. Keep looking up and not down. With a steadfast stare, look at Jesus; do not look at what frightens us.

Peter, in the Gospel narrative of his effort to walk on water, almost drowned before he learned this truth of Kingdom living. Often I have gone down for the second time gasping and sputtering.

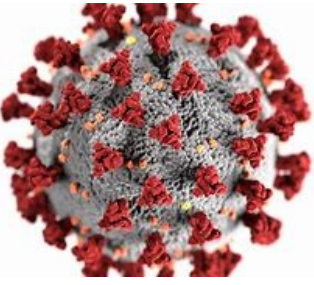
My mind kept reflecting on an experience in which my granddaughter – then only four years old – taught me a word of wisdom. Keep looking up.



Dr. French O'Shields

INTERNAL DIALOGUE

We've heard the newscasts – Dire Warnings! Well, the Coronavirus Pandemic has become serious



when one's meals become affected. (First graders on welfare, who are staying at home, could have told you that, O Privileged One.)

To the horror of some, the whole week's menu has been revised. The dining room has been closed this

week. We started picking up our meals at various times based on what floor we live on. (That's reasonable – not too great a sacrifice, she reasoned.)

Fifth floor residents pick up lunches at 3pm. (Kinda late for someone who had breakfast at 4:40am on that day – almost 11 hours between meals. Well, that's one way to lose the extra pounds one has accumulated in residential luxury for six months.)

But that means I shall probably “gnosh-out” on fattening snacks in between. I may have to get really serious about wiser grocery shopping.

Based on what is in the cabinet at the moment, I just may be subsisting (that's an interesting word) on nothing but cheese grits or apple-cinnamon oatmeal.

How far can one stretch a loaf of bread, I wonder? (Ask any welfare mom who struggles with that question every day.)

Well, it depends. You remember it didn't go very far beyond one meal when a husband and four children were hungry as bears or were preparing for a picnic in the park.

Let me see...do the math. 16 slices of bread in this loaf, 8 whole sandwiches, 16 half sandwiches, 32 tiny ones. How many circular sandwiches a la luxurious HIGH TEA TIME?

(No, that would be wasteful during a pandemic or a famine when school children are going hungry because schools are closed. We must get with the program, O SELFISH ONE. People are suffering and dying!)

This is no make-believe game of divide up the goodies after a large wedding or funeral.

When we are blessed with full dining service meals every day, it is far too easy to become complacent and as demanding as whining first graders whose favorite lunch is Peter Pan Peanut Butter on

white bread. (Well I do have ½ jar of that good stuff.)

As the elder generation of our present society, we should be the first ones to “step up to the plate” (baseball term) and stretch the left-overs as far as they go.

We had good examples from our parents who sacrificed more food during the depression of 1929 and again and again during World War I and II when sugar was rationed, along with gas and other necessities. Our parents excelled in sacrificing during the polio epidemic of the late 40's and 50's.

Yes, we've had good examples in our upbringing during wars and rumors of war.

We may be old, dodderly and “putzing around” the lobby or splashing in the pool. But we should be able to abide by the rules set by the government and our residence staff. We've had very good examples from our past. Do you remember?

Ah, yes, dear heart! **BUT** can we make the necessary adjustments and sacrifices **WITHOUT WHINING**!?! Now there's the

crux of the matter, as we see the outside world whiz by in its chrome vehicles hyped up with glamorous speed toward an unknown future.



“Thank you, Lord, for the provisions You give us every day. We pray for those suffering from the virus itself and for those who suffer from the effects of the virus. May we prove worthy of Your sacrificial love as we share “the fishes and the loaves” concept physically, figuratively and spiritually in the days ahead.

Hebrews 13:15-16 : “Therefore by Him let us continuously offer the sacrifice of

Praise to God, that is the fruit of our lips, giving thanks

To His name. But do not forget to do good and share,

or with such sacrifices God is well pleased.”

Carole Partridge

NURSE TURNED VETERNARIAN

During our first term of missionary service in the Philippines, we lived for a time in a small house with a fenced-in yard in Bogó, a town on the northern end of the island of Cebu. We had a beautiful German shepherd dog named Storm. Unfortunately, the yard was too small for him, and he was constantly looking for ways to get out and roam the neighborhood.

One day, our gate was inadvertently left open and out Storm went, stopping at the neighbors' house where a small pig lived in their back yard tied to a stake with a Y-shaped rope knotted through his ears. Storm proceeded to bite him on his right hind leg. The dog was barking and the pig was squealing so loudly that we all went outside to see what was happening. Wendell rushed over to try to catch the dog, which proved to be very difficult, as the pig frantically ran around and around him, tying up his legs so he couldn't move. Our helper and I stood on our side of the fence and laughed until tears ran down our cheeks at the sight.

When we finally got Storm back in our yard and the pig under the neighbors' house (built up on stilts), we discussed with them what was to be done. They mentioned that if it were just 10 days or so later, they would slaughter the pig for inasal (roast pig) for their Christmas celebration. But that wouldn't work, as they had no refrigeration to preserve it in the interim. I remembered that I had a container of Sulphur power somewhere in our house, so I went and found it. Taking it back, I spread the three-to-four-inch gash open and poured some of it in and squeezed the wound shut. Then I advised the family to keep the pig under the house where it was cleaner and drier, and he wouldn't wallow in mud.

Our neighbors never did eat that pig for their Christmas celebration! Amazingly, the wound healed perfectly, and the pig grew up to be very fat and healthy. And you can be sure that Storm never managed to get out of our yard again!

This story is just one example of how situations and circumstances stretch a person on the mission field and create opportunities to make do with what is on hand. Much more difficult decisions – including life and death ones – sometimes had to be made when no one else was around to consult or give advice.

Nancy Anderson

In Loving Memory:

Louise Lesslie

Contributions

Endowment Fund

In Memory of: April Amos

Arlene Jenkins

In Memory of: Vernon Sumwalt

Dicksie Ward

Ernie Howard

Capital Campaign

Comporium Foundation

Rick and Donna Richter

Employee Christmas Fund

In Honor of: Ed McPoland

Ed FitzGerald



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.

Easter Crosses

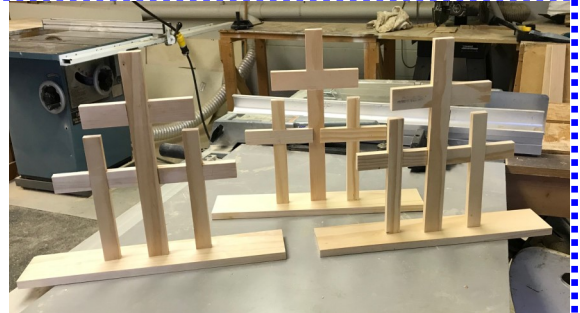
Once again, Ed McPoland will be donating to the Towers Community, beautiful hand-crafted Easter crosses he manufactures in the woodshop. If you would like a cross, please complete the ticket attached below and have the receptionist leave the ticket in Ed's box. If we have more requests than crosses available, we will draw names for who will receive a cross. Only one set of crosses per room please. The crosses are FREE! However, if you feel moved by his generosity, kindly make a donation to the Employee Christmas Fund. Thanks Ed, for this gift to our community.

Yes, I would like a set of Easter crosses!

Name: _____

Apartment #: _____ Phone #: _____

**Please return this slip to Ed McPoland's mailbox by
Wednesday, April 8th.**



Ash Wednesday



The Towers experienced an overflow turnout for the 10 AM Imposition of Ashes held on Ash Wednesday. The Reverend Jane Rogers Wilson, Rector of Episcopal Church of Our Savior, presided. Along with the placing of ashes on the forehead of those attending, she spoke on the meaning and symbolism of Ashes as a start point on the 40 day penitential season that prepares each of us for Easter and the Risen Lord. Next year we will relocate this service from the 4th Floor Lounge to the Community Room. Additionally next year, Reverend Jane will distribute ashes in the Manor, Rehab Center and the Skilled Nursing.

We need your help! 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 May is **April 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**

