



**WESTMINSTER
TOWERS**

WINDOWS

CONTINUING CARE RETIREMENT COMMUNITY

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Giving Thanks

God's Word says, "Every good and perfect gift is from above coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17

On Thanksgiving, we always pause and give thanks on that special day – not only for the special feast we will enjoy, but also for our families, our friends, our country, our freedom, and many other things. Many households pass around a plate with dried kernels of corn and each member takes several, then shares a blessing represented by each piece.

As the passage in James says, everything we have is a gift from our Heavenly Father, so each day should be a day of thanksgiving. Our families, friends, material possessions, spiritual gifts, like salvation and faith – everything is a gift. I like to begin each day going down the alphabet thanking God for His many attributes and what He means to me. He is:

Amazing	Near
Beloved	Omnipotent
Compassionate	Patient
Dependable	Quick to hear
Encouraging	Righteous
Forgiving	Sovereign
Gracious	Triumphant
Holy	Understanding
Invincible	Victorious
Just	Wonderful
Kind	X (Symbol for Christ)
Loving	Yearning
Merciful	Zealous

That is just a sample. There are many attributes and names for God, so I can use different ones every day. He is all of these things and much, much more. We could never thank Him enough.

During difficult times such as this pandemic, instead of concentrating on all the things we can't do and don't have, we can think about the blessings we do have and thank God for them.

We have a wonderful staff, caregivers, therapists, maintenance men, housekeepers, kitchen helpers and wait persons who have made personal sacrifices and gone to great lengths to keep us safe. When we read the statistics of what has happened in other facilities, we can give thanks that all of the precautions and restrictions have resulted in zero deaths. We can be extremely grateful for that.

We also deeply appreciate JLu and Daniel, who have run errands, taken us to the grocery store, and made restaurant runs to give us little extras during our confinement.

The apostle Paul said, "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18

Lou Ardrey



Julie Andrews' Song for Seniors

To commemorate her 79th birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was "My Favorite Things" from the legendary movie "Sound Of Music". Here are the lyrics she used:

(Sing it!) – If you sing it, it's especially hysterical!!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.
When the pipes leak, when the bones creak,
When the knees go bad.
I simply remember my favorite things,
And then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.
Back pain, confused brains and no need for sin-nin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.
When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad



(Ms. Andrews received a standing ovation from the crowd That lasted over four minutes and repeated encores.)

**Submitted by:
Florence
Plyler**



Thirteen Commandments For Seniors

- #1 - It's okay to talk to yourself. There are times you need expert advice.
- #2 - "In Style" are the clothes that still fit.
- #3 - You don't need anger management. You need people to stop pissing you off.
- #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
- #5 - The biggest lie you tell yourself is, "I don't need to write that down I'll remember it".
- #6 - "On time" is when you get there.
- #7 - Even duct tape can't fix stupid – but it sure does muffle the sound.
- #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
- #9 - Lately, you've noticed people your age are so much older than you.
- #10 - Growing old should have taken longer.
- #11 - Aging has slowed you down, but it hasn't shut you up.
- #12 - You still haven't learned to act your age and hope you never will.
- #13 - "One for the road" means peeing before you leave the house.

**Submitted by:
Florence Plyler**



A Feast for the Soul

Do you remember how you spent your first few pay checks after you started working? I do. I spent them on a trip to New York Thanksgiving weekend in 1954. I had just started teaching music at Wardlaw Junior High School in Columbia, SC, and had only worked for 2 months. My friend, who was a former fellow music major at Winthrop, was doing her graduate study at Juilliard in New York and invited me up for the holiday. I was eager to see some Broadway shows, so I eagerly accepted. I boarded the train in my hometown of Dillon, and my friend met me at the train station.

As we walked along the street, we saw some of the huge balloons that had been in the Macy's Thanksgiving Day parade. We ate lunch at the Automat. For about a quarter we got a cold sandwich. I called home and talked to my mother as the family was sitting down to their traditional feast of turkey, dressing, and all the trimmings. It was quite a contrast! My mouth watered as I talked to her, knowing what a special meal I was missing.

We purchased tickets for some of the most desired shows....Damn Yankees, Tea and Sympathy, and, of course, Radio City Music Hall. Growing up in a small town with little access to such musical treats I was "blown away." As I sat in my seat, the lights dimmed and the orchestra struck up the overture I thought: "It doesn't get any better than this." At Radio City Music Hall I marveled at the elegant surroundings, the huge stage, the enormous auditorium which sat over

5,000 people, the orchestra which rose on an elevator from underneath the floor, and the sounds of the mighty Wurlitzer organ. There were two special features....a movie as well as the live show with the famed high-kicking Rockettes in their stunning costumes. Parade of the Wooden Soldiers by the precision dance team was perfection itself.

The highlight of the show was the Living Nativity scene portraying the birth of Christ. A live camel accompanied the ornately dressed wise men who came to present their gifts to the new born King, as a narrator read One Solitary Life....I missed my feast of food but I was "well fed" with the feast of another kind....the feast of beautiful music, sights, and surroundings which satisfy the soul.

Lou Ardrey



News You Can Use



Food Committee: The Food Service Committee has not met on a regular schedule since the pandemic, but will be meeting whenever the Dining Services Director has information to pass on to us or if we have a special request to meet with them.

Wellness Committee: It's the month to be "thankful". Are you ready to count all your blessings? Among the many things we are blessed with here at the Towers is a caring Staff. It's time for our annual Turkey Trot. So practice flapping your "wings" and tune up your "gobble, gobble" so you'll be ready to trot the half mile or one mile course, your choice. Watch your mailbox and bulletin board for date and time.

A Day In The Life Of A Spinal Cord Injury Patient And His Nurse

First, a little history about Spinal Cord Injuries (SCI)

- 1: Approximately 17,730 spinal cord injuries occur annually, 80% are males age 16 – 30, and a majority are preventable.
- 2: There are approximately 249,000 – 363,000 people in the U.S.A. living with SCI.
- 3: According to CDC the cost to the nation is 9.7 billion annually.
- 4: Life expectancy is 1 – 5 years if ventilated and 52.6 years for a person with preserved motor function.
- 5: Complications include blood clots, sepsis due to pneumonia, UTI's, and pressure sores (decubiti).
- 6: Falls are the leading cause for people over 65 years of age, sports and recreational injuries are other causes. Auto and motorcycle accidents are the leading cause.
- 7: Types: Complete: loss of all sensory and motor function
Incomplete: A partial paralysis affecting the function below the injury, resulting in the inability to use both the left and right extremities equally.
- 8: Treatment begins at the site and time of injury, the goal is to stabilize the neck and spinal cord.

The American Spinal Cord Injury Association (ASIA) has a grading scale which describes the severity of the injury as follows.

ASIA A: injury is complete with no sensory or motor function preserved.

ASIA B: a sensory incomplete injury with complete motor function loss.

ASIA C: a motor incomplete injury where there is some movement, but less than half the muscle groups are anti-gravity (can lift up against the force of gravity with a full range of motion).

ASIA D: a motor incomplete injury where more than half of the muscles are anti-gravity,

ASIA E: normal

Nursing Care: includes all aspects of care, not just physical, but also emotional, psychological, spiritual, motivational, and teaching. This care begins as soon as the patient is stabilized.

I admitted this 14 year old, I will call him Johnny (not his real name), to the spinal cord injury transitional care unit (TCU) in the county hospital where I worked. Johnny had been flown via helicopter to our center from a local hospital in the farming country of rural California.

He had been riding his bicycle on a dirt road close to his farm and was hit by a “hit and run” driver. He was eventually seen by a passing motorist who stopped and immediately dialed 911. The responding EMT noted that the victim was able to talk and move all extremities upon their arrival to the hospital. In the process of moving and turning him, Johnny stopped breathing and went into cardiac arrest. CPR was started immediately by the ER staff. During CPR, the neck was hyperextended, causing complete paralysis from the neck down.

He was placed on a ventilator and brought to our Regional SCI unit where emergency practices were performed: ventilator, iv, suctioning, continuous blood pressure monitoring, and finally placing him on a Stryker frame for easily changing his position (very frightening for the patient and especially one who could not communicate well).

Here is a schedule of his and my day together for the next year and a half. Also note, that I had 8 to 10 other patients.

7 AM I received report from night nurse.

7:30 Woke up Johnny, warm washcloth to face, thorough skin check from head to toe change Johnny's position with many pillows for support.

8 AM Doctor visits, discussion on physical therapy medications, need for gastrostomy tube.

Assist doctor with gastrostomy tube insertion for feeding and administering medications. Crush medications to administer in tube, change iv to new liter, give iv meds.

9 AM Complete bed bath with nursing assistant, change sheets and bedding, suction patient as needed all day. Time to turn Johnny again and position with pillows.

10 AM Physical therapist came to assess what needed to be planned for Johnny's therapy. She decided we could transfer Johnny to the P.T. department by using the Hoyer Lift to move him from bed to stretcher by supporting his head and neck. So off to PT we went, taking the ventilator, portable suction, and IVs with him. This procedure took about an hour. After 1 hour of PT, I was called to come help transport Johnny back to his room and bed about 1 PM. Turned Johnny to his side, positioned with pillows, skin check again. Johnny was allowed to rest for 2 hours until it was time to turn him to the opposite side and observe for any reddened pressure areas.

This routine lasted daily until we were finally able to wean him from the ventilator. A tracheotomy tube was inserted by the doctor, and the ventilator was attached to the tracheotomy which meant increased frequent suctioning. After a few weeks, he could tolerate having the trach being plugged for a few seconds, and he was able to talk in short sentences. By this time we could get him up into a wheel chair with a head rest with the Hoyer Lift (He was never able to support his head and neck by himself.). I would take him for a ride around the hospital still attached to his ventilator. He never regained any sensory or motor function, was never able to swallow, and remained on gastrostomy tube feedings the remainder of his life. His spinal cord injury was at level C 2-3 (cervical spine).

During all those long months I was teaching his mom, who insisted on being his caregiver

when it was time for him to go home. She did not want him to go to assisted living. His mom was a tiny petite lady, who I knew eventually would "crumble" under his care, but she remained optimistic and determined to try. I spent hours teaching both her and Johnny. Her husband could not come during the day due to so much work to do on the farm.

I spent hours hand writing (computers then were not available) Johnny's discharge summary, starting with his physical nursing care, schedule of medications, skin checks, turn times, bowel program which included suppositories, enemas, catheter changes (his bladder was flaccid).

I included in my summary his psychological, social, spiritual, economic situation and his need to continue school at home. Johnny and I had discussed where he was with God and his beliefs. I had discussed where he was physically and his coping skills. By this time he had adjusted to his extensive disability.

Johnny was discharged to go home; but after a short time, mom and dad found it much too challenging and physically exhausting, so finally agreed to have two full-time RNs, which enabled them to develop a peaceful solution.

Johnny's family kept in touch with me until after six years, he passed away at the home he loved. I learned so much taking care of this sweet boy. Oh, he did try my patience at times as much as I tried his, but we really bonded and I often told him he taught me as much as I taught him. It was challenging for both of us. But I came out of SCI nursing a better nurse, and a more empathetic, listening, loving, understanding, caring person. The one thing I never tried to do was give him sympathy, but instead, the courage to go on in life to the best of his potential ability. This was a great experience in my nursing career.

Arlene Jenkins



A True and Amazing Fish Story

A Christian woman married to a Moslem man in a country in West Africa planned to attend a Christian women's retreat. She was to be gone for several days. When she told her husband of her plans, he was very angry. Who would clean his house, prepare his meals and wash his clothes? So, when she left, he stormed out of the house, locked the door, threw the key in the river, and went to live with his girlfriend for the week.

Upon her return home, the lady stopped at the market and purchased a fish and other food items. Knowing that her husband would be at the mosque for Friday prayers, she planned on going home, cleaning the house, and cooking him a delicious meal to welcome him home. When she got to the house, however, the door was locked, and she had no way to get in. So, borrowing a pot and some utensils from her neighbor, she set to work to clean the fish outside. When she cut it open, a key fell out of its belly. While this was amazing in and of itself, the most amazing thing was that it looked like the key to her house. With the encouragement of her neighbor, she tried it in the lock, and the door opened!

The lady spent the rest of the afternoon cleaning the house and cooking the evening meal. When her husband returned home, he was angry to see that the door was open, as he thought she had broken in.

But he quickly discovered that the door was not damaged, the house was clean, and a delicious aroma was emanating from the kitchen. Over their meal, she told him of finding the key in the belly of the fish. He didn't have much to say about it and remained very silent that evening and all day on Saturday.

When Sunday morning came and the lady was preparing to go to church, he asked if he could go with her, and she gladly agreed. After the service, he asked if the pastor would talk with him. He opened their conversation by telling him that he needed to know the God who put the key to his house in the fish that his wife bought and found as she prepared it for their supper.

The Bible tells several miraculous fish stories – the biggest one being of Jonah being swallowed by a large fish in the Old Testament. But the New Testament contains some too. In Matthew 17, Jesus told his disciples to cast a hook and take the first fish that came up, open its mouth and find a coin to pay their temple tax. Jesus told his disciples in Luke 5 to let down their nets on the other side of their boat, and they caught such a large number of fish that their nets were breaking. This happened after they had fished all night and caught nothing! If the Lord were still adding fish stories to the Bible, today, I think the one I have just related might fit, don't you?

Nancy Anderson



Unsung Heroes

Yes, we have them right here at the Towers, rehab, any place else they are needed. They are called occupational therapists and physical therapists. One of the OTs is Mimi, who has a large Great Dane named Rameses. When he puts his front paws on Mimi's shoulders and stands up, he is taller than she is. She has pictures, just ask. Next is Michael. He not only works with you in the therapy room, but also spends a week with you every day going to your apartment to see what equipment you need for your recovery. He has been here 13 years, so he has lots of experience. Lisa rounds out the OT department. She comes from Ohio, I come from Michigan; OSU-MSU, Big 10 country. She likes to move furniture around in your apartment so you can get around easily. We both play a northern card game called EUCHRE, play anyone?

The PTs are Morgan and Samantha (Sam). Morgan is very encouraging. For example, if I say I want to try the stairs, she says, "Let's go do it!" I am sure she is the reason I walked on my cane as soon as I did. Sam is the new kid on the block; she moved here from Florida. I spent a lot of time outside with Sam, walking on gravel, grass, curbs, etc. I think I have improved. All of us that have worked with any one of them, or any resident that does in the future, is very, very lucky. A big thank you with love to all for the wonderful help and care.

Nancy Preston

Back Row: Michael (OT), Sam (PT), Lisa (OT), Mimi (OT)

Front Row: Bridget (Speech Therapist/Director), Morgan (PT)

Jennifer Allen - Campus Social Worker

When my wife and I moved to the Towers in 2016, one of the first staff members we met was Jennifer Allen. She helped us understand and operate the quirky Response Link emergency call system. After replacing our unit several times, we finally went live with the system. At that time, Jennifer was a part time employee and worked two other jobs. I was impressed, as she told me that she was working the sales counter at the Cherry Road Auto Zone, as well as at the front desk of a local chiropractic office. Her work ethic, I noted, was very impressive!

Jennifer is a Rock Hill native. She graduated from South Pointe High, and then went to Auburn University, where she graduated with a BS degree in Social Work. It was during her Auburn years, that she became an employee of Auto Zone, where she worked part time during her four years of study. I asked if she was a “car girl” and she explained no, that she wanted to work at a place where she did not want to buy anything---like a women’s or a department store! She was transferred to the Cherry Road Auto Zone store when she returned home after graduation, working 30-40 hours a week. Very shortly, she was elevated to Westminster full time staff and has served in various roles for almost five years. Her most recent positions were Senior Life Coordinator, Director of Life Enrichment, and now the newly-created position as Campus Social Worker.

She is engaged to Patrick Tucker, one of the owners of Tucker Ornamental Iron Works, a business started by Patrick’s grandfather. Their wedding is scheduled for October 24th, with ceremony and vows at Westminster Living Water Chapel. A reception will follow at the Beaty Barn at Pinetuck Golf Course. Social distancing, masks, and other pandemic protocol will be observed. The honeymoon will be at Marathon Beach, Florida, with their boat. Waylon, her beloved dog, will not be making this trip, as boating is not his thing. They have rented a waterfront vacation home for a week – perfect for social distancing. Congratulations, Jennifer and Patrick, and we all wish you a happy

life together.

As Director of Life Enrichment, her responsibilities were the management of Activities, *Windows* publication, Wellness, Volunteers, and the Beauty Shop. She will continue with these important elements of life at the Towers until a new Director of Life Enrichment is announced. My guess is that she will still have some responsibility with *Windows*, where her impact has been most positive. Eventually, her new responsibility for social work will be felt across the entire Westminster Campus. She will, as social worker, be assisting residents and their caregivers with easing into our Continuing Care Community and will guide residents as their lives eventually change with aging. She will be active with social worker issues in Independent Living, The Manor, Rehab Center, and

the Health Center. Most importantly, she will be available to residents and caregivers as a resource and advocate as we all experience our eventual life changes. We will not face these issues and changes alone. I experienced her skill and empathy, when I could no longer function as my wife’s caregiver.

With her as my guide, we made the transition of Pat from Independent Living to the Health Center. She assured me that it would be smooth and without trauma for me and our family. She assured us that she was experienced with this emotional life change, and that we were doing the right thing for Pat and not to be afraid. The transition went as smoothly and uneventfully as she had assured us. Jennifer will be an important factor in our lives at the Towers. We will all benefit.

Ed FitzGerald



**Jennifer and her pup,
Waylon, at the
Alzheimer's Walk in 2019**



**Jennifer and her
fiancé, Patrick**

God's Presence in Living with Dementia

You may have noticed a set of wind chimes in the courtyard. They were given to me by one of my daughters. There is a marker on them that reads, "In loving memory of Jim Ardrey 1931-2020." I was given permission to put them there where they send forth soft tones when the wind blows. I like to sit in the courtyard in the afternoon and reminisce about our five years together here.

So many of us here at Westminster Towers have lost our spouses. I was asked to share some of the challenges Jim and I faced and how the Lord provided.

Jim began having trouble remembering things in 2014. He would ask me the same questions over and over. We went to a neurologist, who diagnosed him with dementia and put him on medication. Both of his sisters had Alzheimer's, so we had a good idea of what lay ahead of us. Jim told our children about his condition in 2015. I admired him a great deal for acknowledging it and beginning to make plans to move to Westminster Towers. There was never any question about which facility we would choose, since he had served on the board here for nine years. In May of that year, he had a nose bleed and made an appointment to see about it. To our surprise, the doctor discovered a tumor in his nose. It was removed and sent off to be biopsied. The diagnosis was melanoma. Jim's older brother, Ben, died of melanoma of the skin...but this was different. The cancer was inside his nose...a very rare condition. He started a treatment of radiation and we began the process of moving. That began the most challenging period of my life up until that time...going to multiple doctors visits with Jim, sorting through things and downsizing. All of that was extremely demanding...physically, mentally, and emotionally. A few days after his last treatment, we moved in with the help of our daugh-

ters and their spouses.

Over a period of time, Jim's condition slowly worsened. He accepted the progressive decline of his abilities with humility, grace, and faith. Life got increasingly difficult for him to manage. He lost his love for the game of golf, which he had played since the age of 15, he lost the ability to work at his computer, and he lost interest in reading the financial magazines to which he subscribed. Gradually, he realized he couldn't relate the stories he loved to tell. He would haltingly get midway and forget the

punchline or vital details. It was embarrassing to him as well as others so, finally, he stopped trying. He had relished leading the conversation in social and family gatherings, but he eventually didn't enter in at all.

His physical condition declined to the point that he began to need help with basic needs. When it became too challenging for me to help him, I enlisted the services of the caregivers to assist

him. Jim was extremely competent and had always been very much in charge of all of our finances and business affairs. He didn't share any of that with me through the years, so it was challenging for me to learn to do things in my mid 80s that I had never done before...paying the bills, making all the decisions, taking care of maintenance on the car, making doctors appointments, doing all the driving, making all the phone calls, making arrangements for caregivers, etc. The Lord enabled me day by day, hour by hour. As I trusted Him, He either provided help through our children or showed me what to do.

Jim finally lost the ability to express himself. That was the most difficult thing for both of us. It was frustrating to him not to be able to tell me what he wanted to say, and it was frustrating for me not to know what he was thinking or needing. It was a long, challenging journey, but he never complained, even as he lost the ability to care for himself and



had to rely on me and the caregivers to do almost everything for him. I admired that a great deal and am extremely grateful for the way the Lord gave him the grace to accept it. The caregivers went over and beyond the call of duty in their exceptional display of the servant hearts they possess. My admiration and gratitude for them knows no bounds.

As Jim's condition continued to decline, we were told it was time to move to the Health Center so he could get the skilled nursing care he needed. Because of the restrictions due to the pandemic, I planned to go with him and stay until they were lifted....There was no passage between Independent Living and the Health Center so I knew that once I entered that part of the building, I wouldn't be allowed to come back to our apartment...and there was no way I was going to leave him over there by himself. Special arrangements were made for me to move in to the room next to him. Little did I know we would be there only part of three days. Jim had a turn for the worst his first night there and the nurse told me the next morning I needed to call our children. They all arrived... even our son who lives in Phoenix, who caught an early flight. We were all able to be with Jim during his last hours. The children left about 9:00 that night and we all assumed Jim's condition would continue. However, as I sat by his bed, his breathing became softer. I began to sing to him... hymns and our special song: *I'll Be Loving You Always*. His breathing became softer and then stopped altogether. His eyes were open and I believe he was seeing Jesus coming for him.

I called the children early the next morning to tell them Jim was with Jesus. I miss him a great deal, but I'm grateful he's with the Lord and no longer suffering from Alzheimer's. He had a good, long life, and we had a wonderful marriage for 62 years. I am extremely grateful for that, so I concentrate on those blessings.

In everything, God gave me a peace that is beyond understanding...just as Jesus promised in His word. And He enabled me to do things I never thought I could do. I never felt overwhelmed... even near the end. I just continued to trust the Lord as I took the next step into the unknown. Truly, His grace is sufficient. Great is His faithfulness!

Lou Ardrey

A Song of Thanksgiving

Thanksgiving and praise to my Father above.
He loves me – and each day pours out His love.
Fullness of joy in His presence is mine.
I'm resting each moment in His love divine.

Before He made the world, He chose me to be
His own.

His spirit makes me know – to Him I belong.
He gives meaning and purpose to my life each
day.

I'll glorify His name and enjoy Him today.

All glory and praise to my Father above.
Glory to the Spirit, and to the Son of His love.
Jesus, my Saviour, my Lord and my King,
To Him with THANKSGIVING my praises I
bring.

Each day He supplies my every need
His grace is sufficient for me, indeed.
He bids me come to Him and pray
When I call to Him, I hear Him say:

“As my Father has loved me, so have I loved
you!”

I'll love Him and serve Him in all that I do.
I'm glad that I have come to know
That I belong to my Saviour, who loves me so!

My song of thanksgiving, I now gladly sing.
To Jesus, my God, my Lord, and my King.

**“Let everything that hath breath praise the
Lord.
Praise ye, the Lord.” (Psalm 150)**

Gene Craven

provision forgiveness acceptance
strength victory peace family
joy Give thanks prosperity
grace mercy to the Lord generational
unconditional love blessings wisdom healing
every good and perfect gift anointing

“Um Um Good”

As our days grow shorter and the weather grows cooler we know fall is here and it conjures up a wish for humble winter foods such as soup! One of my favorites is an easy Potato Soup from the Centennial Cookbook, 1895-1995, published by the First ARP Church in Rock Hill and submitted by member, Susan Gardner. The soup has a special taste, as Philadelphia Cream Cheese is a key ingredient. Now that we are allowed to shop at Publix, wouldn't it be easy to add the soup ingredients to your shopping list, come home and cook up a pot of delicious Potato Soup? Um um Good!

Potato Soup

- 4 celery stalks chopped
- 1 onion chopped
- 1 stick of salted butter
- 7 large potatoes (I use Yukon Gold)
- 3 chicken bouillon cubes. Can substitute Better Than Bouillon 2t Chicken flavor
- 8 oz block of creamed cheese (reduced fat not fat free)
- Pepper to taste
- 1 cup of milk
- 2 strips bacon crispy (optional)
- ½ cup grated cheddar cheese
- ½ cup chopped parsley
- Water to cover potatoes

Sauté onion and celery in butter. Chop potatoes; add to onion and celery cover with water. Important not to add extra water. When potatoes are soft, mash and add bouillon. Simmer do not drain. Add cream cheese and pepper. After cheese melts, add milk. Add more milk to thin. Serve topped with crumbled bacon, parsley and grated cheddar cheese. This soup can be prepared ahead, refrigerated and is more delicious when reheated. Serves Six.



Jody FitzGerald

Idle Thoughts as to Mattering

Aside from the Ten Commandments and the Beatitudes, most of us have a code of conduct that we adhere to in order to be able to say we live in a “civilized society.” Most of us want our daily lives “to count” for something. (I wonder if historians will look at the year 2020 as being “civilized” at all. Well, that is not the point of reference for this month.) I wondered, “What is it that really MATTERS to you? What is it that gives that inner warmth at the unexpected odd moment?” November is the month when we reflect upon “the little things” that make our lives richer and a little more fulfilling. And we give thanks...On an overcast day, when the sun doesn't shine, and the fall leaves cling stubbornly to the limbs they inhabit, one hears the laughter and delighted shrieks of children on the playground nearby...now THAT MATTERS!

1. One MATTERS when someone else misses your presence with them.
2. One MATTERS when there is “real life” mail in the mailbox...not just bills nor junk mail.
3. One MATTERS when someone calls you for a reason...even more so when there is no reason at all.
4. One MATTERS when the thought of you (positive thought) pops up in someone's mind/heart at least once a day.
5. One MATTERS when the mention of your name brings a smile to someone's mind/heart.
6. One MATTERS when your name is brought before the Lord in prayer at least once a day.
7. One MATTERS when your presence brings an uncoaxed smile to a child's face.
8. One MATTERS when someone saves a seat for you.
9. One MATTERS when one is given a place at the table.
10. One MATTERS when one's word is believed, rather than dismissed or discarded or doubted.
11. One MATTERS when the menu is geared to your absolutely most favorite dishes.
12. One MATTERS when music defines your presence wherever you are.
13. One MATTERS when someone shares a bite of fruit or a piece of advice.
14. One MATTERS when asked to dance to the tune being played...especially when it is a waltz.

These are just SOME of the MATTERS that MATTER.

“For as a man thinks in his heart, so is he.” (Proverbs 23:7)

Carole Partridge

THANKSGIVING 2020

It's here again – the month of November.
Tis the month set aside for us to remember
The specific things for which we are thankful,
Whether there are a plenty or only a handful.

This time for thanksgiving is a challenge, I know,
As we remember the past eight months or so.
The year started out not much different it seems
From others at the Towers – all seemed quite serene.

In February we enjoyed some time with a friend,
Then visits such as that quickly came to an end.
A virus was spreading that was deemed to be dangerous.
We heard it was coming from China to the U.S.

At a meeting in Heritage Hall, all residents were told
That changes were needed – they seemed quite bold.
It was stressed they were intended to keep us all well
In hopes that the spread we would be able to quell.

Emergency actions soon began in the Towers;
Quarantine was the word that quickly became ours.
In our apartments we were all instructed to stay,
And from fellow residents we were kept away.

No one expected these changes to last so long
But eight months have now both come and gone.
With the end of the virus not yet in sight,
And so we still long for all to be made right.

Thus, when we take time to be thankful this year,
The list will be different from the usual, 'tis clear.
We are grateful for management team and staff
Who have worked long, hard hours on our behalf.

We are thankful the virus has not entered the Towers,
And some restrictions are now loosened for certain hours.
We are pleased that we can once again shop for food
And take drives and run errands – all this is good!

We are thankful for the support of our daughter and son,
For the technology that allows us to keep up with each one,
Plus listen to messages and with our friends talk.
Enjoy the outdoors and on campus take walks.

We're thankful when gifts bags have arrived at our door,
To cheer us and offer a chance to explore
What was lovingly placed in them with great care,
Delicious goodies and gifts to enjoy and share.

Most of all, we are grateful to the Lord our God
Who has never left us – this is truly His word!
His sovereign rule over all that has happened
Is a comfort to know. He has not been shaken!

So, thankfulness is appropriate and good for our souls,
As inexorably onward this unusual year rolls.
When we look back on this year, as I often do,
May the cry of our hearts truly be – THANK YOU!

Written by: Nancy Anderson

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In Loving Memory:

Donna Lyon

Billie Bell

Contributions

Endowment

In Memory of: Shirley LeForce

Joanne Cauthen

Manning Biggers Class at WPC
Spencer and Lib Anderson

In Memory of: Van Chambers

Joanne Cauthen

Spencer and Lib Anderson

In Memory of: Laura Norwood

Joanne Cauthen

Employee Appreciation

Fund

In Memory of: Harold Barber

Joanne Cauthen

In Memory of: Eleanor Patton

Joanne Cauthen

Due to the printing date of this month's publication, if you made a contribution after October 19th, your name will be in the December edition of the *Windows*.

We greatly appreciate all donations made and want to be sure all who wish to be are recognized!

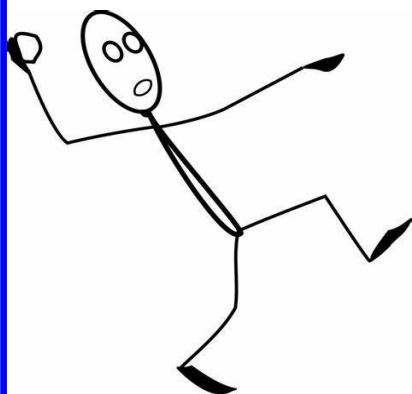
Any gift to the Endowment, Capital Campaign, or Employee Assistance Fund can be made in honor or in memory of a loved one or neighbor.

REJOICE – EVEN WHEN THE STONES ARE FLYING!

We live in an era when Christian church buildings are being attacked, damaged or destroyed in many parts of the world, to the grief of people who have sacrificed and struggled to provide them. Can you imagine a situation where the stoning of a church's building would be a cause for rejoicing? Believe it or not, it happened many years ago in the Philippine Islands.

We were missionaries there, teaching at a theological college. Friends of ours had begun a church in a small town called Balamban on our island of Cebu. The believers were renting a large frame building in the center of town, which formerly had been a movie theater, for their church meetings.

The stoning actually would not have been too surprising, since the town had not been overly



friendly to the gospel. However, that was not the reason for the stoning. Rev. Gonzalo, the principal speaker for our "Voice of Truth" radio broadcasts, was conducting special evangelistic services there on this

occasion. Attendance was surprisingly good, with the building filled each evening. But on one night, no meeting was scheduled, and the evangelistic team was away. The building was closed, but a light was burning inside, because one of the church families was staying in the building each night to guard it.

At the appropriate time, people, who had not heard that there was to be no service, gathered outside the building. They wouldn't believe there was no meeting, because they saw the light inside. They thought they were being shut out. So, in anger and disappointment, they began throwing rocks at the building!

Later, when Rev. Gonzalo was speaking in the chapel service at our college, he related how two missionary families had spent terms of service in Balamban, and yet there was only a handful of believers. Therefore he, along with many others, had felt the work should simply be closed down as too hard and unproductive. But now he could hardly believe the responsiveness in the town. He reported that the community was very open and interested, the little congregation was renewed in faith, and three new families had been converted and were attending worship!

So, the moral of the story is: never give up – even when the stones are flying! God is still in control.

Wendell Anderson

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 December is **November 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, Lou Ardrey, Marshall Doswell, Pinky Funderburk, Barbara Gladden, Mary Alice Mitchell, Carole Partridge, Gaylon Syrett, Janet Yocum**; Residents' Association President: **Spencer Anderson** President and CEO: **Jim Thomason**; Editor and Director of Life Enrichment: **Jennifer Allen**

