



WESTMINSTER TOWERS **WINDOWS**

CONTINUING CARE RETIREMENT COMMUNITY

Vol. XXXII No. 1 1330 India Hook Road, Rock Hill, South Carolina 29732 (803) 328-5000 January 2021

westminstertowers.org

A New Beginning

The old year is worn out and has finally gone.

I wonder what will happen in 2021.

We're tired of dealing with the virus that came.

Will we continue long with more of the same?

It's a good time to focus on building trust

As forward we go – for that is a must.

The Bible tells us to forget what's behind

And press into the future – body, soul and mind.

We need to remember God's still on His throne,

And we do not go into this new year alone.

I believe He does have some surprises in store,

Grace for the journey, and a whole lot more.

I've made good resolutions in years long past,

However, for only a month or two did they last.

I've learned if I rely on myself, I give out

And fall back into old ways – of that there's no doubt!

But perhaps in this new year I'll try it again

By asking God to help me to accept His plan,

To give thanks for the blessings I have been given

And remember the good gifts He sends from heaven.

To look on the bright side of things is not easy.

Disappointments and problems keep making life messy.

Will anyone here rise to the challenge with me

And join in the task of all our blessings to see?

Lord, help me and others who live here, I implore,

To be thankful no matter what lies in store,

To resist the urge to find someone to blame,

But give You the honor that is due Your name.

Nancy Anderson

Welcome to the Towers!

NEW RESIDENT PHOTOS

Due to the social distancing restrictions, it has been impossible for Marketing to properly introduce and welcome new residents into the Towers Community. Hopefully, once back to normal, Marketing can schedule a traditional “Meet the New Residents” reception. In the meanwhile, these photos, of all who have joined us during 2020 and where they live, will be a help to us in recognizing them as newcomers. Please take a moment to stop them, introduce yourself, and welcome them onboard. Thank you.

**Resident Association
Executive Committee**



Mary Doty
Apartment 230
Moved in: January 3rd



Anita Bennett
Apartment 232
Moved in: January 11th



Jerry Lopez
Apartment 211
Moved in: March 2nd



Welcome to the Towers!



Betty Jo Rhea
Apartment 504
Moved in: March 20th



Jane Allen
Apartment 505
Moved in: August 18th



Gale and Bill Hipp
Apartment 419
Moved in: August 29th



Linda Rabon
Apartment 320
Moved in: October 16th



David Morton
Apartment 607
Moved in: October 31st



Merv Allen
Apartment 322
Moved in: November 2nd





Dick and Barbara Sherbert
Apartment 329
Moved in: November 1st

Welcome
to the

Towers!

Not



Pictured

Linda Knight
Apartment 202
Moved in: March 17th

&

Joan Martin
Apartment 626
Moved in: November 19th

&

Johnnie Robinson
Apartment 326
Moved in: December 16th



Hartwell and Betty Hildebrand
Apartment 414
Moved in: November 30th

Thanks to All of Our Westminster Towers Heroes

Thanks to all those who helped make the Christmas season (and every season) so special to all of us residents:

---those who serve us so beautifully by decorating the lobby, dining room, and Community Room to make our surroundings so festive.

---those on the staff who serve us so wisely by planning ahead, making difficult decisions to keep us safe and as happy, entertained, and content as possible.

---those on the wait staff who serve us so cheerfully in the dining room by taking our orders and delivering the meals.

---those cooks who serve us so faithfully in the kitchen by preparing the tasty and attractive meals, honoring our many requests.

---those cleaning ladies who serve us so diligently by cleaning our rooms, often working around all of our clutter.

---those maintenance men who serve us so consistently by fulfilling every need we have....from replacing a light to stopping a leak to moving heavy furniture.

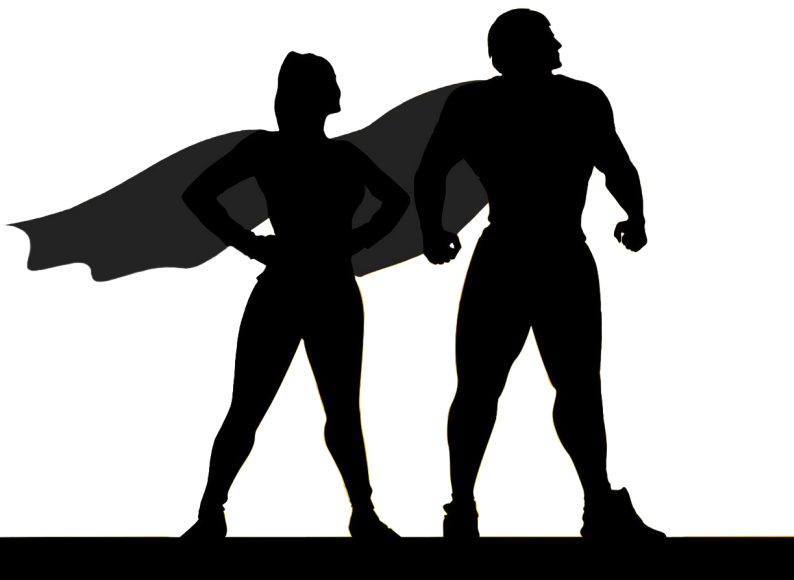
---those caregivers who serve us so lovingly by taking care of our growing needs, doing things for us that we can no longer manage on our own.

---those physical and occupational therapists who serve us so expertly by helping us do things for ourselves, making it possible to do as much as we can for as long as we can.

---those receptionists who serve us so graciously by answering all of our many questions, forwarding our phone calls, taking our temperature, and managing all of the gifts and packages that come in for us.

---those bus drivers who serve us so safely by transporting us to Publix, to doctor's appointments, to see the Christmas lights, taking us for pleasure rides, and running errands anywhere that is needed.

---those not mentioned but known to God who serve us so quietly behind the scenes, doing tasks of which we're not even aware of but which help things to run smoothly.



Lou Ardrey

BEHOLD, A NEW THING!!!

Many years ago, I traveled from Minnesota to begin studies at Fuller Seminary in Pasadena, CA. I was quickly impressed with the attractiveness of Pasadena as a city. However, it had an occasional negative feature – “smog,” a combination of smoke (pollution) and fog. Smog hung over the city like a curtain.

Then one day, after about two weeks, the smog was gone! The sky was clear and, behold, there was Mt. Wilson, known for its famous observatory! I had not even been aware that Mt. Wilson was around. It was not a high mountain, but its ridge enriched the surroundings, and provided an enjoyable opportunity for exercise. I remember one day taking a long hike on a dirt trail to a restaurant near the top, then making my way back down to my books and classes. But I’ve never forgotten the surprise of that first day when I beheld a “new thing”!

I’ve often reflected that God is the God of “new things.” In the Bible, the prophet Isaiah conveyed a message of encouragement for the future Israel, which would be in exile in Babylon. God proclaimed, “Remember not the former things, nor consider the things of old. Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wil-

derness and rivers in the desert.” (Isaiah 43:18-19 ESV) It would be a new Exodus, and a new beginning for the nation!

Today we are facing the new year of 2021. What do we see? – perhaps little more than smog, and more smog, from the personal to the international level. The past year has held times of deep smog for many of us. What of the new year? Certainly we can expect that, if Christ is in our lives by faith, He will never leave us or forsake us, and will even work the smog of physical problems, emotional issues, family difficulties, financial issues, etc. for our good. And even if we are called to walk through the “valley of the shadow” we will experience His rod of protection and staff of guidance.

But what if God plans to do something really new, and create “rivers in the desert”? Might we not anticipate by faith surprises from God, new things of blessing and encouragement? Might there be times when He lifts the smog in surprising ways?

Why not challenge ourselves and encourage each other, as we face 2021, to hang on to God in the times of smog -- but trust that He has planned some surprising “new things” -- and ultimately a new world, without smog, forever!

Wendell Anderson

News You Can Use

Wellness Committee: Healthy New Year to all. Instead of making resolutions let’s set goals to keep us healthy. When it shines

get some sun - it will raise your spirits. If it’s too cold for you outside, sit by a sunny window. Stay active - go to an exercise class or dress warmly and take a walk. Take advantage of the exercise room or pool. Keep your mind alert - visit the WT library and borrow a book to read. Remember to eat a healthy diet so you’ll have the energy to enjoy life. By making these mindful choices for ourselves, we can have the energy to keep the winter blues at bay and do more than just endure the winter, but truly enjoy it. **Sue Nazak, Committee Chairman**



The new sign at the driveway to the portico looks really good and eye-catching. This is start of a plan to replace the signs at the Towers.

Ed FitzGerald

Actions To Take In Case Of An Emergency

With a host of new residents, as well as the virus dampening traditional avenues of communications, it is time, once again, to review our Towers emergency response system. If you have land line telephone service in your apartment, you have been given a pendant and a pendant response box. Using a cell phone for telephone service, you were only issued a pendant for wrist or neck wear. If you have a response box, it is a good practice to periodically test it with the front desk to ensure it is working properly. To do this correctly, call the front desk at extension number 5000 and advise the staff person that you are going to test the response pendant and response box. Then press the red button on the pendant that you carry with you. If the system is working properly, the staff person will communicate with you via the box. You should be able to respond to staff from any location in your unit.

During the hours the front desk is staffed (8AM-9PM) and you are experiencing an emergency, press the red button. If you can communicate, describe the status of your emergency situation. The staff person will evaluate your situation and take appropriate action. If you are unable to vocally respond, reception will dispatch the Campus Care Partner from HomeBridge to visit your apartment unit and manage your emergency situation. If your emergency is after 9PM, your pendant call will automatically go to the Manor duty nurse, and the Campus Care Partner will be dispatched to your unit.

If you require ambulance service or transport to a hospital, the Campus Care Partner will initiate the 911 call and meet the ambulance at the lower level door, escort the emergency team to your apartment unit, and stay with you until the ambulance has departed for the hospital Emergency Department.

If you are total cell phone dependent, you will not have a response box in your apartment. In this case, when you press the emergency pendant the front desk will be aware that you do not have a response box and will attempt to communicate with you from the closest hallway response box. If this is not possible, she will immediately dispatch the Campus Care Partner from HomeBridge to manage your emergency.

If your situation calls for transportation to Emergency, the response team will remove your Health and Medication packet that is magnetically attached to your refrigerator, and bring it with you to Emergency. Please make sure your packet is complete with the necessary information on medications and family contact persons. If you are unsure about its status, call Daniel Williams at 5211 for guidance.



Back in the 1980's I saw the short film at a Sunday evening service called "The Silent Scream." This film left an impression on me that has never left me. It showed a baby in the womb getting aborted and the baby's mouth was open in a scream.

I was horrified after seeing this film.
I wrote this poem in response to it.

A Safe Dark Place

One fine day a life was conceived in a safe dark place. But is it really safe? Only time will tell. This life has tiny fingers and toes, a heart that beats so soft and sweet. It takes a breath and goes to sleep.

This life has a name some people say. A baby, a

baby that's what it's called today.
But there are others who give this life no name,
So that when the time comes it can be disdained.

Each passing month the baby grows stronger-
Stretching and kicking, making its presence known.

This baby is nurtured and loved in its safe dark place.

For each month that goes by, a mother can choose life or death for the baby within its safe dark place.

If baby has not been taken from its safe dark place. A sigh of relief is faintly heard.

By: Ruthie Strubbe
Health Center Receptionist

Thoughts for the New Year

Someone has written these beautiful words. One must read and try to understand the deep meanings in them. They are like the Ten Commandments to follow in life all the time.

1] Prayer is not a "spare wheel" that you pull out when in trouble; it is a "steering wheel" that directs us in the right path throughout life.

2] Do you know why a car's WINDSHIELD is so large & the rear view mirror is so small? Because our PAST is not as important as our FUTURE. So, look ahead and move on.

3] Friendship is like a BOOK. It takes few seconds to burn, but it takes years to write.

4] All things in life are temporary. If going well, enjoy it, they will not last forever. If going wrong, don't worry, they can't last long either.

5] Old friends are like Gold! New friends are Diamonds! If you get a Diamond, don't forget the Gold! Because to hold a Diamond, you always need a base of Gold!

6] Often when we lose hope and think this is the end, GOD smiles from above and says, "Relax, sweetheart, it's just a bend, not the end!

7] When GOD solves your problems, you have faith in HIS abilities; when GOD doesn't solve your problems HE has faith in your abilities.

8] A blind person asked St. Anthony: "Can there be anything worse than losing eyesight?" He replied: "Yes, losing your vision."

9] When you pray for others, God listens to you and blesses them; and sometimes, when you are safe and happy, remember that someone has prayed for you.

10] WORRYING does not take away tomorrow's TROUBLES; it takes away today's PEACE.

Praying for love and peace to fill the coming NEW Year.

Author Unknown

One New Year's Eve Long Ago

I was an only child, but I had two cousins that lived not too far away. Shirley was older than me by three plus years and was no longer interested in childhood play. Carol, her sister, was about a year younger than me, and she and I had great fun together. Shirley's greatest joy was to tease us and mess up whatever we were doing and then go on her way to better, more "grown up" things! Fortunately, as she approached her teens, she slept away much of the time, which left us in peace to enjoy our endeavors. When we all grew up, she also became a good friend.

Since our families were close and enjoyed being together, we were often visiting in each other's homes and enjoying vacations together at our parents' lake cabins, with all the swimming and boating that afforded. One New Year's Eve, when Carol and I were about eight and nine years old, her family was staying at our house for the holiday. To our dismay, we were not going to be allowed to stay up to see in the New Year! We were trundled off to bed in my bedroom and told to go to sleep. THAT was not going to happen, we decided quite quickly! We knew we would have to be quiet, however, to avoid having one parent or another holler up the stairs at us.

We had about three hours to kill waiting for twelve o'clock. For a while, we told each other stories, giggling quietly with our pillows over our heads. Then, we gave each other back scratches – counting to one hundred slowly as we did so. This resulted in our arms becoming very tired. In fact, all of us got really tired. The stories stopped and the back scratching stopped, and then our eyes wouldn't stay open for some reason. Soon the inevitable happened and we fell fast asleep, with quite some time to go before midnight.

But the celebration must have stuck in my mind, because all of a sudden, I jerked awake and opened my eyes, dismayed that we had fallen asleep and might miss the big moment. I poked Carol and told her to wake up, but all she did was snort, mumble something unintelligible, and roll over with her back to me! Then I glanced at the clock and saw that it read 3 a.m. What a disappointment! Oh well, New Year's Eve would come again in another year, I knew, so I turned over too and was soon in the Land of Nod once again.

For many years after that, I did stay up to welcome in the New Year – often watching the ball drop in New York City and sharing in times of prayer for the coming year. But I seem to be in a second season of childhood now and find it difficult once again to stay awake until midnight. Sometimes I wonder how that happened to me! But I have come to understand that new years come even if I am not watching, and I am quite content. And I don't even wake up at 3 a.m. worried that I might have missed them!

Nancy Anderson

Contributions

Endowment

In Memory of: Joseph Huey

Lynn Hornsby

In Memory of: Eleanor Patton

Ann and Martin Williams

General Fund

Charles Ives

Life Enrichment Fund

In Honor of Duchess Rhaen's Performance

Louise Ardrey

Employee Appreciation Christmas Fund

Carlos and Janice Gardner

Robert and Sarah Jefferies Calhoun

Jane Allen

Lloyd and Joann Twedt

Patrick and Sheila Quinn

Joanne Cauthen

Ronald Weisburg and Cindy Dekun

Sturgis Family

Sylvia Holley

Jim Camann and Janet Walsh

Crowell Family

Golda McKenny

Gaylon Syrett

Anonymous

Catherine Slattery

Vicki Moore

Genevieve Brandel

Juanita Eising

Louise Ardrey

Nancy and Wendell Anderson

Carole Partridge

Marie Graham

David and Beverly Henriquez

Betty Jo Rhea

Bill and Florence Plyler

David Morton

Irmgard McGonagill

Dicksie Ward

Lee Bowers

Dick and Barbara Sherbert

Susan Nazak

Dot Modla

Sharon White

Arlene Jenkins and Barney Blackwelder

Jim Craig

Bob and Dot Southwell

William and Louise Bell

In Loving Memory:

Joseph Huey

Betty Mahan

Letha Hance

Janet Billey

Inga Carey

Vanessa Swetnam

Janice Swetnam

Davis Kirby

Joseph Huey and Karen Applegate

Lynda Thompson

Kent Family

Buice Family

Pat Bramer

Jean Barnes

Alice McCarthy and Melissa Sisk

Harry and Madeline Hazen

Nancy Preston

Jane Watkins

Betty Walters

Marshall Doswell

Zeeuw Family

Donald Hunt

Nancy McDuffie

Imogene and Gene Blackmon

Lorraine Whaley

Downing Family

Anonymous

Mary Gettys

James Pinochet

Betty Rudd

Jim Thomason

Louise Whitfield

Anton Knopfler

Betty Spradley

Angela Wiggins

In Memory of: John Hunter

French and Alma O'Shields

In Honor of; Barbara Quinn

Melanie and Larry Wall

In Memory of: Doris Carlisle and In Honor of:

Joann Gunter

Carlisle Family

In Memory of: Laura Norwood

Lynn Ogden

In Honor of: Pat Winterer

Winterer Family

In Memory of: William "Bill" Graham, Jr

Jody FitzGerald

An Early Lesson in Humility

All of us are grateful for our beauty shop, for Liz, and for the services offered. It's always a treat to go there. My first experience with a beauty shop wasn't so pleasant, however; I was six years old. Shirley Temple was all the rage. She and I were about the same age, both had blonde hair and dimples...but that's as far as the similarity went. Every mother in America must have wanted her own version of the curly-haired child star, and my Mother was no exception. She decided that she would get me a Shirley Temple permanent, so I was taken to the beauty shop in town. . .I was hooked up to



a machine that had lots of wires hanging down, and on the end, there were metal cylinders about the size of a small finger. After "cooking" for an undetermined length of time, the curlers were removed. When I looked in the mirror, I saw that my head was covered with lots of tight curls...bearing no resemblance whatsoever to Shirley Temple! I was so embarrassed that I walked the seven or eight blocks home with my sweater over my head. I didn't want anybody to see me! It seemed that it took forever for it to grow out. I was a teenager before I was brave enough to get another permanent, afraid that there would be a repeat of that first miserable experience. Even today I caution a new beauty operator not to leave the curlers up too long!

Lou Ardrey

We are looking for articles about Westminster Towers residents and happenings around the Towers!

Entries can be submitted directly to Jennifer Tucker 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, 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: **Jennifer Tucker** Director of Life Enrichment: **Christy O'Connor**