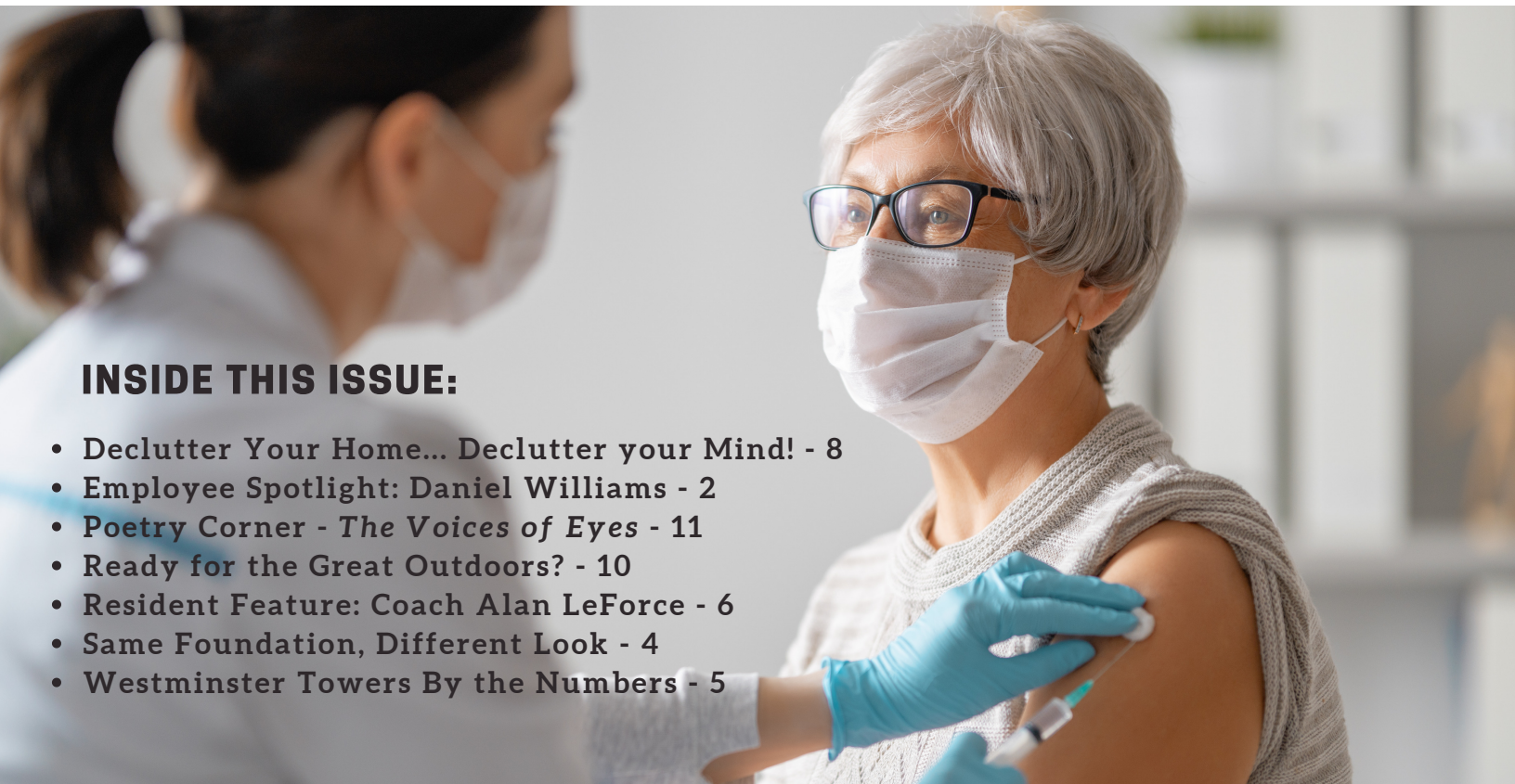


Residents, staff, first to receive both doses of COVID-19 Vaccine

As part of the Phase 1a rollout, the Centers for Disease Control and Prevention (CDC) recommended that initial supplies of the COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. This meant that Westminster Towers could be first in line! So in January and again in February, residents and staff took the first steps in beating this pandemic by receiving the vaccine.

While the media has expressed much skepticism that people don't want to be "guinea pigs," Westminster Towers was honored by the opportunity. "The last year was incredibly difficult for residents, staff members and families. Each day brought its own set of unique challenges and obstacles that we had to overcome as a team. As we scheduled our vaccine clinics with CVS, our long-standing dreams became a reality," said Efren Whitehead, Administrator of Westminster Health and Rehab. "The day of our actual vaccination, you could almost feel the weight lift from our shoulders. I noticed a shift in residents and staff seemingly with less anxiety, additional confidence, gratitude and joy. We understand how blessed and fortunate that we are to be in this position and the feeling is still surreal."



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EMPLOYEE SPOTLIGHT: DANIEL WILLIAMS

I hear whistling. I know who that is! The residents at Westminster Towers know when Daniel Williams is approaching by his uplifting tunes or his boisterous laughter. You may even be lucky enough to witness his Louis Armstrong impersonation. Always dressed to the nines in his fedora and looking like he stepped out of a fashion magazine, Daniel is a person who makes each resident and staff member feel special.



Daniel came to Westminster Towers in 2017 as an Accounting Associate. He has a history of working with numbers – he’s worked for banks like Chemical Bank in Long Island, NY and Citibank in Manhattan, NY on Wall Street.

How did Daniel settle in Rock Hill, SC? His story starts in Brooklyn, NY, where he was born and raised in Bedford Stuyvesant, with a nickname of “Do or Die Bed-Sty.” To say the least, it was an extremely tough and dangerous neighborhood to grow up. He lost many friends and family to street violence. Daniel himself even experienced the violence first-hand when he was shot not once, but twice, in two separate incidences. At the age of 11, he was shot in a drive-by which resulted in him being hospitalized for an entire month. Four years later, at 15, he was shot in the leg at a neighborhood street party.

“ I grew up around a lot of drugs, violence and crime. The heavy influence of crime and peer pressure was constantly around me. But the hard and heavy reality hit me when I started to lose so many of my close friends, and even family members to street violence. ”

For his safety and wellbeing, his mom made the decision to move him to Columbia, SC to live with his sister during his junior year of high school and his uncle his senior year. This proved to be the best decision ever as he was able to focus on his schooling and not be distracted by the everyday violence he left behind in New York. He defied all odds and graduated with honors! *Continued on page 3.*

Employee Spotlight Continued from page 2.

He even went to USC and played football. Later on, he decided to head back to New York City with his new sense of worth and conquer the banking industry. That was all well and good for several years, but he desired to be closer to his daughter in Columbia, SC. So he settled down in Charlotte, NC continuing to work for banks like First Union Bank (Bank of America) and Wachovia Bank (Bank of America) and eventually switching to the private sector where he worked for Allied Waste (Republic Waste) and Cummins Atlantic (Cummins Inc).

But if you ask the best decision he ever made in his life it would be accepting Jesus Christ as his Lord and Savior. Since his transformation, Daniels says he has true peace and joy in life. He's been volunteering at nursing homes for over a decade, became a Deacon at his church and Minister of the Gospel of Jesus Christ. In addition, he's ministered at churches, prisons and youth centers.

**“ I hope I
have the
opportunity
to serve
this place
for many
years to
come! ”**

While Daniel is good with numbers, he's even better with people! Because of his big personality and huge heart, he transitioned from Accounting to the Life Enrichment Department as the Senior Life Coordinator. He wears many different hats in this position, but his main goal is developing relationships with residents and families. Of 150 residents in Independent Living, he makes each one his #1 priority!

During this pandemic, he's gone above and beyond to keep the residents safe. He's made countless trips to the store to pickup anything and everything a resident needs. In his "spare time," Daniel even manages to send a daily devotional to his coworkers each morning to start the day. Westminster Towers is thankful that Daniel's journey has led him here.

SAME FOUNDATION, DIFFERENT LOOK

Westminster Towers will be celebrating its 32nd birthday in June. As most seniors know, a lot can happen in three decades; and a lot has been accomplished to keep Westminster Towers thriving for another thirty years. The most recent project completed earlier this Winter was the exterior painting. See the before and after pictures. For several weeks, residents enjoyed watching the large crane reach over and above our 6th story building. Many said they wouldn't want that job, but it made for some great entertainment!

It's hard to believe a year has already passed since the dining room, beauty salon and fitness center were beautifully renovated. Our large meeting space, Heritage Hall, used for performances, exercise classes and more also got a facelift. There are still many projects lined up - all to better serve the almost 300 residents who call Westminster Towers home!

Before



After



WESTMINSTER TOWERS BY THE NUMBERS

Even during a pandemic, Westminster Towers has still been the destination for people to settle down and enjoy their retirement living. Check out these numbers and see for yourself.



Since January 2020, 20 seniors moved into Independent Living. Several more are packing their boxes now! *Psst...we have resources to help with this!* Residents moved from Mississippi, Maryland & South Carolina - Clinton, Orangeburg, Summerville, Clover, Fort Mill & Rock Hill.



Independent Living Residents:

- 133 total
- 92 females
- 41 males



Romance is in the air! 1 couple tied the knot in 2020. 22 couples total. (2 people residing in an apartment together)



Furry animals are welcome! Currently 2 felines call Westminster Towers home. We like those with feathers, too!

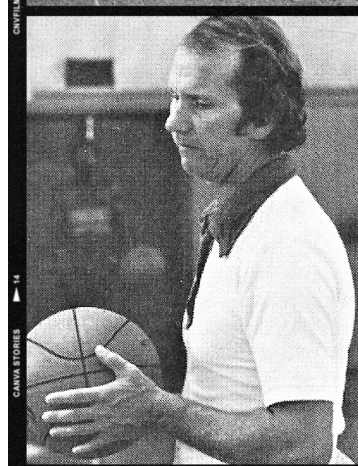
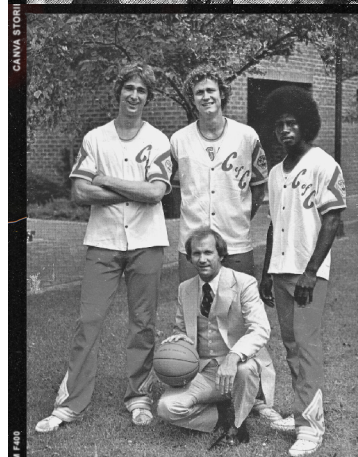
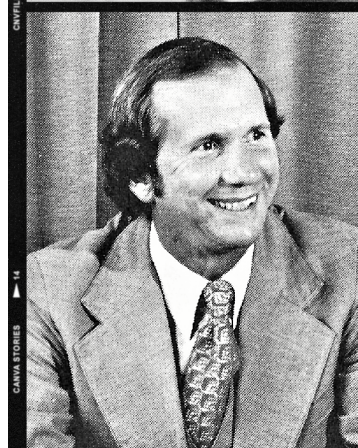
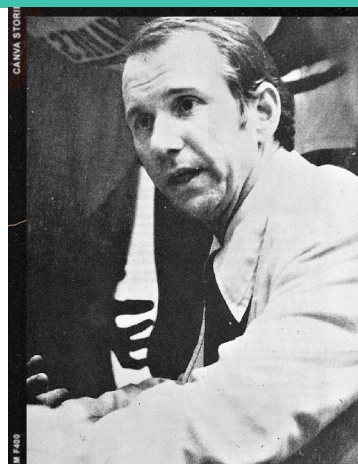
RESIDENT FEATURE: COACH ALAN LEFORCE

Alan LeForce knew at just six years of age that he wanted to be a “basketball teacher” when he grew up. And when he was called “Coach” for the first time, it was the greatest thing he ever heard. It’s not typically the norm to see a childhood dream come true for most adults considering one third of all college students change their major!

His basketball career started in 1941 when his cousin took him to the YMCA where he was officially introduced to his first love: basketball. He didn’t even have tennis shoes and the ones given to him were too big. He remembers the toes being filled with paper, but that didn’t seem to hinder his natural talent! From day one, the coaches told him how great of an athlete he would become. They were right. He would eventually earn the nickname, “Flea,” for his speed. He went on to letter seven times in four sports: baseball, football, track and of course, basketball.

Coach LeForce was born in Williamsburg, Kentucky in 1935 and lived on a 70 acre farm. In high school, he met the other love of his life, Shirley Smith. Their love story is something right out of the movies! She was a JV cheerleader and he was a varsity football player. At the end of their double-date, Alan walked her to the door like a gentleman does. As he thought Shirley was leaning in for a goodnight kiss, not wanting to miss the opportunity, he leaned in, too. Instead of kissing her on the lips, she unexpectedly moved and the kiss landed on top of her head. As he walked to his '42 Pontiac, embarrassed, he thought she'd never want to see him again. They would later marry and have two children – Michelle and Jeff.

In 1958, at the age of 23, he landed his first job at Williamsburg High School, his alma mater. There he would wear many hats (at once) as the Athletic Director, Head Basketball Coach, Assistant Football Coach, Physical Education Teacher (taught 5 classes) and bus driver. His yearly salary was \$1,975. *(next page)*



Resident Feature Continued from page 6.

But it wasn't about the money for him. He was doing what he loved and what he was passionate about. That passion is still very evident today.

Snapshots from his resumé include: Assistant Basketball Coach at Furman University; Head Basketball Coach at East Tennessee State University; Athletic Director and Head Basketball Coach for the College of Charleston, where he started a scholarship program for athletes. Coach LeForce was also Head Basketball Coach at Coastal Carolina up until his retirement at the age of 78. He has won on every level of his 50-plus years as a coach. Throughout his career he had two goals for his players: make each one a better player and a better person. When asked about his greatest achievement, he couldn't say because he has had so many good moments. Coaching his own brothers definitely made the cut, and becoming a Division 1 coach by the age of 55.

Westminster Towers was initially not the plan for retirement. Alan and Shirley relocated to Charleston in July 2018 to be near their daughter, Michelle. Sadly, they were only there a few months before Michelle suffered a fatal heart attack at the young age of 59. They were absolutely heart broken. So in January 2019, they moved to a two-bedroom apartment home in Westminster Towers to be near their son, Jeff and daughter-in-law, Joy.

Little did he know that this heartache would lead to his "salvation." While mourning Michelle's loss, and coping with his wife's dementia, Coach was presented with an opportunity he couldn't refuse – a volunteer position for the Winthrop University Eagles Basketball team.

He is the extra pair of eyes, sitting in the stands making notes during each play. That was two years ago and he said, "it's one of the best things that ever happened to me." He'll be travelling with them to Indianapolis for the NCAA tournament.

Sadly, Shirley passed away last year after 62 years of marriage, but he's so grateful to be at Westminster Towers, which he refers to as "a well-kept secret." While he "retired" at the age of 78, he's still doing what he's loved since he was six years old. Way to go, Coach.



Coach Alan LeForce and wife, Shirley, as new residents at Westminster Towers.

DECLUTTER YOUR HOME... DECLUTTER YOUR MIND!

“Time for Spring cleaning!” That can be a loaded statement for many people, especially seniors who may have lived in their homes for, 30+ years. Where do you begin? It’s overwhelming to say the least. While it’s sure to raise a person’s blood pressure, there are many benefits to Spring cleaning and downsizing!



Benefits:

- **A decluttered home means a decluttered mind!** Sometimes the more stuff you have, the more stress it brings on.
- **Improve Memory.** The less stuff you have, the less stuff you have to remember. You’ll spend less time asking yourself, “now where did I put that doohickey?”
- **Less burden for your children.** It’s not fair to have your children go through all of your stuff and decide what to keep, get rid of or donate. Make the decision for them.

How to get started:

1. **Set a date and time to get started.** It’s best to work in two to three hour blocks during a time you have the most energy. Set goals that you can accomplish by scheduling one room or zone at a time.
2. **Have your supplies ready.** You will need cardboard boxes, packing paper and tape, trash bags, color-coded stickers and sticky notes.
3. **Create sorting stations.** Designate areas to place items you wish to sell, donate, give to family/friends and throw away. Choose a wall and label for each area. Then you can place the items in boxes or trash bags. Example: Black trash bags for trash; white for charity, etc.
4. **Sort.** It’s best to sort all items that are alike together. For example: When you see how many shoes you have next to each other, it can help with the decision-making process. Then, label accordingly. Green stickers for those you wish to sell; pink for charities, blue to give to someone, etc.
5. **Final decision time.** Take all items you have sorted to your designated sorting stations. Remove accordingly! *Continued on next page.*

Declutter Your Home... Declutter Your Mind Continued

What to keep and toss?

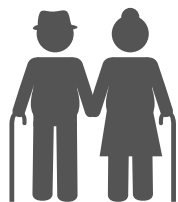
- Keep items you love.
- Keep things you have used/worn in the last six months or plan on using/wearing in the next six months.
- Keep items that fit your decor.
- Get rid of any china you don't use.
- Toss/donate any holiday decor you no longer use.
- Toss/give away any presents given to you that you no longer use. For sentimental people, take a picture of it before getting rid of it.



In short, own your stuff... don't let it own you!

DID YOU KNOW?

Westminster Towers specializes in more than just Independent Living. As a Life Plan Community, we offer services that meet you where you are in your stage of life! For more information on these services, please call the Marketing Department at (803) 328-5587.



**INDEPENDENT &
ASSISTED LIVING**



**SHORT-TERM REHAB
& LONG-TERM CARE**



IN-HOME CARE

READY FOR THE GREAT OUTDOORS?

With Spring quickly approaching, we're ready to get outside and enjoy some fresh air and beautiful sunshine. Did you know The City of Rock Hill Parks, Recreation & Tourism department maintains over 1,250 acres, including 33 parks and four recreation centers? Whether you're a new resident or lived in Rock Hill your entire life, there is always something to explore! Here are just a few highlights:



Criterion Course - 1307 Riverwalk Parkway

This course, closed to traffic, was designed for all bicyclists, no matter their skill level to enjoy a safe place to ride. Provided by the City of Rock Hill, the Criterion Course features a 22 foot-wide, 1.1 mile long, paved bicycle course. Whether you're a recreational or competitive cyclist, the Criterion Course can be enjoyed by anyone!



Fewell Park - 1204 Alexander Road

Enjoy 10.2 acres of park space, with great features like nature trails, tennis courts, disc golf course, picnic areas, and a playground. Fewell Park Center provides multiple programming in their community room, art room and kitchen to host yoga and art classes, as well as summer camps and after school programs.



River Park - 1782 Quality Circle

River Park consists of 70 acres along the Catawba River offering over 3.5 miles of wooded walking trails and river access. Includes paved trails as well. River Park also consists of the Piedmont Medical Center Trail, featuring a paved, 10 foot-wide, multi-use trail along the Catawba River.

POETRY CORNER

The Voices of Eyes

by Anonymous

*I see eyes of tears, I see eyes of fear;
I see eyes of blue, and brown, and different hues;
I see eyes of grief.*

*I see eyes with make-up, I see eyes that are bare;
I see eyes covered with glasses;
I see eyes that seem to care.*

*I see eyes that seem to stare, I see eyes of concern;
I see eyes of love, I see young eyes, and older eyes;
I see eyes of scorn.*

*I wonder if there is a smile with these eyes;
I wonder if there is a smile or a frown?
One day when the masks are no longer there,
I will smile and sing with the view that I see.*

I will let them see me with eyes of grace!



"Voices of Eyes" was written in January 2021 as a reflection of the global coronavirus pandemic.



WESTMINSTER TOWERS



1330 India Hook Rd
Rock Hill, SC 29732
(803) 328-5587



www.WestminsterTowers.org



SCHEDULE A PERSONAL TOUR TODAY!

(FOLLOWING ALL CDC
GUIDELINES)

