

## MAY I TAKE YOUR ORDER, PLEASE?

When it comes to dining, choices are everything! Executive Chef, Rick Schmitt, recently unveiled a new menu to satisfy every resident's tastebuds at Westminster Towers. Menu items change each day and for those who like consistency, Everyday Specials are always available.

At Westminster Towers, a meal at lunch or dinner includes:



*Soup and Salad*  
*Bread*  
*Entrée*  
*Sides*  
*Dessert*  
*Beverages (2)*



We can guarantee you won't be able to eat it all, so residents bring a container for leftovers to enjoy for a midnight snack! Breakfast is available, too! Check out one of the delicious new menus on page 4.

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# EMPLOYEE SPOTLIGHT

## Name:

Shanita Wilson

## Alias/Nickname:

"She She" or "Miz Wilson"

## Title:

Culinary Aide - Independent Living Dining



## Time Employed:

10 years and counting! She started as a Dietary Aide in the Health Center Kitchen in June 2011.

## Job Description:

You'll see her in the mornings preparing a delicious breakfast for the early risers. The lunch-time crowds enjoy seeing her beautiful smile (behind a mask) while being served.

## Hometown:

Rock Hill, SC native and proud of it!

## Family:

Husband, Mark; Son, Jimmy; her family is her greatest accomplishment and she cherishes time spent with aunts, uncles and cousins, too. She has a special bond with her four-legged friend, Dosay, a Yorkiepoo.

## Secret:

She loves clothes! While at Westminster, she wears her uniform, but she takes advantage of any opportunity she can get to dress up! She'll be your personal stylist if you ask her! And she can do it all without breaking the bank! *Continued on page 3.*

*Employee Spotlight Continued from Page 2...*

**Superpower:**

Her uplifting, charming, positive attitude. She's a great listener and encourager; always there for residents and staff! She gives God all the glory.

**Favorite Bible Verse:** "Create in me a pure heart, O God, and renew a steadfast spirit within me." *Psalm 51:10 NIV*

**Favorite Movie:** *Love and Basketball*; 2020 film following the lives of two childhood sweethearts and their separate journeys to follow their basketball dreams.

Westminster Towers is thankful for dedicated staff like She She who come to "work" everyday, excited to serve the 150+ residents who call Westminster Towers home.

## FRESH VEGETABLES JUST A STEP AWAY!

Who doesn't like a fresh tomato sandwich? It doesn't get any fresher for Westminster Towers residents than picking fresh vegetables directly from the resident gardens! This year, the gardens have flourished with beautiful flowers, herbs, tomatoes, blueberries, bell peppers and more!

Twelve raised garden plots are tenderly cared for by the residents; and it's evident there are many green thumbs around here. It sure beats having to run to the farmer's market or grocery store!



# MENU

Here's a sneak peek at one of the new menus. What's that sound? Oh, it's your stomach!

Today's Menu

Sunday - Week 2

WESTMINSTER  
TOWERS

Rick Schmitt

Executive Chef

STARTERS

APPETIZERS AND SALADS

Baby Field Greens Salad

Mini Crabcake with Remoulade

(You may select one of these items)

SOUP OF THE DAY

Dutch Potato Soup

ENTRÉES

Thyme Baked Chicken with Macaroni and Cheese and Pineapple Glazed Beets

Stuffed Flounder & Hollandaise Sauce with

Brown Rice & Roasted Vegetable Pilaf and Green Beans Amandine

EVERYDAY AT WESTMINSTER

Available during meal times only

Roasted Atlantic Salmon

Roasted with our signature blend of seasoning and served with a fresh lemon wedge and choice of two Side Items

Chef Salad Special

Ham & turkey atop iceberg lettuce with tomato, boiled egg, cheddar cheese & choice of dressing

CAFE

Available 11:30 AM - 6:00 PM

Monday - Saturday

Soup & Sandwich Combo

Sliced turkey or ham with American or Swiss cheese served on white, wheat or rye breads with the Soup of the Day, Potato Chips and Cole Slaw

Milkshake - \$2.00

Ice Cream Sundae - \$3.00

Soup & Sandwich Combo may be substituted for a meal or purchased for \$4.50

Daily Bread

Buttermilk Biscuit or Dinner Roll

Desserts

Daily Selections of Cakes, Pies, Cookies and more!

Ice Cream - Six Flavors Daily

Side Items

Macaroni & Cheese

Green Beans Amandine

Brown Rice with Roasted Vegetable Pilaf

Pineapple Glazed Beets

Health Advisory: Eating raw or uncooked food is not advised and could be detrimental to your health.

Guest Meal - \$8.00

Child Guest Meal - \$5.00

# PLACES TO GO & PEOPLE TO SEE!

Each month, the Life Enrichment Department plan a variety of activities, programs and trips to appeal to the many personalities that make up Westminster Towers. Here are some recent highlights:

## Programs:

- Exercise classes: Balance, Cardio, Neurobics, Stretch, etc.
- Guest Speakers - Rock Hill Mayor John Gettys  
Terry Plumb, Retired Editor of *The Herald*  
Anne Harty, Westminster Towers Chair, BOD
- Musical Performances
- Olympics (resident competition)
- Weekly movies shown in Movie Theater
- Westminster Towers Variety Show



## Restaurants:

- Amelie's
- Cat's Paw Winery
- Dixie Pig
- Fuji Japan
- Kounter
- Le Peeps
- Pier 51
- Pump House
- Sweat Tea Cafe

## Shopping:

- Hamrick's
- Trader Joe's



## Venues/Outings:

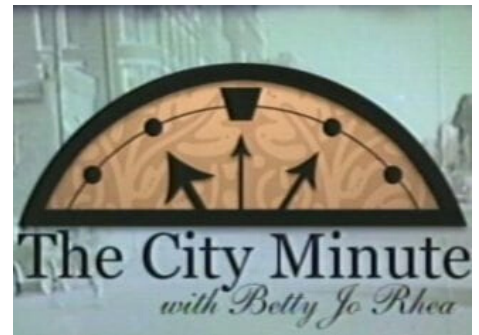
- Catawba Two Kings Casino (Kings Mountain, NC)
- Cowpens National Battlefield (Gaffney, SC)
- McLeod Farms (McBee, SC)
- Tatanka Bison Ranch (York, SC)
- Wicked at Ovens Auditorium (Charlotte, NC)

# RESIDENT FEATURE: FORMER MAYOR BETTY JO RHEA



If you haven't heard the name Betty Jo Rhea, you probably aren't from the Rock Hill area. And if you have, you know she's the former mayor of Rock Hill, serving for 12 years from 1986 to 1998. She served for eight years on City Council, too. She's also known for wearing colorful scarves – everyday. A tradition she credits to her mom. She's accumulated hundreds over the years.

Since its debut in 2002, Betty Jo has hosted, *The City Minute*, a historically-rich program featured on CN2 Xtra, highlighting Rock Hill's history and events with special guests. We encourage you to google "The City Minute with Betty Jo Rhea" and watch some of the recent episodes. Some were recorded right here at Westminster Towers!



I'M NOT AT  
LIBERTY TO SAY



Betty Jo Rhea  
and  
Debbie Abels

Among her many credits, she's a published author, of "I'm Not At Liberty To Say," which she co-wrote with former Herald Publisher Debbie Abels. The autobiography discusses the growth of Rock Hill, from small town to sports destination city.

*Continued on page 7.*

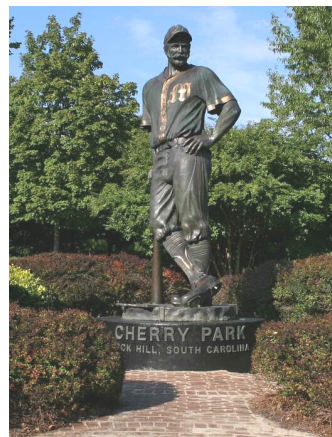
## *Resident Feature Continued from page 6.*

### **Fun Facts:**

- Born Elizabeth Josephine Dunlap on June 18, 1930 to a physician father and Catholic mother.
- Attended Winthrop Training School, St. Genevieve of the Pines and Barry College.
- Worked for her dad's medical clinic.
- Lived in the family home built by her father, where Earth Fare sits today, a few blocks from Westminster Towers.
- Married Jimmie Rhea and has three children.
- Senator Lindsey Graham referred to her as "The People's Mayor."
- Unemployment was at 17% when she became mayor and only one textile of the 13 mills was open.
- Leader in "Empowering the Vision" - 10 year strategic plan that included notable pieces of public art: Civitas and Mighty Casey.
- Served for 9 years on the Parks, Recreation and Tourism Committee.
- June 2020 - featured on the SC ETV program, "Women Vision SC" initiative.
- Former CN2 Hometown Hero.

Betty Jo moved to her apartment in Independent Living last year at the start of the pandemic. She enjoys being among her many friends and making new ones. She'll be glad to sit down with you and talk politics any day! We're so thankful for her service to Rock Hill and honored she chose Westminster Towers as her new home.

*Betty Jo dressed as Lady Liberty while holding a copy of her book. During her time as mayor, she made a special appearance as The Statue of Liberty in the "Johnsonville" Parade every July 4th. She holds that torch proudly!*



*The famous "Casey at the Bat" statue at Cherry Park. She boldly supported the development of this park, a controversial viewpoint at the time. She refers to it as her fourth "baby." You'll find a plaque named in her honor at one of the park's towers.*

# WALKING CLUB AT WESTMINSTER TOWERS

The Resident Wellness Committee recently started a Walking Club that meets every third Monday of the month. They enjoy a 30-minute walk around campus before the heat of the day and follow it up with a delicious breakfast in the dining room. Residents really enjoy the fellowship and it's good for them!



## TAKE ADVANTAGE OF REDUCED RESIDENCY FEES

For a limited time, residency fees have been significantly reduced on these floor plans in Independent Living:

- Chester (Studio)
- Clover (One Bedroom)
- Lancaster (Two Bedroom)

Also, there is no longer a community fee required when moving into Assisted Living.



Call Allison Matthews, Marketing Director, at (803) 328-5587 for more information and to schedule a personal tour.

## UNDER RENOVATION

In June, the lower level/basement of The Towers started a major renovation. We're excited to see the final product in the near future. The ground floor houses:

- Woodworking Shop
- Crafts Room/Art Studio
- Riverview Primary Care Clinic
- Resident Storage
- TV Studio for Towers Channel
- Employee Lounge and Offices

One highlight is a beautiful mural painted on all four walls of the craft room that will inspire any artist on their next project!



# WORD SEARCH

## Musical Terms

C	O	A	D	O	C	I	O	O	T	A	O	I	S
A	A	N	O	Z	A	Z	R	S	C	A	G	T	D
V	L	E	T	Z	D	I	G	D	U	E	T	L	R
A	N	L	R	E	E	V	E	N	C	S	O	E	A
T	D	E	E	M	N	C	L	E	N	O	C	Y	I
I	A	C	C	O	C	N	L	C	F	D	E	E	L
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E	D	S	E	T	S	S	U	R	O	H	C	N	Z
F	A	S	N	O	D	R	O	H	C	T	G	Z	E
A	O	I	F	A	L	S	E	T	T	O	A	A	C
E	I	D	O	V	I	S	S	E	R	P	S	E	C

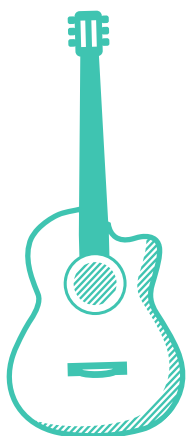
MEDLEY  
ADAGIO  
ATONAL  
ALLEGRO  
LEGATO  
CHORD  
CLEF  
CADENZA  
CADENCE  
GALLIARD  
CONCERTO  
MEZZO  
DISSONANCE  
CHORUS  
DUET  
ESPRESSIVO  
FALSETTO  
CAVATINA



## Musical Instruments 1

A	P	L	E	N	O	H	P	O	X	A	S	C	H
L	N	A	R	A	T	I	U	G	R	A	R	R	T
O	E	N	O	B	M	O	R	T	B	D	N	R	I
I	A	P	T	C	O	R	N	E	T	R	O	H	C
V	N	H	A	R	M	O	N	I	C	A	E	R	E
O	L	N	P	I	C	C	O	L	O	O	B	O	E
B	P	D	C	R	E	C	O	R	D	E	R	C	K
A	R	N	R	B	O	N	G	O	D	R	U	M	S
Z	I	T	H	E	R	R	A	P	S	N	A	R	E
O	R	O	R	E	L	D	D	I	F	R	B	H	A
O	E	A	N	I	R	A	C	O	E	T	U	L	F
K	D	S	S	T	T	E	N	I	R	A	L	C	L
A	T	E	P	I	P	N	A	P	E	O	E	H	E
H	R	B	A	G	P	I	P	E	R	T	G	P	R

ZITHER  
BONGO DRUMS  
PAN PIPE  
PICCOLO  
CORNET  
HARMONICA  
CLARINET  
RECORDER  
TROMBONE  
GUITAR  
SAXOPHONE  
OBOE  
OCARINA  
FIDDLE  
BAZOOKA  
BAGPIPE  
SNARE  
FLUTE  
VIOLA



# FEATURED APARTMENT: *THE LANCASTER*

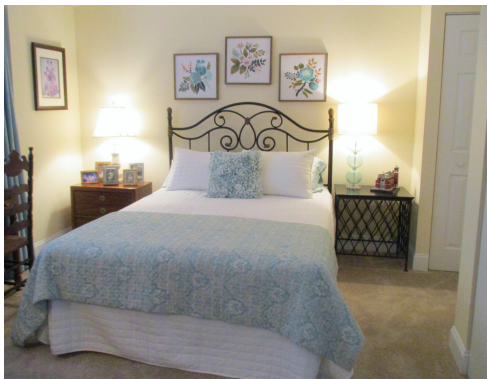
Louise has resided at Westminster Towers for over two years and loves her spacious Two-Bedroom apartment.



*Louise, WT Resident*

## Features

*The Lancaster* apartment features a master bedroom with walk-in closet, guest bedroom or office, large kitchen, dining area, living room, two bathrooms, crown molding and a spacious balcony. The kitchen includes granite countertops, stainless steel appliances - refrigerator, dishwasher, garbage disposal and microwave.



*"This is my place to relax and do what I want to do."*



To see floor plans like Louise's and others, call Allison Matthews, Marketing Director, at (803) 328-5587.

## Amenities

Louise benefits from bi-weekly housekeeping and weekly linen service. Maintenance handles any necessary repairs and she socializes with friends in the elegant, casual dining room while enjoying a delicious meal, included daily. She takes advantage of transportation provided by Westminster Towers to local appointments, stores or wherever she needs to go! She has access to the fitness center, pool, life enrichment programs and more!





# WESTMINSTER TOWERS



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



[www.WestminsterTowers.org](http://www.WestminsterTowers.org)

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