



**WESTMINSTER
TOWERS**

Windows

June 2024

Vol. XXXV No. 6 1330 India Hook Road, Rock Hill, South Carolina 29732
(803) 328-5000

Happy
FATHER'S DAY





June Church Schedule

Wednesdays at 3:00 pm in Heritage Hall

6/5 No Service; please attend the Residents' Association Quarterly Meeting at 2:30 in Heritage Hall

6/12 Reverend Ray Long

6/19 Pastor Jason Anderson, Hopewell Presbyterian

6/26 Senior Pastor Jon Oliphant, First ARP of Rock Hill

Sunday, 6/9 Deacon Ted of St. Anne Catholic Church

If you would like to suggest someone to conduct a Wednesday church service, please contact Arzu Uranli, Resident Services Director.

All Denominations are welcome!

If you would like to submit an article or pictures, please email them to:
camifreeman@westminstertowers.org
The deadline for the July edition of Windows is Friday, June 14.

Windows

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Windows Committee Members:
Linda Lenz - Chairman
Lou Ardrey
Carole Partridge
Arlene Jenkins

This Month's Contributors:
Nancy Anderson
Lou Ardrey
Carole Partridge

Grammarian
Jody FitzGerald
Publisher
Cami Freeman

The next Newsletter Committee Meeting
will be on Monday, June 24, 2024,
at 2:00 pm, in the 2nd Floor Lounge.

THE LONGEST DAY

JUNE 21, 2014



Since June has The Longest Day®,

the day with the most light – the summer solstice. We would like to dedicate June to Alzheimer's to bring some awareness to this sneaky disease. We are planning many good activities and events. Please, mark your calendars and join us to fight Alzheimer's through a fundraising activity of your choice during the month that works for you:

- On Tuesday, June 4th, we'll have Dementia and Desserts in the Community Room. We'll cover the nature of dementia: its symptoms, progression, available treatments, and the importance of support networks. We'll also discuss strategies for coping and maintaining a good quality of life. Our goal is to provide comprehensive care and support throughout the journey with dementia. Dr. Romin Shah will be our speaker. He is a double board-certified physician specializing in Palliative Care and Geriatrics. He is founder of Providence Care in Rock Hill and brings a wealth of knowledge and experience.
- On June 7th, National Chocolate Ice Cream Day, you will see a cute handmade ice cream truck going around the building. Purchase your favorite type of chocolate ice-cream to join the efforts.

- Please, donate your unwanted gifts to our gift sale. You can drop them off at the IL receptionist desk or bring them to the Life Enrichment office.
- On June 21st, the longest day of summer, we will have a "Purple Party" enjoying some dance, live music, and more in the Heritage Hall.

On June 25th, we'll have Alzheimer's and Spirituality in the Community Room: Embracing the constant changes of Alzheimer's as part of your spiritual journey with God. Roughly 4 out of 5 families fall apart in the face of Alzheimer's. Help your family be the 1 in 5 that pulls together. Letting go of what we cannot have and embracing what is...with all its possibilities using spiritual and practical insights. Dr. Elisa Ashley will be our speaker. She has served in ministry since 2008, and she's here to serve you. She and her husband live and love right here in Rock Hill. They rescue animals, enjoy the beach, and have journeyed through grief together.

Also, please remember I am here to help you with any questions or concerns about Dementia, as a Certified Dementia Practitioner!

Arzu Uranli, MA., CDP, CRCFA
Resident Services Director

Meet Your Neighbor

by Arlene Jenkins

Charles (“Chuck”) as he likes to be

called) Rohr was born July 9, 1935, and grew up in PA, WV, VA, PA, and IN. Sounds like he was a traveling young boy. As an adult, he also lived in various places: PA, WA, VA, IN, FL, TX, LAB(Canada), NV, DC, and Vietnam while in the Air Force, SD, SC, FL, and finally returning to SC.

Chuck graduated from Clay City, Indiana in 1953 in a class of 22 students. He played basketball, baseball, and track but stated even though he loved sports, he was never outstanding! He graduated from the University of Texas in Arlington in 1971.

As a teenager, “Chuck” worked for his dad on heavy equipment. Chuck enlisted in the Air Force for pilot training and received a commission. He flew Air Force helicopters for 10 years, and then went to the University of Texas in Arlington. He was in the Texas National Guard and worked for the FAA for 15 years. He retired in 1990 and he worked for Habitat of Humanity part time for 8 years.

Chuck met his late wife when he was in the Air Force pilot training in Lubbock, Texas one and a half years before they married in 1959.

His son, Roger and wife Denise, have no children and live in Maryland. Daughter Michelle has one child, Matthew. Matthew and his wife, Kate, live in Seneca, SC, and recently gave birth to Mara on May 3rd. Congratulations Matthew & Kate! Son Jeff and wife Dorothy have one son, Blake and live in Mauldin SC.

Chuck’s special interests include swimming and traveling in a motor home for the last 5 years visiting 48 states. He attempted to tour all capitals. He also enjoyed cruises to Alaska, Hawaii, the Panama Canal, and most of the Caribbean. He also enjoys reading, and getting exercise through bowling, volleyball, and golf. Sounds like he is a busy “retiree”!



Chuck Rohr

He decided to move to Westminster Towers to be close to his daughter, Michelle. Chuck and his late wife had looked at Westminster Towers in 2016, sadly, his wife passed away Feb. 2023.

Chuck is a very friendly personable and busy “retiree”! he enjoys meeting and socializing with anyone he meets. Give Chuck a warm welcome.

Ongoing Appreciation

by Carole Partridge

Jim and Nancy Bright are fairly recent residents of The Westminster Towers. Their history with the Towers, however, goes back years. You shall recognize them immediately as the couple in love. One is never seen without the other, for they still hold hands after many years of marriage.

Over the years, they have raised two children, a daughter, Emily, and a son, James, who works for the State Dept. in El Salvador. Their relationship dates back to the fifth or sixth grade. Jim liked to play baritone trumpet at one time. Jim attended Case Institute of Technology in Cleveland, Ohio, and later in Williamsport, Conn.

Nancy became his wife and developed her excellent skills in art and in sewing. In fact, Nancy's artistic abilities greeted me as I knocked on their door. There was an adorable sign of a mother and child, strolling down a lane, carrying baskets of goodies. The colorful greeting welcomed me with the words "THE WAY TO A FRIEND'S HOUSE IS NEVER LONG." I could feel the warmth of the welcome as soon as I stepped into the bright, cheerful apartment, which is their current world as a couple.

The purpose of my visit was to learn more about them and the time in their lives when Jim was chosen to be the third CEO of Westminster Towers. The former CEO had taken another position elsewhere. What was intended as a "temporary job" turned out to last thirteen months at the grand salary of "a sandwich a day". This undoubtedly had to be a labor of love. Of course, the Board of Directors was also the guiding arm throughout the process to maintain that level of service in love.

The establishment of a home for the elderly had been a goal and purpose of the Westminster Presbyterian Church, which started and facilitated it from the beginning. It was important to establish and nurture that policy as an ongoing goal for the future. So many retirement facilities, such as ours, eventually are turned over to a management agency. Therein lies the danger of diluting the effectiveness of personal care for the individual in the interests of corporate policy.



Nancy & Jim Bright

We have much for which to be grateful that the Westminster Presbyterian Church and the various Boards of Directors of The Towers kept the vision of personal safety in a community home built specifically for the foreseeable needs of a sector of the community which needed care in its latter years.

We, as residents, experience the ongoing privileges of warm and welcoming hospitality for everyday needs and services provided by and sustained by the loyal staff presently serving us. To the current Board of Directors, our current CEO, Jim Thomason, and staff, we say, "Thank you!" To the residents who may have served on the Board and in other very necessary capacities, like Jim Bright, we say, "God bless you" for your faithfulness and foresight, and the sacrifices made on our behalf. May your legacy of service and sacrifice continue to bless and progress into future years. To Jim Bright and Nancy, we say, "Welcome! Thank you for being who you are and being there before any of us knew we would need the gifts you provide. Gifts shared on our behalf so graciously. May the Lord bless you richly."

GREETINGS

from the Prez

It is with thanksgiving and great joy that I say hello to you again. You have no idea what a blessing it has been to serve you as president of the Residents' Association these last two years. I have been benefited greatly by a strong and committed Residents' Association Executive Committee, and by chairmen and chairwomen of our Residents' Association standing committees. I am very thankful for and grateful to each one. During my tenure, we have experienced some significant changes in our food service area, and we even survived the modernization of each of our elevators.

There are a few things I would like to mention that I believe would make our independent living home even better.

My first thought is for each resident to wear one's name tag and get to know at least the first name of those residents whom you see regularly. As far as learning each other's name is concerned, I recognize that I have a distinct advantage since I have the opportunity of welcoming each new resident to the Towers when I meet with them to tell them about the Residents' Association. However, if we don't wear our name tags, new residents are at a significant disadvantage being able to learn our names.

Next, I am so proud of the residents who we have in the Towers who are committed to recycling and are very serious about it. The biggest challenge we have concerning recycling is knowing what plastic items can be recycled at the York County Convenience Center and those that cannot. The attendants at the convenience center keep a close watch on what is being dumped into the recycle bin. The criteria is that the PLASTIC ITEMS HAVE A NECK AND A CAP. THAT MEANS THAT WE ARE LIMITED TO PLASTIC BOTTLES, CANS, JARS AND JUGS. THEY DO NOT ACCEPT NON-BOTTLE TYPE PLASTICS AT ALL. That means that plastic trays or clamshell type plastic containers that we see in the produce department of grocery stores are not recyclable and must be thrown in the trash.

Additionally, if you use a plastic bag to transport your plastic items to the recycle container in the basement, please open the plastic bag before dumping the individual bottles and take the plastic bag back with you. Plastic bags are not recyclable at this time; however, we are working on an opportunity that may come about when we can collect plastic bags separately for recycling.

Lastly on recycling, a fairly new resident, Jane Mitchell, is collecting small medicine bottles to be sent to missionaries around the world who are then able to have containers for medications that are given to people in need in areas where they do not have anything in which to place these medications. Please, either drop them off at Jane's door, apartment #616, or my apartment #423, and I will get them to her. Please remember to remove your personal information first.

Next item: Please return the grocery carts to the alcove just outside of the reception desk. Many nights, there are only two or three carts available for those who need them the next morning. Unfortunately, there are hardly ever more than six carts available which means that four of them are in someone's apartment. Please return them immediately to the alcove and not just outside your door or the elevator.

Finally, Flushable wipes. The name implies that they will disintegrate like toilet paper when flushed..., they don't!!!! We paid dearly for that inaccurate assumption a year or so ago when they plugged an interior wastewater pipe which cost us thousands of dollars to repair.

Well, by now, you are thinking that I'm going to go on and on. I am not. Thank you for your attention, hopefully, and thank you for your support during these last two years. Lord willing, I will see you around the Towers.

The LORD bless you and keep you; The LORD make his face shine upon you and be gracious unto you; the LORD lift up his countenance upon you and give you peace. Numbers 6:24-25

by Charles Ives

Sweet & SALTY

by Arzu Uranli

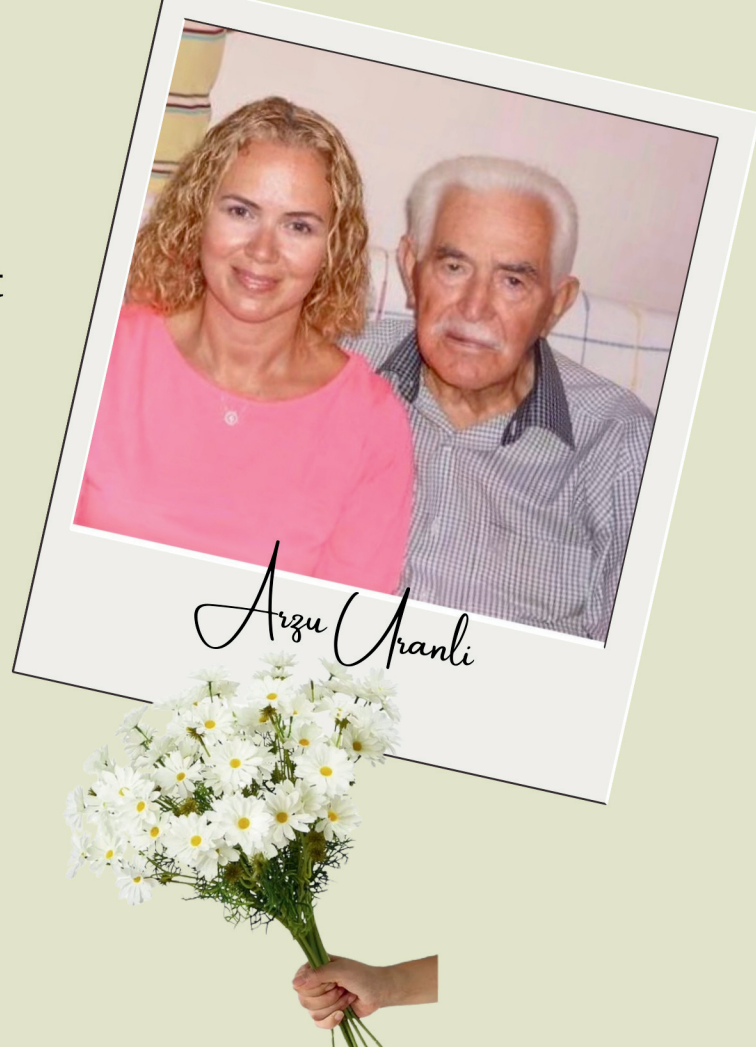
Happy June, Westminster Towers Sweet Residents,

I'd like to thank each one of you who has taken the time to connect with me about the piece I wrote for Mother's Day about my mother. I am so appreciative of your prayers for my mother. Since I have been writing about my mother so many times for months, I felt obligated to introduce my late father to you, too.

My father was a very wise, kind gentleman. Like every father (or should I say most of the fathers), he was a great family man who would do anything for his family's good. He was my first teacher in my life journey. He was a very generous man and loved helping others without expecting anything in return. "Giving a hand is more valuable than taking a hand," he used to say. He was a man of principle. There was some advice he kept reminding us. Whoever knows him would recall them easily. When it comes to relationships his advice always comes in handy: "If there is a way to fight, there is always a way to make peace." When you are in a conflict, always try to see it from the other's perspective. Trust but verify. Never give your secret to anyone."

We weren't rich...just a middle-class family. He told this story to everyone: When he was in his early twenties one saint came to his dream. He told him "You are a hardworking man. Keep working hard. You will be very wealthy when you turn 40." So, he completed his story saying, "When Arzu was born I was 40. She is all my wealth." Such a wonderful story for a daughter to hear from her dad! So, I am my mother's "wish" and my father's "wealth". (Please see my May article if you wonder why I am my mother's wish!)

While both my brothers and I were growing up, he put much emphasis on education. He set high goals for us. Both of my brothers had engineering degrees. My father wanted me to be an engineer, too. He thought three siblings would start their own business and grow together. However, my heart wasn't in engineering. I didn't want to disappoint him, but I had to tell him the truth! I told him that I would like to explore opportunities in some type of human studies. He didn't like it at first. However, finally, he supported me "Whatever you do, try to do your best." He advised. That is a big goal to accomplish but I appreciate it because it keeps me going.



He called me "my daisy" I think because I have pale skin and blonde hair and always hummed a Turkish tango song:

"You are like a daisy pale and delicate.
My soul goes away when I think about
you (to keep you safe)
But I know you will grow and be legit."

I still love listening to this song. I am not sure if the translation makes sense! Here is my interpretation from the words. He was trying to tell me that 'I am worried that you are vulnerable, and I would like to protect you forever. However, I will not be with you endlessly and I know that you will find your way to be fine.'

When my father passed, I was 43 years old. I was devastated. However, with his wisdom he has shared with me, I am doing okay, and I learn and grow each day, every day remembering all his recommendations and his advice.

So, I would like to say, "Happy Father's Day!" to all the fathers in our community and would like to present them some daisies on this special day!

Meet the New Residents' Association President

Betty Spradley

Where are you from?

Winnsboro, SC. I have lived in Rock Hill since 1953 when my husband's job transferred us. I have called Westminster Towers home for six years now.

Where did you attend school?

Mt. Zion Institute in Winnsboro and the SC Baptist Hospital & College for Nurses in Columbia. I always knew I wanted to be a nurse!

Tell us about your family.

My husband was a Public Account. He passed away in 2003. I have two children - a son & daughter, four grandchildren, and five great-grandchildren.

How long did it take you to adjust to life at WT?

It was a very easy adjustment for me - almost immediately. I knew a lot of people who already lived here as my children grew up with theirs and attended school together. Although I knew people here, it was not hard making friends. Everyone is so friendly. At one point, I served as Secretary for the Residents' Association. Yes, I was sad to leave my home, but I don't miss any of the maintenance/chores that went with it!

What prompted you to start thinking about moving to a retirement community?

My son encouraged it actually. I had just turned 80, and he thought it would be best for me to move before I had to move. He was right! I was and still am very independent. My children didn't have to make the decision for me.

Favorite Bible verse?

"For God so loved the world, that He gave His only Son, that whoever believes in Him should not perish but have eternal life." John 3:16



You just retired at the age of 86, correct?

Yes, I retired at the end of last year. While it was an easy adjustment moving here, it has been rather difficult adjusting to retired life. My career spanned 65 years as an RN, and the last 40 years, I was a Medical Case Manager, which involved coordinating medical care for those who had been injured on the job. In the last 19 years of my career, I was employed by Southern Rehab in Raleigh, NC, working remotely in the Charlotte/Rock Hill area. I miss the one-on-one interaction with my clients and the relationships and trust that was built. On the other hand, retirement has given me more time to attend the programs and activities here. I am able to focus more on my hobbies and what I enjoy: teaching Sunday School, Bible study, visiting with friends, reading, word search puzzles and more.

What advice can you give someone thinking about moving to a retirement community?

Everyone's situation is different, but it's important as we age to keep our brain active and engaged. Moving to a community like this provides social interaction and companionship. A bonus is not having to prepare meals, too.

Best advice you ever received?

Treat others as you want to be treated.

The Challenges We Face

by Carole Partridge

There are fewer challenges we face in life than the one when we see signs that a major “operation”, we have been avoiding, is finally imminent. Due any minute! Absolutely necessary!! Can’t WAIT another second!!!

We heave a great sigh of surrender, muster up the courage of a general, grit the teeth of a suffering soldier stuck in the mud. We envision ourselves as sacrificial lambs on the altar with eyes so pitiful the Master must certainly lift us up into understanding arms and carry us to the waiting altar of business. The instruments are spread out glitteringly silver some.... others with the rough flat edges for smoothing and shaping.

Why this has become necessary so soon is a mystery to the sages. One must gather the equipment with gritted teeth, sterilizing them as carefully as the head surgeon at a hospital.

A comfortable chair or seat must be at the proper height, width, and soft tenderness to the derrière. Oil and liniment in the proper place to ease the neck, back, and joints of hips and legs to be able to twist into the pretzel-like position necessary to angle the limbs and digits involved.

So much preparation, mental, but increasingly more physical, as the moment of truth approaches. Towels and instruments are spread out like a surgeon’s table. Color awaits in a small bottle for final decoration—IF, that is, one survives the procedure so terrifyingly imminent. And IF A DIGIT OF THE FOOT HAS NOT BEEN AMPUTATED!!

Clip-clip, snip-snip, angle, tug, snap. Avoid the projectile missiles flying in all directions. Seek out and tenderly carve around that smallest toe hiding behind the others.

When the trauma of discovery and surgical procedures has been completely dispensed with, causing as little pain and body-twisting as possible— AH-AH-AH!!! Completion!! The tranquilizer bottle is put back into the bathroom cabinet. One heaves a GREAT sigh of relief! SUCCESS!!.... EXCEPT for trying to find the misplaced medicine for lumbago and liniment for corkscrew contortion. As she puts her instruments away, and one listens very carefully to the sighs and grunts, one might have heard a whispered curse aching to be shouted:

“THAT’S THE LAST TIME I’M GIVING MYSELF A PEDICURE!!! Sign me up for the B&K pedicure bus trip next time. AND DON’T YOU FORGET IT!!!”



“It’s One, Two Three Strikes You’re Out...”

by Ed FitzGerald

On a warm sunny morning, five residents and Michelle rode the Towers Limo to uptown Charlotte’s Truist Baseball Stadium. We had great seats along the third base side. There was plenty of action, with 3 home runs, several stolen bases and double plays. We even sang along with Homer, the Dragon, with “Take me out to the ball game.” Our seats were near the food stand which featured world famous Sahlen Hot Dogs, made in Buffalo New York. Several were consumed! Baseball has sped up with the introduction of the “time to pitch rule”. The game started at noon, and we were back home a bit after 3pm. We hope we can schedule another day game, so watch the Activities table for a signup sheet.



Left to right: Bill Davison, Ed FitzGerald, Robert Calhoun, and Sue Nazak,



Homer the Dragon

Tower Gardens



All 12 of the Towers raised garden plots are under cultivation. Some are just growing flowers and others are devoted to tomatoes, peppers, and other vegetables. There are chairs and benches facing the gardens, making it a pleasant place for restful meditation soothed by the fragrant Confederate Jasmin that fronts the gardens. The evening is a wonderful time to sit and marvel at the colorful flowers and the busy bees, butterflies, and other pollinators working the garden. Come and enjoy nature’s show!



Voting Time Again



The Republican county-wide primary is scheduled for Tuesday, June 11, at our local polling place, Richmond Drive Elementary School. Only those Republican candidates who have a challenge will be appearing on the ballot. This election is nonpartisan, and Democratic and Independent voters can vote in the primary. Candidate signs are appearing on street corners and individual lawns. The Towers will schedule bus runs if there is enough interest.

35th Anniversary June & July Events

Thursday, June 13, at 2:30 pm

How it Began...

with former Pastor of Westminster Presbyterian Church, Dr. Shelton Sanford, *reception to follow*.

Thursday, June 20, at 2:00 pm

Remember When?

with Gary Simrill, former SC House Representative, Rock Hill native, and Special Assistant to the Winthrop President for Community Engagement.

Thursday, June 27, at 2:30 pm

Get Involved

with representatives from local Charitable Organizations.

Thursday, July 11, at 2:00 pm

Rock 'N' Roll in Rock Hill

with Chip Latham, Director of Catawba Terrace Care Center & personal friend of Mick Jagger & Darius Rucker.

Friday, July 12

Finale Mocktail Party

Visit our Library



We have two new bestsellers in the library, The Women by Kristin Hannah and Exciting Masterpieces by Lisa Scottoline



Acknowledging Those Who Donate

In Remembrance/Honor

Milton and Pauline Jellum

Buzz Benson

Susan Nazak

Buzz Benson

Dicksie Ward

Buzz Benson

Ed and Carol Trelinskie

Buzz Benson

Frank Kiser

Buzz Benson

James and Judy Roberts

Buzz Benson

Sonja Erickson

Buzz Benson

If you want to make a donation to any of our funds (Endowment, Employee Assistance, or General Fund), please bring cash/check to Pam Engle in the business office. You can make checks out to Westminster Towers, and in the memo section, indicate the fund you are supporting.



A Family Tradition



Like my Aunt, Mary Alice Mitchell, I am collecting empty prescription and over-the-counter pill bottles for use by developing countries.

Please save your bottles and deliver them to Jane Mitchell, Apartment 616.

You do NOT have to remove the labels from bottles, but you may want to strike out your name.

Any questions? Contact Jane by phone, 803-519-7011 or by email, j1618mitch@gmail.com

Jane Mitchell

May 2024 Memories

