

# Windows

October 2024

Vol. XXXV No. 10 1330 India Hook Road, Rock Hill, South Carolina 29732  
(803) 328-5000



## October Church Schedule

Wednesdays at 3:00 pm in Heritage Hall

10/2 Chaplain Lee Ferguson, Westminster Towers

10/9 Reverend Gregg Hoffman, Grace Lutheran Church

10/16 TBD

10/23 Reverend Jon Oliphant, First ARP of Rock Hill

10/30 Pastor Jason Anderson, Hopewell Presbyterian

Sunday, 10/13 Deacon Ted Clement of St. Anne Catholic Church

If you would like to suggest someone to conduct a Wednesday church service, please contact Melissa Russell #5011, or Will Bosdell #5066.

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 November edition of Windows is Monday, October 14.

**For the November edition of Windows, we are looking for ...**



## Windows

October 2024  
Vol. XXXV No. 10

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

This Month's Contributors:

Nancy Preston Cami Freeman  
Earl Wilcox Nancy Anderson  
Kathy Jagers Pauline Jellum  
Arlene Jenkins Blackwelder Ed FitzGerald  
Carole Partridge

Grammarian  
Jody FitzGerald

Publisher  
Cami Freeman

The next Newsletter Committee Meeting will be on Monday, October 21, 2024, at 3:00 pm, in the 2nd Floor Lounge.

# “Unsung Heros” ... the Therapy Department

By Nancy Preston in the Manor

Bridget Conway is the manager of the department coming from Powerback Rehab. She has a BA degree from NC State in Communications and Business Management and her Masters from UNC Greensboro, specializing in speech and language and swallowing problems. She has been at Westminster Towers 22 years. She loves working with people, is married, and has 3 dogs!

Jesse Kaniknunt is a physical therapist. He is from Thailand and was educated in Thailand. He has worked other places in the USA, and brought his expertise to Westminster 3-4 years ago. He has been in the field 20 years.

The other 2 PTs are “new kids on the block” and are part-timers.

Kevin Tillery (not pictured) is from New Jersey, the state where he grew up and went to school. He attended Essex County School, a community college where he got his degree. He worked 15 years along the East Coast down to Myrtle Beach where he loves fishing on the piers. He also met his future wife there; and they eventually moved to Rock Hill. He has worked at Westminster Towers for a little more than a year and has been in the rehab field for 25 years.

We also have Karen Musselman (not pictured), who has been a physical therapist for 38 years. She was born in Pittsburgh, PA, and grew up in New Jersey. Her college was St. Louis University with a BS in Physical Therapy. She is married and has 3 grown children. Karen lived in Baltimore, MD, for 30 years and has worked at Westminster since November 23rd of last year.

We also have 2 occupational therapists. Junalyn Yang who grew up in New Jersey. She received a BA from UNC Greensboro in Human Development and Family Studies. She went to Pitt Community College in Greenville, NC, for Occupational Therapy Assistant. She has been working as an OT since 2011. She is married and has 2 children...a girl 8 and a boy 7. She has been at Westminster since Dec. 2022.

Savannah Howard is the other occupational therapist. She is from Charleston, WV. She went to Emory and Henry College in VA and has a BA in Psychology. She attended graduate school at the University of St. Augustine and received a masters in Occupational Therapy. She has been an OT for 2 years. She is married with a 10-month-old boy named Grant. She loves to share his photos!



Powerback Rehab: Jesse, Junalyn, Bridget, & Savannah

## Fall Moon

*Earl J. Wilcox*

Providential curiosity trails us from early life to elder years as we stand firmly fixed on earth, gaze at the luminous planet, wonder at our place among such vast space. This October day-break a coy, full harvest moon, hovers as I linger in pre-dawn dew, glance up, see the orange star play tag with drifting, halo-tinged clouds.

Eight decades ago, this same moon shared its beams above and below, rescued me from a swift stream, an arc of care, when on a rural railroad trestle, I (a wee lad) froze --- transfixed, fearful of falling between rail ties. Dear fall, gravitas moon, now as then nudge us toward planetary peace and grace.

## Walk Your Way to Better Health

*Kathy Jagger*

Did you know that walking can improve your fitness level and can help you develop a healthier lifestyle? It's true. Walking can do that for you.

Walking is a low stress exercise that anyone can enjoy. You can walk at your own comfortable pace and choose any distance you wish to complete. Whatever fits your level of energy or your daily schedule will be beneficial!

We have an active walking club here at the Towers, and you are welcome to join us. We walk and count our steps daily and record them on the sheet which is on the table in front



of the bulletin board. Currently, we have walked from Rock Hill to Kansas heading to California. It's easy to participate. Every 2000 steps equals a mile of walking. Once you start counting your steps, you will be surprised at how many steps you take in an average day.

Walking is a good form of exercise to help you attain a healthy level of fitness. Grab a friend, and take a walk together. The fall weather will be nice for a stroll around the campus.

I encourage you to join the walking club and record your daily steps. We welcome you!!

# Meet Your Neighbor

## *Arlene Jenkins*

In May of this year, Marian Neff Sugden and her cat Meca moved into the Towers. Marian was born 1945, in Oakland, California and lived in a flat before moving with her parents to Orinda, California at the age of 5. Marian attended schools in Orinda from 1st grade to 12th, graduating from Miramonte High School in 1967. As a youth, she was active in Girl Scouts, played competition volleyball, and loved swimming; and to this day she still loves swimming! Marian entered the pre-nursing program at University of California Berkeley for 2 years then transferred to UC San Francisco Medical School of Nursing and graduated from there in 1967.

Marian met her husband, Arthur Sugden, in the cafeteria at University of California Berkley. She was waiting for the bus and decided to get a quick cup of coffee. That chance meeting turned into a lasting friendship, and they were married in 1967.

Marian moved to Concord, California where she worked in public health for the Visiting Nurse Association in San Mateo County. Marian worked until her first child was born in 1970, after which time, she decided to be a homemaker and take care of her family. She re-entered the work force when her children were older.

Marian has two sons, Arthur (Art), born 1970, and John, born in 1973. Art lives in Bend, Oregon, and has one son Camron, who works in research and is going to graduate school. He has four grown step-children with his second wife. John lives in Fort Mill with his wife, Carissa, and their two children, Castle age 9 and Harbor age 4.



## Marian Sugden & Meca

Sadly, her husband Arthur passed away at age 82 on March 14, 2024, from complications following two surgeries for an amputation. Two weeks later, Marian moved to Fort Mill to live with John and Carissa and their children for two weeks prior to moving to Westminster Towers. She feels she has made a good decision and has settled into the Westminster Towers family nicely.

Welcome, Marian, we are glad you are here!

# Window View

*Carole Partridge*

The street of trees twists, turns, dips, and waves outside my fifth-floor window. For several years, I've watched from my balcony the seasonal changes take place in autumn. The two or three pine trees are the only green to be seen during fall or winter. The pine trees are surrounded with a circle of brilliant foliage, trees granting shelter to the birds and squirrels who inhabit their leafy branches. Eventually, during the winter, one discovers the trees have been hiding the back doors of the neighborhood across the street. During the rest of the year, the leafy branches keep the back door secrets of residents who sometimes enter and exit from their homes by their rear doors or back yards.

The one or two stalwart pine trees stand waving among dozens of brilliant fall colors from a variety of other leaf-bearing "arborture". (You won't find that word in any dictionary.). At times there is a stillness of waiting, anticipating the occasional walking

friends, running athlete, handholding couple, or the lumbering delivery trucks at the building's loading dock. At other times the wind and storms bend trunks forward and back to rhythmic breeze music.

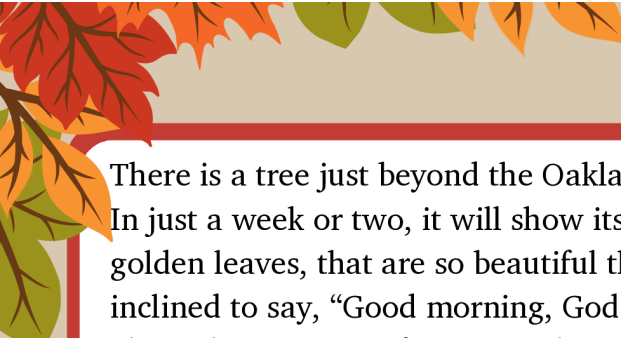
Residents wander leisurely in and out of the trees and shrubs at the edge of the curb to allow their pets on leashes to relieve themselves of yesterday's morsels of salivation.

How many months and years have passed since the seeds of God's mature trees took root? How many birds have been the architects of their "spriggy" condo nests in the crevices of leafy branches? How many squirrels have sprinted up, down, and all about, inside the occasional knot hole apartments of previous bird tenants?

Storms bend limbs to and fro, swishing their leaves and branches to the rhythms of Fall's gloriously brilliant panoply of God's creation on McDow Street.


I had lived in California 5 years before returning to visit family and friends in Maine. I decided fall was a good time to see the foliage. I was not disappointed. As I drove on the turnpike from Pittsfield, Maine, to Portland, Maine, the colors of the leaves were spectacular; red, yellow, and orange. I knew I had to take part of this memory back to California, so I decided to stop in the "NO STOPPING AT ANY TIME" lane. Lucky for me I did not see any flashing lights, as I merrily got out of the rental car and leisurely took picture after picture!

Submitted by Arlene Jenkins Blackwelder




There is a tree just beyond the Oakland Baptist Church. In just a week or two, it will show its colors, beautiful golden leaves, that are so beautiful that you are inclined to say, "Good morning, God!" Everything about this tree is perfect! Even the trunk is beautiful. But the most amazing thing about this tree is that one day it is a beautiful, God-made, golden-leafed tree, and the next day every leaf is on the ground forming a beautiful golden carpet! Every leaf falls at the same time over night. Again you want to say, "Good morning, God! Good job!" If you want to see this marvelous transformation, drive by the Oakland Baptist church for the next several weeks and watch God at work!

Submitted by Lil Adickes



I will always remember having seen a blanket of yellow colored trees in Hanover, NH, when I worked the summer of 1959 to get spending money for college. It left a magnificent impression. About 10 years later, I heard a sermon by the Episcopal bishop of Atlanta, GA and I recognized the picture of fall beauty at Dartmouth College before he gave the location. His recounting made me experience that feeling of appreciation of the majestic beauty again, so many years later.


Submitted by Barbara Marnock



I grew up in Greenville, SC, which is nestled in the foothills of the Blue Ridge Mountains. Every fall my parents would enjoy taking me on the short drive to the mountains to see the beautiful fall foliage.

Unfortunately, I would invariably become car sick from the curvy roads, and we would spend more time on the side of the road with me sick rather than viewing the colorful leaves. Needless to say, those trips weren't much fun for me. Fortunately, I outgrew this condition, and today, I thoroughly enjoy a trip to the mountains in the fall.

Submitted by Linder Tucker





Growing up in the Appalachian Mountains of Pennsylvania, every fall the surrounding hills and mountains would provide us with a beautiful display of color.

Living on Lake Gaston for 24 years we would cruise the lake in the evenings on our pontoon boat and enjoy the wonderful display of fall foliage color along with the amazing colors of sunset.

As an Airman, I was stationed in Colorado. Driving my 1950 Ford convertible with the top down through the Rocky Mountains in the fall provided an amazing experience of mountain color.

Submitted by Carol & Ed Trelinskie



We remember a Glowbus Tour of New England through the fall last season. We had a great group touring and enjoyed stops at farms to observe syrup making. This was the next to last tour of the season, and the guide said, "Next week will be the Twig Tour."

The Kirkpatrick's

# Leaf Peeping Catastrophe

One fall day, my father decided we should take a family Sunday drive in our brand-new Toyota Corolla. This was in the early 70's, and he had bought this car, like many other Americans did at that time, in response to the energy crisis. It was nothing like the Toyotas of today. It was small and cramped. It had a manual transmission and no air-conditioning.

Our destination was Kennesaw Mountain, less than an hour away from our home in Marietta, GA. It was a favorite spot for locals to do a little leaf peeping. The road wound its way up the not-too-high mountain where you could picnic on the National Battlefield and look out over the valley below.

It was a beautiful, cool, fall day, so the four of us climbed into this small car with a picnic in tow, and we headed off. By four of us, I mean my mother and father, myself and Molly, our very large bluetick bloodhound. She was only a year old, but was as large as my 8-year-old frame and outweighed me by... a lot. I remember spending hours wrestling and rolling on the floor together until she tired of the game, at which point she would lie down on me and render me helpless.

As we made our way to Kennesaw, it became clear we were not the only ones with this idea, and traffic was bumper to bumper along the very narrow two-lane road climbing up the mountain. We moved at a steady pace up the curving road, back and forth, spiraling around and around. And here I sat in the backseat with Molly swaying to and fro. Though it was cool outside, the sun was shining and the inside of the car began to heat up.

It wasn't long before motion sickness began to kick in. It wasn't me; it was poor Molly. Then, it was poor me as the dog vomited, yup, on me and the backseat. I in turn vomited on her, myself, and the backseat. But I don't know if it was just motion sickness, because the next thing I knew something similar was coming from the back end of Molly!



The smell in the car became horrendous, and we could not hand crank the windows down fast enough. I wanted to escape and remember crying to my father to pull over! But there was nowhere to stop with a mountain on one side of the road and on-coming traffic on the other. We had no choice but to continue up the mountain! I had no choice but to climb over the center console into the front seat with my mother.

Once we arrived at the top, we quickly circled the parking lot and began the arduous journey back down the mountain. This time, the view out the window was the sheer drop opposite the on-coming traffic. This didn't help matters, and poor Molly was again hit by another wave of motion sickness! She decided she needed to escape the backseat and began to fight me for the place on my mother's lap.

It took all three of us pushing and yelling before poor Molly resigned herself to traveling the rest of the way home in the filthy backseat. I don't remember what happened when we got home. I just know that Molly, my father, and I sprinted away leaving my poor mother to clean up the car.

Submitted by Cami Feeman



# A New Podium

## Nancy Anderson

If you think that you are seeing the organ when you look at the new podium in Heritage Hall, you are right! It almost seems like music could come out of the speakers, but, alas, that will not happen. When the organ died and was being dismantled, Pat Wickham saved the console from destruction, thinking it could be used for making a podium. Lou Ardrey heartily agreed. So, I asked Dr. Kristen Wunderlich to inquire from Westminster Church choir members if they knew of a wood worker who would like to bless the Towers with his skills. Bill Weaver was named and contacted, and he agreed to take on the project. He introduced himself to me after Vera McSparin's funeral. A few days later, I took him to look at it where it had been stored in the wood working shop. He took it home that same day in his truck.

Bill has been very creative in using portions of the organ just as they were for the front and sides. The top is large, and the "bumper" to keep things from sliding off was taken from the organ's music rack. He used another piece for a convenient shelf in the back and even kept the identification plate which was on the inside of the console that we can attach if we choose to.

Many thanks to Bill for his work on our behalf! It has been a delight to get to know him and work with him on this project.



### First ARP Bible Study at the Towers

All are welcome to join members of the First ARP Church for a Bible study at 2:00, on the second Thursday of each month in the 2nd floor lounge. Their next session will be on Thursday, Oct. 10th.

My Name is Ned, now I'm a bed,  
and if I ruffs, I scare the fluffs,  
I cannot move, I just play dead.  
My name is Ned, and I'm a bed.





## Notes from the Library

One of the most popular and most read authors in the Tower's library is John Grisham. He is the author of nearly fifty #1 best-sellers, and his books are translated and read around the world. Grisham's books are fictional legal thrillers that deal with complex but entertaining themes and people. Currently, we have more than 40 different Grisham titles on our library shelves, and 12 titles are presently checked out by Westminster residents. The lounge bookshelves also have duplicate copies of Grisham books.

Recently, we have purchased two books by the famous English author, Agatha Christie. These books are not new publications, but are new to our library. Over a span of sixty years, Agatha Christie wrote 80 novels and short story collections. She first gained popularity in 1926 with the publication of The Murder of Roger Ackroyd. This was one of our selections in addition to Death on the Nile. Agatha Christie's works are characterized by clever plots and clever detectives. Their continued popularity is timeless.

As funds become available, we plan to purchase more books that are requested by the residents. Books by favorite authors that are not in our library, may be ordered from the York County Library Bookmobile that is in our lobby on two Tuesday afternoons each month. Check the weekly and monthly activity pages for the time and dates.

Submitted by The Library Committee  
Pauline Jellum, Chair

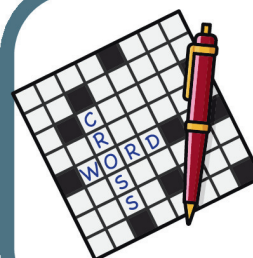
## Meet Melissa Russell Activity Coordinator

Melissa came to us as Activities Coordinator after twenty years as an Executive Assistant in corporate settings. Her decision to apply at Westminster Towers was a personal one; her maternal grandmother once lived here, but more importantly, she felt a calling to be here at this point in her life.



Melissa was born and raised in Charlotte but has lived in South Carolina for most of her days. She's a graduate of NC State University and a true Wolfpack fan! Even though she hails from the ACC, her second favorite school is USC and the Gamecocks. She is a single mom to 18-year-old Ann Marie and has two cats and a dog. She enjoys drawing, DIY projects, antiques, and thrifting. To relax and unwind, Melissa loves spending time with her daughter, reading mystery novels, solving puzzles (both logic & jigsaw), and watching television and movies.

After two months at Westminster Towers, she truly believes in the old adage, "find a job you love, and you'll never work another day in your life."



**Melissa loves puzzles, so she's revving this back up!**

**Logic puzzles, word games, extreme connect the dots, mazes, trivia, and even riddles are available for you to pick up at the receptionist desk!**

# Thinking Downstream

*Ed FitzGerald*

Recently, the Resident Association asked me to write an article for Windows that would address a problem that some residents have asked for RA involvement. The issue is quite simple, affecting only residents who live in exterior units with balconies. They would like residents above them to find a substitute bird seed that would not continuously rain black sunflower seeds down on balconies below. The Black Sunflower seeds, the seeds of choice, is the culprit! The complaining residents state that they have to sweep the balcony many times daily, and that squirrels are constantly foraging their balconies, searching for seeds, and uprooting plantings, and startling residents.



## One possible solution - seeds with no shells!

Thinking downstream is a process that asks organizations, or individuals, to evaluate the effect their actions may have on individuals down the line that may be impacted by their decisions. Seeking a solution is the objective of the process. With this in mind, Jody and I visited Wild Birds Unlimited, a specialty shop located in the Harris Teeter shopping center. There, we learned that there are substitutes for the Black Sunflower problem. We were not the first to ask about how to find a solution to the problem. They suggested that those feeding the birds consider switching to two bulk seeds that would have no shell residue. They recommend their “Sunflower Chips”, or less costly, “No Mess Blend” (includes tasty peanut chips) that would solve the problem. Both of these products are available at their shop in various packaging units. If you are feeding the birds, please look downstream and consider switching to a No Mess Seed! Your fellow residents below would love and appreciate you for switching to a no mess seed product.



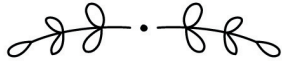
**The culprit! Black sunflower seeds continuously rain down on balconies below!**

# September 2024 Memories



*In Loving Memory*

**Louise Bell**



## Acknowledging Those Who Donate

### *In Remembrance/Honor*

Ed & Jody FitzGerald

Vera McSparin

Janet Yocum

Joanne Cauthen

Jean Barns

Janet Yocum

Spencer & Lib Anderson

Vera McSparin

Ed & Carol Trelinskie

Vera McSparin

Janet Yocum

Barney & Arlene's Wedding

Vera McSparin

Sonja Erickson

Vera McSparin

Sharon White

Ed & Jody FitzGerald

Ned Albright

Janet Yocum

Erika Coulson Galloway

Lou Ardrey

Vera McSparin

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.

