

Windows


November 2024

Vol. XXXV No. 11 1330 India Hook Road, Rock Hill, South Carolina 29732
(803) 328-5000



Happy Thanksgiving

Give thanks to the Lord, for he is good; his
love endures forever. Psalm 107:1





November Church Schedule

Wednesdays at 3:00 pm in Heritage Hall

11/6 Rev. Jordan Bernard, Ebenezer ARP Church

11/13 TBD

11/20 Reverend Jason Anderson, Hopewell Presbyterian

11/27 Reverend Jon Oliphant, First ARP of Rock Hill

Sunday, 11/10 Deacon Angel Juarez of St. Anne Catholic Church

If you would like to suggest someone to conduct a Wednesday church service, please contact Cami Freeman #5018, or Melissa Russell #5011
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 December edition of Windows is Monday, November 11.

**For the December edition of Windows,
we are looking for Christmas Memories.**



Windows

November 2024
Vol. XXXV No. 11

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

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

Grammarian
Jody FitzGerald

Publisher
Cami Freeman

The next Newsletter Committee Meeting
will be on Monday, November 18, 2024,
at 3:00 pm, in the 2nd Floor Lounge.

Veterans Day

By Ed FitzGerald, LCDR USNR

Fighting ended on the Western Front of the First World War on November 11, 1918. Celebrations on the end of the war soon turned solemn in remembrance of all who were lost. Armistice Day was officially recognized by U.S. President Woodrow Wilson in 1919, and it began to be observed throughout the world, honoring those who brought about the end of the "Great War." In 1954, after the return of service personnel from World War II and the Korean War, U.S. President Dwight D. Eisenhower signed a bill declaring November 11th as Veterans Day, encouraging Americans to commit themselves to the cause of peace and to honor America's Veterans for their courage, honor, patriotism, and sacrifice.

The Towers has a fairly large contingent of Veterans in residence. Stop by the Wall of Honor, and you will see photos of your neighbors who have served. Most of the photos are of our men, very young and in uniform. We have residents who have served in all four branches of the military: Army, Navy, Air Force, and Coast Guard. Don't be hesitant to thank these men for their service. It makes them feel proud and appreciated.

In observance of Veterans Day at the Towers, we have always had a flag raising ceremony at our flag pole organized by resident Johnnie Robinson, a major force in South Carolina Veteran affairs. Sadly, Johnnie recently passed away. Hopefully, this event will be planned, and veterans and residents will gather to salute the flag of liberty, our beloved Stars and Stripes. We owe this to Johnnie!

A Flag raising ceremony is currently planned for Veterans Day. Mark your calendar to join us at the flagpole outside the dining room on Monday, Nov. 11, at 9:00 am.

"Be Still, and Know"

Let There be Peace in our Land

Patriotic Songs and Prayers for our America,
the Beautiful



Featuring the "Voices of Experience" Choir
Nancy Anderson, Collaborative Pianist

Saturday, November 2nd- 10:30 AM

HERITAGE HALL



Meet Your Manor Neighbor

By Nancy Preston in the Manor

Lorraine Whaley was born in Keene, New Hampshire in 1939. She and her first husband adopted two children, a girl 4 months old and a son 2 months old. The husband had trouble bonding with the children, and the marriage didn't last.

She remarried, and this husband became the father who the children needed. They were married 45 years.

Her second husband was a pilot and worked for Cessna in Charlotte. That's how they came south.

Lorraine went to school at Central Piedmont Community College in Charlotte, majoring in Nursing and was a nurse for 30 years with Atrium, formerly Carolina Medical Center.

They spent 3 years in Alaska with her husband accepting a job working on the pipeline as well as flying. Lorraine became the co-pilot which meant she had to learn how to land the plane and talk to the tower in case something happened to her husband. The children were in the 2nd and 3rd grades at the time, and they loved school there. While they were in Alaska, Lorraine taught sewing to pilot's wives which she enjoyed as much as they did.



Lorraine Whaley

When they returned to the south, they bought a house in Rock Hill and she started her nursing career.

Unfortunately, her husband developed Alzheimer's, and had to be admitted to Harbor Chase for his safety. She would visit him every day...still working at Atrium.

When Lorraine had a stroke, she sold her house and moved to the Manor. She now resides in Manor West and is happy!

Shooter Alert Review

By Carole Partridge



Avoid / Escape



Deny Access / Hide



Defend / Fight

Sargeant William Andrews of the Rock Hill Police Department presented a seminar titled CRASE - Civilian Response to Active Shooter Events. He instructed Towers' residents on how to become more aware of surroundings so as not to become victims should an incident occur.

Statistics show that most perpetrators have an "avenger" mindset and seek attention to get their message across. Incidents, such as Columbine, revealed that SWAT teams need to move in more quickly. Today, if two policemen show up, they are to enter immediately.

There are three possible ways to respond in a situation:

1. DENIAL – "What was that?" "It couldn't be." "I must have imagined it."
2. DELIBERATION – taking too long to determine if there is a problem before acting, or wondering what to do
3. DECISIVE MOMENT – training oneself for deliberate, reflexive actions like FIGHT, FLIGHT, FREEZE

Upon entering a new setting, always look for a second exit in case "flight" might be a possibility. Don't waste time deliberating with others. One person can make a

difference by insisting that people move out, as Rick Scorla did in the Twin Towers, thus saving the lives of 2700.

Changes occur in an individual when the heart experiences a high stress level. At 90 beats per minute, fine motor skills are lost. At 120, gross motor skills are lost. At 150, tunnel vision occurs. When an incident is in progress, seek to keep calm. Bring heart rate down by breathing in for the count of three, holding breath for count of three, and releasing breath for count of three.

When the police come, get down and show hands. There may be yelling. The priorities of the police will be to stop the killing, stop the dying, and evacuate the area as quickly as possible. Know that the EMS will be delayed outside by police until it is safe to come in.

Taking immediate responder training is a wise endeavor by learning to use pressure on wounds, pack them with gauze, and apply tourniquets to quell bleeding which, if not controlled, can cause death in three minutes. Know where FIRST AID KITS are located. (One is at the entrance desk.)

The best scenario is to avoid the scene by getting away, or denying access to your space, and then defending yourself by any means you have if entrance is gained by an intruder.

The Importance of Voting

By Nancy Anderson

The United States of America is a republic, though it is often called a democracy. What is the difference? In a democracy, each member votes on all matters, and a simple majority wins. That means minority rights can be overridden by only 51 votes. A real abuse of power can happen. Participants vote according to what is right in their own eyes with no overarching guidelines to follow.

In a republic, however, citizens elect representatives who legislate on their behalf. These elected officials must swear to uphold the Constitution and the Bill of Rights, since they are the founding documents and moral guide of the nation, and our rights are protected by them. Ideally, representatives reflect the wishes of the ones who vote them into office, which is why it is important to research the backgrounds and positions of candidates. It is also wise to discover who is funding them, which might reveal more about what they truly believe and how they will vote than what they say in their campaign speeches.

Voting is a great privilege, though there are many who do not vote for a variety of reasons. But it is more than a privilege – it is a duty, and every vote is important. Stories are told of the difference just one or a handful of votes have made in the outcomes of elections, especially at the local level. The Westminster Towers bus will take anyone who wants to vote to our local polling venue. There is even curbside assistance for those not able to go in. Since we have the time to do our research and have several ways to vote, let's do it! Let's keep our bus driver very busy on election day – but not so busy he doesn't have time to vote himself!

York County Sample Ballot

President and Vice President
You may vote for One.

- Randall A. Terry / Stephen E. Broden (Constitution)
- Cornel West / Melina Abdulla (United Citizens)
- Jill Stein / Rudolph Butch Ware (Green)
- Donald J. Trump / JD Vance (Republican)
- Chase Oliver / Mike ter Maat (Libertarian)
- Kamala D. Harris / Tim Walz (Democratic)
- Claudia De La Cruz / Karina Garcia (Workers)

U.S. House of Representatives, District 5
You may vote for One.

- Ralph W. Norman (Republican)
- Evangaline Hundley (Democratic)
- _____

State Senate, District 15
You may vote for One.

- Wes Climer (Republican)
- Sarah Work (Alliance)
- _____

State House of Representatives, District 46
You may vote for One.

- Heath Session (Republican)
- John Zabel (Democratic)
- _____

Solicitor Circuit 16
You may vote for One.

- Kevin Brackett (Republican)
- _____

Sheriff

You may vote for One.

- Tony Breeden (Republican)

• _____

Clerk of Court

You may vote for One.

- Angie M. Bryant (Republican)

• _____

Coroner

You may vote for One.

- Sabrina H. Gast (Republican)

• _____

County Council, District 5

You may vote for One.

- Christi Cox (Republican)

• _____

Soil and Water District Commission

You may vote for One.

- Catherine M. White (Nonpartisan)

• _____

Rock Hill School District Trustee at Large,

Rock Hill School Board at Large

You may vote for One.

- Jennifer Hutchinson (Nonpartisan)

- Fred Jordan (Nonpartisan)

• _____

Rock Hill School District Trustee at Large

(Unexpired Team), Rock Hill School Board at Large

You may vote for One.

- Lacy Daniel (Nonpartisan)

- Bryan McAlinden (Nonpartisan)

- Kevin Thompson (Nonpartisan)

• _____

There is also this question:

Must section 4 article 11 of the Constitution of this state, relating to voter qualifications, be amended so as to provide that only a citizen of the United States and of this State of the age of eighteen and upwards who is properly registered is entitled to vote as provided by law.

- Yes, in favor of the question.
- No, opposed to the question.



ELECTION DAY
TUESDAY, NOVEMBER 5

**We will provide transportation
every 30 minutes to**

**Richmond Drive Elementary School,
the polling location for
Westminster Towers,**

from 10:00 am until 12:00 pm.

**Please sign up at the
Bulletin Board
for the time that suits you best.**



Giving Thanks

By Lou Ardrey

Thanksgiving is always a special time for giving thanks. Each year, as our children were growing up, I would remind them that the real reason for the holiday is to remember how God blessed those first settlers after life threatening challenges which they had faced daily.

The Pilgrims landed in Massachusetts on December 26, 1620. Most of the settlers became ill within weeks. Ten of the seventeen husbands and fathers died with the "first infection," and of the seventeen wives, only three were alive after three months. By April, more than half of the population had died of disease or famine. There were other forms of human tragedy. William Bradford, the governor of the colony, lost his wife who drowned as they disembarked from the Mayflower, leaving him a widower with a one-year-old son.

Captain Miles Standish initiated friendship with the Indians who lived in the area. They taught the Pilgrims to plant corn, hunt, and fish...keys to the Pilgrims' survival. In gratitude to God, William Bradford, proclaimed a grand feast of thanksgiving in 1623 to celebrate His goodness and invited the Indians.

Each Thanksgiving, like the Pilgrims, we pause and give thanks on that special day.....not only for the special feast we will enjoy, but also for our many blessings. Many families pass around a plate with dried kernels of corn and each member takes several, then shares something for which they are thankfully represented by each piece.

God's Word says, "Every good and perfect gift is from above coming down from the Father of the heavenly lights, who does not change like shifting shadows." James 1:17

As the passage in James says, everything we have is a gift from our heavenly Father, so each day should be a day of thanksgiving. Our families, friends, material possessions, spiritual gifts like salvation and faith--- everything is a gift. I like to begin each day going down the alphabet thanking God for His many attributes and what He means to me. He is:

Amazing	Near
Beloved	Omnipotent
Compassionate	Patient
Dependable	Quick to hear
Encouraging	Righteous
Forgiving	Sovereign
Gracious	Triumphant
Holy	Understanding
Invincible	Victorious
Just	Wonderful
Kind	X (Symbol for Christ)
Loving	Yearning
Merciful	Zealous

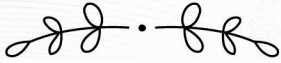
That is just a sample. He is all of these things and much, much more. There are many attributes and names for God, so we can use different ones every day. We could never thank Him enough. During difficult times, instead of concentrating on all the things we can't do and don't have, we can think about the blessings we do have and thank God for them.

The apostle Paul said, "Give thanks in all circumstances, for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18



In Loving Memory

**Louise Bell
Sarah Schell**



Acknowledging Those Who Donate

In Remembrance/Honor

Ed & Jody FitzGerlad

Louise Bell
Sarah Schell

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.



Thanksgiving Memories

In the mid 1960's, my sales territory was expanded to include the California counties north of San Francisco. The family relocated to a rental cottage, nestled in the Redwood Forest of Marin County. We soon learned there were many critters also living in these woods. Just before Thanksgiving, we engaged a babysitter to watch the children while Pat and I attended a local party. When we returned home, the babysitter advised all had gone well, and that she had let the cat inside. We had no cat! I found the invading cat in our cold room, happily munching away on our Thanksgiving turkey. The cat, eventually called "Kitty," lived with us the rest of her life. She earned her keep as an excellent mouser.

Ed FitzGerald

We always celebrated Thanksgiving at my aunt and uncle's house. One year, when everything was prepared and ready to be eaten, the turkey was NOT! We had a tug of war trying to separate the drumsticks, etc. The next year, we were awakened around 5:00 am - already smelling the roasting turkey! We obviously ate a very well done one that year.

Nancy Anderson

One Thanksgiving, our family gathering would be minus our daughter and her husband. They were stationed in Guam. The day before Thanksgiving, my mother called us into the kitchen; there on the table was a meat platter holding a huge meatloaf with hotdogs stuck in each side. It looked just like a turkey! Pictures were taken of the delicious meatloaf-turkey and sent to Guam. The idea was to show them that they were not missing the unusual Thanksgiving feast.

Anonymous



**WE REACHED
OUR \$1,000
GOAL!**



**Walk
rescheduled to
November 9!**

\$1,346.70

\$1,000

The Alzheimer's Association Walk to End Alzheimer's® is the largest event to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association®. It's held annually in more than 600 communities nationwide, and our team is excited to participate this year.

\$750

Currently, more than 6 million Americans are living with Alzheimer's and over 11 million family and friends provide their unpaid care. We need your help to end this devastating disease. You can make an impact with a donation or even joining our team. Your kindness and generosity truly make a difference in the fight against Alzheimer's and all other dementia. Thank you for your support!

\$500

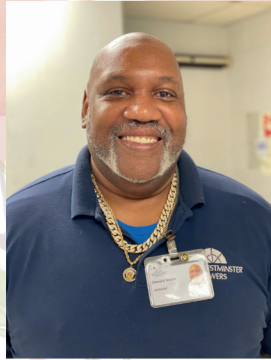
**Contact Dawn Anderson at
803-326-3108
to donate or join our team!**

Giving Thanks to Those Who Serve us

We, the Residents of Westminster Towers, would like to acknowledge the Maintenance, Housekeeping and Dining Room Staff, to whom are very Thankful!



Paul Gregg
July 2019



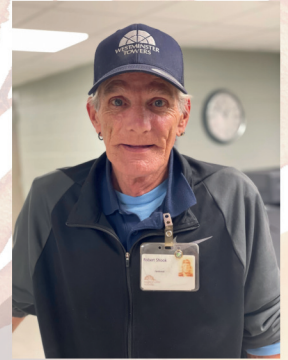
Donald Boyce
June 2023



Carla Key
May 2023



Mark Howell
2019



Robert Shook
Oct. 2022



Latoya Pendergrass, Sandra Smith,
Melissa Guilford, Judy Krepp



Christine Harris (24 Years), Diane Wertz (Feb. '24), Rylie Wells (Aug. '23), Terrica Jennings (July '23), Trameka Kelly (Nov. '23), Jackie Davis (25 years), Wanetta Foote (3 Years)



Mark Bryant
May 2022



Vinceant Adair
2023



She She Wilson
Forever!



Beverly Peay
Aug. 2024

Duchess is Coming Back!

By Lou Ardrey

For the past 9 years Duchess Raehn, one of our most beloved entertainers, has been charming residents with her warm personality and musical skills. She usually comes twice a year....during the summer and again in December.

Duchess, (not her real name....her dad first called her that) who was born in Charleston, has been playing the piano since early childhood. By the age of five, Duchess could play songs by ear that she had heard on the radio or at her church. When she was a little older, her family would go to the movies to see a musical and she would come home and amaze everyone as she played the songs she had just heard.

Duchess graduated in piano from the University of South Carolina and took extra classes at the Vienna International Music Center in Austria. A resident of Hilton Head Island, she has played in a variety of locations and situations including weddings, funerals, churches, piano bars, community plays, conferences, and women's retreats.

Duchess will return this year on Saturday, December 14th and give a concert in Heritage Hall at our annual Christmas Coffee.

Duchess has recorded four CDs...."Be Still My Soul," a collection of traditional hymns, "Music of the Night," a collection of Broadway favorites, and "The Gift," a compilation of Christmas carols. They will be available for \$10 each. The fourth CD, "Soul Mate," is sold out.

I first met Duchess in 1981 when my daughter, Lydia, married Duchess' brother, Jamie Howell. She has been a dear friend ever since. Over the years, she gave many concerts in our home in Fort Mill. When my husband, Jim, and I moved to Westminster Towers in 2015, I invited her to broaden her base of musical fans to include our residents.

One of the things that endears Duchess to our residents is that she takes requests at her performances....so plan to come prepared to call out your favorite.

For a number of years, Duchess was the Teaching Director of Community Bible Study in Hilton Head. She recently retired and is now a realtor with her husband, Bob. They have four sons and two precious grandsons.



**Duchess will be here
Saturday, December 14**

October 2024 Memories

