

Windows

September 2025

Vol. XXXVI No. 9 1330 India Hook Road, Rock Hill, South Carolina 29732
(803) 328-5000

*Celebrate National Grandparents Day
September 7th*





September Church Schedule

**The 2nd and 4th Wednesdays at 3:00 pm
in Heritage Hall**

9/10 Pastor Matt Allison, Ebenezer Presbyterian Church

9/24 Rev. Jon Oliphant, First ARP Church of Rock Hill

**9/14 Catholic Communion Service at 3:00 pm in Heritage
Hall. Deacon Ted Clement of St. Anne will preside.**

All are welcome!

**If you would like to suggest someone to conduct a Wednesday church
service, please contact Nancy Anderson, in apartment 214.**

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 October '25 edition of
Windows is Monday, September 15.

This Month's Contributors:
Nancy Anderson
Arlene Jenkins Blackwelder
Robert Calhoun
Ed FitzGerald
Ruth Greer
Joyce Jackman
Sue Nazak
Carole Partridge
Ed Trelinskie

Windows

September 2025
Vol. XXXVI No. 9

Newsletter Committee Members:
Linda Lenz - Chairman
Lou Ardrey
Arlene Jenkins Blackwelder
Jody FitzGerald
Carole Partridge

Grammarian
Jody FitzGerald

Publisher
Cami Freeman

The next Newsletter Committee Meeting
will be on Monday, September 22, 2025,
at 2:00 pm, in the 2nd Floor Lounge.

September 7 is National Grandparents Day

With Love and Gratitude

by John Whitley

As I reflect on the special moments of my childhood, I find myself remembering the treasured times I spent with my grandparents - my beloved Nana and G-G (known to you as Imogene and Gene Blackmon). Those weekends with them were more than just visits; they were chapters of joy, adventure, and unconditional love that have stayed with me all my life.

One of my favorite memories was waking up early on Saturday mornings and heading out with G-G to a little store called Lil' AL's. There, we'd grab a sausage biscuit - a simple treat that somehow tasted better than anything else, just because we were together. Afterwards, we'd walk the train tracks that ran in front of their house, collecting old railroad spikes like hidden treasures. We'd spend hours at the nearby park, running around the playground laughing, and then, we would play ball in the yard. Some of the best times were when we'd head to the beach. We'd play putt-putt all day long and laugh at missed shots and celebrate every hole-in-one.

Now that I'm grown and have grandchildren of my own, those memories mean even more. They remind me of the kind of joy and connection I want to pass on. I hope to create those same lasting memories with my grandkids the way Nana and G-G did for me. I want them to feel the same warmth, fun, and love that shaped my childhood.

Love like that doesn't fade, it grows and echoes through generations. I'm grateful for everything Nana and G-G gave me, and I look forward to sharing that same magic with the little ones in my life.

Cooking is Love

by Willis Whitley

Some of my best memories of my grandparents were the summers I spent with them during college. Getting to live at the beach was the best! If I didn't already think it, I knew then I wanted to grow up to be like them. Nana taught me how to cook a lot of different dishes, and the most important one was a Spanish rice dish. Why was it so important? It was the first dish I ever cooked for my would-be wife, and we've been together ever since.





2025 Walk to End Alzheimer's Saturday, September, 27

Across the nation, the Alzheimer's Association Walk to End Alzheimer's® is full of flowers, each carried by someone committed to ending this disease. Because like flowers, our participants don't stop when something's in their way.

Signup to walk on Saturday, Sept. 27

Join the team from Westminster Towers to walk around the Rock Hill Galleria and surrounding area. Signup with Dawn Anderson or at Alz.org, our team's name is WMT.

Make a donation and add a flower to our Wall of Flowers

Flowers are available through Dawn Anderson for a suggested donation of \$5. Write your name, or the name of someone you love with Alzheimer's, and post it on the Wall of Flowers located in the hall on the way to Heritage Hall.

PUT ON YOUR WALKING SHOES WE'RE HEADING TO NIAGRA FALLS!



Starting September 1st join the Walking Club as we walk from the Towers to Niagara Falls stopping along the way to take in the sights.

**REMEMBER TO RECORD YOUR STEPS AT
THE BULLETIN BOARD!**

Towers Residents and Staff Support Alzheimer's Walk

by Ed FitzGerald



Jody FitzGerald poses with "Kevin" on her way into Paint & Sip for Alzheimer's



Yvonne Lautzenheizer works on her tote bag while Ed FitzGerald shows off his "No to Alzheimer's" bag



The basement art studio was full of staff and residents demonstrating their artistic skills in support of the Towers involvement in The Walk to End Alzheimer's. Dawn Anderson of marketing coordinated with the activities department along with the All About Seniors magazine to provide the ideas and materials for an enjoyable fundraiser supporting our walk.

It was billed as a Paint and Sip fundraiser. Michelle Cook, of the magazine, brought all the paints, stencils, ideas, and enthusiasm to those attending. The burlap like tote bags, were the medium or canvas which was painted. Marketing provided some snacks and beverages as well as a few door prize gifts.

The artists immediately began to start working by etching a design, selecting paint colors, and brushes, and began creating. Immediately, all types of art designs and messages began to appear. We were amazed by the talent and artistic skills present!

All those attending made a cash contribution toward the Towers goal of generating \$1000 in supporting the Rock Hill Alzheimer's Walk, scheduled for September 27th. Each of us, possibly, can step forward with a donation as well as signing up for the walk. There will be a very short walk option for seniors. Dawn Anderson will be posting the results of our donation's goal on the pool viewing window across from the "Wall of Honor." As we get closer to the walk, a signup sheet will be on the activities table.

Alzheimer's is a dreadful disease and is becoming an increasing health and cognition problem. Sadly, the current administration is cutting all funding for research for an Alzheimer's cure. Currently, there is no cure, so private financial support from agencies like Alzheimer's Association are critically important in finding a cure. Please be as generous as possible.



Dawn Anderson brought her granddaughter, Charlotte who is a fifth-grade student at Old Pointe Elementary School

What Fall Means to Me

Fall in the Adirondacks

by Nancy Anderson

I am very familiar with both New England and the Adirondack Mountains in upstate New York, as both my immediate and extended families lived in several locations in them when I was growing up. We traveled the winding roads often, and took many scenic trips, usually stopping along the way by some stream to eat a picnic lunch. Traveling during the winter, however, was a treacherous experience, as the snow was often deep and the roads slippery. But the most favorite time of the year in the mountains for me was fall when the hillsides were ablaze with a blend of bright oranges, reds, and maroons mixed among the evergreens.

I remember our pastor beginning the service one Sunday by commenting on the beauty that surrounded us as we drove to church that fall morning. He couldn't believe how anyone after observing it could possibly deny that there was a God, and that he was a master creator/designer!

During my years in nurses' training and college in Illinois, I would brag about the beauty of fall where I had grown up, lamenting that I hadn't seen anything like it in the Midwest. Truly, colorful trees could be seen there, but the steep hillsides of both New England and upstate New York, where hundreds of trees displayed their brilliance at the same time, were not to be found there. That was what I missed. To my amazement, one of my roommates, a Midwesterner, who had traveled in the Adirondacks one fall, came back agreeing with me! She was full of awe at the beauty she had seen there.

There are many scenic places in our nation - literally "from sea to shining sea," and I have seen many of them during our travels across America. I truly appreciate them all. But the glorious display of color during the fall on the hillsides of upstate New York, New Hampshire, and Vermont still holds the top place in my heart.

Fall

I called Summer to leave
I called again to Summer to leave
Sticky, sweaty, sweltering heat
Summer did not leave

I called for Fall and to Winter.
I called a second time to Fall.
Fall did not answer.
Fall did not come.

I CALLED to FALL again
To bring relief
To bring refreshing breeze,
to bring a clean clear day

I called the leaves to fall
Color kaleidoscope of reds and yellow,
A mantle to the tree
A mantle to the ground.

I called the clink if icicles
Of impending snow.
A sweet aroma of fireplace.
Cold and warmth together.

I called to Fall.
Wait! I come.

California Dreaming

by Arlene Jenkins Blackwelder

I grew up and lived in Northeast Maine until age 24, then moved to San Jose, California in 1965, where I lived for 40 years. In those early years, I saw the many changes of fall colors but never really noticed the beautiful vibrant colors.

After moving to California, all I had seen was cement and urban sprawl. It was 5 years before I returned to Northern Maine, and my reaction to the vibrant beautiful fall colors of red, orange, yellow, and eventually brown, was nothing short of amazing! So many memories came flooding back of raking those beautiful leaves into a huge pile and then jumping into them and hiding as a child.

That trip back to my home state left me speechless with the big question, "Why had I left such a beautiful area?" But, then marriage will do and change our life! Sometimes for less beauty - sometimes for more beauty.

by Sue Nazak

Brisk Mornings
Brilliant Colored Trees
Apples & Cider
Pumpkins
Cider Donuts
Migrating Geese
Allergies
Chrysanthemums
and
Football!



by Robert Calhoun

Football Games
Cooler Temperatures
Pretty Leaves
Outdoor Walking
Pumpkins
Church Barbeque

by Ed FitzGerald

Raking Leaves
Putting up Storm Windows
Clear Skies
No Grass Mowing
Syracuse University Football

Fall Means Back to School

by Ruth Greer

To me, Fall has always meant "back to school." Even though I might bemoan the end of summer vacation, I always eagerly anticipated the new school year. I looked forward to reconnecting with friends I might not have seen or not seen very often during the summer, meeting new friends, having new teachers and new courses, and of course, football.

My father played college football, was a lifelong fan of the game, and influenced me to enjoy it. I loved being a high school cheerleader and avid supporter of the team. My interest in football has continued throughout my life even though I now think the game is too dangerous and has too much money spent on it. I still find it fun to watch, mostly on TV.

Throughout my career, fall meant back to school because I was a teacher or a school principal for most of that career. I have always seen the new school year as a chance for a new beginning and an exciting challenge, sometimes in a new school. Because of the responsibilities I felt, I always had a bit of anxiety before that first day of school, but the excitement of the new always far outweighed that anxiety. Today, I still think of a new school year when I first think of fall because of grandchildren in school. This year, my youngest grandson begins his senior year in college. I wonder what next fall will bring? I will probably still think of school and football.

Onward to Buffalo NY and the famous Chicken Wings

by Ed FitzGerlad

It is about 750 miles from the Towers to Buffalo NY. A group of Towers residents are engaged in a “virtual walk” from Rock Hill to Buffalo. In the fall, this is a pretty route, heading form North Carolina and walking into the beautiful Shenandoah Valley. We will pass by Blacksburg VA, the home of Virginia Tech. Then, cross into West Virginia passing Morgantown where we will head west to Pittsburg, PA. After waving goodbye to the old steel mills of Pittsburgh, it is a straight shot to Buffalo and the shores of Lake Erie. Once there, we will clean up and visit the world famous “Frank and Teresa Anchor Bar” at the corner of North and Main Street. This corner downtown Tavern is one of the most famous locations in Buffalo history.



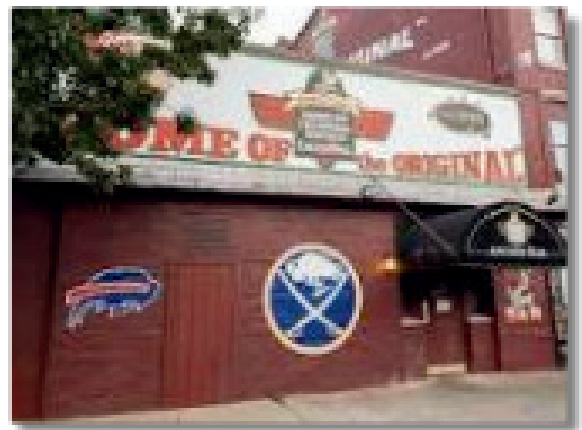
This very spot changed the course of American food history in 1964 when the hungry buddies of Dominic Bellissimo, who was tending bar at the time, arrived at the corner looking for a late-night snack. Dominic's mother and owner Teresa Bellissimo – took the chicken wings originally intended for a soup, fried them, tossed them in hot sauce, and served them with a special dipping sauce. The Anchor Bar subsequently became a Mecca for wing lovers, evidenced by over 500 license plates hanging on the barroom walls from every state, Canadian Provinces, and most of Western Europe. With roots dating back to 1935, the Anchor Bar has grown to a dozen locations and sells its signature sauce in almost 3,000 supermarkets and as far away as Kyoto, Japan. While the Main Street location serves several varieties of wings, it's the medium hot that is the closest match

to Teresa's original recipe from all those years ago. The signature blue cheese sauce blends with the hot wings, and the rest is history.

After the Anchor Bar, it will be off to Ted's Hot Dog Stand located at the Peace Bridge to Canada, for the world's best hot dog. At this Buffalo Hot Dog stand, a production line of staff grills the world famous Sahlen's hot dogs over a charcoal fire and serves with a special chili sauce. Sahlen's meat packing company has been producing their dogs since 1869 and continues to be operated by the Sahlen family. You know you are eating a Sahlens when you hear the familiar snap when you have bitten into the dog. Fans of Ted's come from all over Western New York to munch a Ted's. We are fortunate in Rock Hill, since the unique Ebenezer Gill features Sahlen's as the best dog in town.

Our last stop will be at a long time Downtown Tavern near the growing Buffalo Medical Campus. Ulrich's Tavern, reportedly, over 140 years old, is famous for serving one of the best “Beef on Weck” sandwiches in the city. This amazing sandwich is a classic Buffalo sandwich featuring thinly sliced roast beef on a kosher salted caraway-topped kimmelweck roll. This amazing sandwich is served with au jus and horseradish. It's a staple in the region, with many restaurants and pubs serving their own versions of this local favorite. Yum-Yum, we deserved these special eats after walking all those miles from the Towers to Buffalo.

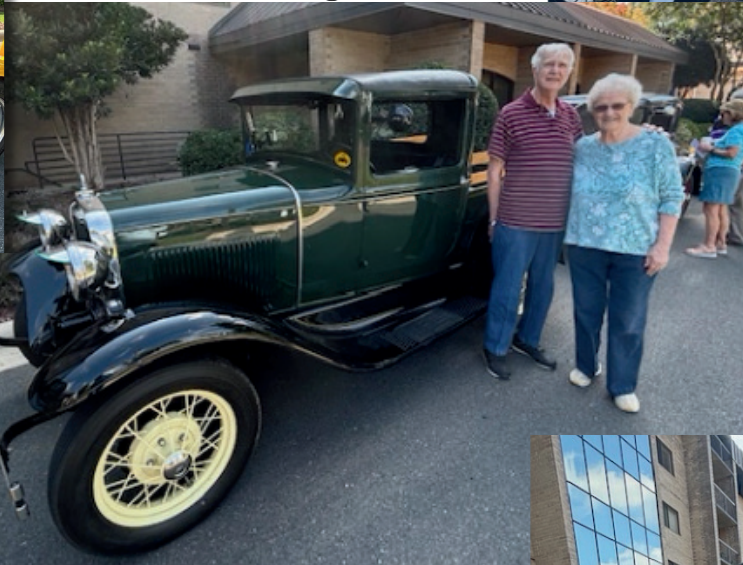
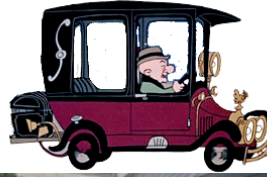
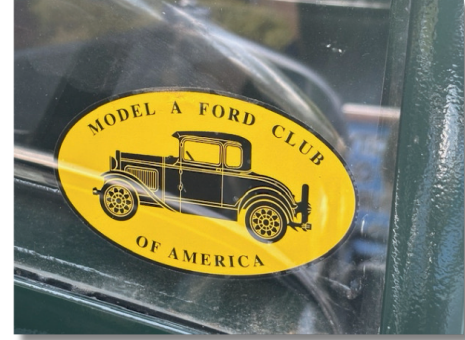
Ed FitzGerald lived in Buffalo for eight years before locating in Rock Hill in 1978. He still misses the place.



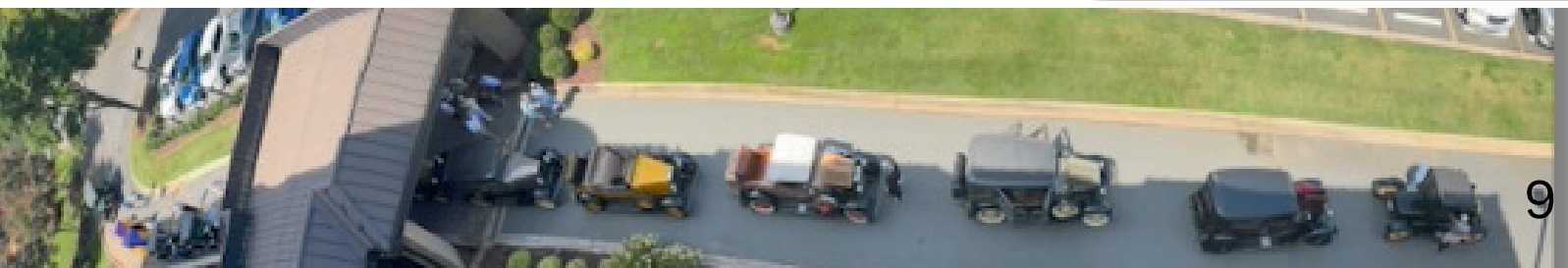
Want to join the Walk? Just record your steps on the “Step Tracker Sheet” located on the Activities sign-up desk. 2,000 steps is a mile, and one walk around the main campus is 1/3 of a mile. Ask Kathy Jagers@ 212 if you have any questions.

Model A Car Show by Ed Trelinskie

Viewing the arrival of the antique cars from my 6th floor balcony was a unique experience. With pride and beauty, the cars announced their arrival with the “OOOGAHH” horns. I immediately went downstairs to get a closer look at this parade of beauties from the past.



- The Ford Model A was built by the Ford Motor Company from 1927 to 1931.
- The Model A had a 3.3-liter four-cylinder engine that could generate 40 horsepower.
- The T was available in 4 basic styles: Sedan, Coupe, Roadster, and Truck
- During its short production run, a total of 4,849,340 As were built.



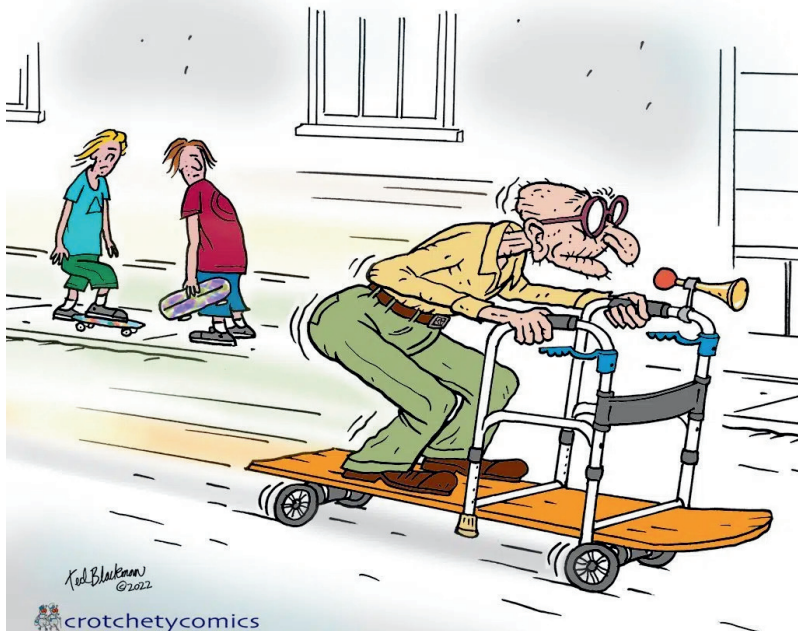
Walker Etiquette

by Carole Partridge

They can be a safety hazard to the rest of the world. You have seen those demons and may have already suffered egregious affronts to the body, soul, and spirit.

Walkers are a Godsend to those who are slightly unstable on their feet these days. They allow us to walk without fear of pitching over on our noses and slamming into unforgiving concrete or highly polished floors.

Walkers have the ability to grant us a brief rest by sitting to catch one's breath. Walkers come in various sizes and colors. Take your pick.



“AN IDEA WHOSE TIME HAS COME!!

This small essay, however, is addressed to those users who park their walkers underneath their elbows at the dinner table. This becomes a safety hazard to diners and waiters alike.

Recently, there have been thoughtless residents who leave their walker wherever they choose, without regard for the rest of the world - the handicapped world and/or the healthy world.

Walkers are not to be parked directly in front of the nearest door to the building. They are not



***FRUSTRATION PERSONIFIED!
BEEN THERE! DONE THAT!***

to be left heather skelter in the general flow of traffic in the dining room. Wait staff have been seen stretching Olympic leaps to serve a normal meal to residents surrounding themselves with their vehicles.

Walkers are not to be used as barricades to the nearest exits, in case of a fire. Walkers are not to be used trampling the toes of residents squeezed into a full elevator. Be considerate enough to wait for the next empty elevator to your floor.

Walkers are those instruments designed to ease the daily activities of those who suffer from imbalance issues. They are not to be used to carry objects too heavy for ancient arms, legs, and backs suffering from old age.

For heaven's sake, use the walker wisely, without becoming a safety hazard to the rest of the world.

Signed....A Fellow User and Guilty Sufferer.

Meet Your Neighbor

by Arlene Jenkins Blackwelder

I hope by now you have had the opportunity to meet your “new” neighbors, Pat and Steve Cashion and their dog Finn. I say “new” because they moved into the Towers 9 months ago in December of 2024.

Both Pat and Steve were born in North Carolina, with Steve growing up in Salisbury and Pat growing up in Charlotte. Steve spent his early years fishing with his dad and brothers while Pat played 1st chair violin in her high school orchestra. She states proudly that her school’s orchestra won every competition they entered.

Steve joined the Air Force after high school and served as a medic for four years. After leaving service, Steve worked in medical sales for 2 years. He then returned to school to study respiratory therapy at Wake Forest Baptist Medical Center.

Meanwhile, Pat was getting her nursing degree and continued on to Nurse Anesthesia School at Wake Forest Baptist Medical Center where, you guessed it, she met Steve! After they both graduated and got married, (they celebrated 56 years last December) they moved to Atlanta, Ga to further their careers and start a family.

Pat and Steve have two grown children, Paul Cashion who resides in Jefferson, Georgia, and Christine Cashion Jeansonne, who lives in Lebanon, Tennessee. Between them, they have 3 grandchildren, Chelsea age 25, Luke age 21, and Tori age 13.

The Cashion's moved to the Towers for health reasons, but are glad they can continue their hobbies of reading, quilting, gardening, and golf.

If you haven’t already, please make an effort to say hello to Pat and Steve and welcome them to the Towers!

***Pat and Steve
Cashion
and Finn***



September Outings

Signup at the Bulletin Board

Wednesday, September 3

5:00 pm Dinner at Sweet Caroline's in McConnells

Friday, September 5

10:30 am Brunch at Ebenezer Grill

Friday, September 5

1:30 pm Outing to The Peach Stand in Fort Mill

Saturday, September 6

4:00 pm Narrowway Theater

Wednesday, September 10

11:00 am Kobe Japanese Steak House

Friday, September 12

11:00 am Lunch at Casa Tequila

Friday, September 12

7:00 pm Recital with Dr. Wunderlich & Dr. McWarren at Barnes Recital Hall

Wednesday, September 17

1:00 pm Outing to Spirit Holloween

Wednesday, September 17

4:30 pm Dinner at York Seafood

Friday, September 19

11:00 am Lunch at the Fish Market

Wednesday, September 24

11:00 am Outing to the Charlotte Airport Overlook

Wednesday, September 24

5:00 pm Dinner at Flipside

Friday, September 26

11:00 am Lunch at Showmars

Residents' Association Quarterly Meeting

Tuesday, September 2, at 2:30 pm
in Heritage Hall



Acknowledging Those Who Donate



In Remembrance/Honor

Lois & William Kirkpatrick

Carla Thomason,

the daughter of Carmen & Ron Hoover

Arlene Jenkins Blackwelder

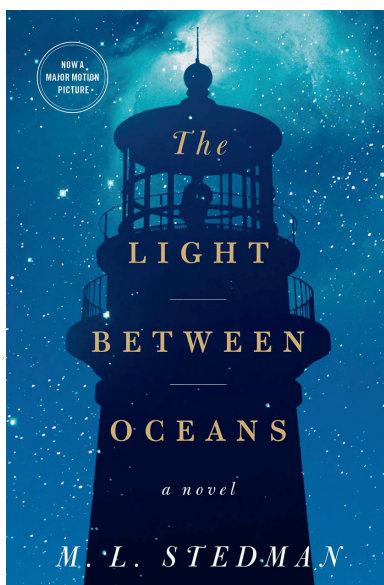
In memory of 1st anniversary
without Barney

Jean Plowden

Judy & Carlton Heustess

Carla Thomason, Dr. Butch Bonham,
Dr. Frank Kiser, Lou Ardrey's Sister,
Weltha Martin

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.

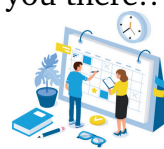


Book Review

by Joyce Jackman

The Light Between Oceans by M.L. Stedman (available in the Tower's library) is a fictional story of a lighthouse keeper and his wife who live on a small island off the coast of England. It is a real page turner. I kept wondering if it could possibly have a happy ending. You may wish for a different ending, or possibly not.

The Activity Committee will meet on Monday, August 8th, at 2:00 pm in the 4th floor lounge. Please come and share your suggestions for lunches, dinners, and other fun outings. Hope to see you there!!



Linder Tucker,
Activity Committee Chairman