



WESTMINSTER
TOWERS

Windows

September 2026

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

*Children's children are the crown of old men,
And the glory of children is their father.*

-Proverbs 17:6

*Happy Grandparents Day
September 13, 2026*



September Church Schedule

**The 1st and 3rd Wednesdays at 3:00 pm
in Heritage Hall**

9/2 Jason Anderson, Hopewell Presbyterian Church

9/16 Rev. Jon Oliphant, First ARP Church of Rock Hill

**9/13 Catholic Communion Service at 2:45 pm in Heritage Hall.
Deacon Angel 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 '26 edition of
Windows is Wednesday, September 16.

Windows

September 2026
Vol. XXXVII No. 9

Newsletter Committee Members:

Linda Lenz - Chairman
Alice Airth
Lou Ardrey
Arlene Jenkins Blackwelder
Jody FitzGerald
Charles Ives

Grammarian
Jody FitzGerald

Publisher / Editor
Cami Freeman

The Next

Residents' Association Quarterly Meeting

Tuesday, September 1, at 2:30 pm
in Heritage Hall



The next Newsletter Committee Meeting
will be on Tuesday, September 22, 2026,
at 2:00 pm, in the 2nd Floor Lounge.

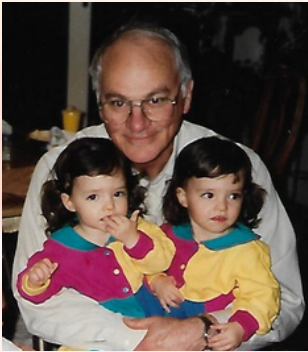
Happy Grandparent's Day

September 13, 2026

Linda & Chick Williams

When our son Chad and his wife Malynda were expecting our first grandchild in 1993, they decided not to learn the sex of the baby. One day Chad called and said, "Mama, what do you think about having a girl grandbaby?" I said, "That will be great. But I didn't think you wanted to know that now." He said, "The ultrasound nurse told us that since there were two of them, maybe we should know." Kaity and Kally were born on January 6, 1994. Double the pleasure, double the fun.

Those little girls now work in Hollywood: Kaity is a cinematographer; Kally is a sound mixer.



Carmen Hoover

I thank God for giving me the privilege of being the grandmother of six and the great-grandmother of eleven. One of the most rewarding experiences in my life!

Yvonne Lautzenheiser

So many proud blessings! The best is watching your children care for your grandchildren and having been given a long life to enjoy them.

== Happy ==
== Grandparents ==
== Day ==



Joanne Cauthen

My husband, Jack, and I welcomed four children into our family—two boys and two girls. All four of these children had three of their own, which gave us 12 grandchildren. Last May, all 12 of them came to Westminster Towers for a surprise visit, and we all had lunch in the courtyard. What a fun day!

But there's more! From these 12 grandchildren, I now have 24 great-grandchildren and another due in October. Several times a week, I name and pray for each one. They range in age from 5 years old to 1-year-old twins. How blessed I am! And don't forget—I'm almost 98!

National Grandparents Day is an annual observance celebrating the unique bond between grandparents and grandchildren, recognizing the wisdom, guidance, and love older generations offer. It encourages families to share stories, preserve heritage, and foster intergenerational connections that strengthen family identity. The holiday originated from the efforts of Marian McQuade, a West Virginia advocate for seniors, whose campaign led to Congress passing a 1978 proclamation signed by President Jimmy Carter establishing the first Sunday after Labor Day as its official date.

WESTMINSTER TOWERS

The Reaping Stage

Reflections on a New Chapter of Service

By Jim Thomason, Senior Advisor

“Never, never never.”

My mother’s answer when I asked her when a parent stops being concerned for their children.

As many of you know, after many rewarding years serving as President and CEO of Westminster Towers, I have recently transitioned into the role of Senior Advisor. This transition has been thoughtfully planned with our Board of Directors and leadership team, always keeping our residents, mission, and the future of Westminster Towers at the center of every decision.

Several residents have asked what this new role means. Simply put, it allows me to continue supporting Westminster Towers by providing continuity, organizational memory, and generational support as new leaders guide our future. Leadership, like life itself, moves forward. My role today is not to lead from the front, but to support those who do.

As I reflect on this season, I often think of my mother, who passed away five years ago at the age of 95. She deeply loved her five children and found immense joy in her grandchildren and great-grandchildren. One day I asked her when she stopped worrying about her children. Without hesitation she replied, 'Never, never, never.' Then she explained that she had entered what she called the 'reaping stage' of life.

She was no longer responsible for raising her children or directing their lives. Life had moved forward, as it should. Yet she found great joy in watching the generations that followed grow, flourish, and build families of their own. Her wisdom, experience, and support still mattered. She simply served in a different way.

Organizations, like families, benefit from generational continuity. They preserve memories, pass along values, strengthen foundations, and support future growth. The strength of a community comes not only from where it is going but also from remembering where it has been.

That is how I view my ongoing relationship with Westminster Towers. As Senior Advisor, I have the privilege of supporting our leadership team, encouraging our staff, sharing institutional knowledge when helpful, and continuing to champion the mission that has guided us for so many years.

In many ways, I too have entered a reaping stage. It is a season of gratitude. I have the opportunity to watch Westminster Towers continue to grow and thrive through the dedication of our residents, staff, families, volunteers, and leaders. It is a joy to see the seeds planted through many years of service continue to bear fruit.

When you see me around campus, know that I remain deeply grateful to be part of this remarkable community. Westminster Towers has been an important part of my professional journey and an equally meaningful part of my personal life.

Like all families, Westminster Towers is not perfect. No community is. Yet I can say with complete confidence that Westminster Towers is a beloved community. Residents, staff, and families care for one another, support one another, and share in one another's lives.

That caring spirit is our greatest treasure. It has sustained Westminster Towers throughout its history and will continue to strengthen this community for generations to come.

With gratitude
Senior Advisor
Westminster Towers



**Towers
Humor**

Last month, I received a note in my mailbox that my "Flitters" would be changed. The "Fluttermen" made the change. I've never felt better in my life. Amazing these "Flitters!"

Meet Maggie King IL Activity Coordinator

Hello! My name is Maggie King, and I am so excited to introduce myself as your activity coordinator. It is truly a pleasure to be a part of this wonderful community, and I look forward to getting to know each of you.

One of my greatest joys is bringing people together through meaningful and engaging activities. I believe every resident has a unique story, talent, and interest to share.

A little about me: I am from Michigan. I am a proud mom of four and have five grandchildren, who bring so much joy to my life. I also worked as a Certified Nursing Assistant for 19 years, and during that time, I gained a deep appreciation for caring for others and building meaningful relationships. In addition to my CNA experience, I have also worked in laundry, housekeeping, the kitchen, and activities, which have given me a well-rounded understanding of how to help make a community feel like home.

Please don't hesitate to stop by, say hello, or share your thoughts. My door is always open, and I'm here to support you in any way I can.

Thank you for welcoming me into your community. I can't wait to make great memories together!



ABOUT OUR TIME IN THE PHILIPPINES

by Nancy Anderson

The Philippines is an archipelago of over 7000 islands, about 2000 of which are inhabited. The second phrase of the national anthem states that it is the “pearl of the Orient” and we found that to be true. Beauty is to be seen everywhere.

We lived in Manila for the first few months after our arrival and studied Cebuano in a language school that taught several dialects. It was imperative to learn how Filipinos viewed life as reflected in their dialects. They construct most of their sentences focusing on the object rather than the subject, such as, “The floor will be swept by me,” rather than “I’ll sweep the floor” – like the floor was more important than the person.

We also discovered that we would get a better price for items in the market if we spoke the dialect. I was trying to buy an earthenware pitcher one day to use as a flowerpot to hold bamboo. An old lady seated nearby turned to her friend and said in Cebuano, “Look at that Americana. She doesn’t know how to use that chocolate pot.” I smiled and answered her, “Bitaw, apan la-in ang akong tuyo niini.” (True, but I have a different purpose for this one.) She was shocked and a bit embarrassed that I had understood her.

We found Filipinos to be very friendly – especially the older ones who remembered the war and were thankful that the Americans had liberated them from Japanese occupation. They would tell us stories from that time. One old man recounted a night when the Japanese were getting closer. He and his son jumped into their outrigger canoe in the dark and paddled furiously to get away – only to discover after several minutes that it was still tied to the tree!

We spent about ten years in the country, mostly on the island of Cebu, and learned many things. It was humbling to realize and accept the fact that the American way of doing things wasn’t always the best way. And Filipinos could do things that we wouldn’t think of doing – such as climbing tall coconut trees in their bare feet and cutting down ripe coconuts before they fell and hit someone on the head!

We continued to have tender hearts toward Filipinos who we encountered here in the US. One day back in the 80s shortly after we had returned to the States, I overheard a lady in another aisle at K-Mart say with a very recognizable Philippine accent, “Do you know where I could find a ribbon for my typewriter?” I hustled around to her aisle, smiled, and asked, “Taga di-in ka ba?” (Where are you from?) She was dumbfounded that an American would be speaking a language of the Philippines! And though she was not from Cebu, she understood what I had asked her. It was fun for both her and me.

Our lives were enriched because of the time we spent there, the things we learned, and the friendships we made.



Meet Your Neighbor

by Arlene Jenkins

Joan Louise Sinz was born on October 31, 1934 (indeed, a Halloween baby), in Middleburg, PA. She graduated from Linden Hall Junior College for girls in Lititz, PA, in 1954, where she majored in Music with a specialization in organ. After college, she married Carl Sinz.

For 60 years, Joan played a three-keyboard organ at St. Anthony's Church in Lancaster, PA. She shared that music was the essence of her life. Beyond her musical dedication, she actively participated in community affairs while raising five children:

- Son Carl, age 71, resides in Charlotte, NC.
- Christopher, age 70, lives in York, SC, with his wife, Myra.
- Daughter Caroline, age 68, calls Lancaster, PA, home.
- Frank, age 67, lives in Conestoga, PA, with his wife, Joni.
- Daughter Carla is based in Philadelphia, PA.

Joan is also blessed with nine grandchildren (eight boys and one girl) and eleven great-grandchildren.

In 2020, Joan moved to York, SC, and about six months ago, she settled into Westminster Manor.

She no longer plays the organ due to arthritis. One day, I was captivated by the most beautiful piano music drifting from across the hall. To my delight, it was Joan at the piano.

During my interview with her, I had the pleasure of meeting her son Chris and his wife, Myra, and I was struck by the devotion of her family. Joan is a gracious and warm-hearted individual. Please join me in welcoming her to the Manor. Her door is always open for anyone who wishes to "sit a spell and chat!"



Joan Sinz playing the organ at St. Anthony's Church in Lancaster, PA.



Joan playing the piano in the Manor.



by Ed FitzGerald

- September is Defeat Alzheimer's month in the Towers. This devastating disease has touched the lives of many of our residents. It erases memory and steals the soul of those suffering. Currently, there is no cure for this disease. The Towers supports the local Alzheimer's Association with awareness and funding by residents. This year, the Towers has set a goal of raising \$1000 during the campaign. Dawn Anderson of Marketing is leading the effort. There will be a walk at Winthrop Lake on Saturday, September 26th, which the Towers will support. Other activities are being planned which will generate financial support. Last year, we exceeded our goal! Financial support is dedicated to research to finding a cure.
- Good news! Talon Parker has joined JR Lester to strengthen the Maintenance staff. He is local and has extensive experience in construction. Give Talon a welcome shout out.
- The completely renovated pool is a wonderful upgrade for exercise and relaxation. Jody and I water walk in the late afternoon, and it refreshes our day. Administration is working to establish set hours when the pool will have supervised swim and water walking to assist residents in pool use and safety.
- The Caring Closet at Hospice and Community Care in Rock Hill, SC, is a free short-term loan program for durable medical equipment. It serves residents in York, Chester, and Lancaster counties with no income or insurance requirements. Call 803-329-1500 to check item availability before visiting. They will arrange delivery.
- The Rock Hill Symphony has announced it will relocate to the newly renovated Byrnes Auditorium on Winthrop campus. The season opens on September 26. There will be a transportation signup sheet posted at the Activities Table. Tickets can be purchased online or at the event. The symphony has an excellent sound that will only improve when they play in Byrnes Auditorium.
- On the second Friday of the month, Chaplain Lee Ferguson presides at a Communion service held in the beautiful small chapel located across from Reception in the Health Center. The service is primarily for Health Center residents, but is open to all. If you have a spiritual need, visit the chapel or attend a service. To get there, walk through the Manor and follow the hallway to Reception. The service starts at 11am.
- Marketing Department recently held a very uplifting New Resident Reception in Heritage Hall. New residents were introduced with a short biography. There were many who had long nursing careers. Several years ago, the Towers celebrated nursing since we had so many wonderful nurses living amongst us. Possibly, it is time to gather again to celebrate nursing, a wonderful vocation! Stay tuned, nurses, this may very well happen.
- All of us have opinions about the quality and service of our dining operations. If you take a moment to thank staff for a good dining experience, please do so verbally. If you have a complaint, talk to Kelly or a member of the Food Committee for guidance. The computer screen evaluations go directly to Unidine headquarters. It is best to fill out an evaluation card located at the Service Desk. Your complaint, suggestion, or thanks will go directly to Kelly. She will respond to your comment.

Life In The Manor

by Arlene Jenkins Blackwelder

Life in the Manor/Manor West is another bridge one may or may not cross. To some residents, there is stigma attached, while to others it is a stepping stone to peace of mind, tranquility, and contentment with helping hands. The Manor/Manor West doors “swing,” well, doors that open in and out! Residents may return to Independent Living, be discharged to their home, while others may be transferred to Long-Term Care, Rehab, or remain in Assisted Living. Those of us who are ambulatory to some degree, physically or mentally, can make choices to attend various outside trips on the Towers bus or walk to The Presbyterian Church in the parking lot. Some choose to watch services online. Wheelchair residents may attend musicals in Heritage Hall, and staff members are always willing to navigate wheelchairs.



The Manor/Manor West is “buzzing” Monday through Friday with various activities, while weekends are a little more relaxing. Bingo and Dominoes are the two most popular games, but there are many other games, crafts, movies, planting a garden, and, yes, we even had a “car wash.” “You name it, we have it, and if we do not have it, Kristi McDonald, activities assistant, along with Dee Talley, who pops in on weekends, will find it!” Afternoons are game time or, for some, siesta time (sounds like the Towers, right?).

Our staff who keep The Manor/Manor West “humming” are Dashahn Glen, Assistant Living Manager, and her staff of CNAs and Med Techs who all deserve our accolades for their laborious hard work and dedication. Last, but not least, is Holly Brackett, Director of Residential Services, ‘who flits in and out!’ Many thanks to all the behind-the-scenes staff: laundry, housekeepers, chef, dining staff, handymen, and any others I might have neglected to mention who try diligently to keep us safe and happy.



A Note from the Library

Book Review

by Yvonne Lautzenheiser

The year is 1965:

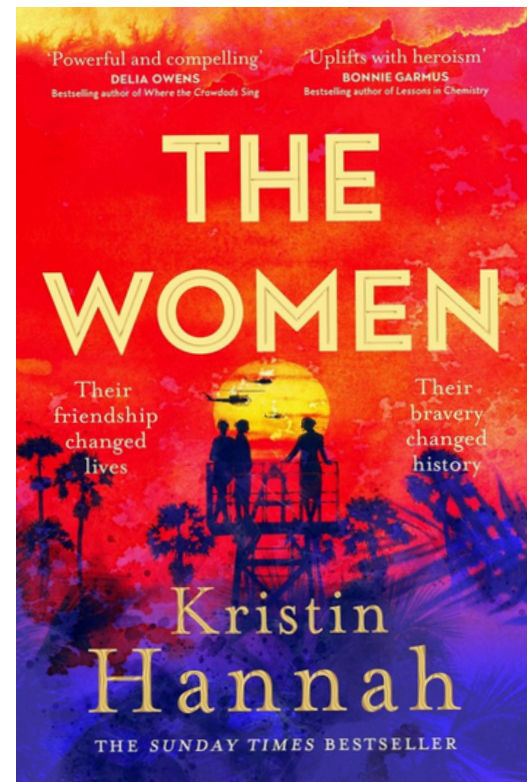
A nurse and a brother enlisted in the Vietnam War.

As I recall working with a nurse friend who served in Vietnam and married a veteran whom she had cared for in the hospital, my interest was stirred.

This is a story of family, conflict, sacrifice, love, and tragedy.

So many of us here at the Towers are nurses or Veterans; and readers all. I challenge you to pick up this novel and read about those times that we were all aware of in the news.

I am loaning my copy of The Women to the library so that all can enjoy! And if you would like to reminisce after reading, Ray and I are in 429!



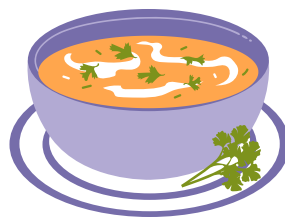
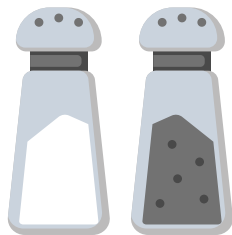
The next meeting of the Food Services Committee will be held on Thursday, September 17 at 2:30 pm in the Community Room.

All are welcome to attend and share their thoughts about the meals and services provided by Unidine.

The Activity Committee will meet on Monday, Sept. 7th, 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





Etta Kett says....

Table Manners

Salt and Pepper

When dining out or in another person's home, taste your food before adding salt or other seasonings to it.

When asked to pass the salt and pepper, do not use them before passing. Pass the shakers together, placing them on the table, not in the person's hand.

Eating Soup

Dip the outer edge of a soup spoon into the soup first, then move it away from you as you fill it. Sip the soup from the side, not the tip, of the spoon. Tilt a bowl of soup away from you to spoon up remaining solids or liquids. You may pick up a soup cup with handles to drink the liquid.

Do not blow on soup, coffee, or any hot item to cool it.



In Loving Memory



**Janet Billey
Norma Chambers
David Henriquez**

Acknowledging Those Who Donate

In Remembrance/Honor

Jody & Ed FitzGerald

Janet Billey, Norma Chambers, Dora Bowman,
Ray Damron, David Henriquez

Employee Appreciation

David Martin

Endowment

Lou Ardrey

Endowment

Jim Bright

Endowment

Judy & Carlton Heustess

Endowment

Pat & Steve Cashion for their tremendous work on the
water pond. Judy Krepps for Keeping the Towers so beautiful

If you want to make a donation to any of our funds (Endowment, Employee Appreciation, 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.

September Outings

AUGUST 2026 MEMORIES

Signup at the Bulletin Board

Wednesday, September 2

10:45 am Ikea w/lunch in the cafe

Friday, September 4

10:00 am Bush-N-Vine

Friday, September 4

3:45 pm Dinner at Drift Restaurant

Wednesday, September 9

3:45 pm Dinner at The Fish Market in Baxter

Friday, September 11

8:30 am Shopping at the Walmart Neighborhood Market

Friday, September 11

9:45 am Shopping at Hamrick's & Morgan's Shoes followed by lunch at Jackson's Cafeteria in Gastonia

Sunday, September 13

2:00 pm Outing to PW's Ice Cream

Wednesday, September 16

10:45 am The Inn of the Patriots & US Presidential Culinary Museum & Lunch at 133 West in Kings Mt.

Friday, September 18

3:45 pm Dinner at Casa Tequila

Sunday, September 20

2:30 pm Rock Hill Music Club performance at Grace Lutheran Church

Wednesday, September 23

3:45 pm Dinner at Outback Steakhouse

Friday, September 25

8:30 am Shopping at the Walmart Neighborhood Market

Friday, September 25

10:00 am Bush-N-Vine

Friday, September 25

10:45 am Lunch at Flipside

Saturday, September 26

7:00 pm Rock Hill Symphony at Byrnes Auditorium

Wednesday, September 30

10:30 am Brunch at IHop

Wednesday, September 30

2:00 pm Rock Hill Mural Ride-Around w/Gary Williams

