

westminstertowers.org

## Inside View

# Home Health At The Towers

**J**im  
**T**ime

The Towers holds four licenses from the South Carolina Department of Health and Environmental

Control (DHEC): **Nursing Home; Community Residential Care Facility** (the Manor); **In-Home Care** (HomeBridge) and **Home Health**.

The Towers also holds a **Continuing Care Retirement Community** license from the South Carolina Department of Consumer Affairs for the residents who live independently in our Towers apartments.

Our **Home Health** license enables us to provide services to Towers residents who are under the care of a physician or podiatrist.

When your physician or podiatrist provides written orders for your care and treatment to help you remain in your home in lieu of admission to a hospital or extended care facility, our **Home Health** nurse can assist you.

Services most commonly needed, such as dressing changes after surgery, medication administration, other services physician ordered in the scope of a nurses' license and/

or physical, occupational, speech therapy are available to you by contacting **Jennifer Allen**, Senior Life Coordinator (328-5211), or **Michelle Cookhorne**, Campus Administrator (326-3114), and they will assess your **Home Health** needs and make the proper arrangements.

I hope this helps to clarify **Home Health** at The Towers. If you have more specific questions I will be happy to personally address them and I can also provide the official state regulations for further clarification if requested.

Watch for the September *Windows*. I will explain the services provided by HomeBridge through our **In-Home Care** License.

It is an honor to serve as your President and CEO and I welcome your comments.



Jim Thomason

President and CEO



## Don't Be Scammed!

Be mindful of scam artists who attempt to obtain personal information such as Social Security numbers, birthdates, etc.

Recently a scammer pretended to be a relative who was in need of money for an emergency. It was just a ploy to get your neighbor to wire money to them!

As discussed on prior occasions, do not give any personal information over the telephone, through the mail or on the internet.

Be wary and cautious of any caller who mentions money or personal information.

If you do receive a suspicious call, hang up and dial \*57 (you will hear a recording "The last call to your line has been traced.") and hang up again. By dialing \*57, the call will be flagged and when you notify the proper authorities it will enable Comporium Communications and/or police to retrieve the origination number of the call.



Anne P. Harty

## New Board Member

**Anne Harty**, Chief Financial Officer for the City of Rock Hill was voted onto the Board of Directors of Westminster Towers at the June Board meeting. She will also be serving on the Finance and Audit Sub-Committee.

**Harty** received her Bachelor of Science Degree in Business Administration from Winthrop University. She has earned her designation as a Certified Public Accountant

and is a licensed Certified Government Finance Officer. Most recently **Harty** was named the CFO of the Year by the Charlotte Business Journal in the category of Nonprofit/Government Organizations.

**Harty** is a Rock Hill native and is an active member of the Westminster Presbyterian Church. She has served in various children ministries, Bible studies and as a facilitator of Dave Ramsey's Financial Peace University over the years.

**Harty** is married to **Brian Harty** and between 2 them they have five children: two are grown, two in college and one in high school.



*From the Chef*

Rick Schmitt, CDM, CFPP



*The salad bar* has become a huge hit with many of you who dine with us. It has been upgraded to include more items since I came to the Towers to better enhance your dining experience offering a larger variety of fresh vegetables and composed salads. With the exception of a few items on the salad bar, the items will change daily. This will always be the case to provide quality food, seasonably fresh items, and to keep it exciting. Please remember, however, that the salad bar is there to enhance your meal and is meant to replace a house salad. It is not meant to provide a second meal to leave the dining room, and it is not an "all you can eat" attraction. Additional meal charges will apply in the near future for those residents who prefer to take their salad bar items home, unless the entire meal is carry out.

*Dessert* choices have never been better at The Towers! With the purchase of the new dessert cart by your very own Resident Association, we have been able to provide a multitude of dessert choices daily. This has been well received by you and your guests. The staff enjoys being creative with these items, which helps make their day a bit easier as well. I have formulated a well-rounded guide for them to use to produce your desserts that consists of fresh baked cookies, specialty ice cream flavors, crème pies, fruit pies, cakes and more. Just so you know, almost all of the fruit pies and crème pies are "No Sugar Added," and the whipped topping that we use is "Sugar Free." There are exceptions due to availability of products, so if this is a concern of yours, ask your server about certain products.

## Serving the Servers



Last month Tower residents had the opportunity to “Serve the Servers” as a fun way to thank Dining Services staff for the awesome job they do everyday. **Jean McMath, Imogene Blackmon, Dorothy Kerr, Fay Reynolds and Betty Worrell** worked on the serving line.



**Chef Rick and Don Hunt** fellowshipping at the “Serve the Servers.”



**Elaine Thomas and Kristen Moore** — Chillaxin with their sundaes!

## Putting Green Ribbon Cutting Part of the Towers Fourth of July Celebration



**Pinky Funderburk and Ed McPoland** thanking the WMT Board of Directors, Jim Thomason and donors who made the Putting Green possible.



**Larry Stroman and Pinky Funderburk** performed the cutting ceremony for the Putting Green.



The Putting Green was quickly christened after the ribbon cutting.



A ‘Brit’ in the crowd didn’t let us forget why we celebrate the 4th of July.

# Coffee Time

We love our coffee in the morning to get us started...along with whatever we eat for breakfast, but for many of us coffee is what we really depend on to wake us and trigger our ability to communicate and to kick-start our day.

Where does our coffee come from? The logistics are incredible. How complicated is it to get a coffee bean from a tree to thee? Let's make a comparison.

Since I was in the 8th Air Force in Europe during World War II, let's look at the logistics of a bomb raid. Try to imagine the planning, scheduling and preparing for a 1400 Bomber raid from England to Berlin with 800 fighters flying escort — consuming 3,500,000 gallons of aviation fuel, expending 250,000 rounds of 50 caliber ammunition, dropping 3,300 tons of bombs.

Now, let's look at the effort required to place that cup of coffee in your hands. Buckle your recliner and take a big gulp of your liquid caffeine.

The French roast you get at Costco is a blend of beans from South America, Africa and Asia. Each component is shipped in a container vessel up to 11,000 miles in 132 pound loosely woven sacks of raw, green coffee beans, some across the Pacific, some through the Suez, some through the Panama canal. The raw beans then travel 2,226 miles by truck to the world's largest blending and roasting plants. The beans are then sealed in their special bags and travel another 2,773 miles to Costco depot in

California, from which the coffee is trucked to your local Costco store. Now we need a coffeemaker. So the one we buy is made in Germany and it travels another 15,700 miles to your kitchen. Now we could discuss the path of the water, the mileage on your car to your grocery store, and on and on.

The logistics involved in one day of global goods movement dwarfs the Normandy invasion and certainly that of a combat bombing mission in World War II.

Dang! Putting that together wore me out. I think I need a cup of strong black coffee!

~ Tom "Pinky" Funderburk



## Westminster Towers Breakfast Club

Gene and Imogene Blackmon, Beverly and David Henriquez, Frances Workman, Michael Rivera, Betty Cunningham, James Sims, Marion Schaefer



recycle  
/rē' sīk(ə)/

verb

Convert (waste) into reusable material.

Synonyms: reuse, reprocess, reclaim, recover

Westminster Towers, from its inception, has been dedicated to an active program of waste recycling. Here are the facts about our recycling program:

- Newspapers, catalogues and magazines are to be placed in the blue plastic tubs located near the trash chutes on each floor.
- Cardboard and corrugated paper are to be placed in the large green recycling container located outside to the right of the loading dock doors. It is marked for corrugated paper.
- Metal cans and aluminum products are to be placed in the plastic garbage cans located across from the lower level employee lounge.

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## Meet Your Neighbor



Almost every afternoon **Margaret Hausman**, Apt. 324, leaves the Towers and drives to her farm in Chester. There she tends the 25 head of cattle that are raised on her family farm. She works with the herd and drives about the spread in her red four wheel drive Toyota pickup. Margaret was born in the farmhouse built by her daddy. The 500 acre farm was established in 1820 by her grandfather, **Hamilton McCandless**, a Scotch Irish immigrant from Belfast, Ireland. When Margaret was growing up 150 acres were in cotton and worked by a handful of sharecropper families that lived on the farm. Mules provided much of the power, while the families planted the cotton in the Spring, chopped and weeded all Summer and handpicked the bolls in October and November. There were over 25 mules that lived on the farm. They hauled the wagons that took the cotton to the gin for processing and eventual sale. The gin was operated by the father of **Curwood Chappell**, an outspoken legend in local politics until his recent retirement from the York County Council.

Tragedy struck the family in 1934 when **Margaret's** father suddenly passed away when she was 5 years old. An only child, her father left her the ownership of the farm. She and her mother operated the farm, tended a larger kitchen garden, and sold timber off a large tract that was planted in pine. The cotton operation

soon became too difficult for them to manage and was leased to other farmers in the area. **Steve Boyd** of Boyd Farms, famous for their farm market in McConnells, currently leases the acreage and raises cotton on the farm.



**Margaret Hausman**, Apt. 324

Her situation changed when a widower from Pennsylvania, **Correll Hausman**, came down to Chester to visit a relative that owned a farm near **Margaret's**. They met, fell in love and he remained with her on the farm until his death. **Margaret** did take some time away from the farming to attend Winthrop College, graduating as a Biology and Chemistry major. She then worked at Sandoz Corporation, a manufacturer of textile chemicals, located in Charlotte, for three and a half years before returning to the

farm.

Today, besides the beef cattle and one bull, she works with a timber specialist in managing the large pine forest on the farm. Harvested trees go to the Resolute, formerly Bowater, Paper plant or the Boise Cascade plywood plant. There was a time that Margaret herself replanted the harvested land with pine seedlings. (Very hard work she stated.)

**Margaret** moved to the Towers this past Spring after some health issues caused her to slow down a bit. She is very happy living here as long as she can get away most days and visit with her cattle.

~ Ed FitzGerald

“He makes grass grow for the cattle, and plants for people to cultivate—bringing forth food from the earth.” Psalms 104:14



When our innovative Chef **Rick** announces a Special Saturday Breakfast, actually a SPECTACULAR BREAKFAST awaits. He has indicated that he enjoys offering more elaborate presentations on occasion, and Westminster Towers diners have responded enthusiastically. Some menus for future Special Saturday Breakfasts include creative menus with Mediterranean or Southwestern themes, for example. Look for Special Breakfasts on our schedule on the second Saturday of each month.

How did the idea for such breakfasts originate? Chef **Rick** believes the idea grew years ago from expanded continental breakfasts when groups of people needed more substantial meals with greater variety as their lifestyles evolved.

### Special Saturday Breakfast

~ Gaylon Syrett

August 12, 2017

8:30 AM – 9:30 AM

#### Pancake & Waffle Bar

Toppings of Fresh Fruits & Berries Fruit

Fillings

Jams & Jellies, Compound Butters and

Syrups, and

Other Treats!

#### Assorted Pastry Display

Fresh Fruit & Yogurt Bar

#### Breakfast Buffet of:

Scrambled Eggs

Bacon & Sausage Links

Hash Brown Potatoes

Biscuits & Gravy

Assorted Juices, Coffee and Milk



**Mark Your Calendar!**  
**Resident Association Meeting**  
**Wednesday, September 6**

*The following letter and a contribution was received from the nieces of a beloved resident who lived in our skilled nursing on our campus for three years.*

...We would like to thank you for caring for our cherished uncle, **Walter L. Williams**.

While **Uncle Leroy** was deeply disappointed he could not convalesce at home, we know he flourished under your expert and watchful care. We are profoundly grateful for everything your staff did to fill his final years with friendship and love.

Enclosed ...is a small token of appreciation to be shared with all who cared for **Uncle Leroy** during his residency at Westminster Towers. Please place it in your Employee Appreciation Fund in loving memory of **Walter L. Williams**.

May God bless you richly for extending His loving grace at Westminster Towers.

Sincerely,

**Dianne Nigro, Clare Lynn Castille and Angela Shaw**

Note: The Employee Appreciation Fund is entirely supported through the generosity of Towers residents, friends and family members as a way to acknowledge the wonderful, caring staff at the Towers.

The money collected throughout the year is distributed to Westminster Towers employees at the Annual Employee Christmas Party in December.

# Contributions



## Endowment Fund

Anonymous  
Jim Thomason

In memory of **Gloria Doswell**  
Marshall Doswell

In memory of **Evelyn French**  
Naomi Circle  
Elvin and Lorene Walker

In memory of **Luellen Guyer**  
Harry Dalton  
Jeannette Drennan  
Polly Schuerg  
Nancy Thomas

In memory of **John King**  
Elvin and Lorene Walker

In memory of **Bill Kirkpatrick**  
Dorothy Kerr

In memory of **Mitch Rowe**  
Elvin and Lorene Walker

In memory of **Mitt Sadler**  
Dan and Virginia Barnes  
Elvin and Lorene Walker

In memory of **Jack Ward**  
Gene and Imogene  
Blackmon  
Gloria Cody  
Harry Dalton  
Jeannette Drennan  
Ed and Pat FitzGerald  
Sig and Judy Huitt  
Dorothy Kerr  
Pansy Kirkpatrick  
Marion Schaefer  
Polly Schuerg  
Lee Smoak  
Charlie Wofford and Nancy  
Thomas

In memory of **Carolyn Whitener**  
Elvin and Lorene Walker

In memory of **Sudie Wilson**  
Gene and Katherine  
Matthews



*Any gift to the Endowment, Capital Campaign or Employee Assistance Fund can be made in honor or in memory of a loved one or neighbor.*

**For I know the plans I have for you, declares the LORD, plans to prosper you and not harm you, plans to give you hope and a future.**  
Jeremiah 29:11

Dedicated to the memory of  
**Dr. Jack Ward**

## **TALKING ABOUT DEATH**

Some men talk about death, but God talks about death also.

Some men say death is the ultimate unknown, but God in Christ has made it known.

Some men say we walk through the "valley of death" alone, but God says that He walks with us.

Some men say death is the end of life, but God says death is the beginning of life.

Some men say death is defeat, but God says that death is victory.

Some men say that death makes us idle, but God says that death makes us ideal.

Some men say the dead sleep, but God says the dead are alive in Him.

Some men say the dead see no more, but God says the dead see Him as He really is.

Some men say the dead are unfortunate, but God says the dead are Blessed.

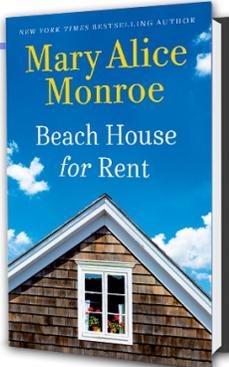
Men only talk about death, but it is God through Christ who has done something about it for you and me, my friend in Christ.

~ Written and submitted by  
**French O'Shields Jr.,**  
originally published circa. 1969

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- Glass and plastic are to be deposited in the appropriate cans in the same area. *Styrofoam products are not recyclable and should be disposed of with normal trash.*
- All glass and metal containers should be washed clean before placing in recycle cans.
- Confidential, financial and other important documents are placed in the locked garbage roll-out near the lower level (north) elevator. A bonded and insured shredder service will dispose of this waste.
- If you have questions or need assistance with disposal of large items, please contact maintenance via reception #5000.

Thank you for your continued effort at recycling.



Shorebirds and pelicans are the backdrop of *New York Times* bestselling author **Mary Alice Monroe's** new novel released last June, *Beach House for Rent*.

Known for weaving important environmental messages into captivating stories with strong female characters, **Mary Alice** found her true calling in environmental fiction when she moved to the South Carolina coast.

**Mary Alice** will be making her third appearance in Heritage Hall at Westminster Towers, 2 p.m., Friday, September 1.

Her novels have achieved many lists, including the *New York Times*, *USA Today* and *SIBA*. She has received numerous awards and *Beach House for Rent* has been adopted into a Hallmark Channel Original Movie, starring three time Golden Globe nominee and South Carolina native, Andie MacDowell. It will be out May 2018 for Mother's Day.

Reservations and payment of \$35 a person is required and seating is limited for the September event at The Towers.

Attendees will hear a presentation by **Mary Alice**, enjoy delicious refreshments, and receive a signed hard-back copy of the *Beach House for Rent*.

Contact **Dawn Martineau** at 803-328-5018 or [dmartineau@westminstertowers.org](mailto:dmartineau@westminstertowers.org) for reservations.

Westminster Towers, an extension of the ministry of Westminster Presbyterian Church, was founded on the theological principles and values of the Presbyterian Church in America. Our mission is to provide services that inspire, encourage, and empower seniors, while demonstrating the love of Christ to support individual well-being.



*Westminster Windows* is published monthly for the residents, staff and friends of Westminster Towers continuing care retirement community.

Submissions and column ideas are welcomed in writing to the following members of the newsletter committee (submissions will not be returned, and they will be used according to space availability and content appropriateness).

Editor: **Bette Christensen**; Newsletter Committee — Chair: **Ed FitzGerald**, Members: **Vernon Sumwalt**, **Pinky Funderburk**, **Beverly Henriquez**, **Gaylon Syrett**; Residents' Association President: **Frank Kiser**; President and CEO: **Jim Thomason**; Director of Life Enrichment: **Patrice Hinnant**