

westminstertowers.org

## Inside View

### All Good Things

#### **Reminder**

Resident Association  
meeting, Wednesday,  
September 6 at 2:30  
in Heritage Hall

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

I was scheduled to write about HomeBridge this month but it will have to wait. Instead, I want to say “Thank You” to Bette Christensen who has worked with us since October 19, 2011 and will retire at the end of this month. She has been a wonderful staff member, truly dedicated to the mission of the Towers and highly committed to the residents who live here and their family members.

As some of you have heard me share, when I interviewed for my position I asked board chair and Interim CEO, Jim Bright, for a “list” of duties Bette was responsible for at the Towers to grasp the scope of her job duties.

Bette’s job included the “big stuff” such as managing/filing corporate documents, filings, board minutes, management minutes, and supporting the functions of the Resident Association, to so many other “singular” tasks that build up to “many tasks” like making sure there is the rose in the lobby when a beloved resident goes to be with the Lord, Channel 99, lobby flowers, bank runs, supervising receptionist positions, Windows Newsletter editor, all kinds of resident questions, managing donor records and correspondence and the Servant Heart Society Annual Luncheon.

You can see why I needed the list!

Bette, thank you for your faithful service, your very high energy level, commitment to our mission, meeting one deadline after another and then some! You will be missed by all of us.

We are parceling out various duties of Bette’s position and I wanted to give you a summary. Please

know these assignments listed below are not intended to be exhaustive or complete because surely I will be finding a number of the age old duties in every job description “other duties as assigned.”

JoAnn Sherer will report to Amy Laughlin, Director of Resident Services, and will be focused at the reception desk as normal.

Jo Wiker will transfer from the Health Center to Bette’s desk and will handle both the corporate secretarial function and Resident Association function in the same manner as Bette. She will become a notary for the benefit of our residents.

The Accounting Department will manage donor record keeping for the Endowment Fund, Rita Marx/Ethel King Education Fund, Employees Assisting Employees and Employee Appreciation Funds.

The Marketing Department will support the Windows Newsletter editing under the direction of the Newsletter Committee of the Resident Association. Marketing will continue to blend Windows, Marketing, donor communication in a systemic fashion.

Resident Services will handle flowers, Channel 99, our player piano and other duties.

Thank you Bette for six years of service. Don’t be a stranger around here. You are loved and appreciated by many!



Jim Thomason

President and CEO

# Towers 'Round Town



**Betty Worrell and Janet Billey** enjoying intermission during *Into the Woods* at the Rock Hill Community Theatre

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**Lynn Hornsby and Joanne Cauthen** at the August 21, 2017 total Solar Eclipse Party in the Towers parking lot.

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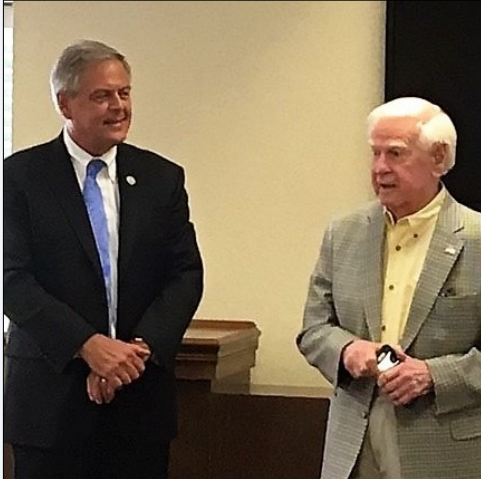
Charlotte Bridge Home, a veteran support group founded in 2011 to help Iraq veterans transition into civilian life, hosted a luncheon in Charlotte and invited our Towers vets.



**Patrick Twiest, Ken Lacy, Dawn Martineau, name not known, Odell Hope  
Vernon Sumwalt, Hugh Barnett, Jim Peura, Frank Polito  
Spencer Anderson, Don Hunt, Derek Nichols, Ed McPoland, Gene Blackmon**

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## Congressman Norman Visits the Towers



Congressman Ralph Norman and Tom Funderburk

**Tom Funderburk** introduced Congressman **Ralph Norman** who stopped by The Towers to chat with the residents last month while he is on summer break from Congress.

Congressman **Norman** has served in the U.S. House of Representatives for just four weeks, replacing Congressman **Mulvaney** who was named Director of the Office of Management and Budget by President **Donald Trump**.

**Norman** shared with the group he was honored to be able to serve the people in the S.C. 5th District and he was doing so for the next generation—his grandchildren and theirs.

He confided to the group that it has been a challenge to find his way around the halls of Congress and that he, like many others in Congress, are sleeping on cots in their

offices and showering in the Capitol gym because rent for nearby apartments is nearly unaffordable.

**Norman** was asked if he saw Speaker **Paul Ryan** at the gym, to which **Norman** answered that he saw Speaker **Ryan** in the gym often—that he is a very ‘fit’ man.

**Norman** shared his frustration with the National Debt and the inability to come to an agreement over budget cuts and the incredible amount of waste that occurs in government spending.

**Norman** gave President **Trump** high marks for his efforts to strengthen our National Defense and National Security. He admitted, “Health Care Insurance Reform remains a big challenge for everyone and that without God’s help, it is unlikely to improve.”

After answering questions from the crowd, Congressman **Norman** took a few minutes to speak with **Mary Phillips Gettys** to say hello and wish her a happy 97th birthday.

Mrs. **Gettys**, is the widow of **Thomas S. Gettys** who served in Congress between 1964-1974. The **Norman** and **Gettys** families have known each other for many years and Congressman **Norman** shared some of his memories of Congressman **Gettys**, such as the time **Norman** told **Gettys** he was thinking about going into politics. **Gettys** told the much younger **Norman** to, “Keep your nose clean and work hard,” if he wanted to be a politician some day.

Mrs. **Gettys** had her own advise for the new Congressman, “Go up there and straighten out those politicians!”



Mary Phillips Gettys and Congressman Ralph Norman



Centenarian **Hugh Barnett** was recently awarded a hand sewn quilt from Quilts of Valor Foundation, a non-profit organization formed in 2003. Project specialist for QOV, **Harvey Mayhill** presented the quilt to **Barnett** at Grace Lutheran Church with his daughter and son-in-law, **Ann** and **Ray Mohrmann** present.

**Barnett** is a World War II Army veteran and recently celebrated his 105th birthday.

~ **Bette Christensen**

# Active Aging Week

The International Council on Active Aging (ICAA) will be celebrating “Active Aging Week” from September 25-October 1 with a variety of activities to promote active, healthy lifestyles for adults over the age of 50.

Westminster Towers will be hosting special events/classes for the week (Sept. 25<sup>th</sup>-Sept.29<sup>th</sup>) and will be inviting residents and local community members to experience wellness activities and exercise in a safe, friendly and fun atmosphere.

There will be many opportunities to learn and to participate in activities that encourage an active life such as:

Monday 9/25	Tuesday 9/26	Wednesday 9/27	Thursday 9/28	Friday 9/29
<p>9 a.m.—Senior Aerobics with Colleen (YMCA)</p> <p>10:30 a.m.— Healthy Bones and Muscle</p> <p>11 a.m. — Stretch</p> <p>2 p.m. — Nutrition topics with Registered Dietician, Leslie Woltz: Calcium for women, healthy eating as we age and a question/ answer session</p>	<p>9 a.m. — Water Aerobics</p> <p>10 a.m. — Wellness Walk for fun, fellowship and food -all levels welcome!</p> <p>11 a.m. — Tai Chi with Dale</p> <p>1:30 p.m. — Introduction to Line Dancing and Shag Dancing with Maryanne Waggoner</p> <p>3 p.m. — Yo-Chi: Stability through yoga and mobility through Tai Chi with Colleen</p>	<p>9 a.m. — Power Hour</p> <p>11 a.m. — Stretch</p> <p>2 p.m. — Introduction to Line Dancing and Waltz/ Ballroom Dancing with Pat Grant</p>	<p>10 a.m. — Water Volleyball with Ginny Kight and Liz Gray in the Pool</p> <p>10 a.m. — Intro to Tai Chi with Dale</p> <p>11 a.m. — Tai Chi with Dale</p> <p>6 p.m. — Mall Walking with Liz Gray and Dawn Martineau</p>	<p>9 a.m. — Power Hour</p> <p>10:30 a.m. — Healthy Bones and Muscle with Liz</p> <p>11 a.m. — Stretch</p> <p>2 p.m. — Field Games—Shuffle Board, Corn Hole, etc.</p>

*Times and Locations Subject to Change*





## Meet Your Neighbor



Eleven ships in the Royal Navy have borne the name HMS Unicorn, after the mythological creature, unicorn. The tenth ship, HMS Unicorn (172), an aircraft maintenance carrier, was commissioned in 1941. She saw lots of war action in the Atlantic, Pacific and as a Commonwealth support ship during the Korean War.

In 1946 a young lad from Bristol, named **Derek Nichols** joined the Royal Navy as an aircraft mechanic. After serving on several Royal Navy carriers, he was assigned to the HMS Unicorn in 1949 and served in the Far East. Completing his sea tour he was posted to the Naval Air Station near Manchester, England.

Always a willing chap, he decided to help a fellow naval mate by volunteering to be a "Standby Godfather," an equivalent to a blind date in America. **Kathleen** must have made quite an impression, as **Derek** admits that in three weeks they decided to marry. He was 23 and she was 19. They waited 18 months and celebrated their union with a week in Dublin Ireland. **Kathy's** father had immigrated to England from the family farm near Dublin and there were many relatives in Dublin anxious to help celebrate their marriage.

**Derek** had several years of naval service remaining before his enlistment was complete. There were assignments to the North of Scotland and then to the large Naval Headquarters Base at Portsmouth. During this last assignment **Kathleen** returned to live

with her parents in Manchester. That must have been interesting, as her mother, although liking **Derek**, found the idea of her daughter becoming a navy wife to be a very unsound idea.

**Derek** had become an expert on steam turbines and aircraft engines during his naval schooling and work assignments and he joined Metropolitan Vickers Company manufacturing operation in Manchester after his discharge. This was his start working on turbine design and manufacture. The company also had a radar assembly operation that employed **Kathleen**. This assembly line was all women with small hands, critical for this intricate work.

In 1966, the family (now two sons) immigrated to Etobicoke, Ontario, a suburb of Toronto, Canada. **Derek** worked at the Orenda Company, a division of

Hawker Sidney, in the manufacture of jet engines. **Kathy**, at home, was raising the boys. After a short stay, **Derek** accepted employment in Hartford, Connecticut with United Technology Hamilton Standard Division. Exciting work, as he was assigned to the development and manufacture of a brand new engine for Boeing's 747 jumbo jets.

Turbines and jet engines were now in his DNA and he was employed in the field for 38 years working for several companies, eventually retiring as plant manager of the large Dresser-Rand Industries operation in Wellsville, NY. During these Hartford years **Kathleen** was homemaker and worked for Connecticut Mutual in the Medical Department



Kathleen and Derek Nichols enjoying their first-ever root beer float in the Towers Courtyard.

In their hearts humans plan their course, but the LORD establishes their steps.

Proverbs 16:9



### From the Chef

Rick Schmitt, CDM, CFPP

Food cost perspective – “Does abuse of the salad bar and dessert cart affect the overall dining variety?” *Absolutely!*

I will use fish as an example. It is a healthy, tasty menu item to have a few times a week. Fish is usually very affordable when common selections are purchased, but can vary dramatically. Some prices will shock you.

Here is a short list of fish costs by the pound:

Tilapia	\$2.80/lb
Salmon	\$5.95/lb
Flounder	\$3.25/lb
Catfish	\$5.40/lb
Swai	\$3.65/lb
Trout	\$7.20/lb
Swordfish	\$12.99/lb
Grouper	\$17.50/lb
Chilean Sea Bass	\$31.75/lb

Based on this list, you would probably say those prices are not too bad. However, when we multiply the pound by 30 (one day’s usage), and again by 2 or 3 for the number of days served during the week, that \$2.80/pound Tilapia becomes \$252.00 and the Chilean Seabass becomes \$2857.50. One item out of approximately 60 items offered daily.

If everyone sticks to moderate salad bar usage, and only chooses one dessert from the cart daily - trout, swordfish or grouper may be the choices for a meal every week or two. Simple economics! Every item made available through the dining room matters in the budget. We have a generous budget compared to other communities, but it is not open ended.



#### Recycling: Additional Information

A question was asked as to exactly what items can be placed in the blue plastic tubs located near the trash chutes: **All newspapers and magazines can be deposited in the blue tubs.** Other paper products are to be disposed of as regular household trash. Cardboard and corrugated boxes are deposited in the marked metal trash container outside the basement roll-up door.

*Thanks for keeping the Towers Green!*

## Board Member Profile



Sig Huitt

As our population ages and the demand for retirement communities like Westminster Towers increases, survival depends on a sound financial base, effective resident management and a visionary Board of Trustees. If the board is populated with members who have wide experience in business management and

civic involvement it will be effective guiding the institution through the inevitabilities of a changing marketplace. **Sig Huitt**, a Charlotte native and Towers board member since 2002, underscores the importance of board experience. He has been involved in media communications, public relations and marketing since graduating from the University of South Carolina. A founding partner of Carolina Public Relations, which is now an integral part of regional powerhouse PR firm, Chernoff Newman, Sig is located at the Charlotte office. He is a dedicated public citizen, tirelessly promoting and working to improve Rock Hill and York County as a dynamic community. He is a strong voice on the Towers Board, dedicated to communicating and marketing our retirement community as “The Best Value” in area elder residences.

**Sig** and his wife **Judy** had lived in Rock Hill for 38 years when he joined Springs Industries marketing and public relations department. Small world: **Marshall Doswell**, a current resident in #201, recruited **Sig** to join Springs. The **Huitts** have two married children and four grandchildren. He is active on many civic committees and especially Grace Lutheran Church. He views understanding the changing rules and regulations for the healthcare industry as well as continuously improving and articulating a long term strategic plan as essential to staying competitive and managing inevitable industry change.

~ Ed FitzGerald

# Contributions



## Endowment Fund

In memory of **Betty Foss**

Anonymous  
Gene and Imogene  
Blackmon  
Gloria Cody  
Jeannette (Pix) Drennan  
Lynn Hornsby  
Dorothy Kerr  
Marion Schaefer  
Dicksie Ward

In memory of **Fannie Ray**  
Dicksie Ward

In memory of **Mitt Sadler**  
John and Martha Barnes

In memory of **Monteze Snyder**  
Jean Barnes  
Nancy B. and Nancy C.  
Thomas

In memory of **Jack Ward**  
John and Martha Barnes  
Anne Marshall  
Neal and Betty Powell  
Kristen Davis Rhyne  
Rachel Roberts

In memory of **Walter Williams**  
Bruce Colson  
Palmetto West Homeowner's  
Association

In memory of **Sudie Wilson**  
John and Martha Barnes  
Ed and Louise Barnes  
Neal and Betty Powell

In memory of **Howard Wright**  
Anne Marshall

## General Fund

In memory of **Walter Williams**  
Henry and Beverly Swann

## Employee

## Appreciation Fund

In memory of **Walter Williams**  
Claire Lynn Castille, Dianne  
Nigro and Angela Shaw

*In Memory*  
**Betty Foss**  
**Monteze Snyder**  
**Lillian Dorer**

*Thank  
You*

*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.*

**Nichols** ...Continued from Page 5

and for several years in the accounting department of the local Wellsville Hospital. In 1973 they decided the U.S. was the place for them and they became American citizens.

They retired in Tarpon Springs, Florida, living there for 13 years, relaxing, cruising and exotic travelling. Their highlight trip was a month long stay in South Africa where **Derek's** brother was the Vice Council at the British Embassy in Johannesburg. While touring South Africa they stayed at one of the remote guest lodges observing animal life in Kruger National Game Park, an unforgettable experience. Eventually they decided that Florida heat and hurricanes were a bit much and they relocated to Fort Mill. One son lives in Fort Mill and the other outside Syracuse, New York and there are five grandchildren and one great-grandchild. They have been married for 64 years, proving **Kathleen's** mother wrong about navy men!

Deciding that home ownership had now become a chore, they toured many local retirement communities in the area and happily decided on Westminster. They reside in #423, so when you meet them give them hearty English "Tally-Ho."

~Ed FitzGerald

# Bye Bye Bette



Bette Christensen

September has always been a catalyst for me. I find the change of seasons invigorating and inspiring—the evenings have begun to cool and I begin to venture outdoors more, take on new projects and welcome the change of pace from the lazy, hazy days of summer.

I've come to realize I'm pretty predictable when it comes to this time of year. I've been known to change jobs, paint a room, buy a car or join a weight loss program in September.

This fall is no exception for my desire to change things up and try something new.

I have made the epic decision to retire from the workforce and venture into the new and exciting world of 'retirement.'

I know that this new phase of my life will be exciting because you've shown me the possibilities are endless.

When I retire I will have time to take wellness classes at the YMCA, attend sporting events, visit museums, attend theatre (maybe even develop my acting skills — Snoozing Beauty, Part II?), enjoy long lunches with friends, volunteer, lead a small

group Bible study, or do nothing if that's what I feel like doing.

I truly believe it was God's hand that led me to Westminster Towers so I could see first-hand what retirement should look like before it was my time. You see, I didn't have privilege of witnessing my parents, or grandparents for that matter, grow old. I didn't know retirement could be fulfilling and fun—so I intend to try it while I am able.

September 29 will be my last day working as the "Executive Support Manager" for The Towers, but it's also the first day of the rest of my life with the title of "Retired" and I look ahead to the future with great excitement because I know that the best is yet to come!

With much love ~ Bette Christensen

Let us hold unswervingly to the hope we profess, for he who promised is faithful. ~  
Hebrews 10:23

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**