

*Check out the website at [www.westminstertowers.org](http://www.westminstertowers.org)*

## **A WORD FROM THE PRESIDENT/CEO**

One of the memorable moments during my recent trip to The Netherlands and Belgium was to experience the Anne Frank House in Amsterdam. Although I had read the story, when I was younger, of this thirteen-year-old Jewish girl and her family's experience as they fled into hiding from the Nazis who had occupied Holland, I made a point to purchase a copy of The Diary of a Young Girl by Anne Frank prior to leaving. Although I had ample time to complete the short 268 page paperback during my 8.5 hour flight, I intentionally saved the last chapters of the diary to complete after I had walked through the "secret annex" at 263 Prinsengracht, the office building where Anne and seven others had spent two years in hiding as they feared for their lives.

After walking down the tree lined canal, I found the address. As I entered the room with the movable bookcase, which was ajar, I observed the steep staircase and anticipated what was awaiting me as I made my climb to confined living quarters where fear, boredom, sadness, and ultimate capture had been lived out by the ever present threat of death. It seemed that each of us on that journey realized we were in the presence of something far greater than just history. Although every step created a new emotion, many tears were easing quietly from the eyes of those that stood with me as we observed the marks on the wall that indicated how the two sisters, Anne and Margot, had grown during their years of living in confinement. Those marks seemed to move a distant part of history to a personal moment of connection, as many were reminded of standing tall for our own "growing marks" on family walls when our existence was not determined by how quiet we sat in the darkness. Walking through the annex and climbing those staircases and seeing the magazine pictures glued to Anne's bedroom wall quickly caused characters in a book to touch the spirit of humanity, yet again. This time, it was my heart! I exited the building, then walked over the canal to sit on a bench to finish the book, while looking up from time to time to see the windows and doors that had held hopes and dreams captive. In this story of racism, discrimination and death, I am reminded that there were four office personnel/friends who so believed in the freedom of human existence that they sacrificed their life by taking food and necessities to those in hiding throughout the two years. They understood and truly lived out their value system of courage, compassion, and respect. If they had not, perhaps the lives of those in hiding would have been shortened much quicker. Oh God, teach us the importance of discovering our personal values and how to use those guiding principles in our daily life. In doing so, we too can touch hearts and make meaningful differences, while our characters come to life for the good of others.

*Tony Fountain*

## A Salute To... Harry & Becca Dalton Suite 321



*Becca & Harry Dalton, Residents*

Welcome to Harry & Becca Dalton. We are so happy they chose Westminster Towers.

'Becca was born in St. Peters Hospital in Charlotte on October 26, 1928, the same hospital where Harry was born June 1927. Her maiden name was Rebecca Hurt Hardaway. At the time her family was living in Albemarle, NC, where her father was constructing a highway bridge for the family company, Hardaway Contracting Company (HCC). She had one sister, Jane, six years older and one brother, Bobby, fifteen months younger.

'Becca's father was the company's chief engineer. So the family moved frequently to job sites. In 1934, the family lived in Marianna, FL, when 'Becca began first grade. In 1938, HCC moved the family to Muscle Shoals, AL for another bridge job. Company headquarters for HCC was in Columbus, GA. 'Becca attended middle schools and high schools between Columbus and Atlanta but graduated from Columbus High in 1946. She entered Women's College of UNC in Greensboro, NC, to study Early Childhood Education.

Harry's family resided in Charlotte, NC. In good humor, Harry says that 1927 is noted for three historic events. In May, the first person (Lindberg) to fly solo across the Atlantic landed in Paris. Second, Babe Ruth hit 60 home runs and, third, Harry was born. He is the youngest of four brothers, the oldest having celebrated a 90th birthday in April, and one younger sister. He attended Charlotte public schools through grade ten before taking final two

grades at McCallie School, a semi military school in Chattanooga, TN. Graduating at age 17, he volunteered for the Navy in June 1945. The A - bomb was dropped on Hiroshima August 1945 just before he left for radio school in California. Because of Japan's surrender, Harry's service was cut to 15 months. He was discharged in time to enter fall semester at NC State University in September 1946. He chose Textile Management for a major.

In Harry's sophomore year, 'Becca's brother Bob entered NC State. They became Kappa Alpha fraternity room-mates the following year. So, 'Becca's brother set up Harry for a first date, or was it vice versa? Charlie Spivak's band performed on campus for a dance weekend. They must have hit it off well because they dated for three years and then married in Atlanta in 1950, just three months after graduation.

Their first home was in Greenville, SC, where Harry was living and working for a J.P. Stevens plant. In 1953, Harry accepted employment in sales with Burlington Mills but remained in Greenville where two children were born, Martha and McCrae. In January 1956 the family moved to Rock Hill where Harry helped start a recycled paper products company, Star Paper Tube (Caraustar Industries). In the 1950s, the couple had two more children born in Rock Hill, Rebecca and Sally.

Throughout her life 'Becca has lived for one cause or another. Always it has been her family and, at times, her aging parents. Other times it was the library she established for Richmond Drive School; the kindergarten at St. John's United Methodist Church; a Brownie leader; the Sierra Club and the environmental movement; the American Red Cross; the Museum of York County. 'Becca attended a semester of Library Science classes at Winthrop. She has not lived her years spending much time for herself.

For Harry some of the most meaningful years of life were spent serving as volunteer youth coordinator for St. John's United Methodist Church in Rock Hill. For 12 years he was active as a teacher, counselor, and "surrogate" parent to youth during the Viet Nam era. Today he considers them among his best friends.

Harry always enjoyed the out-of-doors, first as an Eagle Scout. 'Becca has been willing to join him for hiking, camping, and packing. They began with tents; then enjoyed traveling longer distances using travel campers. They usually took the children with them.

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Favorites areas were the Cascades in Washington State and the Wind Rivers in the northern Rockies. They enjoyed ten-day float trips through the Grand Canyon and the Salmon River in Idaho.

In 1986, Harry completed work for a MA degree in History at Winthrop. The final course, a 23 day Student Exchange tour included 'Becca and a group from Winthrop. They visited five Republics of the Soviet Union.

Harry served 12 years on the board and two years as president of a national trade association for the paper packaging industry. In 1992, he retired at age 66 as President of Carastar, saying that 42 years spent in manufacturing was sufficient.

Following retirement, 'Becca and Harry both pursued their avocation interests. For 'Becca it was continuation of her volunteer work. For Harry it was mostly the San Francisco based Sierra Club Foundation where he served ten years on board with two years as President. He co-chaired a national campaign to raise 100 million dollars for Sierra Club's environmental work. Harry and 'Becca served on a committee for Winthrop University's first capital campaign in the mid 1990s. As part of that campaign, the couple funded a "Chair" for Environmental Studies/Sciences at Winthrop. Harry now serves as honorary co-chair of the current capital development campaign at Winthrop.

At Westminster, 'Becca covets her reading time and enjoys meeting new and old friends. Like many others at Westminster, her hearing is severely impaired. She admits to the difficulty of retaining the names of so many new friends. Harry is still active with the Winthrop capital campaign and serves as a trustee at Clinton Junior College. He's on the board of Palmetto Volunteers in Medicine. The latter is a free clinic for citizens who can't qualify for insurance and/or live below the poverty line.

There are more stories to tell but it would take a few books to publish them. Just come and meet the Daltons—you will find them fun, intelligent, delightful, and happy.

*Louise Clark*

## **Meet The Staff...** **Christy Case** **Director of Nursing**



*Christy Case, Director of Nursing*

Christy Skaggs Case is the new Director of Nursing for the Health and Rehabilitation Departments of Westminster. She comes to us with extensive schooling and experience in nursing. Christy has been with us since May 16, 2011. She lives in Rock Hill and is the fourth generation of native Rock Hillians. Christy has known since she was two years old that she wanted to be a nurse. She gave shots to her dolls, covered them with band aids, and wrapped their broken arms. Her favorite and most important patient was her grandfather, Brooks Parrish. Although he was a man who liked to be on the move, he would lie patiently for an hour or so while she pretended to take his blood pressure, listen to his heart, and wrap arms and legs that she told him were broken. Her father is Gary Skaggs, his name is familiar to older Rock Hillians as he played for the Rock Hill Wrens and later the California Angels.

Christy and her husband, Christopher Case, met on a blind date in August of 2004. They decided to go bowling - Christopher fell as he let go of the ball and still got a strike - so she fell in love right then. They were married August 19, 2006.

After graduating from Rock Hill High School, Christy went to the Presbyterian School of Nursing in Charlotte. She then attended Queens University where she received

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her Bachelor of Science in nursing and her Master of Science in nursing. She has a great deal of experience having worked as a nurse in the surgical area of Presbyterian Hospital, nursed at Aldersgate in Charlotte for 12 years, two years at a similar continuing care retirement community, and one year at Kindred Health Care in Monroe, NC.

Christy enjoys reading and traveling. She and Chris have visited Hawaii, Cancun, Mexico, as well as many cities in the United States. Christy has been collecting Madam Alexander dolls since she was two years old and has 165 of them.

She says our Community has a wonderful working environment, everyone has been welcoming and supportive. She learns so much from the variety of experiences of the residents. "The best part of working here is that I get to make a difference every day." She enjoys meeting the residents of independent living and said to please introduce yourself to her when you see her. We are blessed to have such a compassionate, caring, and capable Director of Nursing.

*Marion Schaefer*



**Ministry Celebration Banquet**  
Join us for dinner, music and stories of how Ministries and their partners are building His Kingdom.

**Thursday, October 20, 2011 at 6 p.m.**  
**Westminster Hall**  
**1320 India Hook Road**  
**Rock Hill, SC**

For Reservations visit us at  
[www.westminsterfoundation.com](http://www.westminsterfoundation.com)  
or call Julie Grider at 803-325-6712.

### Happy October Birthday To:

#### Residents

Ruth Norwood 2  
Louise Clark 7  
Mary Rhyne 9  
Elizabeth Bonham 10  
Anne Royall 13  
Christine Okey 14  
Mary Killian 15  
Mary James 21  
Doris Gainey 23  
Miriam Hovis 23  
Becca Dalton 26  
Hamilton Gambill 29  
James Sims 29

#### Staff

Madie Stinson 1  
*Nutritional Services*  
Shavonna Patton 1  
*CNA*

Odell Hope 6  
*Activities*  
Jeremy Crockett 6  
*Food Service*  
Teri Benjamin 7  
*Human Resource Manager*  
Dianna Morales 9  
*Nutritional Services*  
JoAnn Sherer 14  
*Receptionist*  
Amber Oxendine 15  
*Homebridge*  
Jean Hornung 16  
*CNA*  
Cora Boyd 17  
*Housekeeping*

Dorothy McCoy 20  
*Food Service*  
Dorothy Skipper 22  
*Marketing*  
Margaret Harbin 24  
*Homebridge*  
Deborah Ramsey 26  
*CNA*  
Mary Ballard 27  
*RN*  
Margaret Barfield 29  
*Homebridge*  
Jennifer Davis 30  
*Food Service*  
Joan Taylor 31  
*Homebridge*

## Beach Trip 2011

If you weren't one of the Beach Babes on the Myrtle Beach Trip this year, you missed:

- Eating amazing seafood dinners at the Sea Captain's House and Damon's Grill in Myrtle Beach and Drunken Jack's in Murrells Inlet.
- Strolling the Springmaid Pier, chatting to local fishermen and seeing a real live 6ft SHARK IN THE OCEAN!
- Laughing at the crazy antics of the comic at the Carolina Opry Show.
- Dancing along with Michael Jackson and The Temptations at Legends in Concert.
- Relaxing with a picnic and enjoying live music La Belle Amie Vineyard
- Tasting some delicious wines at the Vineyard and shopping in their eclectic gift store.
- Working on our suntans at one of the Springmaid swimming pools.
- Browsing the booths at the Surfside Flea Market.
- Watching beautiful sunrises over the Springmaid Pier each morning.

And we represent Westminster Towers with pride everywhere we go...  
Gloria Cody and Amy even performed an impromptu version of Dance Fever's "Walking on Sunshine" in Subway in Florence, much to the amusement of other patrons!

But don't worry if you missed it, as there will be another trip to the beach in May 2012. Mark your calendar and plan to join us!

*Amy Laughlin*



*Meeting a member of "All That", the Carolina Opry dancers.*



*Taking a rest after a stroll on the Springmaid Pier.*

### It's Humor

#### Real Headlines

- \*Town to Drop School Bus When Overpass is Ready
- \*Man Struck By Lightning Faces Battery Charge
- \*Stadium Air Conditioning Fails - Fans Protest
- \*Man Held in Miami After Shooting Bee
- \*House Passes Gas Tax onto Senate
- \*Tuna Biting Off Washington Coast
- \*Red Tape Holds Up New Bridges
- \*Caribbean Islands Drift to Left
- \*Doctor Testifies in Horse Suit
- \*Teachers Strike Idle Kids



### It's Halloween

It's Halloween and the creatures are out,  
Goblins and gypsies are lurking about,  
And angel and witch join arm in arm,  
Neither wishing the other harm.

It's Halloween and the candles bright,  
Flicker in pumpkins with eerie light,  
The tree limbs creak and dry leaves fall,  
And a spooky feeling is over all.

It's Halloween and my old dog is shaking  
At the noisy clatter the creatures are making.  
Now voices are calling - "Trick or Treat."  
It's being repeated street by street.

It's Halloween and the moon's glow is red.  
I see a ghost with no sign of a head!  
It's growing late for goblins and elves,  
For, they get sleepy in spite of themselves!

It's Halloween and the street is now bare,  
Nothing is about - no one - no where -  
My candy dish empty - my candle has burned low,  
It is nearly morning - Halloween spooks must go!

*Kate Duncan*



**Manor Moment**

So what do you feed 80 hungry people for lunch?  
Salad, pizza and ice cream!

That was the menu for the Manor Family Get-Together on September 10. Thanks to all those who volunteered to help, (Tony Fountain, CEO/ President, Amy Laughlin, Campus Enrichment Director, Jo Anne Edwards, Manor Supervisor and Brandy Layne, Nutritional Services Supervisor,) along with Manor CNA's Rita Blackman, Mary Corbin and Maggie Burris and Nutritional Aide Betty Stewart. All of our residents and their guests were waited on as they ate picnic style in the Manor Dining Room, Family Room and in the Manor Garden. It was a lovely day and all had a wonderful time.

*Dawn Martineau  
Manor Activities Coordinator*



*Jo Dunlap enjoying her time at the Get-Together on September 10.*



**Happy October Birthday To:**

Paul Sturgis

18

**Health Center Happenings**



*Harold Mungan, Navy*

Special thanks to  
Regency Hospice for  
recognizing our  
veterans!



*Bill Cooksey, U.S. Army*

**Happy October Birthday To:**

Wade Williams  
Willette Barton  
Sue Worley

16  
22  
24





## FROM THE PRESIDENT'S DESK



Old Desk was smiling when I came in the other day. "What's happened" I asked. "You are usually bent over with laughter when it is times for the article. "Well, said Desk, "I heard from the grapevine that: Presbyterians are subtle, quiet, and solemn people. They may enjoy a good laugh, but it must be arranged to look like a cultural aura is surrounding it." "Bless my soul," I replied. "I didn't realize we had such height of cultural value and depth of sentiment. I guess we will have to reshape our article." After a long while of pondering, cogitating and pondering, we both said the heck with it and reverted to form. Old Desk finally said that he had given a religious touch to an article from Texas about the hot dry weather. Desk said:"It was so dry in Texas recently that Baptists started to baptize by sprinkling, the Methodists used wet-wipes, the Presbyterians were giving out rain checks, and the Catholics were praying for the wine to turn back into water." Old Desk was beaming in a subtle manner, and smiling like a mule eating briars. "Charming," he said. After all the hilarity and humor was over, Old Desk remarked that he was concerned that members of the Residents Association did not seem to understand too much about the significance and meaning of the Association itself. So he was going to make it possible to provide information about the association at various time to make clear what it is all about. And remember the annual dues are only \$5 per year.

Old Desk says he has finally finished writing the perfect epitaph for good Presbyterian pastors. Get this: "He (or she) has gone to that glorious meeting in the skies." Desk also says that we all ought to remember a statement from that great baseball manager and philosopher Leo Durocher, who said that baseball is like church. Many attend. Few understand. Old Desk was in high praise for the reported work and activity of the Association committees at the quarterly meeting September 7. He was listening just outside the door. He said the meeting was OK, but when the desk was a little warped by being shoved aside for the chairs to be in rows, the meeting looked good. But when he finally was able to get his old desk straight—the meeting looked warped. (Was he trying to be funny?) Old Desk is becoming alert to increasing speed of political announcements, political commentary, etc. He said he read a remark by Groucho Marx about politics: "Politics is the art of looking for trouble, finding it, misdiagnosing it, and then misapplying the wrong remedies." "So there" said Old Desk disgustedly, "I am going to let politics come and go, and hope they will go." Old Desk says he will leave us this month with a little quip:

"I slept and dreamed that life was joy.  
I awoke and saw that life was duty.  
I acted and behold, duty was joy."

*Submitted by Old Desk  
With the help of Tom Horton  
President, Residents' Association*

### Endowment Fund

*In memory of Dana Sine*  
Mr. & Mrs. Charles O. Patton

*In memory of Sue Horton*  
Elizabeth Rhodes  
Betty Foss  
Mr. & Mrs. Charles O. Patton  
Dr. Joe Mills

*In memory of Guy Darby*  
Dr. & Mrs. Rion Rutledge  
Mr. & Mrs. Jim Bright  
Merle Craft  
Tony Fountain  
Debra Pederson & Bill Ader

*In memory of Mary Margaret McCord*  
Mary Weisz

*In memory of Victoria Hoyt*  
Gerry & Barbara Schapiro



### Save the Date!

Monday, October 31, 3:00-4:30pm – **Down Home Fall Festival** with Games, Live Music, Snacks, Contests and Fun.

Tuesday, November 8 12:00-6:00pm – **Books Are Fun Book Sale** featuring many genres including cook books, children's books, teachers' & educational books, devotionals and Christian books, fiction, gardening books, and special interest/hobby books.

Saturday, November 12, 10:00am-1:00pm – **Home for the Holidays Christmas Craft and Gift Sale** featuring many handmade items including jewelry, decorations, gifts, art work, baby and doll clothes, scarves and holiday cards.

The Activities Calendars for November and December are filling up quickly! If you have a suggestion for a holiday program or outing, or you have a group that would like to come to the Towers, Manor or Health Center please call Amy Laughlin at 328-5018 as soon as possible. Also, if you would like to reserve a lounge or the Community Room for a Sunday School gathering or a family holiday party, please contact Amy to make the arrangements now – please don't wait until the holidays are upon us. Thank you.

## WELLNESS CORNER

A couple of weeks ago, a member at one of Westminster's community fitness classes cut out a newspaper article and gave it to me. It originally appeared in the *Chicago Tribune*. The purpose of the article was to bring attention to one of the things that prevents people of exercising. The article focused on hair. Yes, you read that correctly. It focused on hair. In particular, it mentioned Surgeon General Regina Benjamin's view that some women avoid exercise because they do not want to sweat away the hairstyle they may have spent one hundred or more dollars having perfected.

That was a new one on me. But maybe that is just my lack of awareness. Those who know me understand the status of my hair - it is M.I.A. Most has fallen out, and the rest I shave off two times per week with a triple edged razor. I haven't thought about messing up my hair in quite some time. However, this article got me thinking.

Over my years of involvement in helping mature adults improve their health and fitness, I have observed many reasons that people 60 and up do not get involved in exercise, and I have noticed those reasons are usually different from the reasons younger people avoid exercise. So, I am going to close the library database on my computer and shut the textbooks. We have all read magazines telling us why we DON'T exercise. Right now, though, you get my pure, unadulterated opinion on four reasons why seniors (more than anyone) SHOULD engage in physical exercise.

### **1. Health and Function**

All of us want to be as active as we can as long as we can. Most of us will accept that our bodies will never look like they did when we were in our twenties, but we should never accept watching our bodies decline in function. Even the bodies that are impacted by stroke, heart attack, cancer or Parkinson's can maintain and even improve function. The goal of every exercise can be accomplished through modifying the exercise to the individual person. For example, if you cannot stand, there are still hundreds of ways to stretch and strengthen your legs without standing up.

### **2. Improve Strength**

This one relates to my first reason, but it is a little more specific. People in the 60 and up category can have dramatic increases in strength as a result of exercise. Yes, it takes longer for an older body to adapt to continued exercise. However, the result is the same - stronger muscles with an increased capability of engaging in work, leisure activities and household tasks.

### **3. Prevent Isolation**

Casey and I both agree that exercise is a great way to get out and be around people. Some people tend to become more isolated as they age. Going to an exercise class automatically puts you in a group with a common focus and goal of getting healthier and overcoming physical obstacles. If you want an easy way to meet people, go exercise with them!

### **4. Pain Management**

A lot of people avoid exercise because of pain. The shoulder hurts, the knee hurts, the hip hurts or something somewhere hurts and they do not want to make it worse. I had one lady tell me that NOTHING HURT, and she did not want to risk making something hurt during exercise. Unfortunately, a few aches and pains plague all of us. If you have no pain, consider yourself fortunate. I have my share already. Not exercising and becoming weaker and more de-conditioned can actually cause pain to get worse as the muscles lose their ability to support the body and move our joints and limbs about our daily tasks. I see pain as a reason you should be exercising. You just need to find the right physical exercise plan for you.

These are just a few reasons that we all should be exercising. Just one of the beautiful things about living at Westminster is the wellness department. Casey and I both specialize in helping people exercise that have physical challenges. We can modify and adapt any exercise goal to help meet your current physical condition. All of the wellness classes we offer have a specific goal in mind - strength, flexibility, general conditioning or joint health. I encourage you to talk to Casey or me about becoming involved in wellness. Aside from getting your hair a little wet in the pool, it will be one of the best decisions you ever made.

*Jonathan Kimball, MS  
Wellness Director*

*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).

#### Newsletter Committee

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*In memory of  
Ruth Pierce*