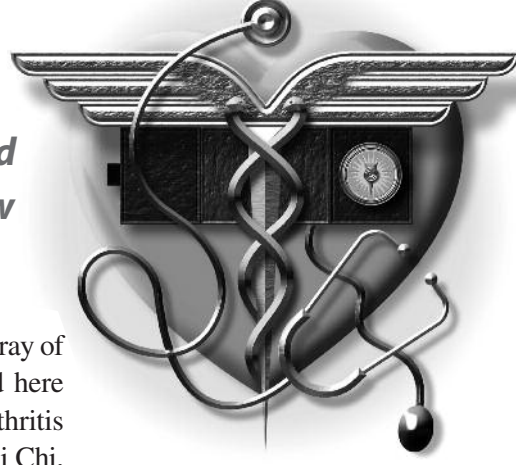


February is Heart Health Month



On February 6, the Heritage at Lowman will join with millions of Americans in celebrating National Wear Red Day, when Americans nationwide will wear red to show their support for women's heart disease awareness.



This observance promotes the Red Dress symbol and provides an opportunity for everyone to unite in this life-saving awareness movement by showing off a favorite red dress, shirt, or tie, or Red Dress Pin.

Here are a few healthy lifestyle tips from the American Heart Association to help you reduce your risk for heart attack, heart disease, and stroke:

1. Diet and Nutrition – Better eating habits can help you reduce your risk of heart attack. A healthful eating

plan means choosing the right foods and preparing them in a healthy way.

The Heritage at Lowman offers healthy alternatives on the weekly menu. Enjoy more fruit and low-calorie items as part of a healthy diet and nutrition plan.

2. Exercise and Fitness – Swimming, cycling, jogging, skiing, dancing, walking and dozens of other activities can help you heart. Whether included in a structured exercise program or just part of your daily routine, physical activity leads to a healthier heart.

Take advantage of the wide array of BeWell fitness programs offered here on campus, including the Arthritis Foundation Exercise Program, Tai Chi, and Strength and Balance. Or simply enjoy an indoor walk in your building or an outdoor walk around the beautiful pond. There are plenty of physical activities for everyone!

3. Educate yourself on heart health – Heart disease is not primarily a male problem. To the contrary, heart disease is far and away the leading cause of death among American women, but

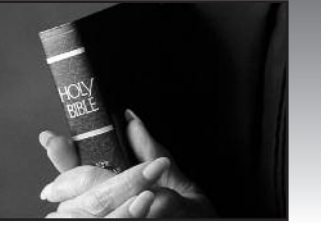
there is much you can do to help protect yourself.

Attend one of Lowman's Wellness Wednesday "Cooking Smart" programs for healthy cooking alternatives from Chef Ed, and be sure to get regular check-ups and talk to your doctor about heart health!

Features

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the Heritage at Lowman

Village Messenger

VOL. 7, NO. 2, FEBRUARY 2009

Eagle Scouts Select Bethany for Community Service Project

When the Eagle Scouts of Irmo volunteered to make planters for the residents at Bethany as a community service project, their offer was gladly accepted.



Eagle Scouts work hard on their service project for Bethany

The Scouts decided to make three planters each for Woodside and Lakeside, and they donated all the necessary supplies including paint, lumber, soil, flowers, gardening tools, gloves and watering cans. After they built the planters, the Scouts painted them and placed them at designated points around the Bethany Building.

But the Bethany residents and their Life Enrichment Coordinator weren't sitting idly by. Once the planters were in place, the residents went about the business of planting the flowers the Scouts had provided. Since then, the residents have helped with the weeding, watering and feeding of the plants and will continue to nurture the

plants when the planting process starts all over again in the spring.

This was a mutually-beneficial project for the Scouts and the residents. It benefitted the Scouts by allowing them to complete a community project that is required to meet Eagle Scout certification. The project certainly benefited the residents as they continue to enjoy and maintain the new planters. But more than that, the Scouts and the residents got to know each other and enjoy each other's company as they worked toward a common goal. Both generations had much to give and much to receive. Perhaps that was the best benefit of all.

Impromptu Art Classes a Big Hit

DaySpring and Boliek residents were treated to two impromptu drawing classes in January.

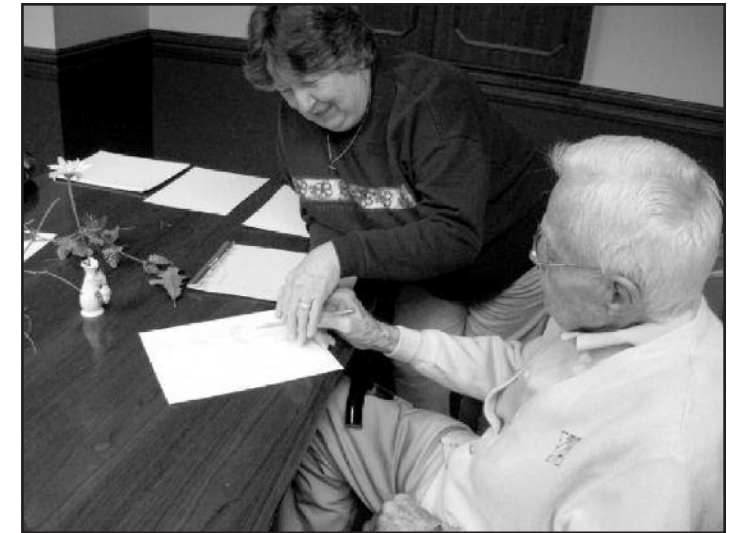
Mary Bendziewicz, director of independent programming, was able to offer the classes early in the month when her aunt, Marie Acquaviva, came down from North Carolina for a visit. Marie is a retired art teacher, and she thought it might be fun to teach a couple of drawing classes for the residents while she was in town.

Despite the short notice, the turnout for both classes was impressive. With only a few hours notice before the

first class, twelve residents appeared at the Board Room in the Daily Life Center to begin their art education. Mary and her aunt had collected flowers, vases, mugs, and other objects d'art from around the Daily Life Center and placed them around the table, along with plenty of paper and pencils. As the residents took their seats, Marie gave a brief introduction to the artistic process, including pointers on how to study an object before beginning to draw it.

When some of the participants claimed that they had no talent and couldn't draw, Marie corrected them by saying that they couldn't draw – yet. Under Marie's instruction, the residents spent the next hour shifting their eyes back and forth from object to paper as their renderings slowly came to life.

Margaret Ziegler, a DaySpring resident, was one of the participants who had claimed that she couldn't draw a straight line. But when Margaret took what she had learned in class and attempted some drawings at home, she was so thrilled with her success that she boasted "Marie was right –



Art instructor, Marie Acquaviva works with resident Tom Tuten on still life drawing

I really can draw!"

The next day, an even larger group of fifteen residents came for the class. Some had heard about the previous day's class while others were responding to the notice that was distributed to all the homes. For her second class, Marie gave a lesson on how to draw faces. A few of the residents attempted to draw their peers and with surprising success – some of the pictures were actually recognizable!

Marie plans on visiting again soon, and she has agreed to hold more art classes when she returns, much to the delight of the students in her first two classes. Mary has promised to provide plenty of notice before her aunt's next visit so that everyone will have an opportunity to become budding artists.



Residents Margaret Ziegler, Jerry Cummings, and Tom Culbertson

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"Crossword puzzles and other word games. They keep your mind sharp." Nell is also an avid reader and likes to keep up with articles and other reports about life at Lowman. At 95 years old, one could say that Nell Dickert exemplifies the words to the Heritage at Lowman's birthday song: "Happy Birthday to you, Happy Birthday to you; may the Lord bless and keep you ever faithful and true!"



At an age when most choir members have long retired, Nell's light soprano voice continues to soar and lend to the choir's leadership in worship services each Wednesday. Nell and her husband, the late Rev. James Dickert, moved into a house on Lowman Home Barn Road back in 1980. A few years after her husband's death, Nell moved into Boliek Apartments, at which time she joined the Chapel Choir. In addition to her participation in the choir, Nell also participates in the Golden Hand Bells and the chimes choir.

When asked what keeps her going, Nell quickly responded, "Happy Birthday to you, Happy Birthday to you; may the Lord bless and keep you ever faithful and true!"

It wasn't the usual "Happy Birthday" celebration in the New Life Chapel on Wednesday, December 10. Despite the special occasion, Mrs. Nell Dickert celebrated her 95th birthday by taking her usual place in the Heritage at Lowman Chapel Choir, as has been her custom for the last 28 years.

Nell Dickert Turns 95

the Heritage at Lowman
Lutheran Homes of South Carolina
300 Ministry Drive
Irmo, SC 29063

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If you no longer wish to receive the Village Messenger please call 732-8800 ext. 7414

LIVING AT Lowman

DAYSRING FEBRUARY ACTIVITIES

■ Tai Chi for Arthritis

Monday and Wednesday mornings in February at 8:15 a.m. in the Hoefler Gallery of the Daily Life Center. Tai Chi is one of the most effective exercises for physical and mental wellbeing and is especially effective for arthritis relief. To discover the benefits of Tai Chi, call Mary Bendziewicz at 451-7420 to register. Members of the community are welcome to participate.

■ ROMEO Breakfast

Thursday, February 5 at 8 a.m. in the Daily Life Center Dining Room.

■ National Wear Red Day

Join with millions of women across America, and celebrate National Wear Red Day on Friday, Feb. 6. By wearing red on this day, you'll help the American Heart Association draw attention to and create support for ongoing research and education on women and heart disease.

■ Newberry College "Back-to-School" Days

Monday, February 9, leaving the Daily Life Center at noon. We will be heading to Newberry College to attend and participate in Dr. Vinetta Witt's Sociology of Aging class, followed by a Dutch treat lunch in the student cafeteria. Come find out why Newberry students and residents alike love this program. For more information, call Mary Bendziewicz at 451-7420.

■ JULIET Breakfast

Thursday, February 12 at 8 a.m. in the Daily Life Center Dining Room.

■ Trip to Harvest Hope Food Bank

Thursday, February 12, leaving at 10:00 a.m. from the Daily Life Center. We will be touring the main headquarters of the organization that helps feed needy people in twenty SC counties. The tour will be followed by a Dutch treat lunch. Please call Mary Bendziewicz at 451-7420 to sign up for the trip.

■ **A Matter of Balance Classes**
Tuesdays and Thursdays at 3 p.m. in the Daily Life Center for four weeks starting on February 17. Many older

adults avoid physical activity out of fear of injury from a fall. A Matter of Balance is an award-winning program designed to increase strength and stability to help seniors avoid falls and increase their activity level. Please call Mary Bendziewicz at 451-7420 for more information or to sign up for the class.

■ Lexington County Master Gardeners "Essentials of Gardening" Series

Saturdays from 9 a.m. until noon in the Hoefler Gallery of the Daily Life Center for four weeks starting on February 21. Topics will include soils and composting, turf grasses, plant propagation, and container gardening. For reservations, please call Dr. Bill Carson at 803-798-7265.

■ Game Night

Monday, February 23 at 6:00 p.m. in the Hoefler Gallery of the Daily Life Center. Come join us for our usual Bunko and some new games as well. And as always, we will be playing Wii.

■ Wellness Wednesday – "The Heart and Soul of War, Recollections"

Wednesday, February 25 at 2:00 p.m. in the Hoefler Gallery of the Daily Life Center. Barbara Mooneyhan will share some videos of recollections from WWII veterans, along with memorabilia and musical remembrances. Members of the community are welcome to attend. Please call Mary Bendziewicz at 451-7420 for more details.

■ Trip to Riverbanks Zoo

Friday, February 27, leaving at 1 p.m. from the Daily Life Center. Fridays in February are free at Riverbanks Zoo, so join us for an afternoon of strolling and visiting with the animals. Please call Mary Bendziewicz at 451-7420 to sign up for the trip.

Welcome
NEW RESIDENT
Margaret Eargle – Taylor

MARK YOUR CALENDAR FEBRUARY EVENTS

The following are highlights only. Check your distributed monthly calendar for a complete listing of activities and trips. Any changes will be announced or posted on bulletin boards.

Residential & Independent Living

- **9** – Town Hall Meeting at 4:00 p.m. in the Hoefler Gallery
- **9** – Dutch Square Shopping (meet at 9:30 a.m. in the Daily Life Center)
- **10** – BR Star Square Dancers at 6:30 p.m. in the Hoefler Gallery
- **12** – Valentine's Day Party at 6:30 p.m. in the Hoefler Gallery
- **14** – Happy Valentine's Day!
- **16** – Wal-Mart Shopping (meet at 9:30 a.m. in the Daily Life Center)
- **17** – Mystery Ride (meet at 2:00 p.m. in the Daily Life Center)
- **23** – Monthly Birthday Party at 2:30 p.m. in the Hoefler Gallery
- **25** – Ash Wednesday Service, with Imposition of Ashes and Memorial Service at 10:00 a.m. in the New Life Chapel
- **25** – Wellness Wednesday – "Heart & Soul of War, Recollections" at 2:00 p.m. in the Hoefler Gallery

REMINDER: It is important to sign up for all trips as soon as possible to reserve a seat on the bus. You are not guaranteed a seat unless you call Cathy Long at 451-7406 to register!



Essentials of Gardening Classes



SPONSORED BY
Lexington County Master Gardeners

February 21 and 28
& March 7 and 14
9:00 a.m. until Noon

the Heritage at Lowman
Daily Life Center

WEEK 1: Soils and composting, plant selection and placement, landscape design

WEEK 2: Turf grasses, developing a habitat yard, water management

WEEK 3: Plant propagation, vegetable gardening, herb gardening

WEEK 4: Container gardening, house plants, disease and pest control, use of chemicals

TO REGISTER, PLEASE CONTACT:
DR. BILL CARSON • 803-798-7265



You are cordially invited to attend the Groundbreaking Ceremony & Sparkling Toast for Our New Development

Building for a 2nd Century

Thursday,
February 19th, 2009
at 10:00 a.m.

the Heritage at Lowman
Daily Life Center
2101 Dutch Fork Road
White Rock, SC

For more information,
call 803-732-8800

Spirituality is Vital to a Healthy Lifestyle

To live and enjoy life to the fullest, the body must be properly cared for. Proper diet and regular exercise must be combined with regular medical examinations, along with strict adherence to any treatment regimen that our health care professional may require.

To live and enjoy life to the fullest, the mind must be properly cared for. Mental exercise is just as important as physical activity in maintaining good health. Playing games, solving puzzles, reading, attending cultural programs and social events, engaging in conversation, travel, and volunteer service are all life-enriching activities that keep the mind active and healthy.

To live and enjoy life to the fullest, the soul must be properly cared for. Perhaps spirituality—one's relationship with God—should have appeared first, for this aspect of our life often determines our attitude toward and commitment to the care of our body and our mind. Meditative prayer, reading from the scripture, and regular participation in community worship services not only strengthen our relationship with God but also bring a sense of purpose to our earthly care for ourselves and our fellow human beings. Nurturing our spirituality brings a better understanding of the purpose God has for us and illuminates His

presence in our daily lives.

The Heritage at Lowman promotes a healthy, active lifestyle for all its residents, and we willingly share this mission with the greater community surrounding our campus. As chaplain, I would like to take this occasion to highlight some of the many opportunities to enhance spiritual growth that are available to our residents.

We rejoice and give thanks to the many church groups and volunteers that share the Spirit of God through regular visits and their generous gifts of time, talent, and treasure. We also give thanks for the community pastors who come to share the Word and Holy Sacrament with us. Worship is the time when God speaks to each of us and when we speak to God through prayer, praise, and thanksgiving. Worship services are held on Sundays and Wednesdays at 10:00 a.m. in the New Life Chapel. Sunday services are also conducted at 9:00 a.m. in the Taylor Building, at 11:15 a.m. in the Rehabilitation and Healthcare Center,

and at 2:20 p.m. in the Bethany Building. Residents, families and members of the community are invited to attend any of these worship services.

Weekly Bible study groups are conducted at every campus facility. Support groups meet regularly, and a chaplain is on call 24 hours a day to minister to the spiritual needs of residents and their families. Clinical Pastoral Education takes place on campus each summer to train future pastors as well as to augment personal pastoral care for residents. Memorial Services are conducted each month to help us remember our loved ones and their families.

As told in the Gospel of Matthew, a star appeared to the wise men, or Magi, and led them to the Christ child to deliver their gifts of gold, frankincense and myrrh. Their arrival in Bethlehem is celebrated on Epiphany, the 12th Day of Christmas. The Heritage at Lowman is being blessed by the appearance of stars from our local ministerial community who are bringing us God's Word as they conduct our Wednesday worship services throughout January and February. These Epiphany Stars include Rev. Anne Christiansen (Jan. 7), Rev. Ron Brown (Jan. 14), Rev. Dr. James Aull (Jan. 21), Rev. Larry Haggerty (Feb. 4), Rev. Jodi Flowers (Feb. 11), and Rev. Ralph Hill (Feb. 18).



The upcoming Lenten season, which covers the forty weekdays from Ash Wednesday to Easter, is an especially spiritual season here at the Heritage at Lowman. We will be observing Ash Wednesday (Feb. 25) with services throughout the Lowman community that will include the Imposition of Ashes. A schedule of Lenten services culminating in our Easter celebration will be featured in next month's Village Messenger.

BEGINNER COMPUTER CLASSES



When: February 18, 23, and 25

Time: 3:00 p.m.

Where: Basement of the Boliek Building

These classes are designed for beginners who have no experience with the computer. Students will learn the basics of using a personal computer, such as how to search the Internet and how to set up an e-mail account.

These classes are sponsored by BeWell and the University of South Carolina, and members of the community are welcome to attend. For more information, please call Mary Bendziewicz at 451-7420.

KEEP LOOKING!



Don't hide those Lowman treasures in your home.

If you have official records, personal letters, and photos that are part of Lowman's history, Please let us know about them!

SEND THEM TO:

Anniversary Planning Committee
PO Box 444, White Rock, SC 29177
Or call us at 803-407-4719

FEBRUARY BIRTHDAYS

- 2 – Vema Baldwin
- 4 – Mary Honeycutt, Patsy Yates
- 5 – Edna Coogler, Mildred Fields, Frances Morris, Lillian Stanton
- 6 – Mable Brooks
- 7 – Hart Byrd
- 10 – Larry Wise
- 11 – Dorothy Davis
- 13 – Betty Inabinet, Thaddis Mayers
- 14 – Edythe Sanders
- 15 – Katherine Eckenrodt
- 16 – Dorothy Clark
- 18 – Helen Sanders
- 19 – Albert Craft, Naomi Major
- 21 – Permelle Mathias
- 22 – Frank Monts
- 23 – Thelma Wadlington
- 28 – John Bell, Charles Crowell



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

SPONSORED BY
BeWell
Bringing Everyone Wellness
Enrichment for Lasting Life
An innovative program by
Lutheran Homes of South Carolina

Do you have concerns about falling?

Many older adults avoid physical activity for fear of injury from a fall. **A MATTER OF BALANCE** is an award-winning program designed to increase strength and stability to help seniors avoid falls and increase their activity level.

CLASS LOCATION, DATES & TIME:

Tuesdays and Thursdays at 3 p.m.
Starting February 17, 2009
Daily Life Center at the Heritage at Lowman
Classes are held twice a week for 4 weeks for 2 hours (times may be shorter)

FOR MORE INFORMATION CALL:

Mary Shuford (803)451-7422 or
Mary Bendziewicz (803)451-7420

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- makes changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns