

DaySpring Residents Head Back to School

A new semester has begun at Newberry College, and for DaySpring residents that means it is time for "Back-to-School Days" again.

For the past three years, Newberry College has invited the Heritage at Lowman's DaySpring residents to participate in an intergenerational classroom experience that has proven both educational and rewarding for students and residents alike.

On February 9, ten DaySpring residents traveled to Newberry College where they were met by Dr. Joe McDonald, the director of the values based learning program, along with Dr. Vanetta Witt and seven of Dr. Witt's students. Residents and students became acquainted as they shared a wonderful lunch and engaging conversation.

After lunch, the group made their way to the classroom where they were joined by the rest of Dr. Witt's students for her "Sociology of Aging" class. Dr. Witt had sent each of the DaySpring "students" a list of the issues that would be discussed to help them prepare for the class. In keeping with the theme of the class, the students queried the residents on their life experiences and their successful longevity.

Additional questions from the stu-

dents provoked a lively and humorous discussion that made the class go by quickly. Before long it was time for the students to move on to their next class and for the residents to head back to the Heritage at Lowman. But by the end of the class, it was clear that the wisdom of the DaySpring residents had made a lasting impression on the college students, and that the stories of their individual life experiences had given the students much insight into the aging process.

Plans are already being made for next month's trip to Newberry College on March 25. For the first time since the program began, DaySpring residents will be visiting with the Athletic Department and meeting some of the college's coaches. Residents will also be treated to dinner in the student cafeteria and then head to the ball field for a Newberry baseball game. If you are interested in participating in this wonderful collegiate experience, please call Mary Bendziewicz at 451-7420 to sign up for the trip.



Resident Tom Culbertson enjoys lunch with Newberry College students



Resident Joe Maurer contributes to the discussion in the Sociology of Aging class

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were going to be torn down or re-painted anyway. "Paint, brushes, and spray cans are waiting for you!" announced Mary as the onlookers rushed inside to take out their territory. Feeling quite mischievous, those who took up Mary's invitation began creating colorful designs, or writing poignant last words, or simply playing vandal for a day. Everyone had a ball acting like little kids, and best of all, no one got in trouble!

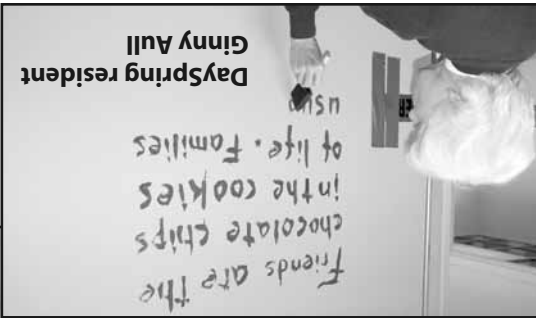
Following the groundbreaking ceremonies for the Wellness Center held on February 19, Mary invited all residents and staff to come to the now very empty Daily Life Center and leave their graffiti on the bare walls since the walls



Bolek residents Bill and Sandra Lewis with daughter Nancy Tuten

Renovations Good Excuse for Graffiti Party!

The start of demolition of Columbia Cottage on February 2 was the signal to Physical Plant staff to begin preparing the Daily Life Center for renovations by clearing the walls and hallways.



Dayspring resident Ginny Aull

Volunteers wrapped each piece in bubble wrap for safe storage away from the construction. They also moved other furnishings and furniture to other locations so they could be maintained out of harms way. This process had to be done very quickly due to the imminent renovations.

The first step was removing the framed needlework tapestries from the walls of the Hoefler Gallery. These priceless woven works of art were designed, sewn and contributed to Lowman Home by the late Dr. Richard Hoefler, a former resident and for whom the Hoefler Gallery was named.

But Mary Bendziewicz, director of independent programming, never misses an opportunity for a party, and the beginning of renovations on the Daily Life Center was no exception.

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

the Heritage at Lowman
P.O. Box 444
White Rock, SC 29177
Residential 803-732-8800
Rehabilitation & Healthcare Center 803-732-3000
Editor Sandy Wright
Publication Designer Nancy Milhard-Bowie
Photography Mary Bendziewicz
Contributing Writers Mary Bendziewicz Cathy Long Helen Sanders
If you no longer wish to receive the Village Messenger please call 732-8800 ext. 7414



Page 2 - The Good Pennyworths Leave Audience Spellbound

Features

Page 3 - Purchase Your Easter Lilies



the Heritage at Lowman Village Messenger

VOL. 7, NO. 3, MARCH 2009

Groundbreaking Held for the Wellness Center and Pool

Official groundbreaking ceremonies for the Heritage at Lowman's new Wellness Center and indoor pool were held on Thursday, February 19 at 10:00 a.m. Work has already begun on transforming the Daily Life Center into a state-of-the-art facility that will be the campus focal point for enhanced wellness programming and services showcasing BeWell programming, the Lutheran Homes wellness initiative for successful aging.

dining facilities to include formal and informal dining areas, a private dining room, and even a pub! Plus there will be a beauty salon and gift shop onsite. The New Life Chapel and Hoefler Gallery will undergo no major changes but will receive new paint and carpeting.

Columbia Cottage, the building on Lowman Home Barn Road that once served as the nurses' home, has already been torn down to make way for 22 spacious new homes to be built on that site. In addition, there are

also plans for construction of a three-story, 36-unit independent apartment building to be located directly behind the new Wellness Center. These apartments will feature full kitchens and ample living and entertaining space, with patios on the first floor and screened porches on the upper floors.

Despite the turnaround in the economy, the Heritage at Lowman is able to move forward with its campus development plan due to partial funding through a bond refinancing in 2007 in conjunction with the initial success of the Building for a Second Century capital campaign. Heartfelt thanks are extended to those who have already generously contributed to the campaign. Those who have not yet contributed are encouraged to do so, as additional funding will be needed to complete the remaining phases of the development plan.

This historic event was hosted by Dr. Thomas E. Brown, Jr., President and CEO of Lutheran Homes of South Carolina and David Lever, Administrator of Active Lifestyle and Residential Care. Participants included The Rev. Dr. Herman R. Yoos, III, Bishop of the South Carolina Synod of the Evangelical Church in America, along with representatives of Lutheran Homes of South Carolina and its Foundation and



Pictured (l-r): The Rev. Dr. Herman Yoos, Charles Kirby, The Rev. Dr. James Aull, Harriett Wunder, David Lever, Tom Culbertson, Jim Nall, Parke Horton, The Rev. Robert Coon, Steve Minsky, Dr. Thomas Brown

Foundation Board, the Heritage at Lowman's DaySpring organization, and the M. B. Kahn Construction Company.

In his opening remarks, Dr. Brown said, "Today's event is a major step marking the beginning of our three-year campus development plan. Along with the New Life Chapel and the Hoefler Gallery, the Wellness Center will address all aspects of wellness—spiritual,

physical, social, emotional, intellectual and vocational—for all residents here at the Heritage at Lowman."

The groundbreaking ceremonies were preceded by more than a year of planning by Lutheran Homes of South Carolina staff, architects, engineers, and consultants in the fields of marketing, construction and finance. But in fact, this day has been anticipated for

over a decade, and the dreams of expansion are now finally becoming reality.

Looking Ahead

Over the coming months, the Daily Life Center will become a hive of activity as it goes through its metamorphosis. Once completed, the new Wellness Center will contain a redesigned fitness area, an aerobics studio, a massage room, wellness classrooms, and a heated indoor pool with spa, showers, lockers, and towel service. It will also offer enhanced

Tearing down . . . digging up . . . rebuilding . . . this will be the rhythm of life on campus for the foreseeable future. But patience and anticipation will be the bywords, knowing that the Heritage at Lowman is building for its second century of ministry to meet the needs and expectations of current and future residents.

LIVING AT Lowman

DAYSRING MARCH ACTIVITIES

■ **Tai Chi for Arthritis**
Monday and Wednesday mornings in March at 8:15 a.m. in the Hoefler Gallery. Tai Chi is one of the most effective exercises for physical and mental wellbeing and is especially effective for arthritis relief. Please call Mary Bendziewicz at 451-7420 to register and start enjoying the benefits of Tai Chi. Members of the community are welcome to participate.

■ **Wellness Wednesday – “The Heart and Soul of War, Recollections” Part Two**
Wednesday, March 11 at 2:00 p.m. in the Hoefler Gallery. Barbara Mooneyhan will be returning to share more 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.

■ **Newberry College “Back-to-School” Days**
Wednesday, March 25, leaving at 4:00 p.m. from the Daily Life Center. We will be heading to Newberry College to

meet with coaches and staff from the Athletic Department. We will then have dinner in the student cafeteria before heading out to enjoy a Newberry baseball game at 7:00 p.m. Please call Mary Bendziewicz 451-7420 for more information.

■ **Book Club**
Thursday, March 26 at 10:00 a.m. in the Hoefler Gallery. Our selection this month is “Sunday by Sunday” by Cristy Fossum. Ms. Fossum will be joining us to lead the discussion. Books are available for purchase by calling Mary Bendziewicz at 451-7420.

■ **Chapin Community Service Day Carwash**
Saturday, March 28 throughout the morning behind Boliek Building. Residents can get their cars washed for free! Please schedule an appointment by calling Mary Bendziewicz at 451-7420.

■ **Game Night**
Monday, March 30 at 6:00 p.m. in the Hoefler Gallery. Come join us for our usual Bunko and some new games as well. As always, we will be playing Wii.

MARK YOUR CALENDAR MARCH 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	
■ 7 Chapin High School Golden Eagle Evening (pick-up from your building lobby at 5:15 p.m.)	■ 11 Wellness Wednesday – “Heart & Soul of War, Recollections” Part II at 2:00 p.m. in the Hoefler Gallery
■ 9 Wal-Mart Shopping (pick-up from your building lobby at 9:30 a.m.)	■ 16 Mystery Ride (pick-up from your building lobby at 2:00 p.m.)
■ 9 Chapin Chirper’s Spring Concert “Sweetheart Songs” at 2:30 p.m. on the 2nd floor of Deems Haltiwanger	■ 17 HAPPY ST. PATRICK’S DAY!!
■ 9 Town Hall Meeting at 4:00 p.m. in the Hoefler Gallery	■ 25 Memorial Service at 10:00 a.m. in the New Life Chapel
	■ 30 – Monthly Birthday Party at 2:30 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!

Welcome
NEW RESIDENT
Christenia Tarpley – Boliek Apartments

Essentials of Gardening Classes

SPONSORED BY
Lexington County Master Gardeners

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**

The Good Pennyworths Leave Audience Spellbound

On the evening of January 19, The Good Pennyworths, a New York-based vocal quartet, performed at the Heritage at Lowman as part of their “Love, Lust, Longing, Loss” Southeastern Tour. The Good Pennyworths is a project of Merry Minstrels, Inc., a not-for-profit organization incorporated in New York State. Group member Gerald Farnham founded Merry Minstrels 20 years ago as a way to share Renaissance music with audiences of all ages.

No one in the audience really knew what to expect from this performance, but no one left disappointed when it was over. The Good Pennyworths delighted the full-house crowd with their up-tempo pop renditions of Elizabethan songs from the 1600s.

It was also a “welcome home” of sorts for quartet member Alane Marco. Alane is the grand-daughter of resident,



The Good Pennyworths perform at the Heritage at Lowman

Virginia Slice, and daughter of Joan Marco who is the director of The Chapin Chirpers, a group that performs regularly here at the Heritage at Lowman.

Everyone in attendance seemed to thoroughly enjoy the performance. Some were even overheard to say it was

one of the best performances they had ever seen. In response to the rave reviews, the Heritage at Lowman will definitely be offering more of these types of exciting musical programs in the future.

Lenten Lessons

We have now entered the Lenten season, the forty-day liturgical season of fasting and prayer before Easter. The period of forty days represents the time Jesus spent in the desert where according to the Bible he endured temptation by Satan.

The purpose of Lent is to prepare the believer—through prayer, penance, almsgiving and self-denial—for Holy Week, the final week of Lent immediately preceding Easter, which commemorates the last week of Jesus’ earthly ministry.

Lent is traditionally a period marked by fasting, both from foods and festivities, and by other acts of penitence. The three traditional practices to be taken up with renewed vigor during Lent are prayer (justice towards God), fasting (justice towards self), and almsgiving (justice towards neighbor). Today, many people will give up a particular vice or pleasure for the duration of the Lenten season. The idea behind self-denial is that as we feel the pang of sacrifice, we develop a greater appreciation for the sacrifice that Christ made to save us from our sins and give us everlasting life.

While these acts of personal denial can be useful exercises in our spiritual journey, I’d like to suggest that a healthier approach to Lenten discipline may be to engage in an activity that brings us closer to God. Perhaps we should use Lent to learn more about Christ and what his sacrifice means to each of us in our daily lives. Use this time to grow in your faith and your relationship to Christ. Let Lent show you what you can do, not just what you can do without.

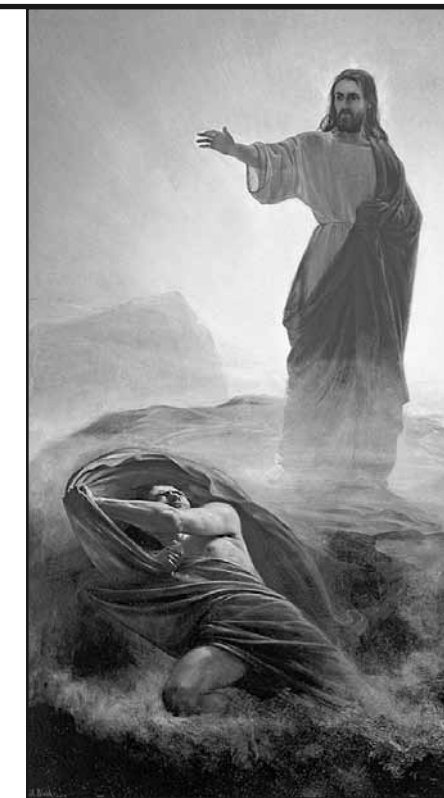
In the scriptural record, there are

more of Jesus’ teachings from this period than any other period in His life. For instance, in the Gospel according to St. Matthew there are three chapters on the Sermon on the Mount but six chapters on Jesus’ teachings during Holy Week. It is clear that Jesus used Holy Week as a time for teaching and training his followers on the lessons of the Cross and the Resurrection.

Furthermore, many historians believe that Lent developed in the early Church as a time for teaching new believers, similar to our current-day catechetical (new membership) classes. The teaching was intense for these new converts as they prepared for their baptism on Holy Saturday (the Easter Vigil) so that they could fully celebrate Easter with all of the other faithful in the household.

Are we not followers of Jesus as well, and shouldn’t we make the same good use of the season by learning the lessons of Lent? I invite the family of believers at the Heritage at Lowman, their families and friends in the community, and all who may read the Village Messenger to make the 2009 Lenten Season a time for lessons and learning.

All are cordially invited to join us for our worship services to be held each Wednesday at 10:00 a.m. in the New Life Chapel throughout the Lenten Season. The schedule for our Lenten Lesson outline, which will focus on



“Denying Satan” by Carl Bloch

Parables in the Passion, is as follows:

- February 25 (Ash Wednesday) – “The Mother Hen”
- March 4 – “The Wicked Tenants in the Vineyard”
- March 11 – “The Widow’s Mite”
- March 18 – “The Wedding Feast and Garment”
- March 25 – “I AM the Vine”
- April 1 – “The Watchful Household”
- April 8 (Wednesday of Holy Week) – “Lessons from the Fig Trees”
- April 9 (Maundy Thursday) – “Foot Washing Stories”
- April 10 (Good Friday) – Tenebrae Service

Easter SERVICES

Lent, first and foremost, helps us prepare for Easter, the celebration of the Resurrection of our Lord and Savior Jesus Christ. Because the timing of the distribution and mailing of next month’s Village Messenger will provide only a few days’ notice, we would like to provide the following schedule of Easter season worship services for all campus locations:

Maundy Thursday Holy Communion – April 9
• New Life Chapel – 10:00 a.m.
• Taylor Building – 11:15 a.m.
• Bethany – 1:30 p.m.
• Rehabilitation and Healthcare Center – 3:00 p.m.

Good Friday Tenebrae Services – April 10
(Same schedule as above)

Easter Holy Communion – April 12
• Taylor Building – 9:00 a.m.
• New Life Chapel – 10:00 a.m.
• Rehabilitation and Healthcare Center – 11:15 a.m.
• Bethany – 2:30 p.m.

All worship centers will be adorned with Easter Lilies on these days. You may donate and dedicate lilies by using the form enclosed in this issue. A list of donors and dedications will be published in the Easter bulletin.

MARCH BIRTHDAYS

- 1 – Hazel Jones
- 2 – Yoma Duryea
- 3 – James Aull, Jeanne Crawford
- 9 – Marie Higgs
- 12 – Gessie Connelly
- 13 – Miriam Gnann
- 14 – Daniel Adams, John Clamp
- 16 – Kaye Bradley, Sara Hite, Joseph Rhinehart
- 17 – Bessie Gladney
- 18 – Betty Horn
- 19 – Harold Shull
- 21 – Bill Fogle, J. J. Warren
- 22 – Richard Schneider
- 23 – Archie Cole
- 24 – Kathryn Churchill, Anne Crawford, Aaron Rice
- 25 – Erline Hopkins, Geraldine Reed
- 27 – Mike Duran
- 28 – Margie Bouknight
- 29 – Ted Hooley, Elton Meetze, Robbie Yelton
- 30 – Jim Crumley, Marianne Dewerd

Purchase Your Easter Lilies

So that every worship area on campus might enjoy the beauty of Easter Lilies during the Easter season, the New Life Chapel Council will purchase them in bulk. Cost of each Lily is \$10.50. A dedication/donor list will be published in each Easter bulletin.

You may reserve one or more of the plants by completing this form. Return the form and payment by mail to the Lowman Home (Attn: Chaplain Lyerly), or in person at the reception desk in the Daily Life Center, or by placing them in the Sunday offering in the New Life Chapel. Please make checks payable to the New Life Chapel.

Name: _____

Number of plants I’d like to purchase: _____

For use in (Choose one): New Life Chapel Taylor Building Rehabilitation & Healthcare Center

Choose one:
 In memory of _____
 In honor of _____
 To the glory of God