

the Heritage at Lowman • P.O. Box 444 • White Rock, SC 29177

Residential 803-732-8800 Rehabilitation & Healthcare Center 803-732-3000

Contributing Writers: Mary Bendziewicz, Elizabeth Beutel, Jenny Bond, Darlene Dillard, Rebecca Haggan, David Lever, Cathy Long, BiAnca Robinson, Helen Sanders. Publication Designer: Nancy Minard-Bowie. Photography: Mary Bendziewicz, Elizabeth Beutel. Editor: Sandy Wright.

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

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the Heritage at Lowman

Village Messenger VOL. 7, NO. 5, MAY 2009

Innkeeper Appreciation Event Recognizes Donors



On March 23, individuals, organizations and church congregations were recognized for their support of the Innkeeper Society. They are in partnership with the Lutheran Homes of South Carolina Foundation to provide services and programs at the Heritage at Lowman and the LHSC Hospice program. The Foundation hosted the appreciation event to say "thank you" and to recognize each person or organization who had contributed \$250 or more in the previous calendar year to support our ministry.

The Innkeepers were greeted by staff from the Heritage at Lowman and LHSC, then escorted to the Hoefler Gallery for an evening of fine food and great music. Mr. Charlie Zinko entertained at the piano during

the reception hour and throughout the meal. Mr. David Lever, Administrator of Active Lifestyle and Residential Care, opened the evening's event by welcoming the guests to the community. Dr. Thomas E. Brown, president and CEO of Lutheran Homes of South Carolina, Inc., updated everyone on the building program at the Heritage at Lowman. He then presented President's Awards for 2008 to BeWell Home Services, the Rehabilitation and Healthcare Center and to the Hospice Program for achieving specific goals during the past year.

The Reverend Robert G. Coon, president and CEO of the Foundation, expressed appreciation to everyone for their interest and support of our ministry. He reminded everyone that Lutheran Homes of South Carolina relies upon the support of its constituency to continually meet the needs of the older adults and hospice patients within its care.



Ms. Miriam Gnann was honored as a new member of the Innkeeper Legacy Society by Ernest Beck and Bob Coon at the Innkeeper Society Dinner held in March at the Heritage at Lowman

Dayspring Open House and Tour of Homes

The Heritage at Lowman invites you to come rediscover the Dayspring community by attending a weekend Open House and Tour of Homes on Saturday, June 6 from 10:00 a.m. to 4:00 p.m. and on Sunday, June 7 from 1:00 p.m. to 5:00 p.m.

The Dayspring community at the Heritage at Lowman consists of 60 cottage homes for active independent retirees. Although developed over 25 years ago, Dayspring remains one of our best kept secrets. That's why we would like to enlist the assistance of Village Messenger readers in helping local retirees uncover our secret treasure and discover the active independent lifestyle that our Dayspring community offers.

Wide open spaces, large yards, and lots of trees give Dayspring residents the feeling of living "out in the country." Yet the community also has an urban appeal with major shopping venues only 10 miles away that offer banking, specialty shops, restaurants, and much more.

The Heritage at Lowman is located in the heart of Lake Murray country, and Dayspring residents enjoy this beautiful setting with the lake nearby. Chore-free living and access to our wellness programs are all part of the benefits of living at Dayspring.

Even if you are not planning a move to an active lifestyle retirement community right away, it is worth taking a peak at our newly-remodeled homes. Spacious and well-designed, the cottages have been refurbished with new carpet, fresh paint, tile floors in the kitchen and bath, new appliances, and much more.

Dayspring is truly one of the Heritage at Lowman's greatest attractions. And the community is about to get even bigger and better with modern new homes, deluxe apartments, and a new Wellness Center with heated indoor pool currently under construction. For more details, please e-mail Elizabeth Beutel, Director of Sales and Marketing, at outreach@theheritageatlowman.org, or call her at 451-7411.

Nothing beats seeing the campus with your own eyes! We look forward to seeing you at the Open House and Tour of Homes in June!



DaySpring model home at the Heritage at Lowman



DaySpring model home kitchen

Morihiko Nakahara and the South Carolina Philharmonic's Goodwinds Quartet Visit the Heritage at Lowman

On Tuesday, March 31, the New Life Chapel at the Heritage at Lowman was filled with the music of the South Carolina Philharmonic Orchestra's very own Goodwinds Quartet.

With over 170 residents and community members in attendance, this distinguished group performed an exciting concert consisting of selections from a variety of musical eras and composers ranging from the early Baroque era to modern day.

The quartet was accompanied by none other than the South Carolina

Philharmonic Orchestra's new maestro, Morihiko Nakahara, whose tenure with the Philharmonic began in the Fall of 2008. After being introduced by Mr. David Lever, Administrator of Active Lifestyle and Residential Care, Maestro Nakahara greeted the audience and introduced the members of the Goodwinds Quartet, all of whom are distinguished members of the South Carolina Philharmonic Orchestra. These members included Wendy Cohen and Cynthia Hopkins on flute, John Bittle on clarinet, and Collen Marcou on cello. During the introductions, Mr. Bittle explained, "We named the quartet after the composer Dick Goodwin because he provides us with such beautiful and marvelous pieces and because he has been such an inspi-

ration to us."

With a warm round of applause for the performers and Maestro Nakahara, the evening was underway. However, audience members were soon pleasantly surprised to find that this would be no ordinary concert. Rather, the quartet would perform an exciting and interactive concert with the audience members,

with introductions to each piece made by the musicians themselves before playing each selection. "Being able to share music with others is a wonderful experience," stated Mr. Bittle. "By interacting with our audiences, we are able to share the beauty of music with those in attendance even more. It just makes it a more personal and open experience for everyone."

The program for the evening consisted of selections from a variety of musical eras and composers, ranging from Bach to Gershwin to Dick Goodwin. The quartet began with two lyrical movements from Water Music by Joseph Handel, followed by selections



The Goodwinds Quartet with Maestro Morihiko Nakahara, and Dr. Thomas E. Brown, CEO of Lutheran Homes of SC

from various musical eras. One of the pieces performed entitled April 30th was composed by Dick Goodwin, the namesake for the quartet. "April 30th is the date of his wife's birthday, which is the one day of the year he does not, and should not, forget," stated Ms. Cohen while introducing the piece.

Selections that followed included the second movement of Bach's Brandenburg Concerto No. 2; Mouret's Rondeau (theme from Masterpiece Theatre); Embraceable You by George Gershwin; Jerusalem of Gold; La Cumparsita; Nocturne from Alexander Borodin's String Quartet No. 2; Simple (Continued on page 3)

John Bauer and Elisa Moskovitz Return to the Heritage at Lowman for a Piano and Violin Performance

Lowman is pleased to present a violin and piano recital on Sunday, May 31 at 3:30 p.m. in the New Life Chapel.

John Bauer received his bachelor and master of music degrees from Yale University and his doctor of music degree from Florida State University. Following a tour as concertmaster for the Robert Shaw Chorale and Orchestra, he served as Assistant Concertmaster for the Seventh Army Symphony Orchestra, violinist with the Mantovani Orchestra, and as an assistant professor at Wesleyan College in Macon, Georgia.

Dr. Bauer is also a published author whose books include Speed-Reading for Violin, Speed-Reading for Viola, Progressive Scale Studies for Violin, Progressive Scale Studies for Viola, and Progressive Scale Studies for Cello.

Dr. Bauer is the cofounder of the South Carolina Philharmonic Orchestra and served as its concertmaster and music director. He is currently Distinguished

Professor Emeritus at the University of South Carolina where he was professor of violin for 36 years. Since retiring, Dr. Bauer has continued writing, performing, and giving private lessons.

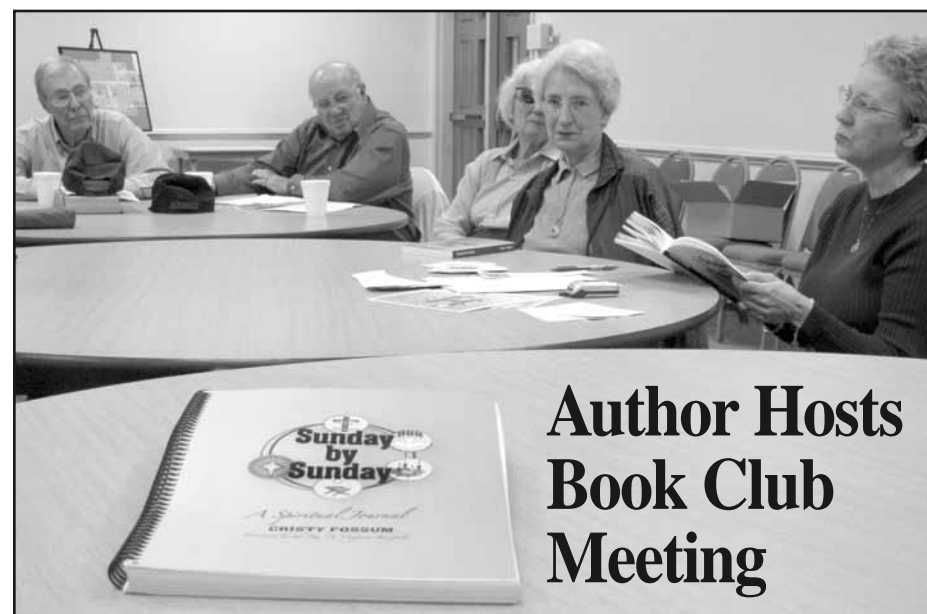
Elisa Moskovitz received her bachelor of music education and master of music degrees from Winthrop College and her doctor of music arts degree from the University of South Carolina. She has studied piano under Charles Fugo and Walter Hautzig of the Hart School of Music. She has also coached with pianists Richard Goode, Claude Frank, and George Katz.

Dr. Moskovitz has taught in Lexington School District One since 1977, where she currently teaches AP Music Theory at Lexington High School and acts as Program Specialist for Fine Arts for the district. In addition to her teaching career, Dr. Moskovitz has main-



tained an active role in Columbia's music community as Organist/Music Director at St. Stephen's Lutheran Church in Lexington and adjunct professor to the USC School of Music, music reviewer for The State newspaper, pianist for The Southern Arts Trio, and adjudicator for numerous festivals and contests. She has also appeared on SC Public Radio and Peachtree State Public Radio broadcasts.

Following the recital, the audience is invited for refreshments and to meet the artists in the Hoefler Gallery.



Author Hosts Book Club Meeting

Christy Fossum, author of *Sunday by Sunday*, hosts Lowman Book Club

At the March meeting of the Book Club, an eager group of DaySpring and Boliek residents engaged in lively discussions about the selection for the month—*Sunday by Sunday, A Spiritual Journal*. The discussion was made even livelier by the presence of the book's author, Ms. Christy Fossum. This was the second time that an author has joined the Book Club to lead the discussion. It was a special treat for the club members to learn

how an author creates and develops the themes and characters of a novel.

Ms. Fossum's story is written in the form of weekly entries to a journal maintained by a retired teacher who is deeply involved in the life of her Christian church family. The characters that flow through the narrative seem to readers as familiar as the friends, family and fellow congregants in their own lives.

At least, that was the feeling of those

around the table as the author shared humorous and poignant excerpts from her book. One participant laughingly commented that the same types of people with the same struggles can be found in any denomination. Everyone readily agreed based on their own experiences.

This is the first in a three-book series planned by Ms. Fossum. She also took time to introduce some new characters that appear in the second work in her trilogy—a novel called *Sunday by Sunday II*, which was published in April and celebrated with a "launching party" at Lutheran Theological Southern Seminary, where Ms. Fossum once served as director of public relations.

Lowman's Book Club is a time for discussion and sharing—sharing thoughts, ideas, impressions, laughs, and even the occasional friendly disagreement. Meetings are held on the fourth Thursday of each month at 10:00 a.m. in the Hoefler Gallery. Everyone is invited to join in the sharing! For a list of the monthly selections, email Nancy Tuten at ntuten@sc.rr.com or call Mary Bendziewicz at 451-7420.

Welcome NEW RESIDENT

Donna Lewis – Deems Haltiwanger

MAY BIRTHDAYS

- 2 Ann Derrick
- 4 Karl Bridge, Tom Culbertson, Mary Ferreira, Martha Haigler, Etta Petzel
- 5 Polly Turner, Ailene Wash, Sonja Washington
- 6 Viola Brannon, Doris Talbot
- 8 Bill Boone
- 9 Joe Maurer
- 10 Miriam Counts
- 11 Helen Sands
- 12 Arthur Brown
- 13 Larry Bouknicht, Janet McMurray
- 15 Margaret Swartz
- 16 Sarah Burress, Billie Derrick, Doris Slice, James Smoake
- 23 Nellie Creed, Helen Derrick, Mary Alice Jones
- 26 Nila Schricker, Stella Wessinger, Evelyn Williams
- 27 Ione Lackey
- 28 Mildred Hodge, Miriam Sue Jackson, Donna Lewis

MARK YOUR CALENDAR MAY 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

- 2 – "Operation Inasmuch" from 9:00 a.m. until 12:00 p.m. on the Heritage at Lowman campus
- 4 – Town Hall Meeting at 4:00 p.m. in the Hoefler Gallery
- 10 – HAPPY MOTHER'S DAY!
- 11 – Hamrick's Shopping, leaving at 9:30 a.m. with pick-up at Haltiwanger and Boliek
- 16 – Luncheon at St. Luke Lutheran Church in Columbia, leaving at 11:00 a.m. with pick-up at Haltiwanger and Boliek. Space is limited so please reserve your seat early.
- 18 – Wal-Mart Shopping, leaving at 9:30 a.m. with pick-up at Haltiwanger and Boliek
- 19 – 2nd Annual LHSC Wii Bowling Tournament from 11:00 a.m. to 3:00 p.m. at Redeemer Lutheran Church, 525 St. Andrews Road, Columbia, SC 29210
- 20 – Luncheon at St. Paul Lutheran Church in Gilbert, leaving at 10:30 a.m. with pick-up at Haltiwanger and Boliek. Space is limited so please reserve your seat early.
- 20 – SC Confederate Relic Room Presentation: "SC Monuments" at 2:00 p.m. in the Hoefler Gallery
- 21 – "Salon's Last Laugh" at 2:00 p.m. in the Hoefler Gallery
- 22 – Bill's Pickin' Parlor (leaving at 6:45 p.m. from the Daily Life Center). \$3 admission at the door.
- 24 – Palmetto Ukes at 4:00 p.m. in the Hoefler Gallery
- 25 – Monthly Birthday Party at 2:30 p.m. in the Hoefler Gallery
- 26 – Veterans' Program at Chapin Middle School (leaving at 8:15 a.m. from the Daily Life Center)
- 27 – Memorial Service at 10:00 a.m. in the New Life Chapel
- 27 – Fitness Day from 1:00 p.m. to 4:00 p.m. in the Hoefler Gallery
- 28 – D-Day Presentation by Barbara Mooneyhan at 2:00 p.m. in the Hoefler Gallery
- 31 – Piano and Violin Concert featuring John Bauer & Elisa Moskovitz at 3:30 p.m. in the New Life Chapel

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!

Progress Update on Wellness Center

Construction continues to move along nicely in the fitness and dining areas of the new Wellness Center. Demolition in those areas has been completed, new heating and air ductwork is being installed, and the contractor has begun erecting walls that will define the new spaces within the fitness area. What had been a large expanse of undefined space is now beginning to take the form of exercise areas, classrooms, and fitness offices.

The two-foot trench that was cut into the concrete floor to provide utilities for the new Pub has now been filled. In mid- to late April, the contractor will begin erecting walls for the dining areas

and the Pub.

The contractor's work in the Beauty Salon is on schedule and should be completed by the end of May. The new carpet for the hall outside the Beauty Salon will not be installed until later on when hallway carpet is installed throughout the Wellness Center.

As with any remodeling project, unanticipated issues are bound to arise. The contractor is currently addressing problems with the underground drainage at the pool site, repairing roof leaks, and replacing dining room windows in the Daily Life Center.

Residents, families, volunteers, staff and other interested parties are



Two-foot trench cut into concrete provides utilities for the new Dining Room and Pub

invited to participate in the monthly Town Hall meetings to receive more in-depth updates on the construction

process. The next Town Hall meeting will take place on Monday, May 4 at 4:00 p.m. in the Hoefler Gallery.

AARP's "We Need To Talk" Seminar

Statistics indicate that older drivers are safe drivers. However, medical conditions, medications and reduced physical function can impair driving ability and increase the risk of accident and injury among older adults.

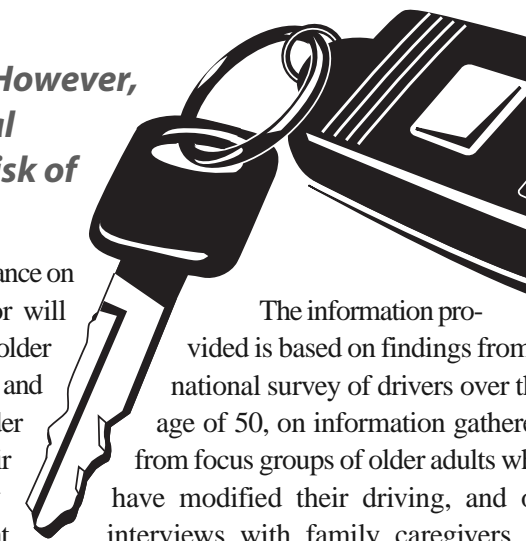
Having a conversation with an older adult about stopping or limiting their driving can be difficult and uncomfortable. Who should initiate the conversation? When is it a good time to raise the subject? Will they take offense at the suggestion?

If you are facing this situation or may be in the future, you will want to attend AARP's "We Need To Talk" seminar sponsored by the Heritage at Lowman. This enlightening seminar will be held on Tuesday, May 19 at 4:00 p.m. in the Daily Life Center.

AARP's program facilitator will be

here to offer practical tips and guidance on driving retirement. The facilitator will describe the warning signs that an older person should no longer be driving, and how and when to talk with an older family member or friend about their driving. They will also explain how to develop a transportation plan that allows the individual to maintain their independence and remain a vital part of the community.

This seminar was developed from ongoing research into aging and driving performed by The Hartford Financial Services Group, Inc. and MIT AgeLab.



The information provided is based on findings from a national survey of drivers over the age of 50, on information gathered from focus groups of older adults who have modified their driving, and on interviews with family caregivers of individuals with dementia.

For more information or to reserve a seat for this seminar, please contact Rebecca Haggan at 803-451-7412 or e-mail her at rhaggan@theheritageatlowman.org.

Two Spring Outings Produce Flowers Galore

On two recent trips, independent residents living in DaySpring and Boliek saw plenty of beautiful flowers and even purchased a few for their indoor and outdoor gardens. In late March, residents travelled to Newberry to visit the world-renowned Carter and Holmes Orchid Farm in Newberry. Then in April, another group boarded the bus and headed to the State Farmer's Market in Columbia for the Midland's Plant and Flower Festival. Mary Bendziewicz, director of independent programming, arranged both visits.

When the residents reached Carter and Holmes Orchid Farm, Bill Carter greeted the residents and provided a brief history of the business. Mr. Carter and a gentleman named Owen Holmes began selling orchids as cut flowers in the early 1950's when corsage flowers for Valentine's Day, Easter, and Mother's Day were in great demand. As fashions became less formal in the 1960's and the demand for cut flowers



Residents enjoy the beautiful variety of plants and flowers at this year's Midland's Plant and Flower Festival

decreased, they began producing orchids for home growing.

After learning the history of the business, the group toured several of the many greenhouses that were full of orchids and other house plants. Some residents carried boxes to hold the plants they selected for purchase along the way. Following the tour, the group went to the Cabana Cafe in downtown Newberry for a delicious lunch before heading back to the Heritage at Lowman.

Early April brought the Midland's Plant & Flower Festival to the State Farmer's Market. DaySpring and Boliek residents enjoyed a Dutch treat lunch at Fatz Cafe before heading to Columbia for the festival. Volunteer bus driver Carroll Frick drove the bus around the Market to the back where the many vendors from around the state had set up booths to sell plants and other garden paraphernalia.

The group was thrilled with the selection of bedding plants, vegetables, shrubs and trees available at extremely reasonable prices! Many residents ended up making multiple trips back to the bus to drop off their purchases. After a couple of hours of admiring and choosing their plants, the residents happily headed back home with the beautiful bargains that would soon brighten their homes and their lives.

Goodwinds Quartet

(Continued from page 1)

Gifts from Lord of the Dance; and *Shenandoah*. The concert ended with a humorous piece entitled *In Heaven There is No Beer*.

At the program's conclusion, Mr. Lever invited everyone to a reception in the Hoefler Gallery, which featured wonderful desserts and sparkling cider. Residents, staff, and community members who attended the reception were able to speak with the members of the quartet. They were also able to enjoy hearing Maestro Nakahara discuss the evening's musical selections and speak about his vision for the future of the orchestra. "The Maestro and all of the musicians are so friendly and personable," said one resident, "They are a joy to talk to!"

Residents were not the only ones praising the concert. Maestro Nakahara himself commented on the success of the evening. "The South Carolina Philharmonic Orchestra consists of members from all over the state of South Carolina – many of whom are teachers, doctors, and those who just love playing music. We try to perform a large repertoire of music for the enrichment of all those who listen," stated Maestro Nakahara. "This was a most enjoyable evening, and I am really glad that we were able to perform for such a great group of people at such a wonderful location as the Heritage at Lowman! I think the orchestra will agree with me when I say that we need to get the community involved with the orchestra so that they will know who we are, and so we will be able to share such great music with more and more people."

It was certainly a fine night of music and fellowship enjoyed by all. "It is great to have fine organizations such as the South Carolina Philharmonic Orchestra that share such wonderful experiences with others," stated one of the residents who attended the event. "May they and other organizations like them continue to serve our community." The concert was proudly sponsored by the Lutheran Homes of South Carolina's BeWell Wellness Program.

DAYSPRING MAY ACTIVITIES

■ Tai Chi for Arthritis

Monday and Wednesday mornings in May at 8:15 a.m. at the Picnic Pavilion. Tai Chi is now known as 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 for more information. Members of the community are welcome to participate.

■ Strawberry Picking and Shealy's Barbecue

Monday, May 4, leaving at 10:00 a.m. from the Daily Life Center. We will travel to Gilbert to visit Sease's Strawberry Farm, where residents can pick their own strawberries or purchase straight from the stand. Afterwards, we will stop by Shealy's Barbecue in Leesville for a Dutch treat lunch. Please call Mary Bendziewicz at 451-7420 to sign up for the trip.

■ Art with Brenda

Monday mornings in May at 9 a.m. in the Hoefler Gallery. Volunteer Brenda Grabowski will be coming to the Heritage at Lowman to share her love of art with our community. Bring your thoughts and imagination to Brenda's class and see where this program can go! Members of the community are welcome to join in the fun. Please call Mary Bendziewicz at 451-7420 to sign up.

■ Walk to BeWell in the Congaree Swamp

Wednesday, May 13, leaving at 11:00 a.m. from the Daily Life Center. We will be heading to the Congaree Swamp National Park where a Park Ranger will

lead us on a "Tree Trek" into the swamp. Boxed lunches will be provided. Wear your pedometers and comfortable shoes! Please call Mary Bendziewicz at 451-7420 to sign up for the trip.

■ Trip to Bill's Music Shop & Pickin' Parlor

Friday, May 22, leaving at 6:45 p.m. from the Daily Life Center. We'll board the bus and head to this famous music venue in West Columbia to enjoy their open stage and jam session event. Admission is \$3 at the door. Please call Mary Bendziewicz at 451-7420 for more details or to sign up for the trip.

■ Game Night

Monday, May 25 at 6:00 p.m. in the Hoefler Gallery. Come join us for our usual Bunko and some new games as well. A second Wii will be on hand so we can add Wii Fit to the mix!

■ Wellness Wednesday – Senior Fitness Testing

Wednesday, May 27 from 1:00 p.m. to 4:00 p.m. in the Hoefler Gallery. Senior Fitness Test encompasses six simple tests designed to give seniors an idea of the state of their physical fitness. Upper and lower body strength and flexibility are tested, along with agility and body mass index. The test takes only ten minutes to complete and results are provided to participants so they can be compared to previous or future test results. Members of the community are welcome to participate. Please call Mary Bendziewicz at 451-7420 for more details or to sign up for the test.

★★★ Please check your DaySpring Calendar for changes ★★★