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the **Heritage**
 at Lowman
 Lutheran Homes of South Carolina

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 Retirement While You
 Are Still Young



— the Heritage at Lowman —

Village Messenger

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BeWell in 2010!

Millions of Americans fell on hard times in 2009 and their struggles will continue into the new year. We can't be sure what will happen with regard to healthcare and the economy, but we can control our own lifestyle choices...and make it a personal goal to BeWell in 2010!

Through its *BeWell* wellness initiative, Lutheran Homes of South Carolina has introduced a variety of wellness programs to its family of communities. As a result, the Heritage at Lowman now offers programs such as A Matter of Balance, Conductorcise, *BeWell* Brain Builders, *BeWell* Computer Classes, Back to School Days, Senior Explorers and Walking to Explore SC.

Another exciting program is the Arthritis Foundation Self-Help Program, which focuses on managing the pain of arthritis. While pain management is the primary focus, participants have found that the disciplines covered in the course content have helped them take control of many of their lifestyle choices. Proper exercise practices, maintaining a positive attitude, setting realistic goals through "Action Plans," using guided imagery techniques, and learning to connect with one's healthcare provider are just a few of the class topics that produce positive results.

The new Fitness Center continues to offer new exercise classes to resident members. Today's fitness industry is trending toward a focus on the mind-body connection through programs such as Tai Chi, Yoga and Pilates. In 2008, Lutheran Homes of South Carolina introduced Tai-Chi as a regular class offering to residents throughout its family of communities. A year and a half later, Tai-Chi practice has found a strong following at the Heritage at Lowman with several classes being offered each week.

This past December, the Heritage at Lowman started holding a weekly Yoga class in the new Fitness Center. "You don't have to turn yourself into a pretzel to reap the many benefits that Yoga has to offer," states Ashley Hyman, Wellness Director. "The mind and body both benefit from Yoga practice by becoming less tense and stressed, and more energized. Improved circulation, better balance, increased flexibility, and less chronic pain are just a few of the benefits Yoga brings to participants." Ashley points out that Yoga can be done seated in or standing behind a chair, sitting on the floor, or in whatever position is comfortable.

So, as you make your New Year's resolutions to eat better or exercise more often, take a tip from the Arthritis Foundation Self-Help Program and set realistic goals. Choose a goal that *you* want to achieve, not what someone else thinks you should be doing. Give yourself a reasonable amount of time to achieve your goal, and make your goal behavior-specific. For example, "eating better this year" is not behavior-specific, whereas "eating fast food no more than one day a week" is a measurable goal.

Above all, stay confident that you can achieve your goals. Remember, the Heritage at Lowman wants you to *BeWell* in 2010!



Residents enjoy the benefits of relaxation during *BeWell* Yoga



Sundays at Lowman Concert Series: Charles L. Fugo



Dr. Charles L. Fugo

Charles L. Fugo will perform a piano concert at the Heritage at Lowman on Sunday, February 7 at 3:00 pm in the New Life Chapel.

Dr. Fugo is currently Professor of Music at the University of South Carolina, where he teaches piano and coaches chamber music. He received his baccalaureate degree at Oberlin Conservatory, with additional study at the Akademie des Mozarteums, Salzburg, Austria. He went on to earn master and doctorate of music degrees from Indiana University, where he was awarded the Performer's Certificate.

During his study at Indiana, Dr. Fugo was a state winner in the National Federation of Music Club's Young Artist Division. His principal teachers included Abbey Simon, Jorge Bolet, and Joseph Schwartz, with additional study under Winfried Wolf, Sidney Foster, and Robin McCabe and chamber music coaching under Menaheem Pressler of the Beaux Arts Trio.

Dr. Fugo was a staff member of the Anderson Piano Performance Camp

and the summer honors program of the South Carolina Governor's School for the Arts and Humanities, serving in the latter capacity for thirteen years. He was also official accompanist for the Josef Hofmann Competition (Aiken, SC) over a five-year period. For over ten years, he was sponsored by the South Carolina Arts Commission, performing as a member of both the Jesselson/Fugo Duo and the American Arts Trio.

Dr. Fugo has performed with the South Carolina Philharmonic, the South Carolina Chamber Orchestra, and the Florence, Charleston and Temple (TX) Symphony Orchestras. He has also appeared on several statewide programs on South Carolina Educational Radio and Television as both soloist and chamber musician.

A world-class artist, Dr. Fugo's extensive resume includes two collaborative recitals at New York City's Weill Recital Hall at Carnegie Hall. He is also a recording artist, having worked in conjunction with violist Lenny Schranze to record the complete works for viola and piano by Robert Schumann for Centaur Records.

The concert will be followed by a reception in the Hoefler Gallery. More details about the program will be published in the February edition of Village Messenger and on the Heritage at Lowman Web site.

C E L E B R A T E

Mardi Gras
 WITH THE
 CAPITAL
 CITY BIG
 BAND

"Fat Tuesday" will be a time of celebration as the Heritage at Lowman serves up the traditional pancakes, king cake, and gaiety topped off by music from the Capital City Big Band.

**The event will be held on
 Tuesday, February 16
 at 7:15 p.m.
 in the Hoefler Gallery.**

**Join your friends and neighbors
 for this festive
 Mardi Gras concert!**

Sundays at Lowman Piano Series



featuring

**John A. Bauer and Elisa Moskovitz
 has been rescheduled for
 Sunday, March 7, 2010**

**3:00 pm in the New Life Chapel
 for more information call (803)451-7423**

BMW Plant Tour Thrills Residents

Residents from the Heritage at Lowman's Active Lifestyle community travelled to Greenville to tour the BMW manufacturing plant, the only plant the carmaker has in the United States.

The residents' first stop was at the Zentrum located next to the BMW plant. The Zentrum is more than just a museum; it is a meeting and events center, cafe, gallery and history lesson all wrapped into one amazing experience.

While exploring the many exhibits within this extraordinary building, the group learned that some models of BMW automobiles have reached 340 mph, others have won Formula 1 championships, and a couple have even had starring roles in a James Bond movie.

The residents then took a guided tour of the manufacturing plant itself, which is a marvel of modern engineering and design aesthetics. They all donned hard hats, safety goggles and headphones so they could hear the guide above the noise in the facility.

During the tour, the group was able to see for themselves how the "ultimate driving machine" is built. The residents were able to get a first-hand look at the mostly robotic process of putting these beautiful cars together.

They also learned that the plant's paint application process utilizes natural gas piped in from Greenville County's landfill. Since the pipeline was built by BMW, the plant's utility costs have decreased by 60%.

The tour stimulated the appetite as well as the imagination, so everyone was ready for a delicious lunch at the local California Dreaming restaurant before heading back home.



Residents enjoy an afternoon at BMW manufacturing plant in Greenville, SC



Active Lifestyle Presentations

Active Lifestyle programming at the Heritage at Lowman has expanded over the last five years with a wide variety of Wellness programs now being offered.



Residential options have increased as well with the development of new home sites, construction of deluxe apartment homes behind the Wellness Center, and remodeling of the existing traditional garden homes on campus. Plus, more affordable entrance fee options are now available.

Find out more about these exciting developments by attending one of our upcoming Active Lifestyle Seminars. Sessions start at 9:30 a.m. Attendance is free, and each session includes lunch and a tour of the campus. Presentations to church groups and civic organizations are also available.

Dates for the seminars are as follows:

- Tuesday January 12, 2010
- Friday, January 15, 2010
- Thursday, January 21, 2010
- Tuesday, February 2, 2010
- Friday, February 5, 2010
- Wednesday, February 10, 2010

For more information or to make a reservation, please call Elizabeth Beutel, Director of Sales and Marketing, at (803) 451-7411.



- 1 Evelyn Gross
Helen Kennedy
- 3 John Lowry
- 4 Edna Bogan
Margaret Thexton
- 8 Carolyn Hart,
Bobbie Siscel
- 10 Sidney Gnann
- 12 Barbara Deorsey, Florine
Ewan
- 13 Rachel Tweed
- 14 Floy Richardson
- 15 Oscar Berg
- 16 John Heilman
- 17 Rosa Bryant
- 19 Henry Johnson, Ellen Spell
- 20 Jacob Bundrick
- 21 Mary Boland, Fuming Wu
- 22 Garcia Racicot
- 23 Agnes Jeffcoat, Vermell
Meetze, Betty Jo Reynolds
- 24 Ruby Moseley
- 26 Nina Alcorn, Martha
Ballentine, Gloria Flannery,
Marie Heape, Sophie Switter
- 27 Martha Cook
- 29 Lynda George, Jean Wight
- 30 Margarete Peters

Wellness Programs Every Thursday in the Wellness Center:

- Cardio Fit at 11:00 a.m.
- Conductorcise at 2:00 p.m.
- Brainbuilders at 2:30 p.m.

MARK YOUR CALENDAR | JANUARY ACTIVE LIFESTYLE 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.

- 6 – Wii Bowling at 1:30 p.m. in the Boliek Community Room
- 13 – Wii Bowling at 1:30 p.m. in the Boliek Community Room
- 16 – Trip to SC Philharmonic leaving at 5:45 p.m. from the Wellness Center
- 19 – Wii Bowling at 1:30 p.m. in the Boliek Community Room
- 25 – Game Night at 6:00 p.m. in the Hoefler Gallery
- 28 – Trip to Shealy's BBQ and the Lexington Museum, leaving at 11:00 a.m. from the Wellness Center
- 29 – Wii Bowling at 1:30 p.m. in the Boliek Community Room

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 Mary Bendziewicz at 451-7420 to register!

Resolve to Make Plans for Your Retirement Lifestyle While You Are Still Young!

One statement that is consistently heard from new residents in retirement communities nationwide is, "I wish I had made the move sooner, when I was younger."

Why do so many people put off the decision and end up missing out on the many benefits that a retirement community offers?

The primary reason is FEAR (False Expectations Appearing Real). FEAR causes us to come up with excuses like "I don't want to leave my friends or my church" or "I can't face the thought of moving right now" or "In this economy, what if I can't sell my house?"

FEAR prevents many retirees from truly enjoying their retirement years to the fullest. So how can you overcome the FEAR of making the move to a retirement community? Here are a few valuable tips:

1. Learn the facts

Attend informational presentations at your local retirement communities to find out about their unique features and benefits. Services and amenities can change over time, so make sure you have the most accurate and up-to-date information.

Get to know your local retirement communities firsthand. Often the biggest fear is the fear of the unknown. A great way to remove this fear is by "kicking the tires" a bit. Take advantage of an overnight trial stay, have a meal in the dining facility, or even join the residents on a trip or to a special event. Current residents are the best source of information, and they will let you know very quickly if they are happy in their choice of retirement community.

Question the reliability of national real estate statistics. Meet with a local realtor to get a true perspective on the market in your area.

Meet with your financial advisor. Compare your current monthly expenses to what you would be spending in the retirement community. Keep in mind that you will no longer have the costs of taxes, home maintenance and repairs. Once people

"crunch the numbers," they often find that living in a retirement community is more affordable than they thought.

2. Ask yourself the tough but revealing questions

What does "living well" mean to you? Will staying in your current living situation allow you to continue to enjoy what is most important to you in life?

What burdens are you starting to experience living in your current home? Is staying in your current home increasing your stress and affecting your overall wellness?

What are the consequences of a health care crisis and waiting until you "need" to make a move? Do retirement communities in your area require residents to qualify as "independent living" before they can move in?

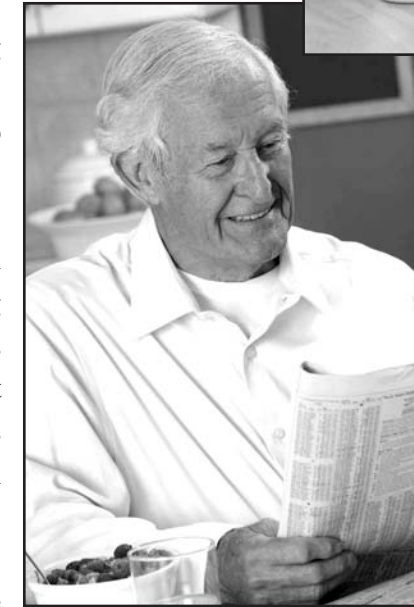
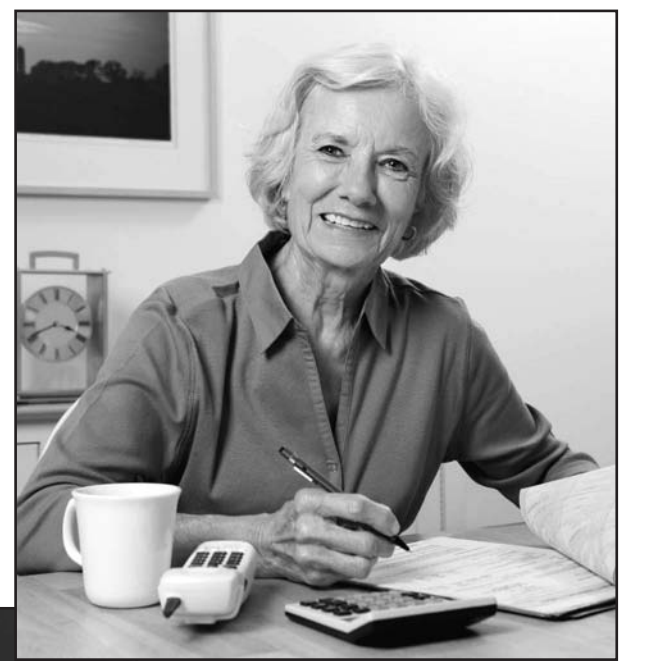
Are your friends going to stay in the neighborhood, or are they starting to move to a better living situation?

What are your greatest concerns about moving to a retirement community? Have you fully investigated whether those concerns are real or imagined?

What's the worst thing that can happen if you put your house on the market?

If you don't have time this year to deal with downsizing, when will you? Does it ever get easier? Is it important to enjoy a network of friends and maintain a strong social support system?

Is it important to participate in a variety of



social, physical, and spiritual activities that help prevent illness and maintain good health?

Are there churches near the retirement community that would meet your spiritual needs?

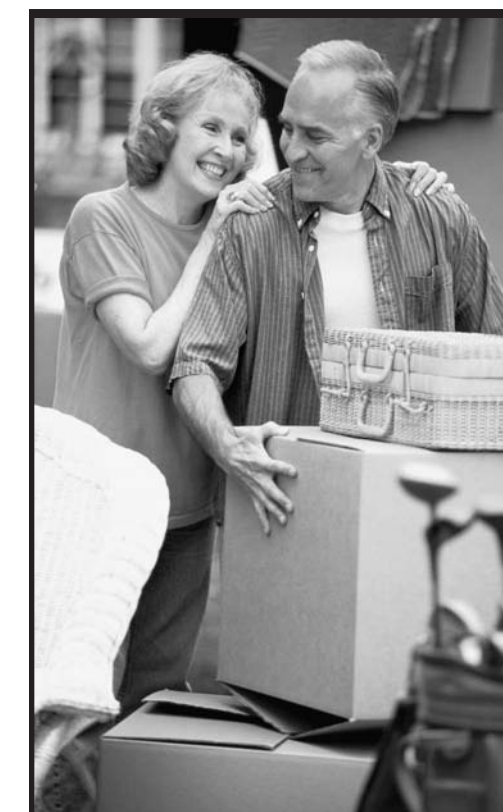
If you did not have the burdens of home maintenance and housekeeping chores, how would you spend the extra time you would have?

Would living in a retirement community give you more freedom to enjoy life?

3. Make a Strategic Plan

Once you decide on a retirement community that's right for you, set SMART goals – goals that are Specific, Measurable, Attainable, Realistic and Time-Based – to help you tackle the projects that are necessary to complete your move. Start by writing down all the activities that have to take place in order to make the move. Then set smaller goals for each activity, and mark them off your list as each is accomplished.

Are you ready to make your move to better living? The Heritage at Lowman has expert staff available to help new residents plan their move. Please call Elizabeth Beutel, Director of Sales and Marketing, at (803) 451-7411 for more information.



Moving 101 Seminar To Be Held January 28

Many older adults like the idea of moving to a retirement community, but find the thought of moving too overwhelming.

To address this concern, the Heritage at Lowman is offering a seminar called Moving 101 that is designed to help people navigate through the process of moving to a retirement community.

The presentation provides a wealth of information on the benefits of downsizing and how to sell your home in today's real estate market, along with helpful tips on making the moving process easier.

After the seminar, attendees can enjoy a free lunch and Vendor Fair, followed by a brief tour of the Heritage at Lowman campus.

This event is free to the general public, but reservations are required. Please call Elizabeth Beutel, Director of Sales and Marketing, at (803) 451-7411 to register for the seminar. Presentations to church groups and civic organizations can also be arranged.

The next Moving 101 Seminar is scheduled for:

January 28, 2010

Registration starts at

9:15 a.m.

presentation will be from

9:30 until noon