

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

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The Bones of Intention

The Bones of Intention Trombone Ensemble is coming to the Heritage at Lowman on Monday, August 3 at 7:30 p.m. in the Hoeffler Gallery.

The Bones of Intention is composed of amateur and professional trombonists from the Columbia area,



bones of Intention

and making music and sharing it with others is what they're all about. The program will include a variety of familiar pieces of Americana by composers such as Stephen Foster, Cole Porter, and George Gershwin.

Garrison Keillor calls trombonists "the humorists of the orchestra." After all, they do carry around spray bottles that bring to mind the seltzer bottles used in the old comedies. Trombonists say they need to spray their slides to keep them moist, but you do have to wonder if there isn't a little bit of playfulness going on as well.

If you've never heard a trombone ensemble, then you have a real treat in store. The blending of the mellow tones of the various trombones makes for some beautiful music. So circle the date on your calendar, and be there for an evening of music and fun with The Bones of Intention.

Lake Murray Chamber Players Concert Wows Crowd

The New Life Chapel was filled with the sound of music on the evening of July 7 when the Lake Murray Chamber Players played before a large and appreciative audience.

The LMCP is an exciting string and brass ensemble of about 20 musicians that performs as an outreach arm of the Lake Murray Symphony Orchestra. Composed of volunteer musicians from throughout the Midlands, the LMCP focuses on bringing music to areas within the community that cannot accommodate the full orchestra.

Under the direction of Kim Sullivan, the LMCP has developed a wide-ranging repertoire. This evening's selections

included Pachelbel's Cannon in D, Danny Boy, Tchaikovsky's 1812 Overture, and a beautiful rendition of Ave Maria arranged by Ms. Sullivan.

A performance by LMCP always makes for a memorable evening, and this was no exception. The Heritage at Lowman looks forward to hosting this fine group of musicians again in the very near future.



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the Heritage at Lowman Village Messenger

VOLUME 7, NUMBER 8 AUGUST 2009

Mark Twain Visits the Heritage at Lowman

"Persons attempting to find a motive in this narrative will be prosecuted; persons attempting to find a moral in it will be banished; persons attempting to find a plot in it will be shot."

So goes a line from the Author's Note in Huckleberry Finn, one of the most well-loved and revered classics in American literature.

Mark Twain and his most famous character, Huckleberry Finn, have been on the minds of residents at the Heritage at Lowman lately. In June, Dr. Sally Plowden led the Book Club in a lively discussion

from a number of Twain's works. "Mark Twain wanted the whole world to laugh," says McDaniel. "I am just trying to help."

Residents were thoroughly entertained by the performance, titled "Mark Twain on the Platform," in which McDaniel incorporates lines from Huckleberry Finn and from a number of Twain's platform speeches.

of Huckleberry Finn that prompted more than one participant to see the book in a whole new light. "When I read it as a boy, I saw it one way, but now I see that there is much more to it than just an adventure story," remarked book club participant Fred Kiehle.

Complementing the Book Club's June discussion was a July 22 visit by Mark Twain himself—or, more accurately, by Columbia resident George McDaniel, who has been impersonating Twain for more than twenty years.

McDaniel's monologue was peppered with famous—and often hilarious—one-liners



The Adventures of Huckleberry Finn

McDaniel's Web site quotes Newberry Opera House executive director Debra Smith as saying, "George McDaniel nails Twain with wit, cynicism and intelligence! Clemens would be proud." Mark Twain, the pen name for nineteenth-century American writer Samuel Clemens, traveled the lecture circuit frequently. McDaniel models his own performance after those lectures, bringing to life Twain's words, his likeness, and even his mannerisms.

This is not the first time that the Heritage at Lowman's Book Club selection has inspired an entertaining event. Internationally recognized Zane Grey critic Chuck Pfeiffer has presented slide shows



George McDaniel as Mark Twain

depicting the landscape of Grey's novels, residents have gathered to watch the movie versions of books selected for reading by the club, and on two occasions Book Club meetings have been facilitated by none other than the authors themselves!

Study after study shows that participation in book clubs leads to an increase in mental agility and a sense of well-being, particularly for seniors. The Heritage at Lowman's Book Club meets on the fourth Thursday of each month at 10 a.m. in the Hoeffler Gallery. Be on the lookout for an announcement of the next Book Club selection, and plan on joining the group for some lively literary discussion.

2009 Bridge Building Camp

The Heritage at Lowman and Camp Kinard co-hosted the 19th annual Bridge Building Camp once again this year. During the week of July 4, residents and staff joined with youth from the SC Synod and Stephanie Stoudemire, Youth Ministry Coordinator, for a week of fun and fellowship.

On Monday morning young campers arrived from Camp Kinard to visit and play Bingo and other games with residents from Residential and the Rehabilitation and Healthcare Center.

On Tuesday, the residents travelled to Camp Kinard to spend the day with the young people. During introductions, everyone told a little something about themselves as an icebreaker. Then the campers performed skits and sang songs for the group, after which everyone moved to the rocking chairs on the big porch to wait for lunch to be announced.

Following a delicious lunch in the dining hall, a spirited game of volleyball was organized for the more energetic. Others enjoyed playing Wii bowling and golf. After a full day of camping activities, residents headed back home for some much-needed rest and relaxation.

On Wednesday, it was the young campers' turn to visit the Heritage at Lowman to conduct the chapel service and spend time visiting with residents before decorating the Hoeffler Gallery for the big pizza party. The pizza arrived late, but no one complained because more

skits and singing helped pass the time.

Thursday was an off-day, but on Friday the residents again travelled to Camp Kinard to spend the last day of camp with their young fellow campers. The day began with a rousing game of show-and-tell. Everyone brought a meaningful item to pass around and describe to the group, which inspired much discussion about hometowns, family and friends, schools, life experiences and plans for the future.

The game was followed by porch time in anticipation of the group's last lunch together. All too soon, it was time to say good-bye. Following a farewell slide show of the week's events, everyone shared hugs and exchanged addresses and pictures. Thus concluded another wonderful Bridge Building Camp, where old friendships were revived and new ones were made.



Active Lifestyle resident Joe Maurer shares stories during Bridge Building Camp



2009 Bridge Building Campers with Youth Ministry Coordinator, Stephanie Stoudemire

SAVE THE DATE

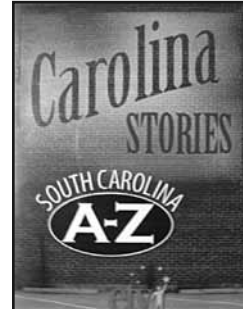
2009 Alzheimer's Association Memory Walk

Saturday, October 17, 2009 Finlay Park in downtown Columbia

Registration is at 9:00 a.m. and the walk starts at 10:00 a.m.

For more information, call Rebecca Haggan at 451-7412

SCETV Documentary: South Carolina A to Z



South Carolina A to Z is part of SCETV's "Carolina Stories" series. This new film takes a light-hearted look at favorite places and homegrown things in South Carolina, spanning the alphabet to showcase our state's history and all it has to offer.

From the ACE Basin and the Arthur Ravenel Bridge to the Yorktown aircraft carrier and Zentrum (BMW's visitor center and museum), South Carolina A to Z provides a vivid look at South Carolina's exciting and unique attractions.

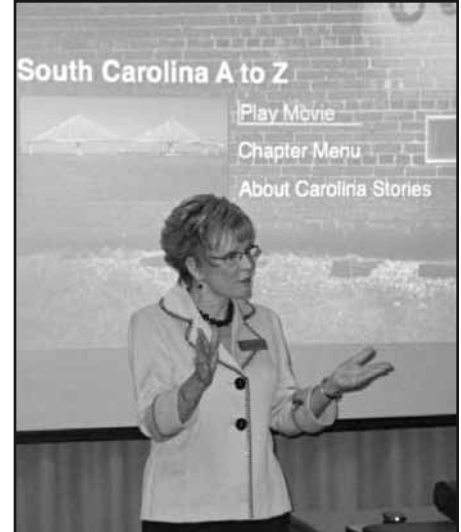
The ETV Endowment of South Carolina selected the Heritage at Lowman to receive a private viewing of South Carolina A to Z. On Thursday, July 9, Georgia B. Vaughn of SCETV

presented the video and led a discussion following the film. Ms. Vaughn stated that native South Carolinians think they are familiar with the ins and outs of this great state prior to viewing the film, but always leave with more insight into their state than when they arrived.

As they watched the film, residents were pleased to see that they had visited several of the landmarks featured in South Carolina A to Z, including Mepkin Abbey and Bill's Pickin' Parlor,

as the result of the many statewide outings arranged over the years by Mary Shuford, Life Enrichment Coordinator, and Mary Bendziewicz, Director of Independent Programming. These enjoyable trips around the state not only address the many dimensions of wellness that are the focus of the Lutheran Homes of South Carolina's BeWellSM wellness initiative, but they also give residents the opportunity to explore their state in a comfortable, fun and informative way.

Of course, this short film doesn't begin to cover every aspect of South Carolina, so planning for part two of South Carolina A to Z is already underway. Ms. Vaughn invited the audience to suggest attractions they would like to see featured in the upcoming second edition of South Carolina A to Z. Ms. Vaughn says that she and



Georgia Vaughn of SCETV presents South Carolina A to Z

SCETV would love to return to the Heritage at Lowman for more showings. If you are interested in seeing more selections from the "Carolina Stories" series or any of the other fine offerings from SCETV, please call Mary Shuford at 451-7422.

POINTS OF PROGRESS

Projects Continue to Develop



Walls of the new pool building begin defining the space



Newly built brick piers dry in preparation for the installation of new signage along Highway 76

There are many visible signs of progress around the Wellness Center construction site these days. For the past several months, heavy equipment has been evident and now brick and mortar are taking shape.

The walls of the pool building are defining that space, one can discern the shape and size of the future spa near the entrance to the Boliek building, and earth has been compacted in the space where the heated pool will be located. Workmen are currently laying blocks to connect the

pool building to the Wellness Center.

Last month's Village Messenger pictured a backhoe digging holes for footings for the piers of the new Highway 76 signs. Those piers have now been built and are awaiting the installation of horizontal wooden posts upon which the actual new signs will be mounted. The contractor reports that the new entrance signs will be fully installed by the middle of August.

Finish work continues in the Fitness Center and Dining areas. Painting and

installation of molding and ceiling tile are currently underway. Carpet and other floor finishes will go in once the air conditioning is installed. The contractor expects these areas to be completed and open for business soon after Labor Day, and front office staff members are beginning to pack and plan for their move.

The front of the Wellness Center will be vacated in September to make way for renovation to those areas. However, residents will continue to have access to the Chapel and the Hoefler

Gallery throughout the renovations.

Readers are encouraged to take advantage of the monthly Town Hall meetings and Hard Hat Tours to stay up-to-date on the progress. The next Town Hall meeting will be held on Monday, August 4 at 4:00 p.m. in the Hoefler Gallery. The next Hard Hat Tour will be conducted on Friday, August 7 beginning at 1:00 p.m. Be sure to take advantage of these opportunities to celebrate the exciting renovation taking place at the Heritage at Lowman!

Getting to Know You... A Conversation with Nancy Johnson, the Heritage at Lowman's New Music Coordinator

Martha Stonestreet held the position of Music Coordinator at the Heritage at Lowman for just over eleven years. When Martha left in November 2008, David Lever, Administrator of Active Lifestyle and Residential Care, approached Mrs. Nancy Johnson of Columbia and asked her to help out with the music program until a new coordinator could be found. Nancy performed so well that Mr. Lever asked her to accept the position permanently.

Village Messenger recently interviewed Nancy after she was officially installed as the new Music Coordinator. Following is our conversation:

VM: When Mr. Lever approached you about filling in as interim Music Coordinator, he was impressed with your qualifications and confident of your abilities. How did you feel about taking on the responsibilities of the position?

NJ: I didn't share David's confidence, but I was willing to do what I could do to help out. My husband, Ron, and I felt a debt of gratitude for the wonderful care that his mother received here at the Heritage at Lowman in her last weeks. For me, the opportunity to give back was both exciting and rewarding.

VM: About two months after you agreed to help out, Mr. Lever asked you to accept the staff position of Music Coordinator. What changed after you accepted the position?

NJ: Well, I was still not truly confident, but I understood the difficulty in finding a person to match the need here. I enjoyed what I was doing and was delighted to keep the momentum going. Actually, the offer came at the right time for Ron and me. I saw it as part of God's plan for us.

VM: Has it been a learning experience for you?

NJ: Oh, yes! I have learned so much about all that happens here at the Heritage at Lowman and how the music

program goes beyond the Chapel, Handbell and Chime Choirs. In planning music activities for the different groups on campus, I just follow my instincts. I use the resources that are available, such as my autoharp or the beginners' handbells, so that the residents' music-making is real and enjoyable for them.

Music is a vital part of life for all ages. It touches that which is stored within the soul, evoking a memory or an inspiration that brings pleasure. One thing that amazes me is how musicians from beyond our community come here to freely share their professional talents for the love of music, God and this community.

VM: Tell us about your background in music.

NJ: Well, I started piano lessons at the age of eight. Even as a child, I played for Sunday School and then as a teenager I played piano for worship services. So, I grew up musically in the church, adding choir and handbells later on as an adult.

When I came here, I did not consider myself an organist, but the opportunity to learn by doing opened a new door for me. Mrs. Annette Crumley, who is a resident here and an accomplished organist, has given me invaluable advice that I greatly appreciate. Chaplain Lyerly and others have helped me become a part of this community as well.

One bit of advice came unexpectedly when Mrs. Ann Powell of the Altar Guild informed me that it would be my responsibility to "put water in the piano." What? Water in the piano? Yes, I do that regularly now. If you want to know why, just ask me!

VM: Would you care to share a bit of your personal life with our readers?

NJ: Sure. Ron and I will celebrate our 41st wedding anniversary on July 27. I fell in love with him when he was my physics teacher in high school! He

started to court me during my freshman year at Winthrop.

I transferred from Winthrop to USC, graduated with a degree in mathematics, and went on to work in banking for the next 34 years. We have an adult son who lives in Greenville. When we retired, we really enjoyed travelling, but then care for aging parents became our priority.

I have been a member of the Chancel and Handbell Choirs, leader of the Children's Choir, and substitute keyboard player for the contemporary worship service in our congregation at Ebenezer Lutheran in Columbia. Currently, I am also chairing the Search Committee for a full-time Minister of



Nancy Johnson, new music coordinator

Music for the congregation.

As you can tell, I love music and enjoy it most when I'm sharing it. Being a part of the Heritage at Lowman community has been a true blessing for me.

MARK YOUR CALENDAR AUGUST 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.

- 3 Town Hall Meeting at 4:00 p.m. in the Hoefler Gallery
■3 Bones of Intention at 7:30 p.m. in the New Life Chapel
■7 Hard Hat Tours from 1:00 p.m. - 4:00 p.m. (Sign up at the front desk of the Wellness Center.)
■11 Luncheon at St. David Lutheran Church, leaving at 10:30 a.m. with pick up at the Wellness Center and Boliek. (Please call Cathy Long at 451-7406 to reserve your seat.)
■17 Wal-Mart Shopping, leaving at 9:30 a.m. with pick up at the Wellness Center and Boliek
■18 Luncheon at St. Paul Lutheran Church, leaving at 10:15 a.m. with pick up at the Wellness Center and Boliek. (Please call Cathy Long at 451-7406 to reserve your seat.)
■19 Wellness Wednesday "Safety Tips for the Home" at 2:00 p.m. in the Hoefler Gallery
■22 Cedar Grove Lutheran Church 50+ Club "Program & Dinner," leaving at 2:00 p.m. with pick up at the Wellness Center and Boliek. (Please call Cathy Long at 451-7406 to reserve your seat.)
■24 Monthly Birthday Party at 2:30 p.m. in the Hoefler Gallery
■26 Memorial Service at 10:00 a.m. in the New Life Chapel
■31 Mystery Ride (Hint: Newberry?), leaving at 2:00 p.m. with pick up at the Wellness Center and Boliek

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!

Another Rewarding Summer of CPE

As the cliché goes, "Time flies when you are having fun." CPE at the Heritage at Lowman is certainly fun, but more than that, it is joyous ministry as well.

It seems like only yesterday that we introduced three students from the Lutheran Theological Southern Seminary to residents and staff. Since then, the summer days have been filled with learning and mutual ministry as we all worshipped together and shared our care and compassion, and hopes and prayers.

The students will conclude their pastoral studies on August 7. A service to wish them farewell and Godspeed will be included in the 10:00 a.m. worship service on August 5 in the New Life Chapel. The sermon will be delivered by the students' supervisor, the Rev. Stephen Robinson from Palmetto Health Richland.

Chaplain Lyerly asked each of the students to reflect on the past few weeks and share a few words about their summer of ministry at the Heritage at Lowman. Following are their comments:

pected gifts you have been to me. God bless you.

FROM BETH VIGE:

CPE...three letters that strike fear into the hearts of seminarians. Around the campfire, we hear stories of conflict, crisis, and trauma. Indeed, I have experienced these things this summer. Now, let me tell you how much I have loved being at the Heritage at Lowman for my CPE. I love forming relationships with the people of this community. I love having you for a parish, preaching to you and listening as you tell your stories. This place is a treasure trove of wisdom, and I could mine it forever. I love the compassion that you have shown me—residents and staff—and the compassion that I feel for you. Never doubt that you have a ministry—you have ministered to me. God bless you all.

FROM DAVID DRYSDALE:

Having expected placement at Palmetto Richland, it was a surprise when I received a call telling me I was heading for the Heritage at Lowman. Little did I realize what a blessing it was. It didn't take long to discover why so many residents and staff have been here for so long: this wonderful campus is filled with such wonderful, welcoming, loving and amazing people! Christ comes wherever two or more are gathered in His name, so he truly dwells here because I have met so many people of faith—deep faith. What a joy it has been to be with you! What a sorrow to know I must part from you. Thank you for all you have shared with me and the unex-

FROM JOHN DAVID BRYANT:

Summer CPE at the Heritage at Lowman has been a great gift. I have been granted the grace to hear stories, share tears, and celebrate joys with so many folks. It is a gift to share stories of every type. My joy is fullest when I am able to participate in Christian Community. And be assured that I have certainly found that in this holy place. If there is any one thing I have most disliked about this summer program, it is definitely the reality that our time together ends in a few weeks. I cannot recall a time in recent memory when I have been so warmly received and so completely made a part of a community. It will be tough to leave.



2009 CPE Students David Drysdale, Beth Vige, and John David Bryant

New Banner for the New Life Chapel

The New Life Chapel Council recently commissioned Mrs. Alice Pollack to design a new banner for the Chapel, and her beautiful handiwork is now on display.

The banner reflects the name change to The Heritage at Lowman and also identifies the Chapel by name (as a convenience for both Chapel and campus visitors). The banner also emphasizes the new logo—three overlapping blocks of blue and green inscribed with a stylized shepherd's staff and cross that form a heart.

Be sure to take note of Ms. Pollack's lovely creation next time you walk by or visit the New Life Chapel.



You are Cordially Invited...

The Heritage at Lowman is celebrating the Fortieth Anniversary of Reverend Gary R. Lyerly's Ordination to the Ministry with a Special Service on September 20, 2009 at 3:00 p.m. in the New Life Chapel!

Come join the celebration as we honor Reverend Lyerly for his many years of faithful service.

ACTIVE LIFESTYLE AUGUST ACTIVITIES

■ Tai Chi for Arthritis

Monday and Wednesday mornings in August at 8:15 a.m. at the Picnic Pavilion. Tai Chi is one of the most effective exercises for physical and mental wellbeing and is especially effective for arthritis relief. Newcomers and members of the community are welcome to come at 8:30 for orientation. Please call Mary Bendziewicz at 451-7420 to register and start enjoying the benefits of Tai Chi.

■ Hard Hat Tours

Friday, August 7 from 1:00 - 4:00 in the Daily Life Center. We are getting very close to the completion of the first stage of construction on the Wellness Center, and these monthly tours keep everyone updated on the progress. Tours are limited to twelve participants, so sign up early by calling the Heritage at Lowman at 451-7414.

■ Art with Brenda

Monday mornings in August at 9 a.m. in the Hoefler Gallery. Volunteer Brenda

Grabowski will be coming to share her love of art. Bring your thoughts and imagination and see where this program can take you! Members of the community are welcome to attend. Please call the Heritage at Lowman at 451-7414 to sign up for the class.

■ Senior Explorers

Monday, August 10 and Friday, August 28, leaving from the Daily Life Center. Times and other details are still being finalized. Please call Mary Bendziewicz at 451-7420 for more information or to sign up for a trip.

■ Sonoco Recycling Plant Tour

Thursday, August 13, leaving at 9:30 a.m. from the Daily Live Center. We will be touring the Sonoco Recycling Plant followed by a Dutch treat lunch at Doc's Barbeque. Call Mary Bendziewicz at 451-7420 to sign up for the trip.

■ BeWell Volunteer Fair

Tuesday, August 18 from 1:00 p.m. to

3:00 p.m. in the Hoefler Gallery. Community service organizations will be on hand to discuss volunteering opportunities for residents. Members of the community are welcome to attend. Please call Mary Bendziewicz at 451-7420 for more information.

■ Wellness Wednesday - "Safety Tips for the Home"

Wednesday, August 19 at 2 p.m. in the Hoefler Gallery. Angel, a member of the Rehabilitation staff, will be sharing tips and strategies for ways to avoid falls and other accidents at home. Members of the community are welcome to attend. Please call the Heritage at Lowman at 451-7414 for more details or to sign up for the presentation.

■ Game Night

Monday, August 31 at 6:00 p.m. in the Hoefler Gallery. Come join us for our usual Bunko and some new games as well. We will be bringing in a second Wii to add Wii Fit to the mix!

AUGUST BIRTHDAYS

- 1 - Margaret Hodges, Edith Martin, Ladelle Oxley, Christenia Tarpley
2 - Alvin Creed, Annie Reaves
4 - Bill Lewis
5 - Perry Powell
6 - Annie Lindler
7 - Alice Cooper, Pauline Eleazer, Shirley Gilbert
9 - Claritha Barnes
15 - Flossie Alston
16 - Geneva Baker, Margaret Eargle, Carl Stelling
17 - Sarah Hogan
18 - Gladys Dukes
19 - Mable Yobs
21 - Betty Deane, Mary Yaun
22 - Lena Hazel, Eleanor Watt
24 - Ruth McKenzie
26 - James Barr, Barbara Schneider
27 - Charles Sox
28 - Helen Fox
31 - Mary Ann Black, Jean Warren