

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

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 the Heritage at Lowman  
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■ Page 2 – Points of Progress: Fitness Center being prepared for final inspection

## Features

■ Page 3 – Residents take “active lifestyles” to new levels



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*the Heritage at Lowman*

# Village Messenger

VOLUME 7, NUMBER 9 SEPTEMBER 2009

### Senior Explorers *(Continued from page 1)*

near mountain experience with excellent trails, cabins, and camping.

Residents were led along one of the trails by a guide who described the flora, fauna, and wildlife that are found in the park. Following the hike, the residents boarded the bus and climbed the winding road to the picnic area at the top of the “high hill” where they enjoyed their lunches while taking in the panoramic view.

Another recent trip took the Senior Explorers to the Palmetto Trail in Peak, SC. The residents were joined by Cami Ruppe from the Palmetto Conservation Foundation. Cami took a few minutes before the walk began to teach the residents about the importance of proper stretching before exercise. The group then headed along the trail, which began by crossing an old railroad trestle near Peak. They followed the trail through

Peak and along the old railbed before heading back home. The Palmetto Trail provides a beautiful and invigorating walking experience, and trips to other sections of the Palmetto Trail are being planned.

Other future trips will have residents joining the Senior Explorers for a trip to Hell Hole Outdoor Center in St. Stephen, SC for a paddling tour of the area. Residents will be exploring the wild and remote region along the south side of the Santee River in Berkeley County. The origin of the name “Hell Hole” has been lost in history. Long-held tradition has it that this area was named during the American Revolution, but there are maps before the war showing it named Hell Hole and the name also appears on land grants as early as the seventeenth century..

Colonists who lived in the Hell Hole



Senior Explorers hike the beautiful Palmetto Trail in Peak, SC

area may have given it the notorious moniker because it once contained a mysterious clearing — measuring from hundreds of acres to up to perhaps even a thousand — where only grasses grew. They thought the “hole” in the forest, which locals call “The Opening,” was the work of the devil. Francis Marion used the area to hide from the British, causing folks to say “only a fox could follow him into that hell of a hole.”

On September 18, residents from the Heritage at Lowman will join the Senior Explorers for a trip on an “Owl Prowl” in the Congaree Swamp National Park. Community members are invited to join in. Please call Mary Bendziewicz at 451-7420 to register for the trip.



Cami Ruppe teaches Senior Explorers the importance of stretching prior to their Palmetto Trail hike

**SAVE THE DATE**

**2009 Alzheimer’s Association Memory Walk**

Saturday  
 October 17, 2009  
 Finlay Park  
 Downtown Columbia

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

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For more information, call  
**Rebecca Haggan at 451-7412**

### New Residential Options at the Heritage at Lowman

**Now is a great time to be living at the Heritage at Lowman as we will soon be offering even more residential options designed to help seniors enjoy life to the fullest.**

One distinct element of our new residential development construction plan is “The Landing” Active Lifestyle Apartments, which will be available in four unique floor plans. These deluxe single family apartment homes will be located directly behind the Wellness Center, our campus hub. Just imagine the convenience of being able to run out in your workout clothes to join a group fitness program, or to walk out your back door and meet your friends for a glass of wine at the Pub.

“Expression of Interest” deposits are

is all that is required to select your lot and choose from among five new garden home styles and floorplans.

Future residents who make an “Expression of Interest” or “New Home Construction” deposit will be able to participate in our Premier Advantage Club program. Membership includes discounts in our new dining venues and on programs offered in the new Fitness Center. Club members will also enjoy exclusive events and social activities arranged during the building process.

With all of the fantastic floor plans, locations, and amenities to choose from, we feel confident that retirees will be even more excited to call the Heritage at



Lowman their new home! If you or someone you know would like more information or to attend a presentation on our new homes and apartments, please call Elizabeth Beutel at (803) 451-7411. Group presentations for church and civic organizations are also available.

### The Heritage at Lowman Celebrates Active Aging Week

*Active Aging Week promotes the benefits of a healthy lifestyle on a national scale by giving older adults the opportunity to experience activities and exercise in a safe, friendly and fun atmosphere.*



This annual health promotion event was created by the International Council on Active Aging (ICAA), an association that supports professionals who develop wellness and fitness facilities and services for adults over 50.

Active Aging Week is held each year during the last full week of September, and the Heritage at Lowman will be hosting this year’s events in the newly refurbished Wellness Center. Community members are welcome to join us for any of the week’s activities and are also invited to tour the Wellness Center while there.

On Monday, September 21, the Heritage at Lowman starts the week off by offering Tai Chi underneath the Picnic Pavilion near the pond. Mary Bendziewicz, Director of Independent Programming, will lead the class starting at 8:15 a.m. This ancient form of exercise is one of the most effective programs for physical and mental wellbeing and is especially effective for arthritis relief. Then at 9:00 a.m. the same

morning, volunteer Brenda Grabowski will conduct an Art Class for residents and community members in the Wellness Center’s Activity Room. Rounding out the day, residents will head to the Irmo side of the Lake Murray Dam at around 4:00 p.m. to join members of the Winward Point Yacht Club for an afternoon of sailing!

On Tuesday, September 22, the Heritage at Lowman will offer two new activities for residents and community members to enjoy. “A Matter of Balance” is an award-winning exercise program designed to help seniors avoid falls by improving balance and stability. The first class of an eight-class series will be held at 10:00 a.m. in the Activity Room of the Wellness Center. Then at 2:30 p.m. in the Aerobics Room, Wellness Director Ashley Hyman will be premiering the fitness class called “Conductorcise,” which combines classical music with a sound workout for the body, mind and soul.

On Wednesday, September 23,

Ashley will present a new program called “Neurobics,” a unique system of brain exercises. This deceptively simple exercise program is the first and only program scientifically based on the brain’s ability to produce natural growth factors called neurotrophins that help fight off the effects of mental aging. Neurobic exercises use all five senses plus the emotions in ways that encourage participants to shake up their everyday routines. Ashley will present this new program as a Wellness Wednesday session at 2:00 p.m. in the Activity Room.

The Heritage at Lowman’s Book Club will meet on Thursday, September 24 at 10:00 a.m. in the Activity Room. Members of the Book Club read a variety of genres of books, including fiction, biographies, and historical novels. This month, the Book Club will be reading the “The Lost Wagon Train” by Zane Grey. Back by popular demand to facilitate the discussion will be Chuck Pfeiffer, a recognized authority on Zane Grey who has

traveled across the United States to research the settings for many of Grey’s novels.

On Friday, September 25, DaySpring residents will board the bus and head to the upcountry to tour the Spartanburg Art Museum. Following the tour, the group will head over to The Beacon Drive-In just down from the museum for lunch. The Beacon has been featured on The Food Network’s “Diners, Drive-Ins, and Dives” show and is truly a southern landmark.

Active Aging Week will be supplemented with other exercise classes including Strength, Stretching, Yoga, and the Arthritis Foundation Exercise Program. Please call Mary Bendziewicz at 451-7420 for more information or to sign up for any of the classes or activities.

### Senior Explorers

*Participation in outdoor recreation activities offers older adults many benefits. It allows them new experiences in new places, stimulates new interests, and is physically, mentally, and emotionally stimulating. This is a great way to stay healthy and physically fit while meeting others with similar interests. Senior Explorers is designed to help seniors stay active in a fun and enjoyable atmosphere.*

This is the philosophy behind the Palmetto Conservation Foundation’s program called Senior Explorers. For the last year, residents of the Heritage at Lowman have been exploring nature through the Senior Explorers program. Lutheran Homes of South Carolina’s BeWell wellness initiative supports the same values espoused through the Senior Explorers program, which is why the partnership works so well.

Over the past month the trips have increased in number and popularity. Wedgefield, SC was the destination for a recent “History Hike.” The Heritage at

Lowman bus connected with a caravan of other participants before heading to the site of the tomb of Thomas Sumter. The tomb is located in Sumter County near Stateburg, the town founded by Sumter and his family. The guide told the history of Sumter and his rise to prominence as a Revolutionary War general and his subsequent election to Congress and later to the U.S. Senate. After strolling through the graveyard and reading the old tombstones, residents boarded the bus and headed down the road to see the Church of the Holy Cross. This historic church was built in 1850 in



Senior Explorers stand before the historic Church of the Holy Cross during their History Hike in Wedgefield, SC

the Victorian Gothic style and is noted for its beautiful stained-glass windows.

The next stop on the tour was Poinsett State Park. This picturesque area of western Sumter County has long been known as the “High Hills of the Santee” for its narrow band of rolling

sandhills. Millions of years ago the sea covered a large portion of South Carolina, and these ancient dunes formed the shoreline that can be seen in the area west of Wedgefield and north of Pinewood. Poinsett State Park offers a

*(Continued on page 4)*

## POINTS OF PROGRESS



The Fitness Center

New equipment in the fitness center.

As this article is being written, workers are vacuuming the carpet in the Fitness Center in preparation for the building's final inspection.

Once that is accomplished, the Lutheran Homes construction coordinator will conduct his inspection, and the contractor will take a few days to make any corrections prior to staff taking occupancy of their new offices. It is anticipated that the Fitness Center will be equipped and occupied by Labor Day.

Occupancy of the dining areas will take place soon thereafter. The beautiful walnut stained serving bar has been installed in the Bistro. The trim, doors and hardware have been installed in all of the dining venues. The carpet and draperies will be installed and the furniture will be delivered by the end of August. Staff is receiving training on the new point-of-sale ordering system, and the dining facilities should be operational by mid-September.

As construction in Phase One is completed, plans are under way for vacating the front of the Wellness Center so that Phase Two renovations can begin in early September. Throughout the three to four months of Phase Two construc-

tion, the current front entrance to the Wellness Center will be locked, and the side doors nearest the Haltiwanger building will be used as the main entrance to the Wellness Center.

Despite interruption by the occasional summer shower, construction on the new pool building continues to progress. Framing for the basement and floor of the locker rooms and showers is



The Dining Areas

The beautiful walnut stained serving bar in the bistro

finished, and construction of the locker room walls and the pool building itself will soon begin. Masons have begun constructing the exterior brick walls around the steel framing as well.

Most of the various state, county and city approvals for construction of the new independent living homes and apartments have been received. Five different floor plans for the new homes have been approved by the Planning Team. Elizabeth Beutel, Director of Sales and Marketing, has begun promoting the new homes and apartments to prospective residents.

Monthly Town Hall Meetings continue to be held around the first of each month in the Hoefler Gallery. The purpose of these meetings is to keep residents, staff and interested parties updated on the progress of the construction. Hard Hat Tours of Phase One have concluded, but tours of Phase Two will begin in the fall. Look for announcements of the dates and times for upcoming tours.



## Make a Joyful Noise!

Music is an important part of life at the Heritage at Lowman. We are very fortunate that so many members of the community are willing to share of their time and talent to entertain us with their playing, singing and dancing. Likewise, many residents here on campus display their musical talents through various opportunities to sing, play instruments, and share in the joy of making music.

We are actively seeking people to join Golden Handbells, Chapel Chimes, and the Chapel Choir. You don't have to be a highly accomplished musician to participate. All you need is a love of music and a little talent to share. Anyone interested in participating in one or more of these enjoyable musical activities is encouraged to contact Nancy Johnson, Music Coordinator, at 451-7423. She will be happy to meet with you to answer your questions and let you try out some of the instruments.

Don't be shy! Join in the fun and help us make a joyful noise through music and song here at the Heritage at Lowman!

## SAVE THE DATE

## The Capital City Big Band

will return to the Heritage at Lowman for a performance on

**Tuesday, November 3  
at 7:15 p.m.**  
in the Hoefler Gallery.

Look for more information  
in the October edition of  
*Village Messenger*.

## SEPTEMBER BIRTHDAYS

1 - Mabel Gordon  
4 - Clyde Boland  
7 - Geraldine Bone  
8 - Rush Houghton  
9 - Victor Burrell  
10 - Margaret Doty  
11 - Moses Clarkson  
12 - Eva Ballas, Margaret Zeigler  
13 - Blanche Horton  
14 - Mary Roman  
16 - Guilford Burdick, Inez Waechter  
17 - Mildred Branham  
19 - Ronnie Gamble  
20 - Clarence Richardson  
22 - Wallace Rogers  
23 - Annette Crumley,  
Kathleen Schelhammer  
25 - Etta Varnadoe  
26 - Katherine Dent  
27 - Norman Sease  
28 - Elbert Williams  
29 - Carolyn Drennan, Marie Gantt,  
Thomasina Gibson, Dorothy Park,  
Ollie Tallon, Marjorie Wicker  
30 - Vera Freeman

Community members are encouraged to participate in this program. Please call 451-7414 for more details or to register for the class.

## ■ Book Club

Thursday, September 24 at 10 a.m. in the Activity Room of the Wellness Center. This month's selection is "The Lost Wagon Train" by Zane Grey. Facilitating our discussion will be Chuck Pfeiffer who is a recognized authority on the author. Members of the community are welcome to attend.

## ■ Spartanburg Art Museum and The Beacon Drive-In

Friday, September 25, leaving at 8:30 a.m. from the Wellness Center. We will be visiting the Spartanburg Art Museum, followed by a Dutch treat lunch at the famous Beacon Drive-In, a true southern landmark. Please call Mary Bendziewicz at 451-7420 to sign up for the trip.

## ■ Game Night

Monday, September 28 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 so as to add Wii Fit to the mix!

Park to seek out the owls as they begin their evening flights. Community members are welcome to attend. Please call Mary Bendziewicz at 451-7420 for more information or to sign up for the trip.

## ■ Sailing on Lake Murray

Monday, September 21, leaving at 4:00 p.m. from the Wellness Center. We will be heading to the Irmo side of the Lake Murray Dam to join members of the Winward Point Yacht Club for a relaxing afternoon of sailing on Lake Murray. Please call Mary Bendziewicz at 451-7420 for more information or to sign up for the trip. (Rain date will be Tuesday, September 22.)

## ■ Wellness Wednesday – "Neurobics"

Wednesday, September 23 at 2 p.m. in the Activity Room of the Wellness Center. Neurobics is a unique new system of brain exercises. This deceptively simple exercise program is the first and only program scientifically based on the brain's ability to produce natural growth factors called neurotrophins that help fight off the effects of mental aging.

## ACTIVE LIFESTYLE SEPTEMBER ACTIVITIES

## ■ Tai Chi for Arthritis

Monday and Wednesday mornings in September 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 attend and should arrive at 8:30 a.m. to begin learning the movements. Please call Mary Bendziewicz at 451-7420 to register and begin enjoying the benefits of Tai Chi.

## ■ Art with Brenda

Monday mornings in September at 9 a.m. in the Activity Room of the Wellness Center. Volunteer Brenda Grabowski will be on hand to share her love of art. 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. Call 451-7414 to sign up for the class.

## ■ Senior Explorers – Owl Prowl in the Congaree Swamp

Friday, September 18, leaving at 7:00 p.m. from the Wellness Center. We will be heading to the Congaree National

## Residents Take "Active Lifestyles" To New Levels

The Heritage at Lowman's Active Lifestyle residents filled their summer travels with history, learning, and nature's beauty.

Several Active Lifestyle neighbors were off to summer travels during the month of July and were happy to share a few photos with our readers.

Martha Haigler is seen here, on the left, walking past Agecroft Hall, a 500 year-old Tudor manor house originally built in Elizabethan England that was moved centuries later in crates and reassembled in Richmond, VA. Martha and her sister were part of an Elder Hostel group that took in a tour called "Richmond's Jewels: Mansions, Monuments and Masterpieces."

Margaret and Joe Zeigler created a pleasant RV tour that included a touch of early American history as they visited family and friends in Kentucky, Ohio, Tennessee, and North Carolina. They visited Ashland, the estate of Henry Clay, the 9th U.S. Secretary of State, located in Lexington, KY. While in Lexington, they also toured the Kentucky Horse Park and Museum. The Kentucky Horse Park will host the World Equestrian Games in 2010.

Avid Elder Hostel travelers



Ginny and Jim Aull took a tour called "Crown of the Continent" at Glacier National Park (in both U.S. and Canada). They thoroughly enjoyed the breathtaking vistas and took advantage of informative sessions on the topography, history and natural wonders of the area.

These adventurous residents of the Heritage at Lowman truly do lead "active lifestyles"!



The Kentucky Horse Park, above, and the Henry Clay estate, below.



## MARK YOUR CALENDAR SEPTEMBER 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.

- 7 Chapin Labor Day Parade, leaving at 8:15 a.m. with pick up at the Wellness Center and Boliek.
- 10 Governor's Mansion Tour and Dutch Treat Lunch, leaving at 10:00 a.m. with pick up at the Wellness Center and Boliek. Seating is limited to 25 so sign up early.
- 14 Dutch Square Shopping, leaving at 9:30 a.m. with pick up at the Wellness Center and Boliek.
- 21 Wal-Mart Shopping, leaving at 9:30 a.m. with pick up at the Wellness Center and Boliek.
- 21 Chapin Chirper's Fall Concert at 3:00p.m. on the second floor of the Deems Haltiwanger Building.
- 28 Monthly Birthday Party at 2:30 p.m. in the Hoefler Gallery.
- 30 Memorial Service at 10:00 a.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!

## 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.

## Bethany Memory Support Center

Strong evidence indicates that early intervention and specialized care help individuals with memory loss to live more comfortably and enjoyably.

If you are caring for a loved one with Alzheimer's or dementia, we invite you to join us for brunch and a visit to our Bethany Memory Support Center.

The "Bethany Brunch" will be held on Tuesday, October 6 at 10:00 a.m. in the Wellness Center. Come experience firsthand how the Memory Support Center helps individuals by offering constructive activities and programs in an overall therapeutic environment. You will also receive a free handbook with practical tips for caregivers of loved ones with dementia.

For more information or to make a reservation, please call Rebecca Haggan at 451-7412 or e-mail her at rhaggan@theheritageatlowman.org.

You're Invited to the Bethany Brunch

Tuesday  
October 6  
10:00 a.m.  
Wellness Center

## Oktoberfest Celebration

In honor of Oktoberfest, the Heritage at Lowman welcomes back Die Lustigen Musikanten (The Happy Musicians) for a performance on Tuesday, October 20 at 7:00 p.m. in the Hoefler Gallery of the Daily Life Center.

Columbia's own German band plays a wide variety of traditional music including polkas, waltzes and marches. The band members dress in authentic costume and play a variety of instruments including clarinet, trumpet, trombone, tuba, drums and, of course, the accordion. Don't miss this opportunity to take a musical trip to Deutschland.

A reception featuring German fare will follow the band's performance. Come enjoy a taste of Germany at this unique Oktoberfest event!



## Faith Presbyterian Outreach Program

For the second consecutive year, youth from Faith Presbyterian Church brought their outreach program to Bethany on the campus of the Heritage at Lowman.

Led by Tim Hughes, Faith Presbyterian's youth director, the teenagers spent every afternoon of the week of July 20-24 with the Bethany residents.

The many activities that the residents and young folks enjoyed together included Karaoke, outdoor walks to the pond, Wii bowling and golf, Bingo, Gorgeous Grandma Day, and a Drop-In Ice Cream Social for families, guests, and prospective residents.

But everyone's favorite activity of the week had to be the water balloon toss. Residents took turns throwing water balloons as the brave youngsters stood behind a large board with only their heads showing. Needless to say, they all went home soaking wet that day but they didn't seem to mind. In fact, one

youth said the water felt great on such a hot day. Truth be known, many of the residents got a little damp in the process themselves!

Throughout the week, the teens served cool watermelon slices, root beer floats and Fudgesicles to keep everyone hydrated and protected from the heat. The young people were very patient and caring with the residents and many friendships were formed over the week. On their last day at Bethany, the kids received big hugs and smiles from the residents, and they even shed few tears as they said their goodbyes. It was another great intergenerational week, and everyone is looking forward to next year's visit from the youth from Faith Presbyterian Church.