



THE WESLEY WINDOW

YOUR WEEKLY NEWS

www.wesleycommons.org

Greenwood, South Carolina

February 20, 2012

Special Interests this week:

Sunday, February 19

Vespers Service

4:30 p.m. — Asbury Hall

Festiva Concert:

Two Trumpets Plus...

5 p.m. — First Presbyterian Church

Monday, February 20

Science for Tomorrow Lecture #4 "Computers"

3 p.m. — Asbury Hall

4 p.m. — Media Room

Kitchen Band Practice

7 p.m. — Asbury Hall

GLPA Performance

The Importance of Being Earnest

7:30 p.m. — Lander (see pg. 2)

Tuesday, February 21

Resident Council Meeting

9:30 a.m. — Library (see pg. 2)

Shealy's Barbeque Lunch Outing

10:30 a.m. departure

Chorus Rehearsal

3 - 4 p.m. — Asbury Hall

Wednesday, February 22

Ash Wednesday Service

1:30 p.m. — Asbury Hall (pg. 2)

Thursday, February 23

Current Concerns (see pg. 4)

10:30 a.m. — Private Dining Rm.

Friday, February 24

Program: jon holloway "Photography as Art"

1:00 p.m. — Asbury Hall

Lecture Series

"Mark Twain" Lecture # 20

3 p.m. — Asbury Hall

Fridays @ Four

3:30 - 4:30 p.m. — Café

Movie: 7 p.m. — Media Room

Saturday, February 25

Movie: 7 p.m. — Media Room

KING AND QUEEN CROWNED

Joy and love filled the air on Tuesday, February 14th as a large crowd gathered for the crowning of the 2012 Wesley Commons Valentine's Day King and Queen. The 2011 King and Queen, De and Jule Canaday, presented the royal attire of crowns, robes, chocolate and roses to the surprised couple, Jay and Frances Gwinn.

Each year, residents vote on the King and Queen by placing a ballot into a concealed box and the winner is the couple who receives the largest number of votes.

"We were absolutely shocked," said Frances. "When Jane (Roper) asked us to come speak with her, we thought she wanted to talk about a volunteer project or activity. So, when they mentioned our name, we were completely surprised," added Frances. "I hope our mouths were not wide open when they took the picture," said Jay.

The Gwinns, who recently celebrated their 64th wedding anniversary, moved to Wesley Commons in 1990.

See page 4 for a personal note from the King and Queen.



▲ Jay and Frances Gwinn pause after being crowned the 2012 Valentine King & Queen by their fellow residents.

Activities Staff Earn Professional Certifications

The activities employees at Wesley Commons are always busy planning and executing a variety of exciting activities for residents in each level of living. Recently, they went one step further by achieving professional certification.

Vicki Fields, Activities Coordinator for Palmetto Place Assisted Living, and Renee Bledsoe, Activities Manager for the Health Care Center, were recognized as Board Certified Activity Professionals by the National Association of Activity Professionals' Credentialing Center (NAAPCC). They join Jane Roper, Activities/Transportation Manager for Independent Living, who earned the Activity Director Certified recognition by the National Certification Council for Activity Professionals (NCCAP) in 2010.

Please be sure to congratulate Renee, Vicki and Jane for their success in achieving these professional certifications. *Submitted by Jon Scott, PR*

Articles, Resident News & Activities this Month

HEALTH NEWS, MOVES & CHANGES

(as of Thursday, February 16th)

- **Bill McElhane**y is a patient at Emory University Hospital in Atlanta, GA.
- **Ralph Keown** and **Spike Hans** have returned to their respective homes in Bristol Court and Heritage House.

RESIDENT COUNCIL MEETING

The Resident Council will meet on Tuesday, February 21st at 9:30 a.m. in the Library.
All residents are invited to attend.

Jeanne Witte, Secretary

Ash Wednesday Service

There will be an Ash Wednesday Service, Wednesday, February 22nd at 1:30p.m. in Asbury Hall. Ash Wednesday is the beginning of the season of Lent in the church year. Ash Wednesday emphasizes a dual encounter: we confront our own mortality and confess our sin before God within the community of faith. The service focuses on the dual themes of sin and death in light of God's redeeming love in Jesus Christ.

Carol Peppers-Wray, Chaplain

CROSS BREEZE...

A message from David Buckshorn, CEO

I wanted to thank everyone for their involvement in our Heart Walk supporting Healthy Heart month. We could not have asked for a more perfect day for residents and employees to take a stroll around our beautiful campus. Even though we are in the middle of February, it felt like spring. The plentiful wildlife living on our campus (I am referring to the animals if you are wondering) were busy scurrying about as we walked through the neighborhoods. A conversation about our mysterious and seemingly elusive white squirrels led others to share "sightings" reports at different areas around campus. Early flowers were blooming, as were several trees. Adding even more enjoyment to that was the chance to spend quality time with each other without distractions -- a great way to spend the afternoon.

p.s. - It sounds like we may have more than a couple white squirrels about. If you have sightings, let us know!

Thank you,
David

FEBRUARY ACTIVITIES & EVENTS

19 Festiva Concert: "Two Trumpets plus..."

Dr. David Champouillon and Dr. Reed Gallo
First Presbyterian Church Sanctuary — 5:00 p.m.

20 GLPA show: "The Importance of Being Earnest"

Performed by the **Aquila Theatre** 7:30 p.m.
Tickets are \$25 each. Call GLPA box office 388-8326

20 Kitchen Band Practice: 7 p.m.—Asbury Hall

21 Shealy's Barbeque Lunch Outing:

10:30 a.m. departure; Transportation fee applies.

27 Monday Night Movie: tba — 7 p.m. — Asbury Hall

29 Bookmobile: 11:00-11:30 a.m. — Parking Lot

Reminder: All events require a sign-up and commitment!

Please check the sign-up sheets located outside the Rabbit Patch store. We look forward to having you join us on these special planned outings. Jane Roper

GLPA Presents...

"The Importance of Being Earnest"

Monday, February 20th

The acclaimed British-American touring company, the Aquila Theatre, presents a delightful production of Oscar Wilde's *The Importance of Being Earnest*, and promises to overflow with humor, elegance and romantic comedy. Based in New York City since 1999, Aquila Theatre has gone on to win critical and academic acclaim world-wide and regularly appears at international festivals with performances in places as diverse as Carnegie Hall, the Ancient Stadium at Delphi, the Los Angeles Cathedral Plaza and the White House.



WEEKEND MOVIE SCHEDULE

Movies begin at 7:00 p.m. in the Media Room

Friday, Feb. 17 — The Man Who Came To Dinner

A character you will not soon forget.
Monty Woolley, Bette Davis and Ann Sheridan.

Saturday, Feb. 18 — Roman Holiday

Light and enjoyable entertainment.
Gregory Peck and Audrey Hepburn (Oscar winner).

Friday, Feb. 24 — Desk Set (1957)

Another bright and witty comedy featuring
Spencer Tracy and Katharine Hepburn.

Saturday, Feb. 25 — Walk, Don't Run

The still-brilliant Cary Grant's last movie.
A good cast and a really funny movie.

Activities & Upcoming Events

Wesley Commons Program Committee
Presents...

jon o. holloway
"Photography as Art"

Friday, February 24th
1:00 pm
Asbury Hall



WELLNESS NEWS

OUT "MARCH" THE CEO

Do you have what it takes to out-march our CEO? You have been invited to join our 3rd annual competition: residents & staff versus David Buckshorn, CEO. Beginning Monday, March 5th at 2 p.m., each participant will record his or her steps daily onto a log provided. Each Monday after, you will submit your total steps for the week to a Wellness Staff member, either by phone (ext. 7485) or in person. For 3 weeks, all your steps will count (treadmill, elliptical, & Nustep included) towards your total. This is going to be tons of fun with many great prizes to be awarded. All participants will be recognized.

To sign up to participate in Out "March" the CEO, come to our **Kick Off on Monday, March 5th at 1 p.m. in Asbury Hall.** All instructions and log sheets will be distributed at this time. The competition will officially begin at the completion of the Kick Off. If you are unable to attend the Kick Off, simply notify a Wellness Staff member and we will mail you all the required information.

Steps will be recorded using pedometers.

Each participant will be responsible for obtaining their own pedometer.



Pool Pendants

The pendants for the pool are now located in the hallway by the double door entrance to the pool. This is an effort to prolong the life of the pendants. If you choose to use a pendant when using the pool, please sign it out on the clipboard. Once finished, please return the pendant to the hook in the hallway and sign it back in. Thank you for your cooperation.

Life Line Screening

Have you taken control of your health today? Life Line Screening will be at Wesley Commons on Wednesday, April 18 offering five safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical.

To be more proactive about your health call to register at 1-888-653-6441. Prices range from \$129-\$159. There is no time like the present time to take action!

KEEP YOUR BRAIN HEALTHY

Heart Health Trivia:

- How many times per day does your heart beat?
- How many minutes per day of physical activity do health experts recommend to reduce the risk of heart disease?
- If all the blood vessels in your body were joined end to end, how many miles would they stretch?
- How much does your heart weigh?
- How many chambers does your heart have? Can you name them?

See next week's newsletter for answers.

Answer to last week's teaser: $7 + [(8-5) \times 2/3] = 9$

Calendar for the week of February 20 – February 26, 2012

Monday, February 20

- 1:00 p.m. Bunco — Hunt Room
 1:15 Bridge — Outside the Hunt Room
3:00 & 4:00 Lecture Series: Lecture # 4
 “Understanding Science for Tomorrow”
 3 p.m. - Asbury Hall, 4 p.m. - Media Room
 3:00 Art Class — Hunt Room
7:00 Kitchen Band Practice — Asbury Hall
7:30 GLPA Performance — Lander’s Cultural Center

Tuesday, February 21

- 9:30 a.m. Resident Council Meeting** — Library
 9:30 Gals’ Golf Outing — The Fort at 96
 Hostess: Betty Ferson # 7354
 10:00 Needlecraft — Hunt Room
 10:00-12:00 Palmetto Bank
10:30 Depart for Lunch Outing to Shealy’s Barbeque
 3:00 Wii Bowling — Media Room
3:00-4:00 Chorus Rehearsal — Asbury Hall
 7:00 Bridge — Hunt Room, 2nd Floor
 Hostess: Janet Fitts # 1370

Wednesday, February 22

- 9:00 a.m. Bi-Lo Shopping
 9:00 - until Beauty/Barber Shop Open
 1:00 p.m. Scrabble — Hunt Room
 1:30 Walmart Shopping
1:30 Ash Wednesday Service — Asbury Hall

Thursday, February 23

- 9:00 - until Beauty/Barber Shop Open
 9:30 Gals’ Golf Outing: Betty Ferson # 7354
 10:00 Bible Study — Palmetto Room
 10:00-12:00 Countybank
 10:30 Current Concerns — Private Dining Room
 12:30 p.m. Duffers’ Golf: Host: Skip Heintzelman # 7421
 1:00 Pool — Curry Room
 2:00 Bingo — Hunt Room
 4:00 - 4:30 Campus Community Sing — Palmetto Room

Friday, February 24

- 9:00 - until Beauty/Barber Shop Open
 1:30 p.m. Mah Jong — Hunt Room
1:30 Program: jon holloway “Photography as Art”
 Asbury Hall (see pg. 3)
3:00 Lecture Series: Mark Twain # 20— Asbury Hall
 3:30-4:30 Fridays @ Four — Café
 7:00 p.m. Movie — Media Room (see pg. 2)

Saturday, February 25

- 7:00 p.m. Movie — Media Room (see pg. 2)

Sunday, February 26

- 9:30 a.m. Sunday School shuttle bus pick-up for
 Main St. UMC & First Presbyterian — Lobby
 10:30 Pick-up from lobby for Main St. UMC & First Pres.
 10:30 Pick-up by First Baptist bus
 3:00 p.m. Worship — Chapel HCC
 4:30 Vespers service — Asbury Hall

To all our friends at Wesley Commons:

With humble and grateful hearts we would like to send a very gracious thank you for voting us King and Queen on Valentine’s Day. We feel very blessed and honored. May God bless each of you throughout the year!

Thank You!

Love, Jay and Frances Gwinn

Channel 70 Broadcast

Part two in a series of three interrelated Vespers services will be shown on the Wesley Commons cable channel (70) on Tuesday, February 21st & Thursday, February 23rd at 3 p.m.

CURRENT CONCERNS:

Thursday, February 23rd
 10:30 a.m. — Private Dining room



Lunch & Learn by Piedmont Health Group

Topic: “GERD” by Dr. Matthew Bachinski
 Thursday, February 23rd

12 - 1 p.m. at Town Pointe Medical Center

RSVP: 943-4848 or by e-mail education@phgrp.com

SUGGESTED



BIBLE READING Week # 8

Numbers 7, 8; Psalm 39
 Numbers 9, 10; Psalm 40
 Numbers 11, 12; Psalms 41, 42
 Numbers 13, 14, 15
 Numbers 16, 17, 18
 Numbers 19, 20; Psalms 43, 44
 Numbers 21; Psalms 45, 46

FOR EMERGENCY MEDICAL ASSISTANCE:

Pull the emergency pull cord in the bathroom or knock your telephone off the hook, then Dial 0. Push the button on your pendant if you have one. Please note: If you need to dial **911**, please stay on the line and speak with a dispatcher.

AFTER HOURS EMERGENCY ASSISTANCE FOR MAINTENANCE

If you have an emergency work order, one that must be taken care of right away, please call ext. 7290. If no answer, leave a detailed message with your name and number so the message can be relayed to the appropriate person. For all other Maintenance, Grounds, Pest Control and Housekeeping work orders, please call ext. 7370 or send an e-mail to: workorder@mywesleycommons.org.