Communities In Schools:
Lunch & Learn
Friday, March 6
12:00 pm, Great Room B
Join Communities In Schools and principals from Quail Hollow Middle School and South Meck High School for lunch, and learn more about this great new partner of ours, their involvement in our neighboring schools, and how they can be instrumental in connecting residents with students and school initiatives. Registration Required.

Arts & Science Council Introduces New President
Thursday, March 19
11:00 am, Great Room B
Arts & Science Council’s new president, Jeep Bryant, will share updates from ASC as well as give an overview of an exciting collaborative project with Southminster and Studio 345. Studio 345 is a free, creative afterschool program that uses photography, design, and digital media arts to educate and inspire students to stay in school, graduate, and pursue goals beyond high school. Through the Community Fund, Southminster will embark on a collaborative journey with Studio 345 and two other residential communities. Come to learn more about how Southminster is making an impact in the community through our partnership with the Arts & Science Council.

Telling Our Stories, Capturing Our Legacy
Ken Garfield, former reporter with Charlotte Observer & freelance writer
Thursday, March 26
3:00 pm, Great Room B.
Ken is a storyteller and he wants to help residents consider their life stories and how to take the first step to put the important moments of your life down on paper so that others, especially family and friends, can enjoy learning more about your life and what you have learned along the way.

Common Morning Common Prayer
Every Thursday in Lent, 9:00 am in the Chapel
Residents are invited to the Chapel for the Lenten discipline of Morning Prayer. The Church of the Holy Comforter began Common Morning Common Prayer with the idea of providing locations throughout Charlotte where anyone can stop in for 20 minutes each day to take a pause from their busy schedule and practice the discipline of Morning Prayer. Southminster has been one of the host locations for CMCP since it began. Join fellow residents, staff and guests from outside our campus for this time of prayer and reflection during Lent.

Blessings & peace, Carol Anne
March Birthdays

Jane Gage 3/1
Lucie Dulin 3/5
Pat Neely 3/6
Tillie Tice 3/6
George Davis 3/7
Dick Brigden 3/9
Elizabeth Edgerton 3/10
Ray Farris 3/10
Margaret Ann Schrum 3/10
Philip Porcher 3/12
Judy Gowdy 3/13
Buddy Josephson 3/14
Julia Sayegh 3/14
Nancy Cook 3/15
Dorothy Miles 3/17
George Snyder 3/18
Ginny Wright-Wilson 3/19
Herb Browne 3/20
Betty Griffin 3/20
Francis Pinckney 3/21
Bill Adams 3/23
Julia Alexander 3/24
Helen King 3/26
Joyce Newcomb 3/26
Jim Scott 3/26
Jane Arronson 3/28
Eleanor Roberts 3/28
Dennis Carmichael 3/29
Betty Hiltz 3/29
Jean McCormick 3/29
Bill Claytor 3/31
Betty Johnson 3/31
Joe Pappin 3/31

Welcome Home New Residents

Molly Hughes Celebrates 90 Years!

Featured Resident Artists

Olde Masters Best of Show:
Gallery Crawl Friday, March 6, 3:00 pm,
Old Masters Studio
(Voting open March 1—March 31)

Oak Leaf Grille Gallery:
Works by Nancy Minnick

In Memoriam

We celebrate the lives of Mary Cranford, Sarah Dagenhart, Garret DeVane, John Singleton, John Stewman, John Thomas.
Please join the community in keeping their loved ones in your thoughts and prayers during this time.
**BINGO IS BACK!**
**Wednesday, March 11**
**7:00 pm, Great Room B**
$1 per card to join the BINGO fun. Some will win, ALL will enjoy cookies and good company.

**Men’s Club**
**SAVE THE DATE**
**Spring BBQ**
**Wednesday, April 1**
**11:30 am, Great Room**
Southminster Men are invited for an afternoon of food and fellowship and fun.
Guest speaker: Bob Inman, Former TV News Anchor, Author and Playwright.

**CUBIGO GOES LIVE**
**Install & Training Schedule**
Between Tuesday, March 3rd and Friday, March 6th, all residents’ CATIE devices will switch to Cubi. A staff member will come to your apartment or cottage to sign you in to Cubi. Training will occur each day for all those who have been switched to Cubi. The installation and training schedule is as follows:

- **Tuesday, 3/3** - South Terrace, Cottages & North Wing (2nd – 5th)
  Training for Terrace residents, 3:00 pm (South Terrace Card Room, 2nd floor) Training for Cottage and North Wing, 3:00 pm (GRA)

- **Wednesday, 3/4** - North Wing (6th - 8th), West Wing and East Wing (1st floor - 2nd floor, partial)
  Training, 4:00 pm, Lounge

- **Thursday, 3/5** - East Wing (2nd floor remainder) and East Wing Extension (1st floor- 3rd floor) and Healthcare
  Training for East Wing and East Wing Ext. residents, 3:00 pm (Great Room A)
  Training for Healthcare residents, 3:00 pm (Healthcare Art Room)

- **Friday, 3/6** - Open training session from 9:30 am - 11:30 am (Great Room C)

**OFF CAMPUS TRIPS**
Register for off campus trips via the Activities Cube on Cubi or by calling ext. 8888.

**Voting - March Primary**
**Tuesday, March 3**
**10:00 am, All Entrances**
Transportation to QHPC for the March Primary.

**Shopping Trips**
**South Park Mall**
**Wednesday, March 11**
**1:30 pm, All Entrances**

**Walmart**
**Wednesday, March 25**
**1:30 pm, All Entrances**

**Dinner Trip**
**Fahrenheit Rooftop Dining**
**Monday, March 30**
**5:15 pm, All Entrances**
Exquisite dining featuring amazing, unparalleled views of Charlotte’s skyline.

**South Meck High School Musical**
**Damn Yankees**
**Wednesday, March 18**
**6:30 pm, Front Entrance**
Join us as we support our neighbor across the street South Meck high school for their special musical performance “Damn Yankees”!
Tickets are $7 and will be charged to your resident account.

**Radio Station Tour**
**WDAV Public Radio**
**Tuesday, March 24**
**9:30 am, All Entrances**
WDAV 89.9 is a non-commercial public radio station located in Davidson, owned by Davidson college, airing classical music and fine arts programming.
We will enjoy lunch in Davidson following the tour. Cost of tour, TBD.
Memoir Writing
Written by Mary Irving Campbell

Something new is forming at Southminster in this New Year, something quite beyond the new residences and new healthcare. Our Southminster Living spark-plug, Barbara Bell, has summoned any and all potential authors, poets, biographers, historians, high school journalists, comedians, etc., to form a new society of Southminster writers. The first meeting took place at the end of January to explore ideas and strategies for the future. Newcomers are still welcome to join and share their talents with fellow scribes. Contact Life Enrichment for more information. The more the merrier!

One of the inspirations for this group was the program in 2019 featuring local author Judy Goldman, the winner of many literary awards. Judy talked about her new book Together: A Memoir of a Marriage and a Medical Mishap. Judy also shared her experience in writing and publishing a series of much-loved books. Her advice is worth repeating: Start a notebook. According to Judy, keeping a notebook will help you become a “better notice” of small details, such as “how the guy who repairs your car keeps scratching the back of his knee.” Careful observation of small details makes characters come alive, says Judy.

She went on to explain the difference between a notebook and a diary. The notebook will have a record of conversations overheard in places like the Oak Leaf Grill or remembered from your childhood, especially spoken words that have a great rhythm, a special magic, or spark a memory. Record memories, dreams, ideas for scenes, life-changing events, etc., that seem with the passing of time to have deeper meaning and significance. To quote Judy:

“Part of writing memoir (or personal essays) is using reflection or analysis. You re-examine an experience you didn’t fully understand when it happened. In your memoir, you explore what it felt like to be you at that time. More important, you explore what you see now that you didn’t see then.”

In addition to this notebook, Judy recommended the writer create an imaginary reader, his ideal reader. You will be having a conversation with this reader, and he/she is a great conversationalist, a person full of curiosity and enthusiasm, who presses you to know exactly how you were feeling and to understand the complexity of the situation.

The final step in beginning your memoir is scanning the notebook. You will find “ideas will coalesce and you can actually see your story forming, because your sub-conscious is doing the work for you,” according to Judy. “Which lines have the magic? You might take an actual sentence from your notebook to use as your first line to get your pen moving across the page.”

Here at Southminster are fellow writers who will serve as your ideal reader, or at least that’s the goal in this new group of explorers. These ideal readers offer to one another friendship, encouragement, and inspiration to keep that pen moving. Though the Great American Novel of the 21st century might not be written at Southminster, a society of readers and writers might have fun exploring together. And some day sharing the fun with all the neighbors!

As Judy Goldman says: “By questioning, by going deeper, you’ll discover the unknown. You’ll embrace the complexity of wanting to know and getting to know all the contradictions that reside within a life. Your reader wants to witness your struggle toward discovery. By observing you reaching conclusions, the reader will reach conclusions about his own life. So there’s your reader, sitting across from you, leaning forward, her thumb under chin forefinger pressing softly into her cheek, staring at you with that intense gaze, asking you yet another question.”

While we work on scheduling the next meetings for the Memoir Writing group, we encourage you to attend the March THRIVE program with Ken Garfield for more inspiration! (Details on page 1)
A LIFE OF PURPOSE: SUE SCHENCK
Written by Mary Irving Campell

Our mayor is a petite white-haired woman with piercing blue eyes and boundless energy, living a life of purpose here at Southminster.

Sue Schenck was born in Gastonia, the second daughter of devout Lutheran parents. Sue remembers her mother was very active in their church, an inspiration to Sue from an early age. Her mother died when Sue was 13 years old, and her father married 3 years later, when Sue was 16 years old. She finished high school in Gastonia and went to Salem College in Winston-Salem for 2 years before transferring to UNC in Chapel Hill for her junior and senior years, graduating a semester early, on January 6, 1962. She had already met Ed Schenck while she was at Salem, and they were married in February, 1962 and moved to Virginia Beach for 6 months while Ed finished a tour of duty in the Navy before settling in Greensboro, Ed’s hometown, for the next 9 years. Ed worked in insurance and Sue taught school. Both their children were born in Greensboro, Susan in 1963 and Ned in 1966.

In 1970, Ed was hired by NCNB, which eventually became Bank of America, and the family moved to Charlotte after buying a house on Scotland Avenue, where they lived for the next 45 years until moving to Southminster in 2016.

Following in her mother’s footsteps, Sue became very active in their new church, Christ Episcopal, and was elected to serve on their vestry for 3 terms, a total of 9 years. Since then, Sue says, Christ Church has directed her life. In addition to serving on the vestry, Sue has been on 3 mission trips after Katrina devastated the Gulf Coast in Mississippi and Louisiana, first to Waveland, then to Bay St. Louis to help rehab people’s homes there. Sue also went to Costa Rica several times, working on rehabbing a school and a church there. She says that her most meaningful volunteer experiences have been those sponsored by Christ Church.

Also, during these years, Sue taught U.S. History in the Adult High School Diploma program at CPCC for 24 years. She also treasures the experience she had tutoring a young girl at Rama Elementary School, a 10 year relationship they continue to find meaningful today, with MeAisia now being a junior in High School. Sue also served on the Emergency Winter Shelter Board through its merger with the Men’s Shelter and is pleased Southminster is still making sandwiches and sending volunteers there to serve dinner.

In 2010, Sue was elected by Christ Church to serve on the Board of Trustees for Southminster, a position she enjoyed for 6 years, moving into Southminster with Ed, who has supported her in whatever work she has done for 58 years now. They recently celebrated their 58th wedding anniversary, as well as her 80th birthday.

Sue is grateful to Southminster for the opportunity to continue to live a life of purpose.

Inspired by their mother, as she was inspired by hers, both Susan and Ned are living meaningful lives in their communities of Greenville, SC and New Jersey, where they are active in community services.

Sue’s favorite t-shirt shows on the front a cartoon of Charlie Brown and Snoopy, in which Charlie Brown says, “One day we will die, Snoopy…” Snoopy responds, “Yes, but every other day we will live.”

Sue is, indeed, living every day!
And we are grateful for her example, her life of purpose!
Flexibility training is an essential, yet overlooked health-related component of fitness. Taking time every day to stretch will benefit your life by keeping your muscles relaxed and supple. Performing range of motion exercises regularly can improve flexibility at any age, helping to increase longevity and enhance the overall quality of your life.

Benefits of stretching include:
- Allows greater freedom of movement and improves mobility
- Increases physical and mental relaxation
- Releases muscle tension and soreness
- Reduces risk of injury
- Improves blood flow and circulation
- Improves muscle function

Every day you walk, whether it’s walking to dinner or around Southminster, this will improve your cardiovascular health. After your walk here is a great stretch for your calf muscles.

Also posture is effected by tight muscles. When we sit or do repetitive motion such as reading, computer work or even playing cards, over time, the muscles in the chest get tight. This causes the body to hunch and the shoulders round forward. Here is a simple and very effective stretch to open our chest and keep us standing and walking tall.

Stretch your feet and ankles before getting out of bed to help improve range of motion, ease of movement and less discomfort.

Taking steps to become more flexible can be a great way to connect to your body. You’re likely to feel more balanced and healthier once your body is open, strong, and flexible.

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**People & Their Pets**

**by Eleanor Brawley**

**Elizabeth Pierce & Georgia**

Elizabeth Pierce loves art and, in fact, she named her Shih Tzu, Georgia, after one of her favorite artists, Georgia O’Keeffe. Elizabeth and Georgia have lived together for seven years, with two of those years at Southminster. When I asked how Georgia adjusted to a retirement home, Elizabeth said that at first she was very skittish with other people and animals. Now she’s learned to go to people and even put her paw up to shake hands. Georgia is particularly fond of running up the hall to greet Lucie Dulin who says, “There’s Georgia and she’s bowing to me.” In choosing Georgia, Elizabeth went to a breeder in order to find a small dog suitable for her grandchildren when they visit. Georgia has three favorite places to sleep – in her own bed, in a chair with her blanket, or in Elizabeth’s bed, which Elizabeth prefers. Georgia’s favorite day of the week is Sunday, when Mary Healey’s son brings his small dog to play. She can even sense his arrival before he appears!
Can we define the present as being “on the home stretch?” Maybe not quite, but…
You can plainly see that the masonry on North Terraces and the Health Care/Skilled Nursing Building is going steadily toward completion, probably in about a month…weather permitting, of course. And how about those green “tiles”? This is a custom architectural design feature, making Southminster’s new structures pretty unique among Charlotte buildings. They’re being affixed one by one (a labor intensive process) and are actually made of metal…zinc to be specific. Their color may “weather” slightly over time.

Meanwhile, connections for gas and electricity to both structures are complete and cabinetry in kitchens and baths are well underway in the Terraces and will start to appear this month in the Healthcare Center. And…another milestone was reached on the weekend of February 22/23 with the dismantling of the second crane.

It’s a fact: there are about 200 workers at their jobs inside the healthcare building. They’re clearly “on a roll” and if you blink, you just might miss something!

For full updates each week, along with pictures, visit the Newsfeed on Cubi.
MARY COOPER, FORMERLY DIRECTOR OF HEALTH AND WELLNESS, NAMED CHIEF OPERATIONS OFFICER

By Eleanor Brawley

When Ben Gilchrist CEO arrived at Southminster in May, he began evaluating the Senior Leadership organization. With encouragement from Ben; Mary Cooper was asked to consider the role of Chief Operations Officer. Mary had already contributed over 23 years in leadership positions including Director of Nursing and Director of Health and Wellness. Mary was excited for the opportunity to once again accept another leadership role in the organization.

Mary is from Philadelphia where she received her nursing training. She moved with her husband to Dallas Texas as her husband Jim was drafted in the NFL for the Dallas Cowboys. After 10 years as a Dallas Cowboy wife, Mary returned to Philadelphia to pursue her nursing career. Jim had other plans and moved her, their 2 sons and daughter to Charlotte North Carolina where he acquired a reconditioning steel drum plant. (The name Cooper means Barrel-maker. Jim’s family business since for over 1860.) Mary has 4 grandchildren and 1 on the way!

As a former nurse, Mary’s passion was always long-term care. Her brother injured in a vehicle accident, tragically suffered permanent paralysis from a severed cervical spine. Mary spent many years visiting her brother in nursing homes and rehabilitation centers. This experience greatly influenced her nursing career. She saw a fractured institutional care system and hoped to one day make a difference in the lives of those who access long term care.

Mary’s passion to promote long term care culture change will come to fruition this summer as Southminster opens its doors to a new Embrace Health living environment. Embrace Health will consist of 4 neighborhoods of 15 Residents. They are called Small Houses. Each Small House will have a living room with fireplace for family and friends to visit with those living in the Small House. The kitchens will be fully functional kitchens where Residents can share recipes with staff and assist in daily meal preparation. The sights and sounds of each neighborhood will reflect the lives of those who live and work in the House. The de-institutional environment will support a common theme; “Nothing about Me without Me”!

In addition to her responsibilities promoting culture change, Mary is responsible for providing leadership oversight to the Culinary Team, Campus Facility Team, Life Enrichment and Wellness/ Team.

Best of Luck to Mary!