

WORDS OF WORTH

Worth Hartman, Chaplain

“God’s Gift of Memory in Community”

Monday, May 25th is Memorial Day. In other years we might be planning picnics and cookouts, gatherings with family, taking a trip or starting a vacation, or going to the Indy 500 race. Some of us have the tradition of placing flowers at the graves of our loved ones. Things are different this year. We can’t do many of the things we used to do because we are in the middle of a pandemic and trying to keep ourselves safe. However we can keep to the deeper purpose of Memorial Day by somehow commemorating and honoring loved ones who have died.

We had planned a WVN Memorial Service for May 31st where we would have named and remembered the ninety-one residents who died between May 1, 2019 and April 30, 2020. We have many to remember. We have lost many friends and suffered much loss. Add to the deaths at WVN, we have had spouses, friends, family, and other loved ones pass away. In these last months, under COVID-19 restrictions, we have not been able to visit the dying or have the usual services and gatherings to remember our loved ones that can bring us comfort and closure. The loss of loved ones in death is compounded by the recent loss of the way of life we enjoyed at WVN with face to face contact with neighbors and friends, dining together, shared activities and groups and opportunities to go out to visit family or enjoy the community around us.

The apostle Paul wrote a letter to his faith community in Rome. They were facing tough times, loss, and struggles but he reminded them, “We do not live to ourselves and we do not die to ourselves... whether we live or whether we die we are the Lord’s.” (Romans 14:7,

8) Paul could be speaking to us at WVN. We don’t live a part. We face grief, loss, isolation, sickness, and even death as part of a community, a village that knows us and cares about us. We know each other’s stories. We share common memories. Many of us come to WVN with a faith grounded commitment to support and care for our neighbors in life’s difficult, painful and tender places. That’s certainly where we are now.

On this Memorial Day may we remember we do not live or die to ourselves. We are part of a community where we can share our grief, a place where we can remember the dead, a village where we can share the stories of lives that have touched us. So put up a photo, get out a memento, go through an album, write out your thoughts, say a prayer, call and share with a friend memories of the loved one you have lost. Know God abides with you in this life journey of grief, loss and memory. I want to share a hymn by a contemporary writer, Ruth Duck, which captures Memorial Day 2020:

In fear the world is weeping, and longs with every breath, for life and hope and seeking new paths beyond this death. And loving hearts are risking their lives that we may thrive. Praise God for those who labor, O may they stay alive.

Our lives are bound together in sorrow and in prayer. In life and death and nature the Holy One gives air. Around the world show wisdom, with open hearts give care, a new world calls us onward, sing hope now everywhere.

Bluebird News

Carl & Alma Herr

Those who followed the Bluebird postings by Martha Davis are saddened by her recent passing. We will miss her knowledge, devotion to birds, especially campus Bluebirds and



her inbox camera.

Alma and I continue to fill the Bluebird feeders. We also observe at various times the first family of Bluebirds that fledged earlier. We can now report that another pair of Bluebirds have taken residence in a different Bluebird box, have laid five eggs and should soon begin incubation, refer to picture. We will endeavor to keep you informed.

Ordering produce online

Difficulty grocery shopping has helped to promote the cause of breaking the cycle of food waste! Several companies have been developed for direct home delivery of produce.

Misfits Market is a subscription for regular deliveries of seasonal fruits and vegetables that may not be shaped perfectly. The company reports their prices are up to 40% less than grocery stores. You can learn more at [Misfitsmarket.com](https://www.misfitsmarket.com).

Farm Box Direct provides boxes of organic fruits and vegetables for shipment across the country. Boxes are priced based on the number of items included and you are able to customize your items and schedule. Go to [farmboxdirect.com](https://www.farmboxdirect.com) to learn more.



Westminster Village North

Around the Village

A Publication of Westminster Village North

May 22, 2020

Happy Memorial Day!

History of Memorial Day

Memorial Day is thought to have originated following Lincoln’s assassination in 1865. Previously called Decoration Day, it is now a federal holiday honoring and mourning the military personnel who died while and after serving in the United States Armed Forces. Originally created by women laying flowers on the graves of those who served in the Civil War, the holiday was noted to have its official start Waterloo, NY by congressional proclamation in 1966.

Until 1970, the holiday was observed on May 30th, but is now celebrated on the last Monday in May. Many families decorate their veterans graves with American flags in honor of their contribution.

Memorial Day is often thought to be the unofficial start of the summer and families often have annual celebrations. The Indianapolis 500 is probably the most well-known celebration here locally. And what a weird year to have the race run in August! There are many who plan their year around coming to Indy from all over the world to see the “Greatest Spectacle in Racing.” I think we all miss the excitement generated by the race.

For others, it is the start of summer camping trips or vacation sites across the country. Again, this year will be different with the coronavirus and weather not cooperating for such fun.

The staff of Westminster Village North wish you all a Happy Memorial Day!

COVID –19 UPDATE

Laura Roman

We continue to monitor the latest guidelines from CDC and CMS as it translates to restrictions at Westminster Village North. While this won’t be popular with residents, families or staff, I think many of us expect to have restrictions in place for a month or two longer. While we understand that you are tired of it, we need to point out that the restrictions have worked. We have no known cases in Independent Living and Assisted Living. We will continue to require residents to wear masks outside of their apartments. This is not something you can just decide you want to do — it is a requirement. No residents should ever be in the hallway without a mask. If a staff member encounters a resident without a mask, they will be escorted back to their apartment. Please! Don’t put us in the position to be the “bad guy” by making you comply with our rules.

In addition, we ask people to wear their masks properly. It should cover your nose and mouth at all times. If your homemade mask doesn’t cover properly, please contact the Tamarack receptionist for a new one or make necessary adjustments so that your nose and mouth are covered. Again, staff will help remind you if your mask is ill-fitting. And remember to wash your mask frequently! They should be washed after every few wearings.

We see residents who are becoming a little more lax in their social distancing. Please remember that you are not to congregate anywhere on our campus. You must maintain 6’ of distance between you and others. Independent Living

residents are not to visit with family members inside the double doors coming into the lobby. You must be outside the building if you are going to visit and your loved ones cannot enter the lobby beyond the double entry doors. The staff working in the lobby will be happy to take packages for delivery. Again, please follow these rules. The staff hates having to police our residents!

As the state “opens up” there will be more opportunity for exposure among those going into the community. If you leave to go to the grocery or a doctor’s appointment, you must wash hands properly, use hand sanitizer and wear a mask. We cannot have people bringing the virus into the areas of our community that have not had any exposure before. Please consider having food or supplies delivered to you.

We appreciate everyone’s cooperation with these guidelines. We hate having to enforce them as much as you hate having to abide by them. But they have worked. So please, follow the rules. If not for yourself, for your friends and neighbors, your family ... and for the staff who are working hard to serve you.

Thank you.

Covid-19 Testing

If you are interested in knowing if you have or have had the coronavirus, you can get tested at the Immediate Care Center at Sunnyside and Pendleton Pike. Walk ins are available. Stay in your car and call them. You will be escorted in when it is your turn. Take your insurance card.



A Week at a Glance... Health Center

Debbi Johnson

Please check with your activities staff for information on daily activities at this time.

Movie Trivia

Marty Krug

There are some movies that have lines that just stick in your head. Do you have any of those? I do, and I thought it might be fun if we shared those with each other. Can you name the movies associated with the following?:

“Frankly my dear, I don’t give a damn.” “There’s no place like home.” “If you build it, they will come.” “Houston, we have a problem.”

Did you Know?

The 1939 novel Gadsby is the longest book ever published that does not contain the letter “e.” American author Ernest Vincent Write published Gadsby, a 50,000 word novel that doesn’t use the letter “e” once. What’s more, it is not the only novel that ditched the letter. George Perced also wrote a French language book La Disparition without the letter “e” in 1969. What makes this astounding is that “e” is the most commonly used letter in the English (and French!) language.

Lobsters have clear blood. Most of us are well aware that lobster shells change color when exposed to heat ... but the sea creatures’ blood is intriguing. Lobster blood is initially clear and turns blue when it hits oxygen!

A Week at a Glance... Assisted Living

Jill Armantrout

Fridays
1:00-3:00
Door to door:
Daily Chronicles
Printed devotions
Travel Club
Turn in grocery orders

Saturdays:
1:00-3:00
Door to door:
Daily chronicles
Trivia/Humor
Bingo prizes distributed

Sundays:
3:00-5:00
You Tube service available
See TV listing for spiritual guidance
Devotions distributed with lunch

Mondays:
1:00-3:30
Resident shopping deliveries
Daily chronicles in mailbox

Tuesdays:
Door to door:
Daily chronicles
Cook’s corner treats
Name that staff trivia
Bingo #'s given
5:30-wellcheck calls

Wednesdays:
Door to door:
Daily chronicles
Printed devotions
Popcorn delivery/movie trivia
Bingo #'s given

Thursdays:
Door to door:
Daily chronicles
Afternoon fitness tips
Traveling music cart
Bingo #'s given
5:30-wellcheck calls

In Memoriam

Marjorie Cox

Creed Glass

Loretta Hupe

Joseph Novick

Donna Schwierer

Please keep their families in your thoughts and prayers.

HAPPY BIRTHDAY!!

6/1 - Marcella McGlothlin (A/L)

6/2 - Flossie Hughett (A/L)

6/3 - Genevieve Trinkle (A/L)

6/6 - Joann Clingler-Miller (H/C)

6/7 - Millie Lemen (I/L)

6/8 - Nancy Russell (I/L) 3031 T.

6/9 - Mary Shake (I/L)

6/10 - Suzanne Baseggio (I/L)

6/12 - Gloria Todd (I/L)

6/12 - Carolyn Clements (I/L)

6/12 - Ione Billhymer (A/L)

6/12 - Bill Perkins (H/C)

6/13 - Betty Reinacker (A/L)

6/13 - Judy Lumbert (I/L)

6/14 - Fred McCarthy (I/L)

6/15 - Joann Uslas (I/L)

6/16 - Sally Pedersen (H/C)

6/18 - June Browder (A/L)

6/20 - James Stroud (I/L)

6/23 - Jean Lindstaedt (I/L)

6/24 - Emily Holland (I/L)

6/25 - Diane Kaercher (I/L)

6/26 - Tibitha Green (H/C)

6/27 - Harriett Thomas (I/L)

6/28 - Jack Armantrout (I/L)

6/28 - Jack Pomeroy (I/L)

6/28 - Peter Groh (I/L)

6/29 - Barbara Wood (I/L)

6/29 - Martha Jungclaus (I/L)

6/30 - Barbara Stewart (I/L)

Brain Teaser

I have keys, but no locks. I have space, but no room. You can enter, but you can’t go outside. What am I?

Last week’s answer: Monotonous

Seniors Reveal: 8 Reasons Why Aging is Awesome!

1. Age doesn’t determine success! The founder of Kentucky Fried Chicken, Harland David Sanders (a.k.a. Colonel Sanders) started KFC at age 65!
2. We lose a few bones along the way. We are born with 350 bones in our skeleton. Over the course of time and during our aging process, our bones fuse together leaving us with 206 bones as adults.
3. Seniors hold the most voting power. When it comes to voting in the US, those 60+ cast more ballots than any other age group.
4. Creativity doesn’t diminish with age. Laura Ingalls Wilder didn’t publish Little House in the Big Woods until 65. Millard Kaufman didn’t publish his first novel until 90!
5. Seniors are living longer. Due to advancements in health care and technology, people are living longer. By the year 2040, the popular of seniors over age 85 is expected to triple from 5.7 million to 14.1 million.
6. Seniors are growing faster. According to the US Census Bureau, older adults make up the fastest growing age group within the US.
7. You (mostly) have control over aging. Studies argue that only 30% of the characteristics associated with aging are controlled by genetics. The remaining 70% is controlled by chosen lifestyle factors.
8. There’s less stress after 65. Despite citing other health and money concerns, those 65 and older experience less stress.

Independent Living

Laurie Wilson

For those of you who live near either Helen Fry or Kathryn Huelster on Presbyterian Drive, they will be playing the piano through their open windows every Sunday and Monday as follows:

Sunday
2:00—2:30 Helen Fry
2:30—3:00 Kathryn Huelster

Monday
2:00 –2:30 Kathryn Huelster
2:30—3:00 Helen Fry

We ask you to be reminded we have not relaxed any of our current guidelines, so please do not gather in groups to hear the music, nor invite others to your driveways and patios to hear.

If anyone would like to use colored pencils, oil crayons, or artist chalk for your wood project, we received a donation of supplies and I will get them to you for use. Call me. Ext. 1053.

Woodpeckers

submitted by Don Hardman



A Week at a Glance... Independent Living

Laurie Wilson

I think this fellow thinks he is the fierce guard bird of the robins' nest!

Martha Dawson



Activity For You

1. Say the days of the week backwards, then in alphabetical order.
2. Say the months of the year in alphabetical order. Easy? Well, why don’t you try doing so backwards, in reverse alphabetical order.
3. Find the sum of your date of birth, mm/dd/yyyy. Want a tougher mind teaser? Do the same with your spouse’s or best friend’s date of birth (without looking it up...)
4. Name two objects for every letter in your first name. Work up to five objects, trying to use different items each time.
5. Look around you, wherever you are, and, within two minutes, try to find 5 red things that will fit in your pockets, and 5 blue objects that are too big to fit.

No More Bag Recycle

Please do not save or return any more bags to me or the dining room. I appreciate the response, as requested, but we received many not clean. Therefore, we better not re-use the bags. Thank you!