

WORDS OF WORTH

Worth Hartman, Chaplain

“The Sin of Racism”

For the last three months we have been fighting a novel virus named COVID-19. We have experienced the negative impacts on our physical and social lives. In the last two weeks another virus has reared its ugly head. It is much older, harder to eradicate, and also has terrible consequences. That is the virus, or, since I am a minister, I will call it sin, of racism. We whites get pretty defensive when we hear the word racism. We respond “Some of my best friends are black,” “I love the Pacer’s Victor Oladipo,” “I don’t have a prejudiced bone in my body,” or “I’m color blind.”

Racism is a sin much deeper, ingrained, institutionalized, and hidden from our white awareness and reality. Racism is defined as the systematic oppression and exploitation perpetrated by the dominate race onto other human beings on the basis of their belonging to another, different racial group. This oppression is rationalized by ascribing undesirable and inferior characteristics to persons of the “different” race.

This sin of racism was a part of America’s founding. We saw it in our treatment of Native people and in our acceptance of slavery and its economic benefits. We saw it in the failure of Reconstruction after the Civil War, in segregation and unfulfilled promises and retrenchment from the gains of the Civil rights movement of the 60’s.

Now in 2020 we have massive protests and calls for reform and an end to racism. This was triggered by the brutal killing of George Floyd at the hands of Minneapolis police. But notice the discussion has moved way beyond police

brutality and reform to address other symptoms of racism such as inequality in the wider criminal justice system, unequal discipline outcomes in schools, and discrimination in employment, school funding, housing and disparities in the health care system. We have seen a lot of that in COVID-19 illness and death rates.

What can we do as people of faith to acknowledge and respond to the sin of racism? We can reflect, look inward, take an inventory of ways we may have experienced white privilege and advantage from racism. We can grow in awareness by talking to people of other races and asking about their experience of racism and listen. Read, watch documentaries, talk to a protestor or even go to a protest.

I went on Pentecost Sunday to a Procession for Racial Justice from the Statehouse to the City County building. There were 2-3,000 people, many clergy in robes, collars, prayer shawls, and yamikas calling for faith-filled, passionate, forceful yet non-violent action in response to racial injustice, especially seen in policing. There were as many whites as blacks. I was most moved by the die- in in the City Market Plaza across from the City County Building, We lay on the bricks for 8 1/2 minutes as the names were read of blacks killed by police violence. A black woman next to me cried out in a mournful cry after every name “Lord hear our prayer”. The phrase that kept coming to me was “Father forgive them for they know not what they do.”

Yes we can pray about racism. Ask for God’s guidance and wisdom to help you be a person of compassion and understanding. Read the bible, especially hear the prophet’s zeal for justice and righteousness in society and in our relations with the stranger, the immigrant, and the poor. And we can’t miss Jesus call for love for all people, friend and enemy, Jew and

Gentile. The apostle Paul sent these words to his community of faith:

“...you are all children of God through faith... There is no longer Jew or Greek, there is no longer slave or free, there is no longer male or female, for all of you are one in Christ Jesus.”

(Galatians 3:26,28)

Cottagers, We Need Your Help!

Wilda Duncan

We are having some difficulties with cottager trash pick up. Please remember to carry your bag to the street so that the bag does not tear and is intact. We have had some cases where soiled cat litter has been drug to the street, tearing the plastic bag and causing dirty cat litter (and more!) to litter the street and truck. Please consider the weight of your trash bags. If it is heavy, please either divide it into two bags or double bag the trash. Also, please, do not drag your trash bag across the concrete.

We sincerely appreciate your cooperation.

COLLECTING ALL



EMAILS

Jackie Brewer

We are updating and collecting resident and family email addresses. Could you please send your email address — and those of your family members too — to jbrewer@westminstervillage.com.

Thank you!



Westminster
Village North

Around the Village

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Wellness Training

Laurie Wilson

Some of you have been exercising with the videos on your Touchtown Community App, which has been a great way to keep in shape during COVID restrictions. I have spoken to Jimmy and he wanted to update you on the near future. Rehab Strategies is now able to offer personal, one-on-one training in Independent and Assisted Living.

Beginning Tuesday, June 16, Kenzie England will begin working with residents here at the Village as your personal trainer. We will provide more information about Kenzie next week. In the meantime, Jimmy is introducing Kenzie to the community and getting her familiar with the routines already in place so she can get started right away.

For the next two weeks, June 16 through June 25, you will be able to set up a one-on-one personal training session with Kenzie on Tuesday and Thursday. You may schedule your session by calling either Jimmy at 317.937.1134, or Kenzie at 317.431.4657. Beginning June 29, Kenzie will be here full time and can set up sessions every day, Monday thru Friday.

These personal sessions will include regular exercise such as Yoga and Chair, or exercises from The Climb and Rock Steady. The sessions are customized to your individual need.

Additionally, we will continue to offer exercise classes through the Community App, like you now see on the photo section videos. However, Kenzie will be your personal trainer

on the videos, rather than generic ones pulled from YouTube. Kenzie and I will work together to put these videos together for you as quickly as possible. This way you can continue your personal training with Kenzie even if she is not available to you on a particular day.

Jimmy is working at many locations these days, and misses all of you. He is very excited Kenzie will be here for your personal training and believes she will be an asset to our community.

COVID Updates

Laura Roman

We have had no resident or staff cases of COVID 19 for over a week. You are probably watching the news, and seeing how the general population is reacting to the loosening of restrictions. You may have all seen large groups in close proximity to each other not wearing masks. I am amazed. While time will tell, it certainly seems like we will see a spike in cases of the coronavirus from this sort of behavior.

At Westminster, we have been monitoring our ability to loosen our restrictions to allow outdoor visitation. This is a tricky situation because if we have one case of the virus with a resident or staff, we must immediately shut down visitation again — and wait for 14 days after the affected person has recovered. And soon all staff in the health center are required to be tested. While we screen everyone every day before they are allowed to work, we have all heard about people who are asymptomatic who test positive for COVID.

I hope this helps you all understand how important it is for us to continue to strictly follow the guidelines to reduce exposure. If one resident or staff is careless, we put the entire campus in jeopardy! So, as a reminder, please follow the following guidelines:

- Always wear a mask when out of your apartment.
- Wash your hands frequently — making sure that you wash with soap and for 20 seconds. This is about like singing the Happy Birthday song twice.
- Use hand sanitizer
- Disinfect items brought/delivered to your home.
- Do not touch your face, nose or mouth.
- Be cautious when shopping— wipe down your cart handle, use our own pen if you must sign something, use gloves if you have them.
- Monitor your temperature. If you don’t have a thermometer, ask your nurse or come to the Tamarack lobby to have your temp taken.
- If you experience shortness of breath, chills, a sudden loss of taste or smell, diarrhea or vomiting, please stay in your apartment and call a nurse.

Please help us protect each other from the virus!

The longest day of the year will be June 20. Called the Summer Solstice, this day will be 5 hours and 38 minutes longer than the Winter Solstice.

A Week at a Glance... Health Center

Debbi Johnson

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

Peace — Week 2

Laura Roman

Last week, I included a prayer in my article hoping for peace in this time of unrest. Tamarack resident Fred McCarthy gave me a copy of that complete prayer ... and I thought it was too beautiful not to share:

*Lord,
Make me an instrument of your peace.
Where there is hatred, let me sow love.
Where there is injury/pardon
Where there is doubt/faith
Where there is darkness/light
And where there is sadness/joy.*

*O Divine Master
Grant that I may not so much seek to be
consoled as to console
To be understood as to understand
To be loved as to love.*

*For it is in giving
That we receive
It is in pardoning
That we are pardoned
And it is in dying
That we are born to eternal life.*

Thank you to Nancy and Bob Russell

We have not engaged the sprinklers in the Tamarack courtyard, but Tamarack 2005 residents Nancy and Bob Russell stepped up to help us out. They have been watering the flowers recently planted .

Thank you so much Nancy and Bob!

A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, June 13
1:00-3:00-Door to door:
Daily chronicles
Trivia/Humor
Bingo prizes delivered

Sunday, June 14
3:00-5:00
You Tube Service available
See Tv listing for spiritual guidance
Devotions distributed with lunch

Monday, June 15
11:30
Daily chronicles delivered with lunch
1:00-3:00
Resident shopping deliveries

Tuesday, June 16
1-4:00: Door to door daily chronicles, cook's corner treats, trivia, Bingo #'s given
5:30-Wellcheck calls

Wednesday, June 17
1:00-4:00-Door to door:
Daily chronicles
Printed devotions
Popcorn delivery/movie trivia
Bingo #'s given

Thursday, June 18
1:00-4:00-Door to door:
Daily chronicles
Afternoon fitness/relaxation tips
Traveling music cart/themed cart
Bingo #'s given
5:30-Wellcheck calls

Friday, June 19
1:00-3:00-Door to door:
Daily chronicles, printed devotions, travel club
Turn in Grocery orders
3:15-4:30-Door to door:
Mocktails/cocktails

In Memoriam

Tena Blakemore
Genevieve Trinkle

Please keep her families in your thoughts and prayers.

The Doves are Growing

Submitted by William Voiles



Lest We Forget

Charles Case

During the recent public turmoil, we tend to overlook two basic and major realities. Very important and very simple awareness for all Americans:

Every American Citizen is afforded precisely the same Constitutional Rights.
Every American Citizen has precisely the same Responsibilities toward other people's Constitutional Rights.
NO ROOM FOR DEBATE!

Martha Davis Photos

Marty Krug

Martha Davis' photo products in the Village Gift Shop have been reduced 50 to 75%. All proceeds from the sale of these items will go to the Social Hall campaign.

Don't forget Shari Church is selling handmade cards (which are really cool), and 10% of the proceeds go to The Foundation.

Brain Teasers

1. Unscramble the letters to make a 17-letter word:

l o t h u r n a o c p i s o t i j

2. A woman shoots her husband. Then she holds him under water for more than 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

Last week's answer: Potato

Reminder

Books may be checked out of the Tamarack Reading Room and the Sycamore Library. Please make sure to sign the books out and return them to the location noted.

We ask you to only enter the buildings through Door #1 (Tamarack) and #11 (Healthcenter Administrative Hallway). Please do not hold the door open for anyone to come in through side doors.

Please clean cans and dispose of waste before tossing in the trash. We ask you to tie your trash bags closed — and double bag if it is heavy. Thank you.

Packages are being delivered to your apartments as soon as possible—we are no longer holding them for 3 days. If you are expecting a package that has time-sensitive delivery, please call the receptionist at “0” to alert them.

We ask residents to be very careful riding scooters in the street of our Village. While people normally travel slow through our community, it may be difficult to see a resident on a motorized scooter. If you leave your apartment on a scooter for some fresh air, please make sure you have a cell phone to call us in case you encounter a problem or run out of scooter battery.

Today is a great day to tell someone something you are grateful for.

Independent Living

Laurie Wilson

The **nine-letter word** in your packet to unscramble is wineshops. While I, too, think it was not a great puzzle, the word wineshops is listed in both the Merriam Webster and Collins Dictionaries as one word. So...now please try the brain teaser.

For those of you who have already returned your **tech survey**, thank you! If you have not yet filled it out, please do so and have it ready for pick up by noon on Monday, June 15.

Please **do not leave your walkers** in the main lobby, side lobbies, or vestibule area when leaving campus. If you are using a walker, we ask you to please take it with you. This has become especially important under COVID conditions.

More **family members** are stopping by to deliver items, pick up items, etc. Please remember, if you need to speak with your family member, you must go outside BOTH doors in the main lobby. The vestibule area is a waiting area for one person only prior to entering the building to be screened, and cannot become a visiting area, even for just a moment. Please also remember to wait for your family member in your apartment. For continued safety, we are not allowing the lobby to be a waiting area. The receptionist will call you when your family member arrives with your items, or to pick you up to take you off site.

Fun Facts

1. Bubble wrap was originally invented as wallpaper.— In 1957, an engineer and inventor were trying to create a textured wallpaper by sealing two shower curtains together to trap air bubbles. Instead, they created bubble wrap.
2. Einstein's brain was stolen when he died. — Though he had specific instructions for the disposal of his body upon his death (he did not want to be studied!), the pathologist on call failed to follow his direction. Thomas Harvey stole the brain. When Einstein's family found out, they didn't object to the theft, allowing Harvey to keep the brain in two jars in his basement before moving it to a “cedar box stashed under a beer cooler.”
3. Antarctica is covered in a sheet of ice that's 7,000 feet thick — that's 19 football fields. The US Antarctic Program notes that if the ice sheet ever suddenly melted, it would raise the sea level around the world an estimated 200 feet and submerge much of the Gulf and Atlantic coastal areas.
4. “Arachibutyrophobia” is the fear of peanut butter sticking to the roof of your mouth.
5. One of the largest pyramids in the world is a Bass Pro Shop in Memphis Tennessee.
6. McDonalds once sold bubble-gum flavored broccoli in an attempt to get children to eat healthier foods.
7. The “Windy City” moniker for Chicago has nothing to do with air speed. 19th century journalists were referring to the fact that residents of Chicago were “windbags” and “full of hot air.”
8. Octopuses lay 56,000 eggs at a time. The mother spends six months so devoted to protecting the eggs that she doesn't eat. The babies are the size of a grain of rice when they are born.
9. Cats have 5 toes on their front paws and 4 on their back.