

## WORDS OF WORTH

Worth Hartman, Chaplain

### “Rest in God”

We are living in challenging, perhaps even overwhelming times. We are over three months into a corona virus pandemic causing fear and limiting the ways we are used to finding support and encouragement.

For a month now our country is in turmoil facing long standing issues of racism, inequality and police violence. On top of all that, we are entering a presidential campaign that is likely to be very nasty and divisive. Are you starting to feel weary, tired, stressed, and burdened with your own and the world’s woes? Are you coming up short on how you can fix these problems, change these circumstances, or improve your situation? Do you need to find some rest and peace in the midst of the alarming news of the day? Maybe we are at a point in our lives where the first three steps of AA make sense:

1. *We admit we were powerless... that our lives had become unmanageable.*
2. *Came to believe that a Power greater than ourselves could restore us to sanity.*
3. *Made a decision to turn our will and our lives over to the care of God as we understood God.*

We have some spiritual answers and responses to our own mental, emotional, spiritual state of anxiety, fear, or despair about present conditions and lack of hope for the future. Jesus lived in a time of turmoil, conflict, and fear. His life and teachings of Sabbath keeping, love, peace, justice, and simple faith in God were not well received. Jesus prays for a simple, childlike acceptance of the “good news” of healing and wholeness (salvation) that he offers. Jesus offers us this invitation:

*Come to me, all you that are weary*

*and carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart: and you will find rest for your souls. For my yoke is easy, and my burden is light. (Matthew 11:28-30)*

Wow! In God’s care and comfort we have a place to unburden, de-stress, and lighten our load. There is a way through whatever darkness or worry we may be carrying. How do we find this care and comfort in God? We are invited to find quiet time with God to sit and breathe, slowly, inhaling blessings and gratitude, exhaling fears, worry, and anxiety. We can pray, read the Bible and devotional literature for wisdom and direction, take in music and art to slow down our minds and cool down our negative emotions. We can remember to savor the present moment and not be as concerned about the future; perhaps find a way, in these troubled times, to do something kind for someone else. Here is a prayer by Jamie L. Watkins that can guide us:

*O God, I am seeking for ways to be less encumbered; ways to build spaces and silences into a life full of busyness and noise. Teach me to find that quiet center of self that you have hidden within me, a resting in your presence.*

May you find rest for your soul in God today!

### ANNOUNCEMENTS

Watch the Vesper Service for Sunday, June 28, 2020 “In God, Our Rest” Isaiah 30:15-18 Matthew 11:28-30

### Watch Chaplain Worth’s Vesper Service at

<https://youtu.be/HEXlZAmx3c>

## Martha Davis Photography

Marty Krug

Martha’s photography has been inventoried and is now ready for sale. **These pictures represent only a portion of what is available.** Due to Covid-19 restrictions, the process is a little bit cumbersome. Cottagers should call Marty to request a “trunk show.” She will bring you examples of what is available – including, if requested, any of the bluebird items of interest that are sold in the gift shop. You will be able to shop in your driveway out of Marty’s car trunk. Tamarack residents will be able to schedule a time to attend a “courtyard show” in the Tamarack courtyard sometime the week of July 8 – 12 (days will be dependent on the weather). Masks, gloves, and social distancing will be required for either “show.” Assisted Living residents or staff members should contact Marty to make arrangements to see items of interest. Contact Marty at extension 3460 or [mkrug@westminstervillage.com](mailto:mkrug@westminstervillage.com). All proceeds will go to the Social Hall Campaign.



Westminster Village North

# Around the Village

A Publication of Westminster Village North

June 26, 2020

## MASKS!

This is a strong reminder that masks are to be worn whenever you are outside of your home or apartment. In particular, masks covering your nose and mouth must be worn when speaking to another individual including staff and residents. Masks have been proven to be the best defense to stop the spread of the coronavirus. Our staff are being advised to not engage in conversation with a resident unless both are wearing masks. Residents will be asked to return to their apartment if in the hall without masks.

## The announcement we’ve all been waiting for!

The CDC, CMS and ISDH have finally given us the news we all have been waiting for: We can now OPEN OUR BEAUTY SHOPS! Beginning next week, the three beauty shops in Westminster will be open. If you have been a regular customer of one of the shops, you might expect to get a call from the stylist, or you can call the number listed below to leave a message.

Please note: All residents will be required to wear a mask that covers your nose and mouth at all times while you are in the shop. Only one resident may be in the shop at a time. And the stylist will be required to sanitize everything between resident appointments.

Tamarack: ext. 1230  
Sycamore: 317-294-8482  
Health Center: ext. 3080

## Outdoor Visitation

We are so excited to announce that as of Wednesday, June 24, Westminster has begun an outdoor visitation program for residents in IL and AL. Things change rapidly, but at this time the program will be available each day from 11:00am—7:00pm in the Sycamore courtyard. Residents may have up to 4 guests over the age of 12 and appointments must be made in advance. Guests must first come to the Tamarack lobby for screening, and they must sign a waiver. Then they will be directed to a tent in the Sycamore courtyard. Chairs are available but public restrooms are not.

We plan to kick off visitation in our Health Center beginning on Monday, June 29. Guests for Health Center residents must go to the Health Center administrative entrance — door #11 — for screening before going to the appropriate location in skilled nursing. This door is near the carpools and Sycamore courtyard and has a green awning. We will be offering visitation in three areas in the health center.

Residents and guests will be asked to practice safe social guidelines: wear a mask that covers your nose and mouth, use hand sanitizer and stay 6’ from each other. If these rules are not followed, you may be asked to leave and not allowed to visit again. It is imperative that we minimize the potential for exposure of the disease in order to be able to continue to offer visitation.

Please note that all outdoor visits are weather dependent. If you have a question, please call the customer service desk at 317-823-6841, ext. 0.

We have had a few glitches with our scheduling program. As of today, your loved ones may either go online to schedule at

<https://westminstervillagenorth.mycatie.com/catieweb/login>

User Name: [wvnorth@mycatie.com](mailto:wvnorth@mycatie.com)  
Password: C@tiefamily

or email Jackie Brewer at [jbrewer@westminstervillage.com](mailto:jbrewer@westminstervillage.com).

PLEASE NOTE: This tool is not for use by residents — it is to be used by your visiting guests.

We are grateful to be able to offer outdoor visitation and appreciate your cooperation in following the guidelines so that we can continue to do so.

## Environmental Steps to Reduce Indoor Covid-19 Transmission

The Indiana State Department of Health has released these guidelines:

- Open Windows— fresh air increases the air flow decreasing the time viral particles are in the air. Please remember: Open windows will tax our air conditioning system—so we ask you open them for 20 minutes per day.
- Open Blinds—Sunlight reduces the survival of many viruses and has other positive health benefits. We suggest residents allow the sunlight into their apartments.

## A Week at a Glance... Health Center

Debbi Johnson

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

## Introducing Morgan Maddox

Jill Armantrout



Westminster Village North is happy to welcome Morgan Maddox to our Health Center Team. This is a new position that has evolved from combining Social Services and Activities. This collaborative model will allow us to meet the psychosocial needs of residents residing on memory care. She will be developing dementia education for all WVN employees as well as developing one on one activity interventions to create "Joyful Moments" for each resident.

Morgan Maddox is a recent University of Cincinnati graduate with a Master's degree in Sociology and Bachelor of Science in Social Work. She is also a new Indianapolis resident. In her leisure time, she enjoys spending time watching films and attempting new recipes in the kitchen.

## A Week at a Glance... Assisted Living

Jill Armantrout

**Saturday, June 27**  
1:00-3:00-Door to door:  
Daily chronicles  
Trivia/Humor  
Bingo prizes delivered

**Sunday, June 28**  
3:00-5:00  
You Tube Service available (watch WVN vesper service!)  
See Tv listing for spiritual guidance  
Devotions distributed with lunch

**Monday, June 29**  
11:30  
Daily chronicles delivered with lunch  
1:00-3:00  
Resident shopping deliveries

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

**Wednesday, July 1**  
Door to door:  
Daily chronicles  
Printed devotions  
Popcorn delivery/movie trivia  
Bingo #'s given

**Thursday, July 2**  
Door to door:  
Daily chronicles  
Afternoon fitness tips  
Traveling music cart  
Bingo #'s given  
5:30-wellcheck calls

**Friday, July 3**  
1:00-3:00  
Door to door:  
Daily Chronicles  
Printed devotions  
Travel Club  
Turn in grocery orders

## In Memoriam

John (Jack) Russell

William Ashcraft

Please keep their families in your thoughts and prayers.

## Teacher vs Kid

Submitted by William Voiles

Teacher: How old is your father?  
Kid: He is 6 years.  
Teacher: What? How is this possible?  
Kid: He became father only when I was born.  
(Logic! Children are quick and always speak their minds!)

Teacher: Maria, go to the map and find North America.  
Maria: Here it is.  
Teacher: Correct. Now, class, who discovered America?  
Class: Maria.

Teacher: Glenn, how do you spell "Crocodile?"  
Glenn: K-R-O-K-O-D-I-A-L  
Teacher: No, that's wrong.  
Glenn: Maybe it is wrong, but you asked how I spell it.

Teacher: Donald, what is the chemical formula for water?  
Donald: H I J K L M N O.  
Teacher: What are you talking about?  
Donald: Yesterday you said it's H to O.

Teacher: Clyde, your composition on "My Dog" is exactly the same as your brother's. Did you copy his?  
Clyde: No, sir; It's the same dog.

Teacher: Harold, what do you call a person who keeps on talking when people are no longer interested?  
Harold: A teacher.

## Brain Teaser

The man who built it doesn't use it, the man who bought it doesn't need it, and the man who uses it doesn't know it. What is it?

## Cross-eyed Teacher

Submitted by Kathryn Huelster

Did you hear about the cross-eyed teacher who lost her job because she couldn't control her pupils?

Velcro - what a rip off!

Cartoonist found dead in home. Details are sketchy.

Venison for dinner? Oh deer!

I used to think I was indecisive, but now I'm not so sure.

## Fury Friend

Photo by Darrell Duety

This little furry ball of cuteness has



been spotted by at least three staff members in our Sycamore Courtyard. He or she has also been seen playing on the putting green!

## Independent Living

Laurie Wilson

Don't forget to have your family members sign up for **visitation** in the Sycamore Courtyard. If you need more information, please contact Jackie Brewer at extension 3510.

I will be outside most of each day monitoring visitation. If you need to get in touch with me, please leave a voice mail or email and I will be able to respond while outside.

\*\*\*\*\*

*From Kathryn Huelster:*

Kathryn Huelster and Helen Fry want to share our music-making with residents who may take walks on Saturday, July 4<sup>th</sup>. We will open our windows and play Patriotic music on our pianos between 2:00 and 3:00 for any and all who wish to walk by. We encourage you to sing along if you like. Our houses are at 11035 and 11045 Presbyterian Drive.

Members of the **WVN Garden Club** have been active during our nice days the last few weeks. They went to work on the landscape behind Cedar Commons. A pretty area in the back, it was in dire need of helping hands to bring back its appeal. So, Nancy Hershman, Joanne and Tom Ulsas, Sara Impagliazzo and Carol Groh took turns working in the beds to remove the weeds and spread mulch that Keith provided. He moved in four large concrete pots to place around the sitting area, filled with vibrant flowers, which are growing abundantly. He even sprayed to control the weeds in the future. The large tree and the pergola provide some shade for residents to use as a pleasant place to enjoy the garden when they can once more go outside. Our willing workers will continue to keep it looking nice, and are planning on working at Willow Commons, also. Kudos to these volunteers for their hard work!

## A Week at a Glance... Independent Living

Laurie Wilson

## Did You Know?

Titled "The Ambassadors," this painting was finished in 1533 by German artist Hans Holbein the Younger. It's currently on display at the National Museum in London, UK.

When you look at the painting head-on, you'll see what appears to be a large, deformed object at the bottom. But when viewed from a particular angle, the blob turns into a human skull before your eyes.



According to researcher Phillip Kent, this painting is one of the most famous examples of an anamorphosis — an irregularly shaped image that appears in its "true" form when viewed in an "unconventional" way — in art.

*To learn more interesting facts about this painting, please go to Touchtown Community Apps and look in the photos section.*