

WORDS OF WORTH

Worth Hartman, Chaplain

“Rooted in God’s Abundance”

We have just come through the season of spring and were reminded of God’s bounteous and abundant creation. We saw flowers spring up and birds appear and sing more cheerfully than ever. I enjoyed all of that but all was not well in my little patch of earth. Raccoons have wandered from the woods behind us and clawed holes in my house. The mice have come in, chewed up food items and left their remains. And then the ants came marching, one by one, across the counter tops, seeking food for their queen. We have had multiple visits from exterminators and a contractor to address these plagues. Oh and then there is my garden. I have been so diligent to compost, add natural fertilizer, weed and water those seeds and seedlings but year after year they grow so slowly. Nothing is ripe by the end of the season. I finally consulted the county extension service and figured out that the big black walnut tree right at the edge of the woods is sending toxins into my garden preventing growth.

So I have been thinking about seeds, soil, God’s richness, abundance and plans for growth and how all that works or doesn’t. Jesus told a story about a sower of seed. (Matthew 13:1-9). This sower was extravagant. He threw the seed everywhere. He was willing to take a chance and spread the seed widely, trusting some would grow. Sure enough, some seed fell on the path and was eaten. Some fell in the rocks and got scorched and withered. Some seed fell among thorns and got choked out but finally some fell on good soil and flourished.

How are you feeling these days in terms of God’s blessings and goodness in your life? In the face of corona virus, quarantine, isolation and now massive social unrest around our country are you struggling to affirm God is good and looking out for us all? I believe God’s love and care is coming down upon us like those seeds spread by the sower. God’s seed is planted within each of us wanting to grow in abundance. How is your soil doing? Are you ready to acknowledge God’s seed is there, see it, nurture it and help it grow? We may feel pretty bare these days, thin soiled, rocky,

thorny with lots of fears, worries, and doubts threatening our healthy growth. We can remember those people and communities in our lives that have planted God’s good seed. We can cultivate the spiritual soil within us with quiet, prayer, scripture, meditation, gratitude, and beauty caring for the healthy plant and not the weeds or thorns growing within and around us. God asks us for a willing heart, a receptive soil, a soil ready to receive that lavishly sown seed. It may take a while for that seed to take hold. We may be in for some wind, storm, drought and flood but we can trust God’s love will nurture us and help us grow in Gods’ likeness and image. We will bloom. We will produce a good harvest. With God’s grace we will sow the new seeds of hope, love and peace.

Here is my favorite garden song by Dave Mallet:

*Inch by inch, row by row, gonna make this garden grow
All you need is a rake and a hoe and a piece of fertile ground
Inch by inch, row by row, please bless these seeds I sow
Please keep them safe below til the rains come tumbling down*

ANNOUNCEMENT

Watch the WVN Vesper Service for July 12, 2020 “Rooted in God’s Abundance” Isaiah 55:10-11, Matthew 13:1-9 with Worship Leader: Chaplain Worth Hartman, Piano: Winnie Muddiman. You can see it at:

<https://www.youtube.com/watch?v=-65gBifLSL8>

Prayer for the Elderly

Shared by Fred McCarthy

Remember your people, O Lord,
Especially those of us to whom you
Have given the gift of long life.
Reward us now for the good we have
Accomplished in the past;
Forgive us for our failings.
Make our last days happy,
And give us your grace that
We may continue to grow through the
Challenges of our later years.
Bring us and all your children to
Everlasting life with you.

Amen

On the Lighter Side

Submitted by William Voiles

Avocados

A wife asks her husband, "Could you please go shopping for me and buy one carton of milk and if they have avocados, get 6."

A short time later the husband comes back with 6 cartons of milk. The wife asks him, "Why did you buy 6 cartons of milk?"

He replied, "They had avocados."

Water in the Carburetor

WIFE: "There is trouble with the car. It has water in the carburetor."

HUSBAND: "Water in the carburetor? That's ridiculous "

WIFE: "I tell you the car has water in the carburetor."

HUSBAND: "You don't even know what a carburetor is. I'll check it out. Where's the car?"

WIFE: "In the pool".

Statistic

This is a frightening statistic, probably one of the most worrisome in recent years: 25% of the women in this country are on medication for mental illness. That's scary. It means 75% are running around untreated.

The Phone

A young man wanted to get his beautiful blonde wife something nice for their first wedding anniversary.

So he decided to buy her a mobile phone. He showed her the phone and explained to her all of its features. Meg was excited to receive the gift and simply adored her new phone. The next day Meg went shopping. Her phone rang and, to her astonishment, it was her husband on the other end.

"Hi Meg," he said, "how do you like your new phone?"

Meg replied, "I just love it! It's so small and your voice is clear as a bell, but there's one thing I don't understand though."

"What's that, sweetie?" asked her husband.

"How did you know I was at Wal-Mart?"



Westminster
Village North

Around the Village

A Publication of Westminster Village North

July 10, 2020

COVID –19 Update

Indianapolis Mayor Joe Hogsett and Marion County Public Health Department officials said last week that they're mandating that face masks be worn in public in Marion County.

Beginning July 9, face coverings will be required to be worn in indoor places where the public gathers, such as in office buildings and retail stores. They'll also be required outdoors when it's not possible to socially distance.

The mandate comes as Marion County prepares to enter Stage 4.5 of the state's Back on Track plan, announced by Gov. Eric Holcomb on Wednesday. The state is strongly recommending — but not mandating — Hoosiers wear masks and has launched a marketing campaign aimed at encouraging face coverings.

As part of the new public health order, events larger than 1,000 people will be required to submit a health and safety plan to the Marion County Public Health Department for approval.

Nursing homes and assisted living facilities will remain closed to visitors, and overnight camps will not be allowed.

“This isn't complicated. It's a piece of cloth. It's a piece of cloth that could save your life and the lives of those around you, and it's the right thing to do,” Hogsett said.

Westminster Village North Outdoor Visitation

We have monitored outdoor visitation-activity over these two weeks, and are going to modify the visitation times to fit the trends. As all can understand, it is very difficult to staff if we have visitations that are hours apart. So the hours are being modified to fit with what most have requested. Times listed below show the first and the last available time to schedule and visits are to be a maximum of 45 minutes. Reminder that there can be no more than 4 guests and they must all be over age 12.

You may register by emailing jbrewer@westminstervillage.com or going to: <https://westminstervillagenorth.mycatie.com/catiweb/login>
User Name: wvnorth@mycatie.com
Password: C@tiefamily

IL, AL and Health Center:

Monday, Wednesday and Friday

11:00—4:00

Tuesday and Thursday

11:00—6:00

Health Center only:

Saturday

10:00—3:00

*Only one resident may have visitors
each hour.*

Independent and Assisted Living only:

Saturday and Sunday

11:00—3:00pm

*Two residents may have visitors each
hour.*

The Scoop on Scams

Laura Roman

Westminster Village North is a sponsor of the Senior Life series which is conducted at St. Luke's Methodist Church. On Thursday, July 9, the topic was “Scams.” Presenting were J.J. De St. Jean from the Postal Inspector General's office, Tauhric Brown from CICOA and Mary Ralston from the Social Security Administration. I learned:

After a quiet period in April and May when it is thought that the overseas call-centers may have been closed due to the virus, June saw an increase in scams reported to all offices. Specifically:

- Funeral/cemetery scams where scammers (I say creeps!) attend funerals and approach the grieving widow/widower about fake debt.
- Stimulus scams where callers say they can register for increased stimulus dollars to be deposited in their checking account (and ask you for the numbers).
- Bogus COVID related products and services—offering fake drugs and devices as they pray on consumer fear.

So how do you avoid being scammed? The presenters all agreed: Assume every call you receive from a number you don't recognize is a scam. Do not answer your phone. If it is a relevant call, they will leave a message. Secondly, ask for the caller to email you their verification. Notice the address listed after the @ symbol in their email address. Don't respond if it feels like a fake email address.

Never. Repeat. Never! Give personal information such as your social security number or bank or credit account numbers to someone on the phone. Never.

The best weapon against fraud is knowledge.

A Week at a Glance... Health Center

Debbi Johnson

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

“Relentless heat wave to bake the US for multiple weeks.”

Jeff Berardelli, CBS News



“The heat wave will be very long-lived, lasting multiple weeks in some areas with only a few days of near-normal temperatures during that span. This will increase the odds of heat illness and heart-related deaths,” says Jeff Masters, Ph.D. In the past few years, these massive heat outbreaks have become commonly known as “heat domes” - sprawling areas of high pressure bringing hot and dry conditions for days.

This is a good opportunity to remind all residents:

- Stay inside as much as possible.
- Dress for the weather.
- Stay hydrated—drink more water.
- Wear sunscreen.
- Wear a wide brimmed hat and sunglasses.
- Plan outdoor activities in the cooler hours—earlier in the morning.
- If you can delay an outside trip, do it.
- Remember to take breaks inside if you must be out.
- Leave the “hard work” for another day.

Before you venture outside remember, the doors are locked and you will have to re-enter through Tamarack. Will you be able to walk that far in this heat?

Take care. Stay cool!

A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, July 11
1:00-3:00-Door to door daily chronicles
Trivia/humor
Bingo prizes delivered

Sunday, July 12
3:00-5:00
You Tube Service
Available
See TV listing for spiritual guidance
Devotions distributed

Monday, July 13
1-4:00: Daily chronicles
Delivered
Grocery orders delivered
1-4:00: Door to door:
Daily chronicles, crafts/art project, Bingo #'s given

5:30-Wellcheck calls
1-4:00: Door to door:
Daily chronicles, Cook’s corner snacks/
cooking reminiscence
Bingo #'s given

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

5:30-Wellcheck calls
1:00-3:00-Door to door:
Daily chronicles, printed devotions, travel
club
Last day to turn in grocery orders
3:15-4:30-Door to door:
Mocktails/cocktails

4th of July cards

Thank you to La Plaza summer camp students for creating such bright and happy 4th of July cards for AL residents. Special thanks to La Plaza intern Suzanne Rivas for reaching out to us.



In Memoriam

Donna Beeker

Rosemary Harvey

Joan Winship

Please keep their family and friends in your thoughts and prayers.

Marketing Update

Laura Roman

You may notice some new neighbors around the Village in the next month as we have several people moving into Independent Living apartments and ranch homes! I thought you should know that anyone who moves into our community must have a negative covid test performed within a week of their move. While we all know that we need new residents for our community to flourish, our focus is on keeping everyone safe. Watch the newsletter to learn more about these new residents!

We are noticing an increase in the number of calls from people wanting information on our community. I wonder if loosening the regulations in the general population is making people want to be safely tucked in a retirement community when the world gets back to “normal.” Calls have been across the board: Assisted living, independent living apartments and homes, memory care and skilled nursing are all being sought.

In this time when we are unable to offer tours in our community, we are doing our best to offer video tours. We have done FaceTime tours where we are able to show our beautiful community and apartment offerings ... and I have found the new prospects are very grateful. In the meantime, the prospect of moving is a little more complicated, since we are unable to allow moving companies in to deliver furniture to apartments.

Reminder to all: If you provide a referral on a person who moves into our community, you receive a \$500 bonus. Must be a new referral.

Brain Teaser

Last week’s answers:

Key, Deck, Trunk, 4. Pupil (Exam and Private are also possible), Case, Sheet Tank, Racket, Mummy, Pipe

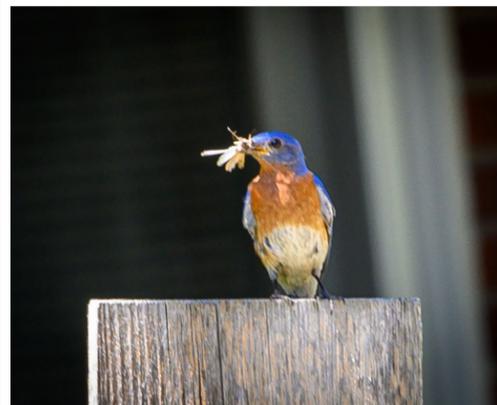
Bluebirds & Butterflies

Dan Hibner

The bluebirds on Lincoln Trails Court are still busy with family time. After the first 3 fledged and became big enough to start seeking food on their own, I observed them being feed mouth to mouth by their parents. Nest 2 produced 4 more babies that fledged last week. Now the same nesting box has a lovely tidy nest on top of the old one. Eggs should start being produced this week .

Now butterflies: Black Swallowtails are very common this year. Most of those that I am raising were found on dill, fennel and parsley. I have 12 in chrysalis stage and three still growing.

Bill Voiles spotted this Bluebird in the Tamarack Courtyard feeding her young:



Bluebirds

Carl Herr is continuing to monitor the bluebird boxes at Martha Davis’s house and is feeding the birds.

Health & Fitness Tip

Kenzie England

As you age, your energy levels may begin to decrease naturally therefore getting enough sleep each night is very important. Seniors often struggle with insomnia and restless legs which can cause tiredness throughout the day and make it harder to complete daily activities.

One thing you can do to make sure you get a good night’s sleep is turn down the lights in the evening, so your eyes begin to adjust, and you start to feel drowsy. Reading, drawing, or working on a puzzle is a good way to tire the brain before bed and can lead to sleeping well throughout the night.

Bizarre and Unique July Holidays



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- Cell phone courtesy month
- Dog Days of Summer (7/3-8/11)
- National Blueberry Month
- National Anti-Boredom Month
- Unlucky month for weddings
- National Grilling Month
- National Hot Dog Month
- National Ice Cream Month
- National Park and Recreation Month
- National Picnic Month
- National Watermelon Month

July 14 is Bastille Day which commemorates modern France and French democracy.

A Week at a Glance... Independent Living

Laurie Wilson

Crossword Puzzle Challenge! So many of you enjoy crossword puzzles, so I have decided to challenge you—floor-by-floor! I have placed the exact same, large crossword puzzle on a table around the corner from the South elevators on the 2nd and 3rd floors; and a one on a table in the lobby area by my office. Each floor is challenged to complete the puzzle. Elm residents are to work with the first floor puzzle.

Included with the large puzzles are clue sheets and a pencil. There are 8 pages of clues! Please place the clue sheets back in the bag with the pencil so everyone has an opportunity to work the crossword.

Rules: You are asked to work alone—or at a Social distance with a floor buddy. Do not look at the answers other floors have solved on their puzzle sheet, or ask friends from other floors for assistance. You must leave the puzzle sheet on the table—do not take it anywhere else to work.

This is a contest. A prize will be awarded to the floor group who solves the puzzle first! Whether it takes a week or 6 months—Good Luck!

Independent Living Notes

Laurie Wilson

Shelley has not authorized transportation to beauty and nail appointments due to Marion County guidance, so we will NOT be transporting to these appointments at this time.