

## WORDS OF WORTH

Worth Hartman, Chaplain

### “Teaching and Being Taught”

It's early August and in recent years it would be “Back to School Days” with sales on clothes and school supplies, figuring out when the bus is going to arrive and who your teacher will be this year. The pandemic has messed up all the normal patterns of returning to school. This year students, parents, and teachers are all wondering; is school online or in person, every day or every other day, starting when and for how long. All concerned are worrying, “Will I be safe, will I stay healthy?” In the midst of it all, we are all hearing how important school and learning is for our children.

As school begins I think about the importance of teachers and those teachers that have most influenced me. I could go back to Mrs. Bailey, my 5<sup>th</sup> and 6<sup>th</sup> grade English teacher at Burkhart Elementary. She instilled in me a love of poetry, an appreciation for language and made sure I could spell, understand grammar and diagram a sentence. She tried, but was unable, to correct my poor handwriting. Bill Ratliff was my pastoral care professor in seminary who taught me the depths of spirit and personality and helped me become a published author. Every time I sing I thank my voice teacher, Elise Marshall, who tutored me a half hour, once a week, and pushed me to discover my range and tone, practice diaphragmatic breathing and phrasing and take on site reading and memorization. Most recently I am grateful for my spiritual director, Fr. Keith Hosey, who models for me God's love and acceptance and keeps asking me; “Where is God working in your life?” How about you? Are there teachers in your life for whom you feel grateful? What did you learn from them and how does that influence you today?

As people of faith we can be glad we all have the example and model of Jesus as our teacher. Jesus grew up in the Jewish tradition that honors teaching and learning. The shema is a prayer that summarizes the Jewish faith:

*Hear O Israel, the Lord our God is one Lord. And you shall love the love your God With all your soul and all your might. And these word which I command you this day Shall be upon our heart and you shall teach them diligently to your children. (Deut. 6:4-7)*

Jesus is referred to as teacher (rabbi) 48 times in the bible. Jesus taught with power and authority. His message was often controversial and yet we can see the influence he had on lives then and continues to have on the lives of those, today, who follow him as teacher. It is important to remember that Jesus taught by deed and example as well as by words. Jesus' life was his lesson. It is the same with us. We are all teaching lessons with our lives. Are we teaching love, compassion, forgiveness, and peace? Thank a great teacher in your life and live the lessons they taught you.

This week's Vespers online service can be found at:

<https://youtu.be/xiAd3l3AtL8>

## Referrals

Please remember that Westminster pays a referral bonus to any resident who recommends a prospect that moves in to our community. Residents either need to give the name to a marketing manager, or the prospect needs to use the resident name when they call to be able to qualify. It must be a new prospect. Talk to your marketing reps for more information.

## Thank you, Volunteers!

Maeleen Hurley

Covid-19 can't stop our volunteers from bringing joy to our residents. Love on a Leash has visited this summer and AL resident Ellie Stanley, especially enjoys the canine companionship. Cathedral student Nolan Stiffler spent his July taking HC residents on tandem bike rides around campus. What a treat for the residents!



## Package Delivery

Tracy Pope, Admissions Manager for our Health Center, has spent the last 5 months working in Tamarack. He has helped out by delivering packages throughout the community twice- or more - each day. As referrals are picking up Tracy has gone back to the skilled nursing area to aid in admissions.

Front desk, lobby and transportation staff will be managing this task now.



Westminster Village North

# Around the Village

A Publication of Westminster Village North

August 7, 2020

## Welcome to WVN!

Nancy Russell

Donna Kennedy unpacked her last box and is making her home in Tamarack 3025. She confessed this is the first time in her life that she has lived in the Eastern time zone, and being "up and about" at 5:00 AM is normal for her. Born in Springfield, MO, Donna grew up in Paxton, IL where she graduated high school and then went to Eastern Illinois University to earn a degree in English Education. She got that diploma in 3 years because her parents had three children in college at the same time, and Donna says, "I had to get in and get out fast!"



After graduation Donna married. She and her husband moved to the Air Force base in Wichita Falls, TX and had their first son. A few years later, stationed in San Antonio she had their second son. Donna says the first boy cost \$7.00; the second cost \$5.00. The only charge for hospitalization and delivery was the food she ate while there!

While in Texas, sweet, kind, Donna learned there were some "objectionable" critters in that state. "Snakes were so numerous one could crawl up the side of the house and ring the doorbell!" (That's why Donna chose the 3rd floor of Tamarack.) Scorpions were abundant as well. Donna learned that combat boots were a perfect weapon against the unwanted insect. When her husband came home to find a combat

boot in the driveway, he knew what would be under it!

They moved to the Bloomington, IL area on a farm. Donna's husband milked cows at 3:00 AM and 3:00 PM to pay their rent while he finished his college degree at the University of Illinois. Donna remembers some cows "clomping across the porch" to remind them it was milking time. The family moved to Chicagoland which is not Cook County, but the area north of Chicago near Wisconsin. There Donna went back to college at Northern Illinois University and earned a degree in "specialty reading," which enabled her to teach children as well as adults who were having difficulty with the printed word. She taught from 1976 until retirement in 2002.

Donna moved to Tyler, Texas to help care for her mother. After her mother passed away, she began to look for her forever home. She found WVN on the internet, and Laura Roman provided all the information she needed to make the decision to come here -- sight unseen. This smart lady had visited 5 different retirement villages and knew the right questions to ask. Westminster locates her in the middle of her two sons; one in Chicagoland; the other in Cincinnati. The only critter she must contend with now is a delightful dove who sits on her balcony railing every morning to sing to her.

Going to St. Simons - "I get up so early sometimes I get there before God does," PBS mysteries, reading, and a "telephone cheering" ministry for about 20 friends and relatives make this delightful lady's life perfect. She loves the symphony and

can't wait until ours resumes performing. Donna is absolutely overwhelmed that the folks here have been so friendly and welcoming to her. "The welcome basket was incredible," she said, and finally, I tell all my friends that "I am now indeed HOME - all in capital letters."

## Clarifying Visitation

There seems to be a lot of confusion about restrictions related to Covid. We hope this will clarify:

Westminster Village North has visitor restrictions in every part of our community as mandated by the Indiana State Department of Health. This means that no resident can have visitors inside the building – including other residents. No residents may have visitors on their patios or allow visitors to enter the side doors of the buildings. Visitation can be scheduled through Jackie Brewer and it is supervised outside visitation. Outside visitors must wear a mask and have temperatures checked. They must practice social distancing by not moving chairs that have been appropriately placed. This means no touching or sharing of food. Residents must wear masks any time they leave their apartment. We reserve the right to eliminate outdoor visitation for any resident who does not follow these rules.

We know there are some residents who are breaking the rules and we invite you to report them to leadership. Residents are not supposed to collect after hours or at common areas of the buildings. If we have exposure in the community, the visitation will be eliminated for many others. Not following our guidelines is a selfish act. We all must practice personal responsibility to keep our residents and staff as safe as possible.

Thanks for understanding. If you need greater clarification, please call Shelley Rauch, Executive Director.

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

Debbi Johnson

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

## Health & Fitness Tip

Kenzie England

Memory loss is something many struggle with as they begin to age. However, there are some things you can do to keep your brain sharp as you being to grow older. Staying as mentally active as possible is a great way to help maintain your memory. This means, doing things like puzzles, word searches, and board games can force your brain to stay young and able to remember things more easily. Also, talking with others about different topics your brain isn't used to can help to decrease loss of memory.

## A Story

Jackie Brewer

Hope this makes you smile under your mask. On my way to work yesterday and today I had to stop for a school bus. There was a father, daughter around 8-10 years old, and the family dog. As the little girl got on the school bus, the medium sized family dog jumped into the arms of the father and put his paws and head on the father's shoulders. I could see the father rubbing the back of the dog and talking to the dog. What a touching moment. This is what I like to call "unconditional love" as the dog did not want the daughter to leave. Made me smile and cry at the same time.

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

Jill Armantrout

### Saturday, August 8

1:00-3:00-Door to door daily chronicles

Trivia/humor

Bingo prizes delivered

### Sunday, August 9

3:00-5:00

You Tube Service Available

See TV listing for spiritual guidance

Devotions distributed

### Monday, August 10

1-4:00: Daily chronicles Delivered

Grocery orders delivered

### Tuesday, August 11

1-4:00: Door to door:

Daily chronicles, crafts/art project,

Bingo #'s given

5:30-Wellcheck calls

### Wednesday, August 12

1-4:00: Door to door:

Daily chronicles, Cook's corner

snacks/cooking reminisce

Bingo #'s given

### Thursday, August 13

1-4:00-Door to door:

Daily chronicles, Popcorn delivery/

movie trivia, Bingo #'s given

5:30-Wellcheck calls

### Friday, August 14

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

## In Memoriam

Carla Castelluccio

Lydia Musa

Please keep their family and friends in your thoughts and prayers

## COVID Chronicles

Submitted by William Voiles

Just be careful because people are going crazy from being in lock down!

Actually I've just been talking about this with the microwave and toaster while drinking coffee and we all agreed that things are getting bad.

I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant.

In the end the iron straightened me out as she said everything will be fine, no situation is too pressing.

The vacuum was very unsympathetic... told me to just suck it up,

but the fan was more optimistic and hoped it would all soon blow over!

The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip.

The front door said I was unhinged and so the curtains told me to .....yes, you guessed it .....pull myself together

Hope this made you smile.

## Aloha Maeleen!

Laura Roman

After nearly seven years, Volunteer Coordinator Maeleen Hurley has decided to leave WVN for other opportunities. We will miss her smiling face and wish her all the best.

Maeleen has been essential in creating many great volunteer opportunities for residents and members of the community. In particular, our close relationship with Cathedral High School has been due to her!

Good luck Maeleen!

## "Our Magnificent Trees"

Tom Ulsas

Most of us agree that trees are beautiful decorations in the landscape. Whether they line city streets or populate forests, we see them as a wonderful part of nature. Beyond their stately architecture, health benefits abound for humankind. Naming a few of the most important qualities trees provide that help turn planet Earth into a more hospitable environment should remind us that we couldn't live without them. So it would be beneficial to identify some of the main benefits and offer quantified examples where possible.

**Trees combat climate change:** In one year, an acre of mature trees absorbs the same amount of CO2 produced when you drive your car 26,000 miles. And it releases enough oxygen back into the air to support 18 people.

**Trees help prevent water pollution, prevent soil erosion and save water:** Their root systems hold the ground below them, increase soil percolation allowing water to slowly filter into the soil, cleaning it and discouraging runoff. Illustrating these benefits with metrics is more difficult but visually the lack of gullies on hillsides is a testament to the water percolating into the soil rather than running off into our streams along with the valuable topsoil.

**Trees provide temperature control:** The shade and wind-breaking qualities that trees provide benefit everyone, from the individual taking shelter from a hot summer day to entire cities. The annual mean air temperature of a city with 1 million people or more can be 1.8-5.4°F warmer than its surroundings. Planting trees reduces this "heat island effect". Households with shade trees could spend 12 percent less on cooling costs in the summer.

And finally but especially important for us more mature individuals, **Trees Heal:** Studies have shown that patients with views of trees out their windows heal faster and with fewer complications.

## Brain Teaser

A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

*Last week's answer:* The most straightforward approach would be to break a link on the end of each of the five chains, and then reattach the link to the back of the next chain in the loop. This would cost you \$50 for the five links that were broken and resealed.

**But you can actually do it for \$40!** Instead of breaking a link in each chain, break all four links in *one* of the chains and then use those four links to attach the remaining four chains together. Now you've saved \$10. Use it on something nice.

## HAPPY BIRTHDAY!!

8/2 - Jane Lahr (AL)

8/2 - Bill Pfeiffer (IL)

8/2 - Dorothea Bly (IL)

8/3 - Carolyn Hardman (IL)

8/4 - Randy Hostetler (AL)

8/5 - Mary Scott (HC)

8/7 - Mike Blackwell (IL)

8/9 - Betty LaFara (IL)

8/9 - Joan Wenrick (IL)

8/9 - Toni Johnson (IL)

8/10 - Helen Bennett (IL)

8/11 - Bill Fry (IL)

8/20 - John Bly (IL)

8/22 - Karen Rose (IL)

8/25 - Ann Hanson (IL)

8/26 - Robert Wolfram (HC)

8/29 - Berj Antresian (IL)

8/30 - Judith Overturf (AL)

8/31 - Betty Bitler (AL)

8/31 - 8/31 - Betty Raymer (IL)

8/31 - Tom Kaercher (IL)

## Independent Living Notes

Laurie Wilson

## Indianapolis Symphony 2020-2021 Season Update

The Indianapolis Symphony Orchestra (ISO) announces the 2020-2021 indoor concert season will not take place as planned due to the COVID-19 pandemic. Subscribers who have renewed for 2020-21 have the following options:

- Donate tickets back to the ISO
- Request a gift certificate for the value of tickets, which is redeemable up to five years
- Hold the value of tickets "on account" and apply that ticket value to future concerts
- Roll your subscription over to the 2021-22 Season
- Receive a refund of ticket value

All subscribers who have and haven't yet renewed will have guaranteed seats for the 2021-22 Season.

If you purchased tickets from Leisure Services please contact me with your decision at extension 1053.

*Submitted by Tom Ulsas:*

Joann Ulsas went through more than



18 baskets of chocolates and didn't gain an ounce! Could there be a 1,000 piece puzzle in her future???