

## WORDS OF WORTH

Worth Hartman, Chaplain

### “Your Focus of Faith”

Have you ever been pressed to declare what you believe in, who or what you worship, what is your “ultimate concern,” do you believe in God, Jesus or a “Higher Power?” How do you know the truth of what you believe? What is your evidence? What is your proof? In our gospel story this week (Matthew 16:13-20) Jesus asks his disciples a couple of challenging questions. They have been ministering with Jesus for a year or two. They have seen him heal the sick, feed the thousands, calm the seas and walk on water. People, all across the country, have noticed and are asking, “Who is this Jesus and how can he do these miraculous things?” Jesus wants to test the disciples’ understanding and faith. He asks them, “Who do people say that I am?” They repeat all kinds of speculation going around. “You are John the Baptist come back to life, the prophet Jeremiah or the prophet Elijah” then Jesus asks the really important question, “Who do you say that I am?” How would we answer that question?

In last week’s “Words of Worth” I mentioned my journey all across Asia in 1977 when I was young and unattached. It was partly a spiritual pilgrimage, wanting to deepen my own Christian faith, understand other world religions, visit mission projects of both Catholics and Protestants and support several local efforts of an international/interfaith development organization. In the process I visited a Catholic Trappist monastery, a Japanese Buddhist temple getting to know its priest, was evangelized by a Moslem imam, stayed at a Hindu ashram and even met Mother Theresa in Calcutta, India as I was trying to volunteer to serve the homeless dying. Along the way I was often asked, “Why are you here? What do you believe? What are you learning? Who is your guru, teacher, spiritual guide and what is your path?” I tried to listen and learn about other people’s faith more than to declare

my own. But when asked I could say, “I follow Jesus who I understand as God made human. Jesus teaches me by his example and by his living spirit how to love, heal, forgive and how to listen to God. Jesus calls me to love my neighbor and well as my enemy. Jesus invites me to care for the poor, stranger, outcast and unloved.” Even as older adults we have the opportunity to continue to grow in our faith and develop our answer to the question “what do you believe?” We live in a community with a variety of faiths and there might be a variety of answers to Jesus question, “Who do you say that I am?” Our Jewish friends might say, “a great prophet and rabbi,” our Jehovah Witness resident, “the greatest man that ever lived,” our humanist neighbors, “an ethical model and fully realized human” and any skeptics among us might say, “a crutch, a hoax, the ‘opiate of the people’ or it doesn’t really matter.” Jesus asked this question at Caesarea Philippi, a spot filled with holy sites and temples to a variety of gods. There the Canaanites worshipped Baal and the Greeks considered this the birthplace of Pan, the god of nature. This area was the source of the Jordan River, important in Jewish tradition and on the top of the mountain stood a temple to worship the divine Roman emperor, Caesar. Today we are surrounded by temples to other gods, gods of wealth, success, beauty, youth, comfort, or sports. My prayer is we can grow, deepen our focus of faith, place our trust and hope in the Source of love, compassion and wisdom in the world that we might have life and have it abundantly.

### ANNOUNCEMENTS

Watch the Vesper Service for Sunday, August 23, 2020  
“Who Is Jesus?” Matthew 16:13-20  
Worship: Worth Hartman, Chaplain  
Piano: Winne Muddiman

Vesper Service Link:

Part 1  
<https://youtu.be/OUq1kkZ8rJg>

Part 2  
<https://youtu.be/nEHAxHBDnHk>

## Avoid Scams! Some timely advice.

There has been an increase in scams noted by the local and federal governmental agencies. Here are a few tips:

- Always check the email address from anyone claiming to be from a governmental program. All federal programs such as social security, Medicare, IRS, etc., will always end with a “.gov.” Many email addresses may look authentic until you notice the very end. If it doesn’t end in “.gov” — it is likely a scam.
- There has been a lot of people preying on the concerns during a national disaster. Locally we’ve seen fake and in-home covid tests offered. Forget about them!
- The authorities warn against “threatening impersonator calls.” This might be someone representing themselves as from the IRS or Medicare, telling you that you must pay immediately. The IRS will never leave you threatening messages nor ask for your bank information. They will not ask you to go to purchase a gift card from anywhere. Hang up on this person immediately.
- Cloned phone numbers — You may be getting phone calls that seem to originate nearby or are close to your personal phone number. Don’t answer a call if you don’t know the phone number! Someone who needs to speak to you will leave a message and you can call them back. However, if you do answer the phone and learn it is not someone you know, hang up immediately! Did you know that scammers sell the phone numbers of people who answer their calls? Best practice: don’t answer!

## OASIS

Are you interested in continuing to learn? If so, you may want to check out OASIS, a local senior group committed to Life Long Learning. OASIS offers free memberships and free to low-cost programs of many types. Go to: Indianapolis.Oasisnet.org



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

August 21, 2020

## Independent Living Residents — Update on Visitation and Activities

Laura Roman

Effective Monday, August 24th, IL residents and families will be able to visit outside without signing up for outdoor visitation! Residents may visit with their loved ones outside, maintaining social distance and wearing masks, at any time. Residents who live on the first floor may have one other guest on their concrete patio (total of two people), and others may sit on chairs in the grass, properly distanced by 6’. A resident who lives on an upper floor may come to the first floor to visit outside or on a resident’s patio — following the guidelines just mentioned. Cottagers may come over to meet with their friends in the apartments, but are still not able to access the inside of the buildings. Residents or visitors should not enter a resident’s apartment as inside visitation is not permitted at this time.

There are multiple locations on our campus where you can visit with your guests. Or, you can bring chairs and create your own space. The tables in the Tamarack courtyard will be set up for dining with two people allowed per table. Please do not move chairs as they are placed an appropriate distance apart. Also, please don’t use a rollator or wheelchair to pull up to join a table of two as this won’t meet safety guidelines.

Also beginning on Monday, August 24, IL activities will resume outside! Masks must be worn and we will create activities where residents will be able to stay 6’ apart. Laurie will

plan activities for you to see your WVN friends in the fresh air.

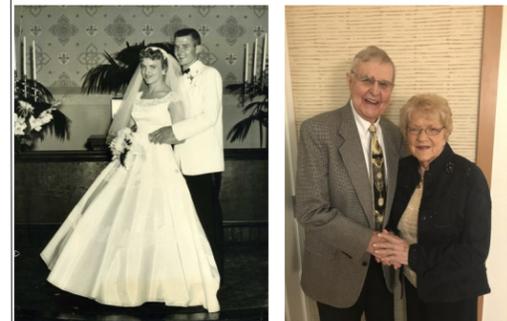
Of course this will all continue unless we would have a case of Covid-19 in Independent Living, so we cannot stress enough how important it is for all of us to follow the national guidelines of wearing a mask to cover your nose and mouth, washing your hands frequently and/or using hand sanitizer, as well as maintaining safe distance. If we would see negligence on any of these guidelines, we may have to revert back. So please, everyone, let’s work together so that we can all enjoy seeing each other again!

Thank you Shelley for keeping us all safe and for allowing these exciting changes!

## Did you know

- The tongue of a blue whale is as long as an elephant.
- Our eyes are the always the same size from birth.
- The earth is not round but is slightly pear shaped.
- On average, people move houses every 7 years.
- Mel Blank, who played the voice of Bugs Bunny, was allergic to carrots.
- Leonardo Da Vinci invented the scissors.
- Venetian blinds were invented in Japan.
- There are about one billion cattle in the world and 200 million are in India.
- A house fly lives only 14 days.
- Mammals are the only animals with flaps around the ears.
- The pig is rated the fourth most intelligent animal and are mentioned only twice in the

## Happy 63rd Anniversary Wes & Lucy Heironimus



August 24, 1957

## Celebrating a Wedding during the pandemic

Some of you may remember Jim and Nancy Russell’s granddaughter, Lauren, got married in May. The Russells did not want to risk exposure to COVID 19, but that did not deter Lauren from making them a part of her big day. On her way to Living Stream Community Church all decked out in her bridal finery, she stopped by Westminster for a photo shoot on the porch of WVN’s model apartment.



And, oh, by the way, Jim and Nancy are wearing the same clothes they wore for Lauren’s mother’s wedding 25 years ago. Jim did, however, consent to wear a tie for that one!

## 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

Being active at an older age is very important in order to stay healthy in your later years. Doing some sort of physical activity every single day could be very beneficial as your body goes through the aging process. Things such as walking, stretching, working on balance and stability, and strengthening your muscles are all things you should focus on. As health professionals, we suggest doing some sort of physical activity every day. This will work to improve your health both physically and mentally while also working to slow the feeling of aging.

## Indy 500 fun facts

The Indy 500 will be run on Sunday without any fans in the stands. You can watch the race on NBC WTHR, Channel 13. Pre-race activities begin at 1:00 and the green flag drops at 2:30.

Here are some fun facts:

- The first Indy 500 was run in 1911 and the winning speed was 74 mph.
- The Indianapolis Motor Speedway is considered the largest sport venue in the world.
- In 1987, it took about 5 months to declare a winner after a controversial finish. Bobby Unser finished 5 seconds before Mario Andretti, but due to a penalty they revoked his win and gave it to Andretti. Unser and his team owner, Roger Penske, challenged the penalty and eventually, the win was given to Unser.
- Originally, racers had to have an additional passenger—a ride-in mechanic.

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

Jill Armantrout

### Saturday, August 22

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

Trivia/humor

Bingo prizes delivered

### Sunday, August 23

3:00-5:00

You Tube Service

Available

See TV listing for spiritual guidance

Devotions distributed

### Monday, August 24

1-4:00: Daily chronicles

Delivered

Grocery orders delivered

### Tuesday, August 25

1-4:00: Door to door:

Daily chronicles, crafts/art project,

Bingo #'s given

5:30-Wellcheck calls

### Wednesday, August 26

1-4:00: Door to door:

Daily chronicles, Cook's corner

snacks/cooking reminisce

Bingo #'s given

### Thursday, August 27

1-4:00-Door to door:

Daily chronicles, Popcorn delivery/

movie trivia, Bingo #'s given

5:30-Wellcheck calls

### Friday, August 28

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

## IT Upgrades

We appreciate everyone's patience as we go through the upgrades to our internet system with a goal to improve speed and performance. We are partially through this upgrade.

## In Memoriam

Michael Lombardo

*Please keep his family and friends in your thoughts and prayers.*

## Please Meet Gabby — Assisted Living Activities Coordinator



Hi my name is Gabrielle Tijani, but I would love for everyone to call me Gabby. I am your new assisted living activity coordinator!! I moved here from Illinois in December 2019. So far, I love it here! I have worked in long term care for more than 26 years as a CNA and Activity Coordinator. I originally came to WVN as an activity assistant in the health center. My interests include: crafting and building things. I look forward to getting to know everyone. Please call me at ext. 3530 if you need to talk to me.

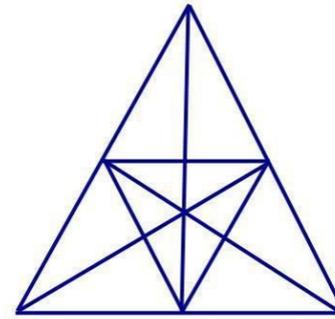
## Did You Know?

This week marked the 60th anniversary of the first living beings—dogs Strelka and Belka—to perform an orbital flight and return home. The 2-1/2 year old dogs were chosen to make a 1-day flight around the Earth on Sputnik-5, a Russian vessel.

The flight launched August 19, 1960. Actually, the spacecraft also had mice, insects, plants, seeds, fungi and microbe cultures on board.

## Brain Teaser

How many triangles are in this picture:



*Last week's answer:* They all have rings.

## VOTING

Rhoda Milstein

Applications for an Absentee Ballot are now available. Independent Living, Assisted Living and the Health Center residents can call Rhoda 317-823-9388 or Laurie at Extension 1053 and one will be delivered to you. The application should be mailed to:

Marion County Election Board  
3737 E. Washington St.  
Indianapolis, IN 46201

PLEASE exercise your right to vote!

## Be Counted!

Rhoda Milstein

*Precinct Committeewoman, Pct 41*

For many years a precinct existing at WVN which made it convenient and safe for residents to vote. We now have mail-in voting, another safe way to vote. It may require a little work, but it still gives you the opportunity to exercise your right. Your vote DOES count and doing this is what our country is all about. We, the elderly, should not give up but see to it our country will be there for our children and grandchildren. ASK for a ballot, fill it out, mail it — stand up and be counted!

## Independent Living Notes

Laurie Wilson

Since the decision to open up outside activities was just made, please bear with me as I prepare for activities to resume. We may not always have seating for everything initially, so be prepared to sit on walkers, stand, or bring your own chair to some of the activities.

The Tamarack courtyard has been prepared for your enjoyment for dining or visiting each other. Please DO NOT move chairs at all. There are orange tape strips under each chair so you are sure to remain at the proper social distance. As mentioned in Laura's article, you may not pull up walkers to join a group at a table—or at the seats available on the Tamarack patio. **If you choose to sit in your walker instead of a chair, you must find another spot and create another socially distanced area.** In other words, do not enlarge circles—even at 6 foot distances. This includes the seating under the Gazebo. If the chairs are full, please do not join the group, either seated or standing, but instead create another group at a different location.

It is going to be even more important now to check your Touchtown Community App for information. If you have a smart phone, tablet or PC, but do not know how to get the app, please call me at extension 1053. If you do not have a smart device, you may pick up a tablet from Jackie Brewer, or see me and I will ensure you get one. It will have the app on it and I can show you how to use it. It is a simple app and doesn't require tech knowledge.

The Touchtown Community App is used for communicating information, calendar information and signing up for activities. This next week you do not need to sign up for activities. I will let you know which activities you do need to sign up for as we begin to offer more outside activities.

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

Laurie Wilson

### Monday, August 24

2:00 Meet and Greet—Sycamore Courtyard

This is an opportunity for cottagers and Tamarack/Elm residents to get reacquainted. We have several new residents that have moved in since March whom we will introduce. If you have a lawn chair, please feel free to bring it, but keep in mind, I will ensure everyone maintains social distancing.

### Tuesday, August 25

1:00 Lawn Games—Laurel Parking Lot (new parking lot behind Laurel Commons off of Presbyterian drive) Several outdoor games will be set up. Play or watch—at a safe distance.

### Wednesday, August 26

1:00 Sing-a-long—Laurel Parking Lot

### Thursday, August 27

3:30 Happy Hour—Sycamore Courtyard

### Friday, August 28

1:00 Scavenger Hunt—Meet at Door 3 Lawn, by Laurie's office

Next week will be a warmer week, but getting out for an hour will be good for everyone! I have selected times of the day I believe will be bearable for an hour, so please make an effort to join the fun!

Until we get re-adjusted with staff scheduling, I will also continue to monitor outside visitation for Assisted Living as much as possible. If you need to reach me, but I am not in my office, I'm probably in the Sycamore Courtyard. Either leave a message, or stop by the courtyard to talk. I will continue to return phone messages and emails as soon as possible.