

WORDS OF WORTH

Worth Hartman, Chaplain

“Finding the Good Life”

It is never easy to accept death, loss, suffering, discomfort, and uncertainty. We want our lives to be easy, smooth, happy and predictable. In this week’s gospel story (Matthew 16:21-28) the disciples have a rude awakening about the spiritual life. Jesus tells them, “If you are going to follow me you need to be prepared for hardship, sacrifice, service, persecution, even death.” Wow! It is wonder they didn’t all quit right then and there. So life of the Spirit isn’t necessarily about success, glory, profit and gain but may be more about letting go, giving away, and moving downward instead of upward. Remember Jesus began his ministry with temptations of material “things”, political power, spiritual dominance and control. But Jesus responded, “Worship the Lord your God and only God. Serve God with absolute single-heartedness.” (Matthew 4:10)

We are tempted by worldly voices that tell us, “Wealth, success, and things will bring you happiness. For a secure, prosperous life work hard, save, marry well, be in control, look good, and depend on yourself.” Let’s not get carried away with this, “Deny yourself, lose your life to find it, pick up your cross and follow me” stuff! How is that going to get us ahead or bring us pleasure? I hear the preachers on TV telling us if we have the right faith and act the right way God will bless us with lots of wealth and material goods. It is the “prosperity gospel”. That doesn’t sound much like Jesus to me. Jesus challenges us with a gospel of poverty, simplicity, humility, and giving away rather than accumulating.

I believe it is important to say that self-denial or self-giving does not mean devaluing oneself or being powerless. This kind of spiritually

grounded selflessness can only come from knowing how valuable, precious, powerful and prized we are in God’s sight. Remember Jesus said, “You can only love your neighbor as you love yourself”. And you know what? Usually in this giving away, letting go, serving others rather than self, we find true joy, freedom, peace and fulfillment.

The apostle Paul wrote to the church in Rome describing this “good life” in Jesus’s spirit of selflessness, service and sacrifice:

Let love be genuine, hate what is evil, hold fast to what is good. Love one another with mutual affection... Rejoice in hope, be patient in suffering, persevere in prayer... extend hospitality to strangers. Bless those who persecute you.... Rejoice with those who rejoice and weep with those who weep.... Live in harmony with one another. Do not be haughty but associate with the lowly. Do not claim to be wiser than you are. Do not repay anyone evil for evil... If it is possible live peacefully with all... If your enemies are hungry, feed them. If they are thirsty, give them something to drink... Do not be overcome by evil, but overcome evil with good. (Romans 12:9-21)

Vesper Service can be found on the Touchtown Community app under photos/videos or by following the YouTube link:

<https://youtu.be/FRo9z7L9gl0>

Thank you.

Receptionist Sherry Wadsworth has returned from medical leave! She appreciates all of the thoughts, prayers and cards received wishing her well. She is feeling much better.

The Secret Life of Trees

Tom Ulsas

Bet you never realized that we are surrounded by chemical, electrical, hydraulic and food production factories. Peter Wohlleben, author of The Hidden Life of Trees, and a forester and ecologist who studied trees and forests most of his life gives us insight into some of their remarkable abilities. I’ve chosen a couple examples he described that illustrate how truly incredible these plants operate in their daily effort to grow and prosper.

When a caterpillar takes a bite out of a leaf, the tissue around the site of the damage changes. In addition, the leaf tissue sends out electrical signals just as human tissue does when it is hurt. However, unlike human reaction time, trees operate at a much slower pace, where instead of it transmitting in milliseconds, the plant signal travels at the slow speed of 1/3 inch per minute. So it may take an hour for the tree to send defensive compounds to the leaves to spoil the pest’s meal. But this slow tempo doesn’t mean that the tree is not alert to trouble. For example, if the roots find themselves in trouble this information is broadcast throughout the tree, which can trigger the leaves to release specific scent compounds formulated for the task at hand.

When it comes to some species of insects, trees can accurately identify which bad guys they are up against. The saliva of each species is different, and trees can match the saliva to the insect. The matching can be so precise that trees can release *pheromones* that summon specific beneficial predators. Pheromones are a secreted or excreted **chemical** factor that triggers a social response in members of the same species. For example, elms and pines call on small parasitic wasps that lay their eggs inside leaf-eating caterpillars. As the larvae develop they devour the pest from the inside. So the next time you gaze at a majestic tree, appreciate just how sophisticated this product of nature is. Your walk in the woods will never be the same.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

August 28, 2020

Q&A for Resident Council

Shelley Rauch

1. **Wi-fi Slowness:** We are aware. Upgrades to our system are currently underway. However, we are unsure if this will resolve issues because of the tremendous use at this time. Residents have a choice of purchasing additional services beyond the basic services we provide.
2. **Shortage of parking in Tamarack:** This is a challenge for everyone. The situation is compounded by the fact that we only have two COVID-19 screening points. One screening point is at Tamarack front entrance and one is at the health center entrance. Both locations use Tamarack parking. When construction begins contractors will use gravel lot by secondary entrance. Please be patient on this issue as it is one of our many challenges.
3. **Wellness Center:** Services still need to be observed when therapy is on-site due to COVID restrictions and cleaning procedures. Cottagers can’t come in to use equipment because inside visitation is still restricted.
4. **Health Metrics Being used:** We utilize a combination of agencies to guide our decisions. This guidance changes weekly and sometimes daily. We have routine calls with ISDH to stay up to date on any loosening or tightening of restrictions. We also follow the Governor’s “Indiana Back On Track Plan for Long Term Care Facilities.” In addition to those already mentioned we follow guidance from the CDC, Marion County Health Department and

CMS.

5. **Communal Dining:** We have started outside dining for two with social distancing. We will continue to evaluate our next steps with dining based on guidance from agencies mentioned in #4. In addition, we are in Marion County and this county has more restrictions due to the number of cases and deaths.

I hope this helps answer the questions brought to the council. I am happy to do this type of Q&A response monthly after the council meets.

WVN Resident Council

The resident Council met this week to elect its 2020-2021 officers:

President - Dick Huelster
Vice President - Annette Martin
Secretary - Tom Ulsas
Treasurer - John Wendt



Council Recognizes Barbara Wood

Laurie Wilson



If you’ve been at WVN much time at all, you probably have heard of Barbara Wood. She’s the Bargain Room lady, the variety show director, the lady who can still do the splits at 90+, she sings and dances, and always volunteers. She spends countless hours dedicated to the quality of life for her fellow residents.

Barbara was recognized by the Resident Council this week for her iconic dedication. She was presented with a plaque and a revised version of the song “Mame,” called “Barb’ara,” written by Charlie Case. The song was to have been sung and plaque presented at the Variety show in March, but had to be cancelled due to COVID-19. *(The words to the song can be found under IL Week –at-a-Glance section of this newsletter).*

The plaque will be displayed in a prominent place—perhaps the new Social Hall, along with a framed version of Charlie’s “Barb’ara.”

Thank you, Barbara!! Residents and staff truly appreciate your enthusiasm and dedication.

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

Yoga is a great exercise for older adults to include in their weekly routines. It has been known to provide both mental and physical benefits. Yoga can help with arthritis, flexibility, relaxation, and stress reduction. It has even been known to lower blood pressure in some scenarios. If you are a fairly sedentary person, incorporating yoga into your life would be very beneficial. It is best to participate in some sort of exercise for 30 minutes at least three days a week. Therefore, finding a yoga routine that could accommodate these recommendations would be ideal.

Meet Tajah!

Hello everyone!! I am Tajah Glover, the



Intern working in the Social Services department. I will be located in the health center this school year. I am a current senior at IUPUI studying social work. I aspire to become a medical social worker, working in a health care setting or a hospital. In my free time I enjoy watching movies, shopping, trying new foods, and spending quality time with friends and family. I consider myself a friendly and very understanding person. I love meeting new people and I am excited to be here, working with you all.

A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, August 29

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

Trivia/humor

Bingo prizes delivered

Sunday, August 30

3:00-5:00

You Tube Service

Available

See TV listing for spiritual guidance

Devotions distributed

Monday, August 30

1-4:00: Daily chronicles

Delivered

Grocery orders delivered

Tuesday, September 1

1-4:00: Door to door:

Daily chronicles, crafts/art project,

Bingo #'s given

5:30-Wellcheck calls

Wednesday, September 2

1-4:00: Door to door:

Daily chronicles, Cook's corner

snacks/cooking reminisce

Bingo #'s given

Thursday, September 3

1-4:00-Door to door:

Daily chronicles, Popcorn delivery/

movie trivia, Bingo #'s given

5:30-Wellcheck calls

Friday, September 4

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

Assisted Living & HC Annual Art Show

Tuesday, September 15
Sycamore Courtyard

(This year will also include IL artwork)

Psychiatrists vs Bartenders

Submitted by William Voiles

Ever since I was a child, I've always had a fear of someone under my bed at night

So I went to a shrink and told him, "I've got problems. Every time I go to bed I think there's somebody under it.

I'm scared and I think I'm going crazy."

"Just put yourself in my hands for one year", said the shrink. "Come in and talk to me three times a week and we should be able to get rid of those fears".

How much do you charge?"

"Eighty dollars per visit," replied the doctor.

"I'll sleep on it," I said.

Six months later the doctor met me on the street. "Why didn't you come to see me about those fears you were having?" he asked.

"Well, eighty bucks a visit, three times a week for a year is \$12,480.00.

A bartender cured me for \$10.00. I was so happy to have saved all that money that I went and bought me a new pickup truck."

"Is that so?" With a bit of an attitude, he said, "and how, may I ask, did a bartender cure you?"

"He told me to cut the legs off the bed. Ain't nobody under there now!"

ITS ALWAYS BETTER TO GET A
SECOND OPINION!

Brain Teaser

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Last week's answer: 47

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 existed at WVN which made it convenient and safe 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 so is what this 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

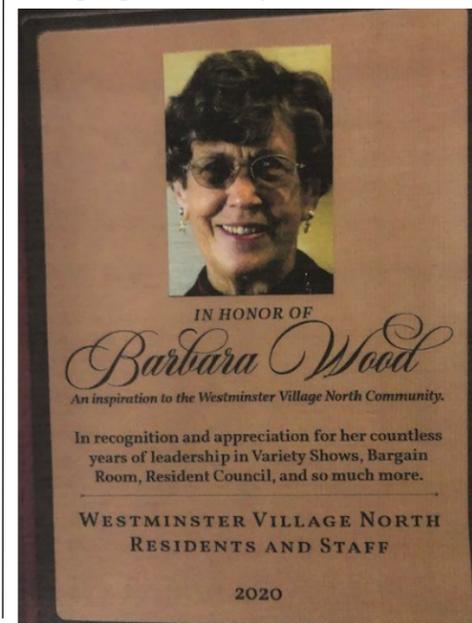
This week you received a puzzle piece. I am asking each of you to put on your creative cap and color, glue on objects, make a picture collage, or whatever you want to do for your piece of the puzzle. The theme is "Re-connecting." I will collect all of the pieces on September 9th. Have fun with this project—I am looking forward to seeing the end result.

Assisted Living will keep with tradition and host their annual art show on Tuesday, September 15. This year it will be held outside.

We have been invited to participate in the show this year. Therefore, I am going to include three major projects we did since March: the colored eggs Easter basket, decorated wood blocks, and the puzzle project you just received. If you still have your wood blocks that you decorated, hang on to them. I will collect as many as possible to show.

In the meantime, if you created a piece of art this year that you would like included, please let me know. We are not selling items, just displaying the creativity of our residents over the past 9 months.

Plaque presented by Council:



A Week at a Glance... Independent Living

Laurie Wilson

Monday, August 31

1:00 pm Noodle Ball and Corn Hole — Front Entrance Lawn (next to first cottage—Wendt's home at 11025 Presbyterian Drive)

Tuesday, September 1

1:00 Scavenger Hunt—Meet outside Door 3 (by Laurie's office)

Wednesday, September 2

2:00 Sing-a-Long—Tamarack Front Lawn

Thursday, September 3

3:30 Happy Hour (location to be determined)

Friday, September 4 through Monday, September 7

Laurie on PTO

Barb'ara

Written by Charlie Case
(to the tune of Mame)

You coaxed the tunes right out of our heads..BARB'ARA
You charmed the moves right out of our limbs...BARB'ARA
You got our feet a tapin', and movin' to the rhythm of the beat
The whole foundation is shakin'
Since life came back to legs and sleepy feet.

You made the tunes so easy to sing...BARB'ARA
You gave our old bods a kick...
BARB'ARA
You make the Tamarack tree Blossom at the mention of your name
You've made us feel that drive again
And made us feel alive again
You make our hips revive again...BARB'ARA