



SEPTEMBER 21st
World
Alzheimer's Day



September 21st every year is World Alzheimer's Day. This national campaign, founded in 2012, is aimed at raising the awareness of the disease, and challenge the common stigma that surrounds Alzheimer related dementia.

Alzheimer's is a progressive disease that impairs memory and other mental functions. It is the most common form of dementia that generalizes memory loss and loss of other essential cognitive abilities that are serious enough to interfere with an individual's daily life.

At Westminster, we provide care for individuals with Alzheimer's and dementia in our Ironwood Memory Care and Cedar Commons Memory Care. We appreciate the compassionate work being done by the caregivers in these areas, and also recognize everyone who cares for someone with this disease.

Painting

You may have noticed that there is a lot of construction equipment on our campus! Not only is work being done on our social hall, but we are also in the process of painting the exterior of Tamarack. If you are a Tamarack resident, you may notice your patio railings being painted. Work will also be done at the main entrance (door #1) of Tamarack.



Around the Village

Westminster
Village North

A Publication of Westminster Village North

September 18, 2020

WVN Annual Art Show

Laurie Wilson

Thank you to Jill Armantrout and her staff for putting together the Annual Art show, which usually displays works by the Health Center and Assisted Living residents. This year, however, Independent Living residents were invited to display artwork as well.

Residents from all areas were able to take advantage of a gorgeous day and view the beautiful and amazing work showcased in the Sycamore Courtyard. Some even became the work of art!



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

When it comes to staying healthy as you age, your diet can play a large and rather important role. The foods and drinks you put into your body can help determine how you feel on a day-to-day basis. Drinks such as sodas and some sports drinks contain a large amount of sugar that is rather unhealthy. A soda can contain up to 39 grams of sugar in one 12 ounce can, which is almost 10 teaspoons of sugar!!! Excess sugar can lead to health issues such as diabetes, raised blood sugar and heart complications. Instead, try drinking things such as tea or natural juice with no added sweeteners.

Dirt Happiness

Marty Krug

Two days after seeing two people with run-of-the-mill shovels moving a little dirt at the new social hall worksite, I came across a much bigger shovel moving dirt. Seeing a little dirt moving made me a little giddy. Seeing big piles of dirt made me downright ecstatic!



A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, September 19

Daily chronicles delivered with lunch
Outdoor visitation (must be pre-scheduled)

Sunday, September 20

1-3:00
You Tube Vespers available
See TV listing for spiritual guidance/
Devotions distributed
Popcorn to your door

Monday, September 21

1-4:00: Daily chronicles /mail delivery
Grocery delivery

Tuesday, September 22

1-4:00: Door to door:
Daily chronicles, mail, crafts/art project, bingo #'s given
5:30 Well-check calls

Wednesday, September 23

1-4:00: Door to door:
Daily chronicles, mail, cook's corner snack, reminisce, bingo numbers distributed

Thursday, September 24

1-4:00: Door to door:
Daily chronicles, ice cream
Bingo #'s distributed
5:30-Well-check calls
*Grocery orders due by 10 a.m.

Friday, September 25

1-3:00: Door to door:
Daily chronicles, printed devotions, travel club, bingo prizes
3:00-4:00-Door to door: Mocktails/cocktails

Worth the Read

Submitted by William Voiles

Why do croutons come in airtight packages? Aren't they just stale bread to begin with?

If people from Poland are called Poles, then why aren't people from Holland called Holes?

If a pig loses its voice, is it disgruntled?

Why is a person who plays the piano called a pianist, but a person who drives a race car is not called a racist?

If it's true that we are here to help others, then what exactly are the others here for?

If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?

Do Lipton Tea employees take 'coffee breaks?'

What hair color do they put on the driver's licenses of bald men?

Why do they put pictures of criminals up in the Post Office?

What are we supposed to do, write to them?

Why don't they just put their pictures on the postage stamps so the mailmen can look for them while they deliver the mail?

Is it true that you never really learn to swear until you learn to drive?

Brain Teaser

Imagine you are in a boat, in the middle of the ocean. Suddenly, you are surrounded by hungry sharks. They are aggressive and want to feed on you. What do you do to stop them?

Last week's answer: Stop imagining

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!

Early voting near us will be located at:
MSD Lawrence Admin Bldg.
6501 Sunnyside Rd.

Weekdays:
Oct 26 - Oct 30 11 am - 7 pm

Weekends:
Oct 24 - Oct 25 10 am - 5 pm

Independent Living Notes

Laurie Wilson

Thanks to all of you who created a puzzle piece work of art! There were so many creative pieces, from simple colors to more elaborate designs—all of which contributed to a fantastic puzzle for the art show. Also, special thanks to anyone who contributed to the art show with individual works of art. (I will get your individual artwork back to you soon, if not already).

I have not heard from the **Guardian Hospice Singers**, so I am assuming they are no longer coming. However, I will keep trying to reach them and keep you posted through the tablet and next week's newsletter.

Nothing says delicious like a Dilly Bar from Dairy Queen!



Butterfly Release

William Voiles

Dr. Hibner released more butterflies this week. They immediately sore to



A Week at a Glance... Independent Living

Laurie Wilson

Monday, September 21

Tuesday, September 22
1:30 News & Views (6204 Whitewater side lawn)

Wednesday, September 23

3:30 Pretzels, Root Beer and Polka (sc)

Thursday, September 24

Friday, September 25

1:00 Game Day: Giant Street Dice (jp)

Tuesday, September 29

1:30 Aromatherapy Contest: Can you guess the scent? (tc)

Location Key

Jp—Juniper parking lot
Sc—Sycamore Courtyard
Tc—Tamarack Courtyard

