

## WORDS OF WORTH

Worth Hartman, Chaplain

### “God Over All Our Life”

Monday we celebrate Labor Day, a special day we set aside to honor the value and dignity of work. Here at WVN we might have to think about work in a broader way than some. Lets’ think about work as more than manual labor or what we do to earn money. Most of us at WVN are “retired”, no longer employed to earn money or maybe your work was as a volunteer or caring for family. We can think of work as love made visible, as a way of being a part of God’s creative process, a way of showing our love for life. We can think of work as expending energy for a worthy purpose. Our labor is the way we become a partner with God in realizing God’s kingdom on earth. For some our paid job wasn’t the focus of our work and for others our efforts, energies, concerns and activities didn’t produce monetary income. For some maybe your work is just getting up and making it through the day, doing the required therapy or just trying to maintain some hope or positivity in the midst of COVID induced isolation and social distance. Let’s name our labor or work the way we live our grateful response to God’s creation and call that work blessed and worthwhile.

This Labor Day we can ask God to bless us in the “work” that we do. But God’s interest and concern is much broader than just our work. We do a variety of things during a day or week. Some of what we do might be considered play, leisure, hobbies, entertainment, fun, socializing, or family care. What I want to affirm is that God, our Creator, is Lord of all our life, all parts, all aspects. All of our lives are lived within God’s care and concern: work and play, labor and leisure, our physical, mental and emotional selves, and our family and community relationships. So God isn’t just with us at church

or when we are praying, at services or doing bible study. No God is with us throughout all our lives and all our activities knowing we need to express ourselves in a rich variety of ways. God wants us to feel joy, hope, love, being a part of a family and community. God wants us to discover a purpose in our lives. Ralph Waldo Emerson said, “The purpose of life is...to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” A favorite hymn of mine by Fred Pratt Green states:

*In the just reward of labor, God’s will is done; in the help we give our neighbor, God’s will is done; In our worldwide tasks of caring for the hungry and despairing, in the harvests we are sharing, God’s will is done. For the harvests of the Spirit, thanks be to God; for the good we all inherit, thanks be to God; For wonders that astound us, for the truths that still confound us, most of all, that love has found us, Thanks be to God.*

On this Labor Day may we know the value, dignity and preciousness of our lives, our work, our play and our leisure. May we invite God to be the Lord of all our lives.

Watch the vesper’s service at:

<https://youtu.be/eS7cC50cI4w>

## Happy Birthday!

9/1 - Jody Fogg (IL)  
9/3 - Sue Denigan (AL)  
9/6 - Helen Reynolds (AL)  
9/7 - Dorothy Neibler (AL)  
9/7 - Shirley Tichenor (AL)  
9/7 - Barbara Norris (HC)  
9/8 - Mary Crays (AL)  
9/11 - Charlie Case (IL)  
9/13 - Kathryn Huelster (IL)  
9/14 - Arthur Ball (HC)  
9/17 - Rosemary Tanner (HC)  
9/18 - Dorothea Lloyd (AL)  
9/19 - Nela Holtz (AL)  
9/22 - Larry Rose (IL)  
9/25 - Mazie VanHoover (IL)  
9/28 - Don Wissman (HC)  
9/29 - Sheila Lipsey (IL)

### Fun Facts

- There are 6 people who look exactly like you. There is a 9% chance you will meet one.
- A person’s height is determined by their father. Their weight is determined by their mother.
- Three are so many different kinds of apples that if you ate a different variety every day, it would take over 20 years to try them all.
- There are three things the human brain cannot resist noticing: food, attractive people and danger.
- People who laugh a lot are healthier than those who don’t.
- Laziness and inactivity kills just as many people as smoking.
- A human brain has a capacity to store 5 times as much information as Wikipedia.
- Stomach acid is strong enough to dissolve razor blades!
- Our body gives enough heat in 30 minutes to boil 1.5 liters of water.
- The brain uses the same amount of power as a 10-watt light bulb.
- Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.
- Right handed people tend to chew food on their right side.
- If a part of your body “falls asleep,” you can almost always wake it up by shaking your head.
- Your shoes are the first thing people subconsciously notice about you.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

September 04, 2020

## Monday, September 7

On Labor Day morning, starting about 11:00, Helen Fry and Kathryn Huelster will each be playing some of their favorite music for anyone who may walk by and give a listen. Their windows will be open to Presbyterian Drive and the sidewalk across. They will play, not only for their own enjoyment, but for anyone else who may wish to hear “live” music!

## Foundation Office Hours

Marty Krug

Due to Covid-19 restrictions, residents may not meet me in my office, but I’m at the Village most Wednesdays and Thursdays. If you would like to meet with me, please call extension 3460 to make an appointment. I can meet any resident outside; in addition, I can meet Tamarack residents in the Tamarack lobby or in the Cappuccino Lounge. If you call when I am not in the office, please know I check my voice mail every day and will get back to you as soon as possible.

## Job Fair on Wednesday

You may have seen the signs, but Westminster Village North is hosting a job fair on Wednesday, September 9 and again on September 23. We have been doing some advertising to promote this hiring event.

We apologize in advance if the job fair creates traffic concerns.

## September

Laura Roman

“Try to remember the kind of September  
When life was slow and oh so mellow  
Try to remember the kind of September  
When grass was green and grain so yellow  
Try to remember the kind of September  
When you were a young and a callow fellow  
Try to remember and if you remember  
Then follow--follow, oh-oh.”

I always loved this verse as a song. And here we are: September. How did it come so fast. Isn’t it interesting what this isolation has done. Time seems to move so slowly on one hand — and so quickly on the other. Like all of you, I sort of feel “gypped” a summer without the festivals and activities of years past. Grateful for my health, yes, but longing for the things I probably took for granted.

This brings me to my main thought. Gratitude. I have been trying to live my life from a point of gratitude—being thankful for all that is good. Each morning when I wake, I pause to identify something from the day before that I am grateful for. It can be as simple as a beautiful sunset, or as complicated as how my work day ended. When I work from this perspective, I start my day on a positive way—focused on the good in my life. Try it.



Dave Harrison is welcomed home from his stay in the Health Center by his neighbors.

## Social Hall Construction Begins

You may begin to see some signs of the new Social Hall construction. On Friday, September 4th, a fence was constructed to serve as protection from the construction—a silt fence will be installed on Tuesday, September 8. In addition, you may notice the sidewalk at the end of Laurel Commons will be barricaded off, and furniture to the side of the Sycamore entrance door has been removed.

All construction traffic will be channeled through the 63rd Street entrance. Construction trailers or equipment will be parked in the lot on Lincoln Trails Circle.

We will keep you informed of construction news as we have it!

## 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

Posture is something that can make a difference in almost everything you do. Good posture means you are standing up nice and tall, while keeping your back straight and looking forward. Having good posture can help with balance and stability, it can also help to decrease any type of back pain while strengthening your core muscles at the same time. Posture is always important but, it becomes even more necessary as you begin to age and your body changes. You can and should practice good posture in everything you do. When you are seated, be sure to sit up straight and try not to slouch. When you are standing and walking, keep your head up and look forward while maintaining a straight back.

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

Jill Armantrout

### Saturday, September 5

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

### Sunday, September 6

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

### Monday, September 7

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

### Tuesday, September 9

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

### Wednesday, September 10

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

### Thursday, September 11

1-4:00: Door to door:  
Daily chronicles, ice cream  
Bingo #'s distributed

5:30-Well-check calls

### Friday, September 12

\*Grocery orders due by 10 a.m.  
1-3:00: Door to door:  
Daily chronicles, printed devotions, travel club, bingo prizes  
3:00-4:00-Door to door: Mocktails/cocktails

## In Memoriam

Irene Baird

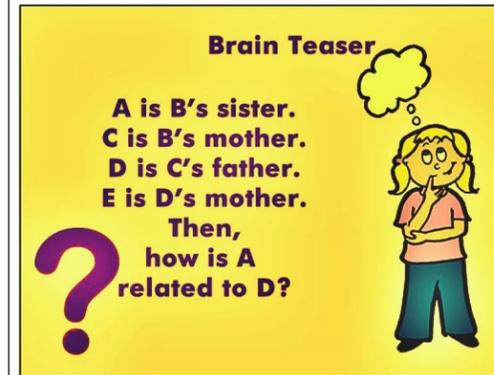
Please keep her family and friends in your thoughts and prayers.

## 12 Commandments for Growing Older

Submitted by William Voiles

- #1 - Talk to yourself. There are times you need expert advice.
  - #2 - "In Style" are the clothes that still fit.
  - #3 - You don't need anger management. You need people to stop pissing you off.
  - #4 - Your people skills are just fine. It's your tolerance for idiots that needs work.
  - #5 - The biggest lie you tell yourself is, "I don't need to write that down, I'll remember it."
  - #6 - "On time" is when you get there.
  - #7 - Even duct tape can't fix stupid - but it sure does muffle the sound.
  - #8 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller.
  - #9 - Lately, You've noticed people your age are so much older than you.
  - #10 - Growing old should have taken longer.
  - #11 - Aging has slowed you down, but it hasn't shut you up.
  - #12 - You still haven't learned to act your age, and hope you never will.
- And one more: "One for the road" means peeing before you leave your home.

## Brain Teaser



Last week's answer: heroine

## 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

We tried a few outdoor activities this week, but the weather again is not cooperating. Additionally, I have found that the sporting activities are a bit difficult, so I am changing things up and trying other ideas.

I will be offering **News & Views** twice a month, beginning Tuesday, September 8 at 1:30 pm. There is a shady, grassy area next to the Lee's home at 6204 Whitewater Drive, behind the front entrance pond. That should be a nice spot for discussion. I will have chairs available, but ask you to please sign up through the Touchtown Community App so that I am sure to have enough for everyone attending.

Reminder: Wednesday, September 9, I will **collect the puzzle pieces** you should have received in the mail. I have learned some people did not receive them, so if you still need one, please call me at extension 1053. The puzzle pieces are to be decorated any way you wish—photo collage, drawing, poem, etc., with the theme "Re-connecting." I will put all the pieces together for the Sycamore—HC Annual Art show.

On Thursday, September 10, weather permitting, Larry Gindhart and Carol Tharp-Perrin (yes, she is related to Joann Tharp) will perform in **concert on the lawn** at 3:00 pm. The concert is currently scheduled to take place on the lawn next to the front entrance by the Wendts home at 11025 Presbyterian Drive. I can only hope for a cooler, cloudy day. I will have chairs set up for you to attend, but suggest you bring a small umbrella to shield from sun, if necessary. Unfortunately we just don't have a large area with shade appropriate for this concert. I ask you to please sign up through the Touchtown Community App so that I am sure to have enough for everyone attending.

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

Laurie Wilson

### Monday, September 7

Laurie on PTO

### Tuesday, September 8

1:30 News & Views—Side Lawn of cottage 6204 Whitewater (behind pond)

### Wednesday, September 9

Puzzle pieces to be collected today—cottagers may leave it in newspaper area of your mailbox

### Thursday, September 10

3:00 Concert on the Lawn with Larry Gindhart and Carole Tharp-Perrin (Front Lawn next to Wendts cottage)

### Friday, September 11

2:00 Tamarack Bingo (Tamarack Courtyard)

## Annual Art Show

Tuesday, September 15  
Sycamore Courtyard

The following times are scheduled viewing for each area:

Independent Living: 10:30 –12:30

Assisted Living: 12:30—2:30

Health Center: 2:30—4:30

IL residents—if you have artwork that you have created in the last 9 months and would like it displayed, please call Jill at ext. 5300 or Gabby at ext. 3530.

If you are not sure how to sign up through Touchtown, please call me at extension 1053.