

Words of Worth

Chaplain Worth Hartman

“Seeing God’s Face in the Hungry” Fall has come, it’s getting cooler, the leaves are starting to turn bright colors, communities are celebrating their autumn festivals and the fields are ripe for harvest. This time of year makes me think of an event important in my life and faith that takes place every fall, the Indianapolis Church World Service Service/CROP Hunger Walk. My brother Howard organized the first Indianapolis Walk in 1980, whose purpose is to raise money to feed the hungry in our community and around the world. (cwsglobal.org).

The gospel story this week is one of my favorites and it’s about feeding the hungry and God’s judgment if we don’t. It’s called the parable of the sheep and the goats, Matthew 24:31-46. It’s a scene of The Last Judgment, a heavenly king telling us humans the most faith-filled thing we can do while we are here on earth is to feed the hungry, give drink to the thirsty, welcome the stranger, clothe the naked and visit the sick and prisoner. Why is that important? Because God says, “in caring for the least of these my brothers and sisters you are caring for me.” Why does it matter? Because the care, compassion, the service to those most in need we share in this life affects our spiritual well-being now and our eternal life later.

We are asked to give this care not because it enhances our reputation, looks good to others, brings a tax break, or guarantees our spot in heaven. No, it’s just that if we really love God and want to follow God then we will see God in those most in need and we will want to respond in love. That may not always be easy or obvious. What about the lazy people not deserving of our help. What about the immigrants with strange languages and strange ways. And what about the refugees from “terrorist”

countries practicing “foreign” religions? Do we really want to help the sick? Maybe their lifestyle is the cause of illness. The prisoners, their crimes sound awful and their sentences well deserved.

There are lots of ways this Fall that we can respond to God’s cry to feed the hungry. We know it is a particularly tough time with COVID hitting the poor particularly hard, our economy crashed and so many people out of work and others stuck at home unable to get food. A local hunger fighting organization is Gleaners, that supplies food throughout a 21-county Central Indiana service area. We are responsible for how we live our lives and how we respond to needs around us. May we ask for God’s help to see God’s face in the hungry. May we ask the question and receive God’s response:

‘Whenever you did one of these things to someone overlooked or ignored, that was me—you did it to me.

BIBLE STUDY Independent Living Bible Study, Columbus/Discovery Day, Monday, October 12, 1:00 PM Tamarack Dining Room, Deut. 31:1-8

Vespers Service on YouTube for Sunday, October 4:

https://youtu.be/h_cDqanNiec

Or find it on your Touchtown Community App under photos/videos.

Thank you!

Dr. Dan Hibner sends his thanks and appreciation for a job well done to Darrel Duety! Darrel rebuilt Dr. Hibner’s ramp and actually made it even better by extending it in such a way to make it more accessible for both his walker and wheelchair.

Thank you!!

Contemporary Kidding

William Voiles

Not even in my wildest dreams did I imagine myself entering a Bank, wearing a mask and asking for money.

Never thought my hands will one day consume more alcohol than my liver... ever!

Quarantine seems like a Netflix series...just when you think it is over, they release the next season.

I’m starting to like this mask thing...went to the supermarket and two people that I owe money to didn’t recognize me.

Who was complaining that 2020 didn’t have enough holidays...now what?

I need to social distance myself from my fridge; I tested positive in excess weight!

Can someone tell me if the 2nd quarantine will be with the same family...or we can change?

In just two weeks we will hear if there are still two more weeks to let us know that two more weeks of quarantine are needed...

I’m not planning on adding this 2020 to my age...I didn’t even use it!

We want to publicly apologize to the year 2019 for all the bad things we said about it.

To all the ladies that were praying for their husbands to spend more time with them... how are you doing?

My washing machine only accepts pajamas...I put in a pair of jeans and a message came up “stay home”!

After all that we have been through, the only thing missing is that the vaccine will only be available in suppository form.

I feel like a teenager... no money in my wallet, hair long and out of control, thinking what to do with my life, and grounded home.



Westminster Village North

Around the Village

A Publication of Westminster Village North

October 2, 2020

An Open Letter to Our Residents and Families,

The past six months have been tougher than anything many of us have had to live through as we fight the pandemic. The news shares the climbing number of cases and deaths, making us all well aware that everyone is vulnerable. We have followed accepted guidelines and protocols in an attempt to keep our residents and staff safe. But we all know that isolation can have an affect on a person’s mental health. We have worked hard – and fought to balance the physical and mental health wellbeing of our residents.

It's a fact that putting strict guidelines in place – based on our safety – has not been easy nor made me popular. But my greatest fear has been exposure of those individuals that live and work in our community. These are people I’ve come to know and appreciate. And their health has driven me to make the tough decisions.

Recently my mother, who lives in another town, tested positive for Covid-19 and is now hospitalized. Her health is compromised, and she has a tough battle to fight – one that we cannot predict at this time. Now I am faced with being a family member fearful for my loved one’s future while still being the one ultimately responsible for the decisions made at our community to keep everyone safe. I understand and see both sides.

This battle is real – and it happens in the most innocent ways to people who

have thought they are protected. I will continue to sort through the millions of datapoints and opinions on the best ways to remain free of this enemy – and to make decisions that I believe are in the best interest of all. I remain committed to you, your families and the staff at Westminster Village North.

My hope in sharing this personal story is that you will help us to keep everyone free from covid and become the part of the solution to this horrible pandemic.

Sincerely,

Shelley Rauch
Executive Director

Happy Birthday!

October 1	Sue Clemens—IL
October 1	Donald Hardman—IL
October 2	Lillian Beavers—IL
October 2	Jean Gibson—HC
October 3	Roy Clauson—AL
October 5	John Davis—AL
October 6	Dave Harrison—IL
October 6	Keith Castelluccio—AL
October 6	Janet Gibbs—HC
October 7	Celia Katz—IL
October 7	Ray Dietiker—IL
October 8	Rhoda Milstein—IL
October 9	Judy Stave—HC
October 10	Dorothy Ruehl—IL
October 12	Richard Huelster—IL
October 15	John Albers—HC
October 16	Joanne Tharp—IL
October 17	Helen Fry—IL
October 21	Maria Wasnidge—IL
October 24	Helen Summerville—HC
October 26	Kit Magee—IL
October 26	Jim Russell—IL
October 27	Lois Repass—HC
October 29	June Robbins—HC
October 30	Betha Strome—HC

Did You Know?

- As of December 31, 2020, we will have 7 residents over the age of 100! Our oldest resident turns 104 on October 30!
- The average age in IL is 85.78.
 - 65% of our IL residents are Female
 - 35% of our IL residents are Male
- The average age in AL is 88.01
 - 82% of AL residents are Female
 - 18% of our AL residents are Male
- The average age in our HC is 81.7
 - 71% of the residents in the HC are Female
 - 29% of the HC residents are Male.



We have received our flu vaccines and will begin administering the shots next week. Please call Jami Blanton at ext. 2660 to schedule your appointment. Unlike previous years, shots will not be given in the clinic. Jami will arrange a time to come to your apartment or cottage home to administer them.

Call Jami Blanton, IL/AL Nurse Manager at Ext. 2660 today to make your appointment!

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 exercising as you age, things that involve multiple muscles or larger muscle groups will benefit you the most. For example, movements such as walking and riding a bike will help your body stay healthy. Walking and riding a bike requires the majority of the muscles in your legs to work in combination all at one time, which will help to strengthen your legs overall. An important muscle group to focus on in the legs is the quadriceps muscle (the muscle group on the front part of your thigh). The motions of walking and riding a bike will greatly help to keep this muscle active. If you are unable to walk or ride a bike, try practicing sit-to-stand transitions using a railing or handgrip on the wall to grab on to. When doing this exercise, focus on using your legs to push yourself up rather than using your arms to pull yourself up.

Social Hall Update

Marty Krug

Thank you, Bill Voiles for the latest pictures of the social hall construction. I'm not sure what that gray thing is, but I sure am glad to see it going in place!



A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, October 3
Happy birthday
Roy Clauson

1:00 (1-3) Door to door: Daily chronicles, Mail, outdoor time as prescheduled
2:45 (2:45-4:45) Door to door: Daily chronicles/trivia, Mail, Art pack

Sunday, October 4

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

Monday, October 5

Happy birthday
John Davis
1:00 (1-4) Daily chronicles/mail delivery, bingo #'s distributed, Grocery delivery

Tuesday, October 6

Happy birthday
Keith Castelluccio
1:00 (1-4) Door to door: Daily chronicles, ice cream, mail & bingo #'s distributed
5:30 (5:30-6:30) Well check calls

Wednesday, October 7

Happy birthday
Ray Dietiker
1:00 (1-4) Door to door: Daily chronicles, crafts/art project, mail & bingo #'s distributed

Thursday, October 8

1:00 (1-4) Door to door: Daily chronicles, cook's corner snack, reminisce, mail & bingo #'s distributed
5:30 (5:30-6:30) Well check calls

Friday, October 9

Sukkot Ends
10:00 *Grocery Orders due
1:00 (1-3) Door to door: Daily chronicles, printed devotions, travel club, bingo prizes
3:00 (3-4) Door to door Mocktails/cocktails

Touchtown Community Apps

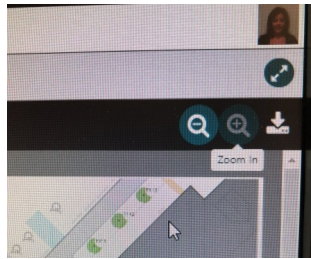
Laurie Wilson

As we begin to do more activities in Independent Living, your Touchtown Community App will be invaluable. We use it for communication, calendar and dining information, and to sign up for activities, as well as much, much more.

Recently Dick Huelster and Tom Ulsas created a map of all the trees on campus. Some however, have found it difficult to read, thinking the zoom is not working.

If you have been trying to **zoom into the tree maps under campus maps** on your Touchtown Community app, but have

trouble with the zoom feature, understand that the two zoom magnifiers seen here are just to magnify to full screen—nothing more. If you see one of the two zoom magnifiers gray colored, it means you have reached the max screen, or minimum screen. This picture means you are at max zoom with content list on left side. To zoom full screen with no side list, click the circle with double arrows.



To actually zoom into the map itself, please do the following:

Open the map you want to view, then click the download button which is next to + and - zoom magnifiers on the far right. The download button has a down arrow on it. The map will open up in a new window. At the far right (or some cases in the middle) in the white portion of the app box you will see another zoom magnifier button. Click on it. You will see what percentage your map is currently displaying. Click reset to get to 100% or adjust the numbers accordingly. Close the red box when you are finished to get back to your map.

Brain Teaser

Turn me on my side and I am everything. Cut me in half and I am nothing. What am I?

Last week's answer: two dimes and a nickel

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

Oct 31 - Nov 1 10 am - 5 pm

Note: You are required to use black ink when filling in your ballot.

Independent Living Notes

Thank you all so much for your patience this week as we re-opened the dining room. We know that some of you take longer to eat than others, but appreciated your understanding at the strict time limitations in order to enable all those who wanted to dine in the dining room were able to do so and that our dietary staff can get the room and kitchen cleaned up on time.

We will have several concerts this month in the front entrance lawn, weather permitting. This means if the performer is able to perform in the chilly temperatures, the concert will be held. If it is raining, we will have to reschedule of course.

The first concert is performed by Jim VanSlambrook of Slammerjazz. Jim is a multi-talented musician on the vibes, tenor sax, trumpet, flugelhorn and flute. He has more than 40 years of experience entertaining at festivals, weddings, corporate parties and night clubs in Indianapolis, He is sure to entertain you! The concert will be performed on the front entrance lawn next to the cottages and across the street from the front entrance pond.

Please be sure to sign up for the concerts through your Touchtown Community App. If you need assistance or do not use Touchtown, call me at extension 1053 for further direction and assistance. Please sign up for this concert by October 13. We need to determine how many chairs to set up in the lawn.

Note: When you use the Community App to sign up for activities, you will receive a reminder message the day prior to each activity.

If you are still wondering, the flower bud pictured in last week's newsletter was a Dogwood bud.

A Week at a Glance... Independent Living

Laurie Wilson

After I put the calendar out I learned we can do some smaller group activities in the Tamarack Dining room. Therefore there are some additions to the calendar. Please look at the calendar below and your Touchtown Community app each day for changes and additions, including locations. Also, this means it is even more important you sign up for activities through your app as space will be limited. If you do not know how to use the sign up feature, you may ask another resident or call me for instruction. If you do not have access to the Touchtown Community App, we can download it on your own smart device, or call me (ex. 1053) for other alternatives. Either way, we can not guarantee seating at any activity without signing up as attendance numbers are pre-determined and social distancing is required.

Please sign up for the following events not later than Monday, October 5. You may not attend if you are not registered.

Tuesday, October 6

1:30 News & Views

Thursday, October 8

1:00 No Cash Bingo (tdr)

Friday, October 9

1:00 Guardian Singing Angels (sc)

Monday, October 12

1:00 Bible Study (tdr)

Tuesday, October 13

1:00 Concert with Winnie Muddiman (tdr) - *Winnie will play, but this is not a sing-a-long.*

Location Key

Fel—Front entrance lawn on south side of Street

Fsl—Front side lawn next to front entrance pond

Jp—Juniper parking lot

Sc—Sycamore Courtyard

Tc—Tamarack Courtyard

Tdr—Tamarack Dining Room

Tfl—Front lawn outside of Tamarack front entrance