

## Words of Worth

Worth Hartman, Chaplain

### “Prayers for Veterans and Peace”

Wednesday, November 11, we observe Veteran’s Day. On the eleventh hour, of the eleventh day, of the eleventh month of 1918, World War I finally ended. Since then, that date has marked a celebration of peace and a remembrance of all those who have experienced war. Now, over one hundred years later, we are still remembering veterans from too many more wars; World War II, Korea, Vietnam, Kuwait, Afghanistan, and Iraq. The losses of war weigh heavily upon us; the deaths, wounded, and those scarred emotionally, mentally, spiritually by the terrible experiences of war. In our more recent wars we are shaken by the resulting loss of limbs, traumatic brain injury, post-traumatic stress syndrome, violence, depression and suicide. We have learned that war is not glorious and doesn’t solve the conflicts it is meant to solve. War can bring out qualities of care, sacrifice, and love for one’s comrades. It also can elicit brutality, hate, and leave life-long moral injury. On Veteran’s Day we express our gratitude for our veteran’s service, sacrifice, bravery and love of country but know that the wars they experienced were not God’s desire for them, our country, or the world.

In our faith traditions we learn that God’s nature and will for us and our nation is peace. In the Hebrew tradition the word that expresses this is “shalom”, the state of health, well-being, and wholeness that comes to our interpersonal relationships, families, community and world when our lives are ordered and guided by God. Shalom brings security, peace, and prosperity. Jesus, called the Prince of Peace, came and showed us what this way of shalom looks like, lived out here on earth. Jesus lived and taught:

*\* Blessed are the peacemakers, for they will be called the children of God. (Matthew 5:9)*

*\* Peace I leave with you, my peace I give to you. Not as the world gives, do I give to you. (John 14:27)*

*\* Love your enemies and pray for those who persecute you. (Matthew 5:44)*

Our faith traditions teach that this peaceful way of life is for this life, here on earth, for individuals and for larger communities. The way of shalom is not just for prophets and saints but for everyday people. It’s not for the afterlife or some perfect world but for this broken, violent, and unforgiving present day world we live in. We can’t wait until the whole world is peaceful before we begin living lives of peace.

This way of peace seems difficult and far from us. It asks much of us, more than we can understand. First we must realize we aren’t able to love enemies or pray for persecutors of our own power and strength. That would wear out pretty quickly. It is only in God’s loving spirit working through us that we could ever hope to do what God asks of us. We cannot expect to be peacemakers trusting on our own wisdom, strength, discipline and love. We also need prayerful support from other people of faith, our community, who share our commitment to being peacemakers. We must walk this path of peace with humility. We won’t be consistent. We won’t get it all right. We may not adequately answer every question a skeptical world puts to us. We confess this this way of reconciling love is difficult and may not seem wise or effective in the world’s eyes but the apostle Paul reminds us: *“The foolishness of God is wiser than our wisdom. And the weakness of God is stronger than our strength.” (1 Corinthians 1:22-25)*

On this Veteran’s Day, may we share the vision of the prophet Micah as we honor our veterans and pray and act for a world of peace.

*God will judge between many peoples and will settle disputes for strong nations far and wide.*

*They will beat their swords into plowshares and their spears into pruning hooks.*

*Nation will not take up sword against nation, nor will they learn war anymore.*

*Everyone will sit under their own vine and under their own fig tree,*

*And no one will make them afraid. (Micah 4:3, 4)*

Link for this week’s Vesper’s service:

<https://youtu.be/mFphUHnzw4>

## Halloween Parade to Benefit Alzheimer’s!

We raised \$460 for the Alzheimer’s Association! Thank you!!



Westminster Village North

A Publication of Westminster Village North

November 6, 2020

# Around the Village



We thank all of the Veterans who fought to keep us free.

## Wounded Warrior Project Selects Betty Raymer for “Honoring Our Warriors”

Laurie Wilson

Creativity has been the key in the past eight months to celebrating holidays and important milestones. Veterans Day celebrations are no exception. The Wounded Warrior Project (WWP) is hosting a live stream parade “Honoring Our Warriors” at 11:30 am on Wednesday, November 11. “The virtual event will be hosted by former NFL quarterback and current football analyst for ESPN Jesse Palmer, and includes musical performances, as well as veteran tributes during the broadcast. The nationwide event will “will bring to life stories of strength, courage and hope through personal anecdotes from generations of military veterans,” including IL resident Betty Raymer.

Betty served in WWII as part of the WAVES, which were Women Accepted for Volunteer Emergency Service. She spent an hour speaking with the producer of the WWP “Honoring Our Warriors” project

detailing her life as a WAVE and why she decided to volunteer.

WWP will stream interviews live from Veterans who served during all wars, since WWII, along with music from award-winning country star Sara Evans. The event will be streamed on their Facebook page and YouTube. Once we have the link, it will be shared via Touchtown Community apps and played on the digital screens in all areas of our community for the remaining week. In the meantime, you can read more about the Wounded Warrior Project and this event on their website at <https://www.woundedwarriorproject.org/>

## Indiana State Department of Health Holiday Guidance for Residents of Long-term Care Facilities and Resident’s Families & Representatives

On Friday, November 6, the ISDH issued their guidance for holiday visitation. “Unfortunately the fall and winter holiday seasons are coinciding with significant increases in community spread of Covid-19. The director of CDC recently reported that an important driver of the recent case increases is small family gatherings. Therefore, the ISDH and CDC recommend that individuals at increased risk of severe illness from COVID-19 should avoid in-person gatherings with individuals with whom they do not live. Instead of visitation in your home, we recommend visiting with loved ones at the facility” through the visitation offered by WVN “... The CDC currently recommends and facilities are following these recommendations, that all individuals who leave the facility for these types of visits be placed in quarantine for 14 days when returning.” To read the entire ISDH statement, go to [westminstervillage.com/covid-19](http://westminstervillage.com/covid-19)

## COVID-19 Updates

Laura Roman

If you have watched the news, and survived the political advertisements (thank goodness they are gone!), it seems all you hear is covid, Covid, COVID!! The number of cases in Indianapolis are at an all time high, and there is no end in sight. You are likely aware that we have had an employee case and a resident case in Independent Living. But I spoke to a cousin in Ft. Wayne whose mother is in skilled nursing where they have 32 resident cases and 8 employee cases. If this isn’t staggering enough, a colleague of mine spoke to someone who said a community in the northern suburbs has 90 resident cases and 40 employee cases. We cannot allow this type of thing to happen at Westminster!

Research shows that you are likely to get COVID-19 with prolonged exposure (over 15 minutes) with someone who has the disease. We all know we need to social distance and wear a mask—but we have friends and neighbors who are hard of hearing and need to read our lips. I want you to know that the staff are being challenged by our leadership to follow these rules:

- Always wear a mask and do not remove it for any reason
- Do not touch items in a resident’s apartment and wear gloves.
- Limit your time with anyone (staff or resident) to less than 15 minutes
- Wear protective safety glasses
- Keep your distance—do not get closer than 6’
- Do not come to work if you have any symptoms

This is hard for many of us who want to serve and help our residents, but I ask you to please understand. We must follow these rules so that we do not have an outbreak of COVID-19 in our community.

We ask you to follow these same rules. Understand that staff who ask you to wear a mask or social distance, are just doing so because they care about you.

## A Week at a Glance... Health Center

Debbi Johnson

Please check with your activities staff for information on daily activities at this time.

### Thursday, November 12 WVN 48th Anniversary

**Friday, November 13**  
9:00 Virtual Bargain Room Auction  
11-20 begins: Look at items on your digital screen in lobbies. Call ext. 1053 or email Laurie at [lwilson@westminstervillage.com](mailto:lwilson@westminstervillage.com) to place bid not later than noon on Wednesday, November 18.

## Health & Fitness Tip

Kenzie England

Listening to your body and knowing how your body responds to exercise is one of the most important things you can do as you continue to age. If you feel pain or stress in a certain area while participating in physical activity, know when it is time to stop. Often, when we push ourselves to far it will result in injury or continued pain.

A good way to respond to pain or stress on your body would be to lessen the duration, intensity, or frequency. This means, go down in weight, repetitions, and/or time. This will take so relief off of your body and allow you to continue to gain strength and endurance while avoiding risk of pain or injuries.

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

### Saturday, November 7

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, November 8

1:00 (1-3) YouTube Vespers  
Available Devotions Distributed  
Popcorn to your door

### Monday, November 9

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

### Tuesday, November 10

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, November 11 Veterans Day

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

### Thursday, November 12 WVN 48th Anniversary

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, November 13

9:00 Virtual Bargain Room Auction  
11-20 begins: Look at items on your digital screen in lobbies. Call ext. 1053 or email Laurie at [lwilson@westminstervillage.com](mailto:lwilson@westminstervillage.com) to place bid not later than noon on Wednesday, November 18.

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

## Employee Appreciation Fund



LAST CHANCE to contribute to the Employee Appreciation Fund. You only have until November 13. The suggested donation is \$1.00 per day, per resident, or \$365.00 for the year. **Please make checks payable to:**

**Westminster Village Council AND write on the memo line EAF.**

You may contact any member of the Resident Council if you have questions.

## Bargain Room Auction Now Open

Today we kick off the first Bargain Room auction! There are ten pieces of furniture for sale that staff and residents can bid on between Friday, November 6, 9:00 am and Wednesday, November 12, 12:00 noon. To view these items on YouTube go to: [https://www.youtube.com/channel/UCDIrOZWVr3VZKw\\_XsNCw03cg](https://www.youtube.com/channel/UCDIrOZWVr3VZKw_XsNCw03cg). You may also view the items on the Touchtown Community app under photos or see them on the digital screens throughout the community.

Send bids via email to [LWilson@westminstervillage.com](mailto:LWilson@westminstervillage.com) or call Laurie at extension 1053 to place a bid. You will be contacted by Phillis Darling or one of the other Bargain Room Ladies if you have the winning bid for further instructions on payment and item pickup.

## Brain Teaser

Stare at the image below for 25 seconds then stair at a blank white space. What do you see

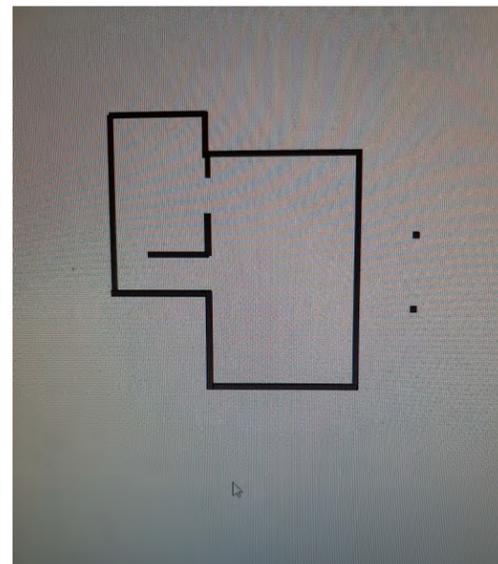


*Last week's answer: The housekeeper is lying—pages 823 and 824 are not facing pages.*

## Social Hall Construction

Bill Lord

If you were standing above the new Social Hall work, the heavy black lines in this illustration are the foundation outline you would see. Tuesday at 4:00 pm, concrete was being poured to complete the foundation. The white PVC plumbing for the rest rooms and the serving kitchen are being installed, so now we can see some work above ground level.



## Independent Living Notes

### Veterans Day celebration

Let's fill the halls with music on Veteran's Day! If you would like to hear a specific song played while I travel the halls with the portable Karaoke, please call me or email me the song title and I will try and ensure it is on the list of songs. You may sing from your doorways, but please do not come out into the halls to join others singing, as this is considered a high risk of spreading COVID. Please wear a mask in your doorway as well.

### Bargain Auction 1-10 Link to YouTube

[https://www.youtube.com/channel/UCDIrOZWVr3VZKw\\_XsNCw03cg](https://www.youtube.com/channel/UCDIrOZWVr3VZKw_XsNCw03cg)

Or check out the items on your Touchtown Community App under photos.

If you would like to bid on an item either call Laurie at extension 1053 or send and email to: [lwilson@westminstervillage.com](mailto:lwilson@westminstervillage.com)

Only a couple of weeks until Thanksgiving and then it's on to the Christmas and Hannukah season. I would really like to see you **decorate your doors** -Tamarack, Elm and the cottagers! Let's truly make this a festive time, even with COVID-19! If you need art supplies, we have them!! If you need a pair of hands to help create your idea—I've got those too! I will work with you to create magic.



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

Laurie Wilson

### Tuesday, November 10

Trivia Tuesday—you will receive a packet of trivia projects

### Wednesday, November 11

11:30 Wounded Warrior Project Live Stream—look for details on Touchtown Community App or call me at extension 1053.

12:00 Bargain Auction 1-10 Ends—winners to be contacted

3:00 Veteran's Day Sing from your door—I will travel throughout the halls playing Veterans Day music and passing out goodies—join in the fun from your door

*Cottagers—you will receive special gifts in your mailboxes earlier in the afternoon*

### Thursday, November 12 WVN 48th Anniversary!

3:00 Special treats delivered throughout Independent Living homes and apartments!

### Friday, November 13

9:00 Virtual Bargain Room Auction  
11-20 begins: Look at items on your Touchtown Community App, digital screen in lobbies or via YouTube. Call ext. 1053 or email Laurie at [lwilson@westminstervillage.com](mailto:lwilson@westminstervillage.com) to place bid not later than noon on Wednesday, November 18.

## WVN Celebrates 48th Anniversary

on

Thursday, November 12

