

Words of Worth

Worth Hartman, Chaplain

"Giving Thanks for Everything??!! We are quickly arriving at Thanksgiving Day, although it is not feeling like the usual holiday. Seems like COVID is getting even worst just in time for Thanksgiving. It is surging with a vengeance just in time to ruin many of our usual plans. It is causing us to call off our trip to see loved ones or cancel our Thanksgiving dinner with a table full of friends and family. It's not going to be, "Over the river and through the wood to Grandfather's house we go" this time. But still in the midst of all of that, we are asked to tell what we are thankful for. I was at a church Zoom meeting Monday and we went around the square expressing our thanks. I said I was grateful my wife hasn't come down with COVID yet. Others mentioned gratitude for our nation coming through the election with democracy intact, family, frontline health and safety workers, and older folks staying safe. Even though we hear all the things we should be grateful for, there may be a part of us, especially this year, that says, "NO" I don't feel real grateful right now. Maybe you are experiencing financial decline, family losing jobs, isolation not being able to visit and socialize, friends sick or dying, or unhappiness about the election. There are plenty of problems, difficulties, and crises in this world to fill us with hurt, fear and disappointment rather than thanksgiving.

Now let's admit it. Don't those store clerks make you sick who cheerfully chime up, "Have a nice day" when you are having a terrible day. They do not know you or what your day is like. How about those happy, smiling Christians who may have just wrecked their car, lost their job, or broken their leg and they still shut out with glee, "Praise the Lord". There must be

something wrong with them. They must be denying the realities of life and their own negative feelings, right?

I struggle with the words of the apostle Paul, "... give thanks to God the Father at all times and for everything in the name of Lord Jesus Christ." (*Ephesians 5:20*) Give thanks always and for everything? Should we thank God for tragedy, disaster and suffering? Paul is asking us to assume an attitude of hope and trust. I do not think we are asked to always be happy or to be glad when sorrow and pain come to us. Rather we can give thanks that God stands with us and never forgets us. We stand by that promise Paul affirms, "For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor death, nor anything else in all creation will be able to separate us from the love of God in Christ Jesus our Lord." (*Romans 8:38, 39*) Yes we can Praise the Lord that in God's love and care we can, "Bear all things, believe all things, hope all things and endure all things." (*1 Corinthians 13:7*)

Here are some prayers of thanksgiving from Joyce Rupp:

...When I refuse to wait with the mystery of the unknown and when I struggle to control rather than to let life evolve, wrap me in the darkening days of November. Encourage me to enter into stillness and silent mystery, to wait patiently for clarity and wisdom...

When I fight unwanted and unsought changes and when I seek to keep things just as they are, place me on the wings of birds flying south for another season. Gather their spirit of freedom into my heart. Let me be willing to leave my well satisfied place of comfort for the discomfort of a long flight into the unknown. Thank you God of transformation, for all these lessons that the autumned earth teaches me.

Vespers Link Nov 22: <https://youtu.be/wRwhqDya9X0>

The New Normal: What Comes After COVID-19

Experts Predict how the Pandemic Will Change our Lives

Covid 19 will change everything from how we greet each other to what's on our bucket list. "It's the single greatest disruption of our lifetime," says Jeffrey Cole, director of the Center for the Digital Future at the University of Southern California. "The kind of change that's occurred over a few months will change how we do things for years."

Sanitizers are here to stay: Americans will be increasingly fixated on washing away deadly germs. If sneezing into your elbow took some adjustment, brace for what's on the hygiene horizon. "Especially for older people, hand scrubbing, mask wearing and hyper attention to surface disinfections will be the norm at every turn," says Eric Toner, MD, a senior scholar with Johns Hopkins.

No more handshakes: The very personal greeting of clasped hands that dates back to ancient Greece is "out the window for the foreseeable future," says Harvard epidemiologist William Hanage, MD who recommends a sanitary Star Trek salute and a hearty, "Live long and prosper."

Clean is the new green: As business begin to "make a show of elevated hygiene," you can expect lots of public mopping and swabbing, plexiglass walls between you and your cashier, maybe even temperature-check stations.

Touchless and Distance Economy: Ordering online becomes the norm for millions and a true lifeline for older adults. If you've zoomed, or ordered groceries online, you understand the convenience. Use of shopping apps like Instacart or Walmart Grocery has quadrupled in one month, according to one survey.

Goodbye: The mall, your morning newspaper, dinner and a movie on Saturday night — Covid 19 has put them all on the endangered list. Already reeling from online competition, JC Penney, J.Crew and Neiman Marcus finally declared bankruptcy during the crisis. More than 15,000 stores could close according to one retail research firm.



Westminster
Village North

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Contributing to the Future of Westminster Village North

Carolyn Hardman & Dan Hibner

We are excited to watch the construction progress of the new social hall. Sewer lines have been installed, the concrete slab has been poured, and framing will begin before we know it. Now it is time to begin the big push for phase two of the fundraising campaign - **Contributing to the Future of Westminster Village North.**



Foundation Poinsettia and Green Plant Sale

Marty Krug

The Foundation is working with a local greenhouse to help bring a little holiday spirit to the Village while raising money for the new social hall. Poinsettias and select green plants are available for purchase between now and 9am on November 30th. Pictures are available on the Foundation tab in Touchtown and at the reception desk.



Marty Krug, Foundation Coordinator, will be distributing examples of materials you can use if you want to reach out to family and friends. If you have any questions, Marty is available Wednesdays and Thursdays at extension 3460 or at mkrug@westminstervillage.com

You can support the Westminster Foundation by shopping at AmazonSmile and by using your Kroger Plus card. Talk to Marty Krug to learn more.

Orders can be placed on the form in the Tamarack mailroom, by filling out the form included with this newsletter and returning it to the receptionist, or by calling Marty at extension 3460. Marty will deliver on December 9th - wearing a mask and socially distancing. Cash or check (made payable to The Westminster Foundation) accepted. Payment appreciated by December 4th.

This year ...

I dare say that Thanksgiving this year is going to be different for each and every one of us. Residents are aware of the restrictions imposed upon us by state and federal agencies that are affecting everyone. We are heartbroken that you will not be able to spend Thanksgiving as you have in the past—surrounded with those you care about. We know how much you want to see your loved ones and how deep that sense of loss will be. And we hate that this is where we find ourselves as a result of the invisible enemy. Please know we, the staff, are suffering too.

Today I watched a program on Holiday Stress that was lead by CICOA. They first discussed how our stress had already increased over the last five years—even before covid. Their research showed people worried about mass shootings, acts of terrorism, climate change and more. These didn't appear in the 2014 research. Then covid 19 on top of that leaves us all feeling overwhelmed.

The speaker presented several options for us to consider when we are feeling overwhelmed—or stressed. Take a very deep breath—then slowly exhale. Breath in through your nose and out through your mouth. Deep breathing often provides a moment to slow your brain and your heart.

Close your eyes and reflect on things to be thankful for. You have a safe home. You have food on your table. You do not have to worry about anyone hurting you. Try to focus on the good rather than worry about the bad.

I wish you all a Happy Thanksgiving.

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

Light soreness is something that is completely normal when a person is participating in physical activity. You are more likely to experience soreness if exercise is something new to your life. Your muscles will not yet be adapted to the movements you are putting your body through so you might experience a bit of soreness, but do not let that scare you away. Keep going, keep pushing and keep working hard. After a few days of exercise those minor aches and pain will go away, and you will then be able to start building strength, endurance, balance and stability.



A Week at a Glance...

Assisted Living

Jill Armantrout

Saturday, November 21

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 22

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

Monday, November 23

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

Tuesday, November 24

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 25

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

Thursday, November 26

Thanksgiving Day

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 27

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

Social Hall Construction Update

Bill Lord

A bit of detail work on the concrete perimeter was done then on Tuesday workers began closing off windows and doorways that are affected by the new building that will contact Sycamore. This also shows the plumbing for the rest rooms and Serving Kitchen.



Advice to pet owners

By Ruth Iliff

Don't start the washing machine until you are sure your cat isn't in it. Search for the source of loud cat howls immediately. Have lots of towels on hand. Be sure you have stored up band-aids. Be glad your washer was set for "cold wash." Be prepared to serve as a cat-nap bed for a long time. Don't tell anyone about your experience because they will know how disorganized you really are.

Leading Age Honor Award

Bill Lord

Wilda Duncan found this amazing video in the Leading Age magazine and shared it with the staff. We thought all of you might enjoy it as well. You can also find it on the Touchtown digital screens and under Photos in the IL Touchtown Community app.
<https://www.youtube.com/embed/6pd7bEpz8NU>

Food Pantry

Ruth Iliff

With contact restrictions in place, our food pantry partners now give out prepared bags of food to people who drive up for help. So our most practical contributions would be ordinary things like pastas, beans, peanut butter, canned fruits or vegetables, etc. If you are interested in donating food this holiday season, Tamarack and Elm may take items to the mail room and leave in the wicker basket. Cottagers may coordinate with Nancy Hershman. Residents of other areas interested may speak with their activities staff.

Thanks to all who continue to help those in greater need.

Bargain Auction

We had a lot of items sell this past week and so much more coming. This week there will be 9 items for auction.

As usual, please review the items on the digital screens in each area, IL residents on the Touchtown Community App under photos, or visit Youtube and use the following link:
https://www.youtube.com/channel/UCDlIrOZWr3VZKw_XsNCw03cg

Bids will not be counted prior to 9:00 am on Friday, Nov 20 or after 12:00 noon on Wednesday, Nov 25. Please make arrangements to pick up your items after 5:00 pm on the following Friday, from Carport 7. Submit bids to Laurie at extension 1053 or via email:
lwilson@westmibstervillage.com

Laughter is the Best Medicine

An elderly couple was driving across the country. While the woman was behind the wheel, the couple was pulled over by the highway patrol.

"Ma'am did you know you were speeding?" the officer said.

The woman, hard of hearing, turned to her husband and asked, "What did he say?"

"He said you ere speeding" the old man yelled.

The patrolman then asked, "May I see your license?"

The woman turned to her husband again, "What did he say?"

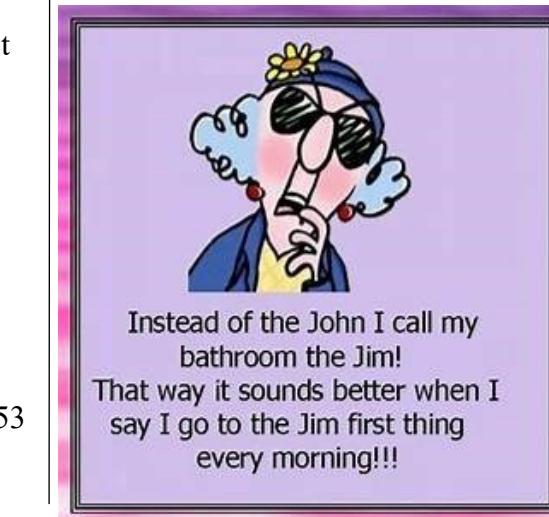
The old man yelled back, "He wants to see your license!"

The woman then gave the officer her license.

"I see you are from Arkansas," the patrolman said. "I spent some time there once and went on a blind date with the ugliest woman I've ever seen."

The woman turned to her husband again and asked, "What did he say?"

The man replied, "He said he knows you!"



Independent Living Notes

Laurie Wilson

A **huge thank you** to Ruth Iliff and Dot Ryan for re-organizing the Creative Commons space!! With their organizational skills we have made the space much more user friendly with a wide variety of resources to create your paper art project, paint a picture, knit, sew, and so much more. Stop by and take a peak—and if you are looking for something to do, sit a while and create something. Please just return items to where they were borrowed.

Believe it or not we are heading into December before you know it. Let's make it as festive as possible!

Beginning on December 1, I would like to see **EVERY** door or shelf decorated for the holidays, whether it be Hanukkah, Christmas or other special December event that makes you feel good!

We will also begin December with **Elf on a Shelf**. Our elf will hang around some place different each day in Tamarack or Elm and he would love for you to find him and say hi.

Gift Wrapping: For those of you who would like to participate in gift wrapping for our staff, please call me. I will supply paper, tape and ribbon—you just wrap. Once I determine the number of people interested in wrapping, I will put out more details of dates and info for staff.

Next week look for virtual tours of places around Indiana on your Touchtown Community app under photos.