

## Words of Worth

Chaplain Worth Hartman

### “The Light of Epiphany”

Did you know we are still in the Christmas season? So don't go ripping down all your decorations just yet, especially the manger scene with the wise men. This newsletter is dated January 1, the seventh day of Christmas. Remember the song, “Twelve Days of Christmas,” seven swans a swimming. Some scholars think this was a song to teach Christians about their faith and the seven swans represent the seven gifts of the Holy Spirit. (Romans 12:6-8) These twelve days come after Christmas so you are still okay to send out some more cards or give another present. How about that, a twelve day grace period. I always count on that.

The most important of these days is the 12<sup>th</sup> night which brings us to Epiphany. That is an interesting word. It means manifestation, or showing forth. The image of Epiphany is light, the light of Christ shining out into the world. The apostle John put it this way, “...in him was life, and the life was the light of all people. The light shines in the darkness, and the darkness did not overcome it.” (John 1:4, 5). Yes we could use some light this time of year amidst the cold, gloomy, dark hours of some of our shortest days and longest nights and in the darkness of the conflict and suffering of the year of 2020. I mentioned the wise men. The wise men's seeking, spiritual pilgrimage, and desire to worship this baby is associated with Epiphany. It is thought they came a little later, maybe two years later. Remember the star in the east, a bright light announcing the birth of the Messiah, a Savior, a ruler, and a shepherd of the people? The wise men, or sometimes called Magi or kings, faithfully observed the heavens and stars and knew this unusual light told of something extraordinary happening in the world. The wise men's visit to

Bethlehem represents the universal importance of God coming to earth, becoming human in this helpless, vulnerable Hebrew baby. This baby would grow up to teach, heal, do miracles, demonstrate forgiving, transforming love and become recognized as the Messiah, Christ, the anointed one of God.

In this Sunday's vesper service I will tell The Story of the Other Wiseman based on the book by Henry van Dyke. It is also a movie “The Fourth Wise Man” featuring Martin Sheen and Alan Alda. It is the story of Artaban of Parthia, the fourth wise man, who missed the rendezvous with his colleagues and spent 33 years seeking Jesus. Artaban carries his gifts for the Christ child over all these years longing to see the Messiah. In the end he discovers that as he has given drink to the thirsty, food to the hungry, welcomed the stranger, clothed the naked, and cared for the sick and prisoner he has seen and cared for Jesus.

Joyce Rupp expresses the spirit of Epiphany in her poem “The Seeker”:  
*...Holy One, you who reveal, make manifest your presence.  
Open the eyes of my heart.  
Awaken my unattuned spirit.  
Bring me to full attention so that I come to know,  
In my every moment, your radiant star of guidance.*

As we journey through these twelve days of Christmas, to Epiphany and God's light shining in the New Year, may this holy light guide you and enlighten you.

Watch the Epiphany Vesper Service for Sunday, January 3, 2021  
Message: “A Visit from Artaban, the Other Wiseman”  
Scripture: Isaiah 60:1-6 and Matthew 2:1-12

Here is the link to the Vesper's service:

<https://youtu.be/FlqgR9FNefw>

## In Memoriam

Larry Franke

Please keep his family and loved ones in your thoughts and prayers.

## January Birthdays!

1/2 - Connie Swan (HC)  
1/2 - Claudette Compton (HC)  
1/2 - Judy Woodward (HC)  
1/6 - Sue Myer (IL)  
1/6 - Michael Smith (HC)  
1/6 - Nelda Vicars (HC)  
1/7 - Joan Grantham (AL)  
1/7 - Janet Powers (HC)  
1/8 - Sue James (IL)  
1/8 - Ellen Thorn (AL)  
1/11 - Margaret Steinkraus (AL)  
1/13 - Jane Wood (IL)  
1/18 - Joann Draughon (AL)  
1/18 - Lloyd Glidewell (AL)  
1/18 - Irene Yacko (IL)  
1/19 - Carolyn Jones (IL)  
1/20 - Barbara Zbylut (HC)  
1/21 - Mary Byrant (IL)  
1/22 - Bill Reynolds (IL)  
1/22 - Diana Frady (HC)  
1/22 - Robert Fowler (HC)  
1/23 - Alice Dial (IL)  
1/25 - Sarah Calder (AL)  
1/29 - Floretta Burton (HC)  
1/29 - Lynn Caldwell (AL)  
1/30 - Linda Gross (AL)  
1/31 - Betty Jordan (HC)

## Reminder to IL Residents

The dining room staff are asking us to remind all residents that their table or shelf must be clear so that meals can be delivered. Apparently some residents have been overly exuberant in their decorating, leaving little space for meal delivery.

Thanks!



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

January 1, 2020

## Residents Begin Receiving the Vaccine!

Laura Roman

Staff and residents in our health center will begin receiving the coronavirus vaccine on Monday, January 4. Residents and staff in Assisted Living will get the vaccine on Tuesday, January 5. CVS will be providing the vaccine. Westminster staff have been offered the opportunity to have the vaccine off-site, at local hospitals, in an attempt to streamline the process for residents. At this point, CVS is only able to provide the vaccine in our licensed areas. We will continue to monitor updates as it relates to our Independent Living residents.

Some facts about the vaccine:

- The vaccine is 94-95% effective in study participants who received the vaccine, including seniors.
- People who get Covid-19 after the vaccine have less severe cases.
- The vaccine is free.
- It is a 2-part vaccine, so you must get a second dose of the same vaccine (i.e., Pfizer in 21 days or Moderna in 28 days).
- Most people are immune to Covid-19 seven to ten days after receiving the vaccine.

And remember:

- All residents and staff must wear masks covering their mouth and nose at all times when outside their home or office—even if they have had the vaccine. Distancing remains an important deterrent.

## A Heartwarming Story

Laura Roman

Recently a very modest Tamarack resident stopped in my office to share something joyful. This resident did not want their name mentioned, but I felt the story was worth sharing with others.

This resident volunteered to read story books to first graders at St. Lawrence School in 1999 on a weekly basis. The resident continued reading with this class weekly through third grade. In fact, our resident was influential enough that the school named a particular award after them — acknowledging a student's love of reading.

There was one particular little girl who felt connected with our resident ... and they remained in contact these years later. This student is now graduating from college with a master's degree in speech pathology.

The student was scheduled to visit with our resident this week, but sadly, COVID-19 ruined this plan. Instead they spoke by phone.

This story warmed my heart—and made me pause to remember that you never know what impact your actions make on others around you. In this case, our resident enjoyed children and knew the importance of reading. But one can wonder if that weekly story time created a thirst with the student that drove them to this success over the years. Certainly, it drove the student to want to remain in contact with our resident neighbor.

So thanks to our humble resident/neighbor/friend for sharing~

## Happy New Year!

Another year is coming to a close. We can forget our troubles and woes. For all, this year was tough. It brought many emotions, was tearful and rough. Now another year is approaching fast. Let's hope it's a New Year with love and health; let's hope it's a blast. May all of your dreams come true And you find peace and love in all that you do. May this world know the gentle sound of a hush. May it calm all its anger and slow its pace from the rush. May we all hear the sound of joy And push away all that hurts, that destroys. The New Year I hope will be good to us all. Care and calm, a helping hand when we fall. Listen more, slow down, and say I love you. Stop for a moment; take a breath, take in the view. Appreciate your family; tell them you care. Do something exciting, a thrill or a dare. Enjoy all that the New Year may give. We have but one life, so let's learn to live. It's a New Year, a brand new start. Always remember, live and love from your heart. Wishing each and every one a year to behold, And may it be full of wonders for you to unfold. Love, hugs, and kisses too... A very happy New Year from all of us to you.

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

Debbi Johnson

Please check with your activities staff daily activities at this time.

## Health & Fitness Tip

Kenzie England

Some people may think it is next to impossible to live an active and healthy lifestyle in your older years if you never have before. However, that is not true! It is never too late to begin exercising, if you are interested in becoming more physically active – start with something simple such as walking. Walking is a great way to get your entire body moving without putting too much strain on yourself. If you are interested in building up your strength, you can start by lifting light dumbbells. Doing simple movements to get your arms and legs moving is a good way to start exercising.

Have a happy New Year!!!

## Bargain Auctions

The Bargain auctions have been a great success. Since they began only 5 weeks ago, they brought in \$2031.65. Additionally, they have made \$1140.30 on the Bargain Room table outside of the Bargain Room—which includes smaller items for sale on an honor system. Thank you for supporting the Bargain Room!

Our next auction will be posted Wednesday, January 6. I will put the items on the Touchtown digital screens in all areas, the Touchtown app under photos/videos, and provide a YouTube link. Bidding begins on Friday at 9:00 am and ends Wednesday, January 13 at noon.

Happy auctioning in 2021!

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

Jill Armantrout

### Saturday, January 2

1:00 (1-3) Door to door:  
Daily chronicles, Mail, Roll & stroll (prescheduled)  
2:45 (2:45-4:45) Door to door:  
Daily chronicles/trivia,  
Mail, Art pack

### Sunday, January 3

1:00 (1-3) You Tube  
Vespers available  
Devotions Distributed  
Popcorn to your door

### Monday, January 4

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

### Tuesday, January 5

1:00 (1-4) Door to door: Daily chronicles, hot cocoa or hot cider, mail & bingo #'s distributed  
5:30 (5:30-6:30) Well check Calls

### Wednesday, January 6

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

### Thursday, January 7

*Happy Birthday Joann Grantham*  
1:00 (1-4) Door to door: Daily chronicles, cook's corner: holiday treat, reminisce, mail & bingo #'s distributed  
5:30 (5:30-6:30) Well check Calls

### Friday, January 8

*Happy Birthday Ellen Thorn*  
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 & strolling Music

## In Memoriam

Lawrence Franke

Please keep their families and loved ones in your thoughts and prayers.

## Social Hall Update

Bill Lord

There is a good start on the roof sheathing. This allows some interior work to begin.



## Safety Reminders

We have had COVID-19 cases in every area of our community. We cannot stress enough the importance of wearing a mask at all times outside your apartment, social distance to 6', wash your hands/use sanitizer.

## T Shirt Humor:

Listen & Silent Have the Same Letters. Coincidence?

Let's eat, mom.  
Let's eat mom.  
Punctuation saves lives!

The problem with political jokes is they sometimes get elected.

## Brain Exercise

New Year's Day is celebrated on January 1 for the first time in history as the Julian calendar takes effect in what year?  
Answer: 45 B.C.

Question: How much does the Waterford Crystal Times Square New Year's Eve Ball weigh?  
Answer: About six tons (12,000 pounds)

Question: When was the first "time ball" drop on record?  
Answer: 1833

Question: What newspaper sponsored the first-ever Times Square New Year's Eve party?  
Answer: *The New York Times*

Question: What two years did the Times Square New Year's Eve Ball not drop?  
Answer: 1942 and 1943

Question: How much confetti is dropped in Times Square on New Year's Eve?  
Answer: About one ton

Question: How many people tune in to watch the Waterford Crystal Times Square New Year's Eve Ball drop each year?  
Answer: About 1 billion

Question: Who is credited with writing the poem "Auld Lang Syne"?  
Answer: Robert Burns

Question: When did the ball first drop in Time's Square?  
Answer: 1907

## Now that's funny ...



The most popular resolution for 2020 was Exercise!!

## Independent Living Notes

**Your progressive stories** should be circulating—one with cottagers and the other in Tamarack & Elm. Again, if you do not want to write, please pass it to the next person on the list under your name. If you need me to take the story to the next person, please call me to make arrangements. **If there is a stop sign on the door, please do not leave a story with that person, but send it to the next person.** I will get back to those who have stop signs once it is cleared. I'd like to have them back by January 31. Looking forward to reading these stories!

Hope you are enjoying your 12 days of Christmas! The final day is Tuesday, January 5.

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## Happy New Year!!

It's about time we ring in a new year and say goodbye to 2020! Although some things may take more time, we should be filled with new hopes and dreams of great things to come in 2021, including:

Visiting with family and friends

A new Social Hall

Vaccines

Group activities and exercises

Off-campus excursions

Dining on china and eating with stainless flatware

Board games and card games

Outdoor Concerts

Shopping

And so much more!

Cheers to 2021! May it be a year filled with your hopes and dreams.

## A Week at A Glance Independent Living

Laurie Wilson

### Saturday, January 2

9th Day of Christmas—9 ladies dancing video on Touchtown or follow the YouTube link: <https://youtu.be/3ogDEuiDw9I>

### Sunday, January 3

1:00 (1-3) You Tube Vespers

10th day of Christmas—ten Lords a leaping—please do ten leg lifts

### Monday, January 4

11th day of Christmas—eleven pipers piping

### Tuesday, January 5

12th day of Christmas—twelve drummers drumming

### Wednesday, January 6

*Happy Birthday Sue Meyer*

### Friday, January 8

*Happy Birthday Sue James*

### January 1: This day in history...

On January 1, 1863, Abraham Lincoln signed the Emancipation Proclamation.

In 1937, at a party at the Hormel Mansion in Minnesota, a guest wins \$100 for naming a new canned meat—Spam.

In 1958 Johnny Cash played his first ever prison concert at San Quentin—a concert that helped set Merle Haggard, then a 20-year-old San Quentin inmate, on the path toward becoming a country music legend.

1896 German physicist Wilhelm Röntgen announces his discovery of X-rays

J. Edgar Hoover, known for building the FBI into a highly effective and sometimes controversial organization, was born on this day in 1895. He died in 1972.