

Words of Worth

Chaplain Worth Hartman

“Celebrating God’s Prophet, Rev. Dr. Martin Luther King Jr.”

Monday, January 18 we take time out as a nation to celebrate the faith and witness of Rev. Dr. Martin Luther King Jr. In 1983 President Ronald Reagan signed a bill making the third Monday of January a federal holiday remembering Dr. King’s birthday. This has become an occasion to celebrate the contributions of Dr. Martin Luther King Jr. and consider the status of civil rights and human rights in our present time and in communities where we live and work. Dr. King and a holiday to remember him were not without controversy. Some in his day thought he was a dangerous radical, a communist, an agitator and blamed him for the violence that accompanied the struggle for civil rights.

I think the best way to understand MLK is as a minister, a pastor, a reverend, and in the Old Testament tradition, a prophet like Jeremiah, Amos, Isaiah, and Micah. MLK understood himself primarily as a follower of Jesus Christ who lived and taught a gospel of love, nonviolence, forgiveness and peace. But Jesus was also considered a prophet in the Hebrew tradition. Prophets must utter God’s words of judgment when confronting injustice, inequality, claims of racial or ethnic superiority, and conditions dishonesty and hate.

MLK was the son, grandson and great grandson of Baptist ministers. He served as pastor of Ebenezer Baptist Church in Atlanta, Georgia. I sat in the sanctuary of Ebenezer Baptist Church and listened to an older member tell me about the life and ministry of her former pastor, Rev. Dr. Martin Luther King Jr.

The current pastor of Ebenezer Baptist Church, Rev. Raphael

Warnock, has just been elected to the US Senate.

MLK looks a lot to me like the prophet Jeremiah who God told,

“Before I formed you in the womb I knew you and before you were born I consecrated you. I appointed you a prophet to the nations....Do not be afraid...I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.”

(1:5, 8, 10) Rev. King led a struggle to pull down racist systems of segregation, discrimination, and inequality. We are still working to uproot racism that poisons our government, our churches our economic and educational institutions and our democracy. This past year we have learned much about how much racism is still with us 150 years after the end of slavery and how much it still affects our criminal justice system. We are still working out the legacy of Dr. King and still striving to fulfill his dream where Americans, *“...will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.”*

Rev. King preached and lived love as the only force powerful enough to destroy racism, hate, and injustice. He said, *“When I speak of love I am not speaking of some sentimental and weak response...”* He taught a love that confronts evil, that stands up to wrong, that won’t tolerate injustice. MLK showed us the love of Jesus lived out in modern circumstances still overcoming hate with truth and separation with community. Rev. King formed and lead a faith based movement that sought to put into practice the suffering love, forgiveness, non-violence and yet the just, righteous, confrontational love of Jesus.

We can be glad today, 53 years after Rev. King’s death, God wants us to take on that mantle of prophet. To grow, to learn, to stretch as we pluck up and pull down the hate, racism,

discrimination, and inequality that still lives in our hearts and in the communities around us. The power we have that continuing struggle is love. May we continue to hear God’s prophets. May we, like God’s prophets Jeremiah, Jesus, and Rev. Dr. Martin Luther King, *“...do justice, and love kindness and walk humbly with your God.”* Micah 6:8

Follow the link for Vespers service January 17:
<https://youtu.be/LIBFelKaZQM>

Challenge Yourself

Each clue leads to a two word answer that rhymes, such as big, pig. The numbers indicate the number of letters in each word answer.

1. angry alum 3,4
2. No work for 24 hours 4,3
3. Identification problem 4,4
4. Dentist’s order 4,5
5. Judge’s irritation 4,5
6. Extremely unshaven 4,5
7. Equal thirds, perhaps 4,5
8. Beau’s noncommittal response 5,4
9. Vocalists faux pas 5,4
10. Biggest heartache 5,5
11. Tennis or basketball 5,5
12. Furniture item in storage 5,5
13. Seem close 6,4
14. Selling fake brand-name coats 6,6
15. The case of the missing taper 6,7



Westminster Village North

Around the Village

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Senior Lifestyles During COVID-19

Laurie Wilson

There have been several surveys taken since September 2020 to learn the impact of isolation and social distancing among seniors. One such survey by Amica, a premiere retirement community in Canada with more than 30 sites, has published the following:

85% are talking about their mental health more

38% report feeling less connected to their loved ones during this pandemic

72% said that they used video calling at some point during the pandemic. Of those that have used video calls, 54% said it helped them feel more connected to family and friends over the past 9 months

2 in 5 seniors have taken up social media (42%), and Netflix & Disney+ (41%)

Nearly a third (31%) of seniors are using streaming services to help manage their mental health

41% of seniors have embraced cooking over the past 9 months, with 30% of seniors taking up a more plant-based and vegan diet

Over a third (35%) said the pandemic had introduced them to online banking to manage their finance, however, 23% said that the pandemic restrictions had made managing their finances harder.

Overall, the majority (71%) of our Seniors and Baby Boomers said that they intend to stick to at least some element of their new tech choices after the global pandemic is finished.

Away from digital technology, 2 in 5 (41%) said they had embraced cooking over the past 9 months, while a third (34%) had taken up baking, and 32% painting and drawing. In addition to this, the survey found that 3 in 5 (61%) of respondents said they felt more inclined to seek out and try bucket list experiences once lockdown restrictions end – citing the restrictions as the motivation.

Perhaps as part of their cooking hobby and experimenting with different cuisines, the survey found 30% of seniors had taken to eating more plant-based and vegan meals since the start of the pandemic. Conversely, 1 in 5 (21%) said they were eating more meat, while 49% reported no change in their food preferences.

As for what seniors are eating, the majority (59%) said they were largely eating healthier, with only 9% saying they were eating more junk food than before the pandemic. 88% said they will stick to the food choices they made once the pandemic is over.

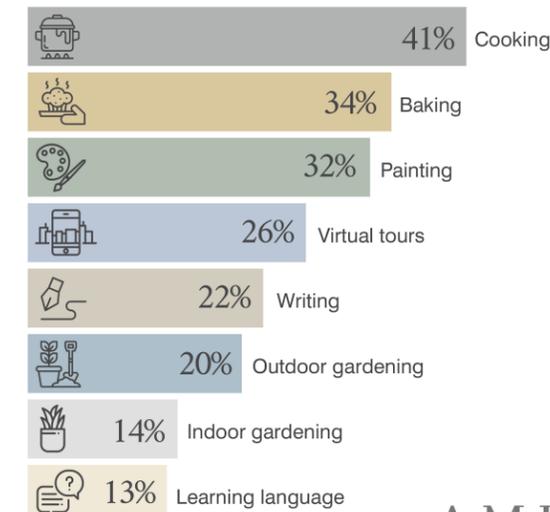
We know the physical risks of COVID-19 in seniors, and we have seen the loneliness caused by isolation. It’s

hard to not be able to see your children or grandchildren.” But we can celebrate the positive.

Many of our own residents have learned new tech skills and find it not to be as difficult as they thought. From smart photo frames to Zoom, our residents are eager to connect with family and friends and are excited when they realize they CAN do it! Our residents have gone on virtual tours all over the world — to museums and factories. They are watching live eagle cams and zoo cams from Florida to California.

Please talk about the impact of COVID-19 on your mental health with family, friends, or staff. And, try something new. Adult coloring may seem silly, but you might just find it relaxes you. Most importantly, however, all studies found it is vital to keep exercising!

WHAT HOBBIES ARE OLDER GENERATIONS EMBRACING?



Health & Fitness Tip

Kenzie England

Winter weather often causes people to decrease their physical activity because they no longer go outside and walk, bike, etc. During these colder months, try to do more physical activity inside throughout your day. This can be things like going up and down the stairs a few extra times, doing some seated leg exercises while watching tv, and even stretching in the morning and evening. You have to find ways to continue to move your body so that you do not get stiff joint and your muscles stay active. Don't let the cold weather keep you from exercising – just find alternative methods.

What You Can Control

Your Beliefs

Your attitude

Your thoughts

Your perspective

How honest you are

Who your friends are

What books you read

How often you exercise

The type of food you eat

How many risks you take

How you interpret the situation

How kind you are to others

How kind you are to yourself

How often you say “I love you.”

How often you say “thank you.”

How you express your feelings

Whether or not you ask for help

How often you practice gratitude

How many times you smile today

The amount of effort you put forth

How you spend / invest your money

How much time you spend worrying

How often you think about your past

Whether or not you judge other people

Whether or not you try again after a setback

How much you appreciate the things you have

— *Caleb LP Gunner*

A Week at a Glance...

Assisted Living

Jill Armantrout

Saturday, January 16

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 17

1:00 (1-3) You Tube Vespers available:

Devotions Distributed

Popcorn to your door

Monday, January 18

Martin Luther King Jr. Day

Happy Birthday

Joann Draughon

Lloyd Glidewell

1:00 (1-4) Daily chronicles/

mail delivery, bingo #'s

distributed, Grocery delivery

Tuesday, January 19

Inauguration Day

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 20

1:00 (1-4) Door to door: Daily

chronicles, crafts /art project, mail &

bingo #'s distributed

Thursday, January 21

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 22

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

Roberta Jardine

Beth Jahrman

Doris Leganza

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

Lost Words From Our Childhood

Heavens to Murgatroyd!

Would you believe the email spell checker did not recognize the word, murgatroyd?

Lost Words from our childhood:

Words gone as fast as the buggy whip! Sad really!

The other day a not so elderly lady said something to her son about driving a Jalopy and he looked at her quizzically and said, "What the heck is a Jalopy?" He never heard of the word, jalopy!! She knew she was old but not that old.

Well, I hope you are Hunky Dory after you read this and chuckle.

About a month ago, I illuminated some old expressions that have become obsolete because of the inexorable march of technology. These phrases included:

Don't touch that dial; Carbon copy; You sound like a broken record, and; Hung out to dry.

Back in the olden days we had a lot of moxie We'd put on our best bib and tucker to straighten up and fly right.

Heavens to Betsy!

Gee whillikers!

Jumping Jehoshaphat!

Holy moley!

We were in like Flynn and living the life of Riley, and even a regular guy couldn't accuse us of being a knucklehead, a nincompoop or a pill. Not for all the tea in China!

Brain Health

Look carefully...


$$3 \text{ pairs of sneakers} = 30$$


$$2 \text{ boys} + 1 \text{ pair of sneakers} = 20$$


$$2 \text{ cones} + 1 \text{ boy} = 13$$


$$1 \text{ sneaker} + 1 \text{ boy} \times 1 \text{ cone} = ?$$

Last week's answer: 0,1,2,3,4,5,6,7,8,9

Social Hall Update

Bill Lord

The exterior initial sub-paneling is complete and most of the windows have been installed.

The initial underlayment for the roof is complete. Weather will affect the exterior brickwork and I am unsure when that will begin.



Independent Living Notes

COVID-19 Vaccines

For Independent Residents

Just as we signed up so many independent residents this week to receive the Covid-19 vaccine at Community Hospital or other location, we have been advised **we will have a vaccine clinic here on January 19, 11:00 am—5:00 pm.**

All of you should have received a call about this already. If you have decided to receive your vaccine here, you will need to know the following:

The clinic will be located in the Tamarack Dining Room.

Laurie has cancelled all appointments made by her on your behalf at offsite locations, as well as those made by you that were conveyed to Jami Blanton you wished to cancel and be vaccinated here.

For those of you who do receive your vaccination at an offsite location, you will need to receive your 2nd shot at the same location. Each person that gets vaccinated here must get their 2nd shot here.

CVS will be on site to do the clinic on Tuesday the 19th for IL. They will return on February 16th for Clinic #2 for IL. They will return on March 16th for Clinic #3 for IL. If you miss the first clinic, you may schedule with Jami Blanton for the Feb 16 clinic and then get a second shot on March 16.

Thanks for your patience in all of this!

Happy Birthday
Martin Luther King, Jr.
January 15, 1929

A Week at A Glance Independent Living

Laurie Wilson

Monday, January 18

Happy Birthday Irene Yacko

Brain packets distributed

Tuesday, January 19

Inauguration Day

Happy Birthday Carolyn Jones

Wednesday, January 20

Thursday, January 21

Happy Birthday Mary Ellen Bryant

Friday, January 22

Happy Birthday Bill Reynolds

Saturday, January 23

Happy Birthday Alice Dial

For each birthday we celebrate this year in IL there will be a note card on my shelf to send birthday wishes from Tamarack and Elm neighbors. Please feel free to sign the card(s) and then I will deliver it to the birthday person on his/her special day.

This Day in History

January 15 1919, Fiery hot molasses flooded the streets of Boston, killing 21 people and dozens of horses. The molasses burst from a huge tank at the United States Industrial Alcohol Company building in the heart of the city. Suddenly, the bolts holding the bottom of the tank exploded, shooting out like bullets, and the hot molasses rushed out. An eight-foot-high wave of molasses swept away the freight cars and caved in the building's doors and windows. The few workers in the building's cellar had no chance as the liquid poured down and overwhelmed them.

The huge quantity of molasses then flowed into the street outside. It literally knocked over the local firehouse and then pushed over the support beams for the elevated train line. The hot and sticky substance then drowned and burned five workers at the Public Works Department. It took weeks to clean the molasses from the streets of Boston.