

## Social Hall Update

Bill Lord

When it ceases being a table for plans it will be a kitchen counter.



Each of the HVAC vents is carefully tested to make sure they offer the proper flow of air for heating and cooling.



## Bargain Auction

There are lots of new furniture and gardening items coming to the Bargain auction in the next few weeks. Please visit [https://www.youtube.com/channel/UCDIrOZWf3VZKw\\_XsNCw03cg](https://www.youtube.com/channel/UCDIrOZWf3VZKw_XsNCw03cg) To see the auction items this week. We do have an honor system of smaller items for sale on the table in the hallway outside of the bargain room. Stop by each week for new things there too.

## Vespers

Chaplain Worth is on vacation this week, therefore this is no Vespers service on your Touchtown digital screens or app. He looks forward to resuming Vespers online next week.

## Fun Facts

Laura Roman

(For the IL residents waiting by the dining room when I said I had one more column to fill, and they told me to write an article about nothing ... here you go!)

- There is only one letter that doesn't appear in any US state name. Can you guess? The letter Q does not appear in the name of any US state.
- The first oranges weren't orange. The original oranges from Southeast Asia were a tangerine-pomelo hybrid and they were actually green. In fact, oranges in warmer regions like Vietnam and Thailand still stay green through maturity.
- Scotland has 421 words for "snow".
- Armadillo shells are bulletproof. In fact, one Texas man was hospitalized when a bullet he shot at an armadillo ricocheted off the animal and hit him in the jaw.
- The longest English word is 189,819 letters long. We won't spell it out here, but the full name for the protein nicknamed "titin" would take three and a half hours to say out loud.
- Octopuses lay 56,000 eggs at a time. The mother spends 6 months so devoted to protecting the eggs that she doesn't eat. The babies are the size of a grain of rice when they are born.
- Turkeys can blush. When turkeys are scared or excited—the pale skin on their head and neck turns bright red, blue or white. The flap of skin over their beaks, called a "snood," also reddens.
- The current flag was designed by a high school student. It started as a school project for Bob Heft's junior year history class, and it only earned a B- in 1958. His design had 50 stars even though Alaska and Hawaii weren't states yet. Heft figured the two would earn statehood soon. After President Eisenhower called to say his design was approved, Heft's teacher changed his grade to an A.

## The NILE Virus (Type C)

Submitted by Bill Voiles

It's a good thing treatment is simple, one of which is to stay away from the computer, or at least email, altogether. . . BUT that could lead to a whole new virus :)

I thought you would want to know about this virus. Even the most advanced computer programs from Norton, McAfee and others cannot take care of this one. It appears to target those who were born prior to 1961. The COVID-19 lockdown seems to be increasing the chances of being affected!

### Virus Symptoms

1. Causes you to send the same e-mail twice.
2. Causes you to send a blank e-mail.
3. Causes you to send an e-mail to the wrong person.
4. Causes you to send it back to the person who sent it to you.
5. Causes you to forget to attach the attachment.
6. Causes you to hit SEND before you've finished.
7. Causes you to hit DELETE instead of SEND.
8. Causes you to hit SEND when you should DELETE.

This virus is called the C-NILE virus!

A lot of us have already been inflicted with this disease and unfortunately, as we age it gets worse.



Westminster Village North

# Around the Village

A Publication of Westminster Village North

March 5, 2021

## A Note to Cottagers

Laurie Wilson

Since we have opened up for some activities, I have received phone calls and noticed some confusion at the Resident Council meeting. Therefore, this is a simple clarification of the current policies in place, as we continue to follow state guidelines.

Cottagers are considered "visitors" according to the guidelines we follow from the state because you live outside the main building.

Currently visitors are not allowed into Tamarack or other parts of the main building, accept **by appointment only** to visit one-on-one with a family member or friend in a designated safe area set up by management. Masks are required for visitation and social distancing is monitored and enforced. Appointments can be made by contacting Jackie Brewer at extension 3510 in advance.

Cottagers may not come inside to participate in social activities, exercise programs, to get salon services, nor dine in the dining room. You may, however, order to-go food from the dining room and pick it up at the front entrance of Tamarack.

I am able to set up **small group** activities in the 6204 cottage, with mask wearing and proper social distancing. This includes Resident Council meetings. Based on the space in the cottage, **the limit is 12 people** to properly social distance. Therefore, you **MUST sign up via your Touchtown app, or call me directly** to reserve your space for any activity hosted in the cottage. Currently there is one activity scheduled—Talk of the

Town. This activity is designed to allow a small group to get together and talk with each other. However, this first talk with cottagers will focus on exchanging ideas for small group activities that can be held in the cottage until the weather turns warmer and also activities that you might want to see outside when the weather allows.

Until you are able to come inside and use the exercise facilities, please take advantage of our life cycle system of equipment located around the circle. Each piece of equipment is a different exercise station and offers instructions on how to use that station. Whether you visit one station or all, it will enhance your exercise routine. Additionally, you may contact Kenzie for private sessions. Her extension is 1051.

Please remember, the restrictions in place are a direct result of the policies and guidelines set forth by CMS, Indiana State Department of Health (ISDH), CDC and Marion County Department of Health. Like you, we are anxiously waiting for things to open up so we can all enjoy life together in this community. Until then, we continue to be vigilant in our efforts to keep our community safe.

\*\*\*\*\*

### COTTAGERS TAKE NOTE

Laura Roman

As we enter a busier time for our marketing efforts, we will be staging 6204 Whitewater Drive. I expect the house to be staged by about 3/19—and we will be seeking another empty cottage to host cottage events. We will inform you of location as soon as we can. Thanks for your understanding.

## Visitation

Some regulations are loosening as it related so visitation, so it makes sense to repeat:

We are offering inside visitation in all areas within the Village as follows:

Monday, Wednesday, Friday  
9am-5pm

Tuesday, Thursday, Saturday  
11am-7pm

Sunday- No Visitations

We are allowing two guests per visit and the visits are 45 minutes in length. Guests must get temperature taken and complete the screening, but no longer have to have negative covid test or covid vaccine. Guests also no longer have to wear goggles during their visit, but they do need to wear a mask provided by Westminster. All visits must be monitored.

To schedule a visit, please contact:

IL and AL: Jackie Brewer at [jbrewer@westminstervillage.com](mailto:jbrewer@westminstervillage.com)  
Health Center: Debbi Johnson at [djohnson@westminstervillage.com](mailto:djohnson@westminstervillage.com)

## Tamarack Dining

We will begin serving breakfast in the Tamarack Dining Room as of March 8. Residents may dine in between 7:00—8:30 and breakfasts will be delivered between 8:30—9:00 Monday through Friday.

Breakfast order forms must be in the basket by 6:00am, and Lunch/Dinner should be in by 11:00am (please note we are asking you for both at this time).

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

*Debbi Johnson*

Please check with your activities staff for daily activities.

## Health & Fitness Tip

*Kenzie England*

Balance is something that most people begin to lack as they age, therefore, it is important to practice exercises that can help to improve balance and stability. You can do this in your living room using nothing more than a chair and the wall. Choose to use the back of a chair to hold onto or stay near a wall and use it as support when needed. Some exercises you can do to improve your balance would be, heel-to-toe walking, single leg stands, kicks forward, backward, and to the side, and heel raises. Doing these exercises a few times a week will help to increase your ability to stay balance which will then decrease your risk of falling.

## Prayer

Lord, make me an instrument of your peace.  
Where there is hatred, let me sow love.  
Where this is injury/pardon,  
Where there is doubt/faith,  
Where there is despair/hope,  
Where there is darkness/light,  
And where there is sadness/joy.

O Divine Master  
Grant that I may not so much  
Seek to be consoled as to console  
To be understood as to understand  
To be loved as to love.

For it is in giving  
That we receive  
It is in pardoning  
That we are pardoned  
And it is in dying  
That we are born to eternal life.

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

*Jill Armantrout*

### Saturday, March 6

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, March 7

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

### Monday, March 8

1:00 (1-4) Daily chronicles/mail delivery & Grocery delivery  
5:45 Bingo (in person)  
(syc alcove)

### Tuesday, March 9

*Happy Birthday Mary Sturm*  
1:00 (1-4) Door to door: Daily chronicles & mail delivery  
3:15 Fireside chat: Pop Culture & Reminisce (in person) (syc alc)  
5:30 (5:30-6:30) Well check calls

### Wednesday, March 10

1:00 (1-4) Door to door: Daily chronicles soup for the soul  
1:00 Movie Matinee (LCL2)  
3:00 Bingo (in person)  
(syc alcove)

### Thursday, March 11

*Happy Birthday John Smith & Ray Sturm*  
1:00 (1-4) Door to door: Daily chronicles, cook's corner: snack, reminisce, & mail  
5:30 (5:30-6:30) Well check calls

### Friday, March 12

10:00 \*Grocery Orders due  
1:00 (1-4) Door to door: Daily chronicles & mail  
1:30 Assisted Living Resident & Dietary Meeting  
3:00 Door to door Mocktail & Cocktail Party (3-4:00)

## Did You Know?

For those of you who love dining at Steak 'n Shake...the restaurant chain is "planning a transformation to a quick-service restaurant model that will see it eliminate sit-down service in favor of self-service kiosks," according to its parent company, Biglari Holdings. This means you will no longer be waited on at a table, nor the counter, to order your food, but instead order at a kiosk. The reason? "The operation of dining rooms with table service was a money loser."

*Apparently this new format was planned before the pandemic.*

## IL and AL Covid Vaccine Cards

Covid vaccine cards are being distributed to all IL and AL residents who have received the vaccine. If you have not received yours, please call the receptionist at ext. 0

## Marketing Update

*Laura Roman*

Over the past one year and as a result of the news coverage of covid in "nursing homes," interest in moving into a residential community has been very low. We went from multiple calls each day, to a few calls a week, to a few calls a month as the news media reported the sad news about outbreaks in communities. People simply became afraid of communal living!

I am pleased to let you know that we are now getting much more interest from individuals wanting to learn more about a CCRC — and have begun to tour new prospects. I appreciate every resident who takes time to smile and say hello when they see us with a guest. Most decisions are made based on the "personality" of the community and not the floorplan of the apartment.

Please continue and thank you!

## Brain Health

I am a nine letter word. I am the exact inverse to expression, neighborly, and active. What word am I?

*Last week's answer: Wednesday*

## Tax Preparation

If you require a tax preparer to assist you with filing your taxes, you may make an appointment with Laurie Wilson at extension 1053 to schedule a time when professional tax consultants may come in to review your taxes. There will be a designated area for this purpose and no one will be allowed in your apartment.

## March Madness

Indianapolis is about to be overrun with NCAA basketball fans. Capping capacity at 25%, games will be played in Lucas Oil Stadium, Banker's Life Fieldhouse, Hinkle Fieldhouse at Butler, Indiana Farmers Coliseum, Macey Arena at Purdue in West Lafayette, and Simon Skjodt Stadium at IU in Bloomington. These stadiums will hold between 1,700 and 17,500 basketball enthusiasts. Here is the upcoming schedule:

- Selection Sunday — 6 p.m. ET March 14 on CBS
- First Four — 4 p.m. start on Thursday, March 18
- First round — 12 p.m. start on Friday, March 19, and Saturday, March 20
- Second round — 12 p.m. start on Sunday, March 21, and Monday, March 22
- Sweet 16 — 2 p.m. start on Saturday, March 27, and 1 p.m. start on Sunday, March 28
- Elite Eight — 7 p.m. start on Monday, March 29, and 6 p.m. start on Tuesday, March 30
- Final Four — 5 p.m. start on Saturday, April 3
- NCAA championship game — 9 p.m. Monday, April 5

## Independent Living Notes

*Laurie Wilson*

Now that we have some activities available, I encourage you to come out and play! There are great movies lined up each Monday, games to play, and opportunities to chat with one another. It may be you have gotten used to a routine alone at home, but socialization is important for your overall health. Besides, it's time to laugh and have a good time with others. We may not be able to be fully open, but this is a beginning and I encourage you to take advantage. The activities selected have minimal physical requirements, so you can ease back into them.

The Monday Movie we will watch on the 8th is **The Dig**. This is an incredible depiction of a true story. In the late 1930s, wealthy landowner Edith Pretty hires amateur archaeologist Basil Brown to investigate the mounds on her property in England. You will be flabbergasted at what they find.

**Talk Around Town** is your opportunity to chat with a group. This is not a news and views conversation, but instead, conversation about things going on in your lives around the Village. Perhaps you have activity ideas, or want to know what interesting things each of you has done over the past year. We have new residents that moved in since the beginning of the pandemic that would love to meet people. They could ask questions about daily life pre-pandemic. Perhaps you want to share a funny story about yourself. Please come!

If you missed **Trivia Tuesday**, don't miss it again on the 23rd. This is a wonderful opportunity to get together and have some fun. The trivia isn't meant to be too hard, but just a simple game to share, and laugh together. Try it!

**Yoga class** will be an hour-long class beginning next week. The other classes will remain at one-half hour long.

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

*Laurie Wilson*

### Sunday, March 7

1:00 You Tube Vespers available

### Monday, March 8

9:30 Chair Exercise (sh)  
1:30 Monday Movie Matinee: The Dig (sh)

### Tuesday, March 9

*Happy Birthday Lois Lachenmann*  
1:30 Talk Around Town: Cottagers (6204 Whitewater)

### Wednesday, March 10

9:30 Balance Class (sh)  
2:00 TV Series: The Crown, Season 3 (sh)

### Thursday, March 11

1:30 Talk of the Town: Tamarack/Elm (sh)

### Friday, March 12

*Happy Birthday Marilyn Hoff*  
9:30 Yoga (sh)  
1:30 Wii Bowling (i5r)

*Happy Birthday to Al Borchelt and Nancy Hershman who celebrated last week.*

## From the "Flower Lady"...

Laurie, these are the last of the things I am sending for now. I will send another box in October with Xmas things.

I am so glad WVN is able to use my flowers. It makes my heart feel good to know it makes others happy. I hope to come there this summer, and if so, I would love to meet your gals, especially Sue. The pictures you sent were so beautiful. She does have a talent. Maybe this will inspire others to make arrangements too—even simple ones for their own homes.

My best to all of you -

*Pat George*