

Words of Worth

Worth Hartman, Chaplain

"Palm/Passion Sunday"

This Sunday Christians celebrate Palm/Passion Sunday. We are remembering the last week of Jesus' life, especially the beginning of the week as he enters into Jerusalem, the center of religious and political life. (John 12:12-19). Jesus enters as a hero, as a celebrity, a triumphal king. The crowds are waving palm branches, which you would wave for a king and shouting out "Hosanna" which means "Save us." Jesus turns out not to be quite who the crowds expected him to be and by the end of the week they are shouting "Crucify Him."

Maybe this story is a bit like our lives. We want God/Jesus/ Somebody to save us, fix us, take away our problems and pain. We can get caught in the power of the crowd, celebrity worship, and unrealistic expectations. The Jesus that entered Jerusalem on a donkey rather than a prancing white stallion calls us to a life of humility, service, trust and faith. Jesus will save us but we need to walk with him, listen to what he asks of us and align our lives with his life of love and forgiveness. Here are some words of wisdom for Palm Sunday from Richard Cookson:

*Ready to join in loud acclamation the songs of praise, we wait for a new triumphal entry.
Eagerly expecting the new age to be announced with fanfare, we listen for trumpets.
Still, as of old, the truth comes clothed in humbleness and loving sacrifice.
Proclaim the coming not so much with shouts and branches but with lives given in love's humble service.*

EASTER

I am happy to announce we can resume our in-person Vespers Services for Easter Sunday

Easter Celebration, Sunday, April 4th
Assisted Living, Sycamore Dining Room 3:00 PM

Independent Living, Tamarack Social Hall 4:00 PM

LENTEN/HOLY WEEK BIBLE STUDY INDEPENDENT LIVING

Monday, March 29, 11:00 AM, Cappuccino Lounge, Holy Week, John 18, 19 Jesus Passion, Crucifixion and Burial

Monday after Easter, April 5, 11:00 AM, Cappuccino Lounge, John 20, 21 Resurrection, Appearance to Mary and the Disciples, Doubting Thomas, Breakfast on the Beach

ASSISTED LIVING

Holy Week Tuesday, March 30 1:30 PM Sycamore Dining Room Alcove John 16, 17 work of the Spirit, Peace for Disciples, Prayer for Disciples Good Friday, April 2, 10:30 AM Sycamore Dining Room Alcove John 18, 19 Passion, Crucifixion, Burial of Jesus

Tuesday after Easter, April 6 1:30 PM Sycamore Dining Room Alcove John 20, Resurrection, Appearance to Mary and Disciples, Doubting Thomas

Friday, April 9 10:30 AM Sycamore Dining Room Alcove John 21, Breakfast on the Beach

Vespers link:
https://youtu.be/D_iIVDWdJU0

Internet Service Maintenance

There will be a scheduled internet maintenance service on Friday, March 26 from 6:00 pm until midnight. You may not receive internet at all during this time or it may be spotty. However, you may see it back at full capacity long before midnight, maybe by 7:00 pm.

If you are streaming basketball games, this will be affected, as well as anything else using the WVN Wi-fi service. We apologize for the interruption.

The Wife

Submitted by William Voiles

A police officer pulls over a speeding car. The officer says, "I clocked you at 80 miles per hour, sir."

Driver says, "Officer, I had it on cruise control at 60; perhaps your radar gun needs calibrating."

Not looking up from her knitting the wife says: 'Now don't be silly, dear - you know this car doesn't have cruise control'

As the officer writes the ticket, the driver looks over at his wife and growls, "Can't you keep your mouth shut for once?" The wife smiles and says, "Well you should be thankful your radar detector went off when it did or your speed would have been higher."

As the officer writes the second ticket for the illegal radar detector unit, the man glowers at his wife and says through clenched teeth, "Woman, can't you keep your mouth shut?"

The officer frowns and says, "I notice that you're not wearing your seat belt, sir. That's an automatic \$75 fine." The driver says, "Well, you see officer, I had it on, but I took it off when you pulled me over so that I could get my license out of my back pocket."

The wife says, "Dear, you know that you didn't have your seat belt on. You never wear your seat belt when you're driving."

As the police officer is writing the third ticket, the driver turns to his wife and barks, "WILL YOU PLEASE SHUT UP?"

The officer looks at the woman and asks, "Does your husband always talk to you like this, Ma'am?"

I love this part.....

"Only when he's been drinking."



Westminster
Village North

A Publication of Westminster Village North

March 26, 2021

Covid Updates

Westminster Village North is regulated by the Indiana State Department of Health (ISDH), Centers for Disease Control (CDC) and Centers for Medicare/Medicaid Services (CMS) as well as by the Governor office. As a community in Marion County, we must follow regulations for our county based on covid incidence rates. These organizations work together to create regulations for licensed nursing facilities that are different, more strict, than the rules in the general public. Please know that we have worked hard to fight the covid battle for our residents and their families, always with an eye on safety for those entrusted in our care. We understand that you may or may not agree with the way we translate the regulations into the licensed (AL and HC) and unlicensed (IL) areas of our community—but we hope that you understand it has all been done for resident safety.

Here are a few reminders of the current situation:

- Cottagers are able to come into Tamarack for activities and meals. At this time, there is still no in-home visitation, so we ask residents to depart after they have finished their business.
- Please remember that we are still placing orders in advance and eating in shifts in the Tamarack dining room. Cottagers will need to call in advance at ext. 1034. Meals cannot be served without advanced ordering. Menus are available on the tablet.
- Indoor visitation may be scheduled—but please be aware, this is not in-apartment visitation unless it is for compassionate care. Outdoor visitation is preferred when weather accommodates. Please contact Jackie Brewer at jbrewer@westminsterville.com or

Debbi Johnson at djohnson@westminsterville.com to schedule.

- Residents may leave the facility for up to 24 hours without having to quarantine. This means you are able to visit family or go out for a meal. There are no restrictions in IL, AL or the Health Center as to reason for the visit, but AL and HC residents must let the nurses know they will be leaving.
- Residents must wear masks when outside of their home, and must practice social distancing. We ask that you wash hands frequently as well.
- All guests must come to either the Tamarack main entrance (door #1) or to the Health Center administration door (door #11) to be screened before coming into the community. No guests should ever be admitted without having their temperature taken and answering the screening questionnaire. Please do not let strangers in side doors!!!

Severe Weather

Jackie Brewer

This is a good time to go over the procedures during severe weather which could develop a tornado.

Differences in a tornado watch and warning:

Tornado watch means a tornado is possible in and near the watch area. Take early precautions and stay tuned to radio and television stations for information.

Tornado warning means a tornado has been sighted or indicated by weather radar. Implement take-cover procedures immediately.

Every nurses' station on campus along with the Receptionist desk, Business Office area, Housekeeping and a few other areas are equipped with a NOAA weather radio. Once the radio is activated with a Tornado Warning and this warning includes the counties of Marion, Hancock, Hamilton and Madison Counties, the Village activates its Tornado procedures.

- Receptionist calls all the nurses' stations and notifies them we are in Tornado Warning and begin our procedures. Nurses' stations will be called again, once the warnings have expired.
 - H/C staff accounts for all residents and staff
 - Close all drapes in resident rooms, including drapes between beds
 - Those residents who may be in bed: staff covers the residents with blanket and lowers their bed
 - Residents who are up and can be moved: bring out into the halls to keep them away from windows and glass
 - Assisted living staff account for all residents and staff
 - Relocate residents to safe areas
 - Hallways away from doors and windows on the lowest floor
 - Basements are the best areas to stay safe
 - Rooms without windows such as a hallway
 - Instruct residents to stay in their bathrooms if they refuse to leave.
 - Independent Living and Cottage residents:
 - It is suggested that you have a NOAA weather alert radio (cottagers will be provided—call Jackie if you need one)
 - You can use the elevator to go to the basement. Stay away from glass doors and windows
 - Cottages take cover in your basement. If you do not have a basement, perhaps buddy up with a neighbor who has a basement or you may go the basement in one of the buildings
 - Or stay in a hallway or small interior area, such as a bathroom. Take a blanket and pillow to cover yourself and to protect your head
- During severe weather stay close to a radio and/tv for more information regarding severe weather
- Staff have been trained on the risks associated with severe weather and tornadoes and know the procedures.
- If you have questions or would like further information, do not hesitate to call me at extension 3510.

A Week at a Glance...

Health Center

Debbi Johnson

Please check with your activities staff for daily activities.

Health & Fitness Tip

Kenzie England

As the restrictions begin to be lifted, I want to encourage you all to remain safe by still wearing your masks around others at all times as well as keeping a proper distance between yourself and others! That being said I hope you all will begin coming to the exercise classes that are held in the Tamarack Social Hall. These classes include different types of exercises which work to give your bodies a well-rounded workout. I offer modifications for each exercise if you feel like you need less or want more of a challenge, so please come join in the fun!

It's Not Too Late

Marty Krug

Several residents have asked me about a deadline for donating money to the social hall project. The campaign, *Contributing to the Future of Westminster Village North*, will come to an official end when we are able to have an open house for residents – hopefully in May. However, the plaque listing donors who gave \$1,000 or more will be ordered in early May. If you are planning on making a gift of \$1,000 or more, I need your donation (or a completed pledge card) no later than April 28th. If you have any questions give me a call at extension 3460 or email me at mkrug@westminsterville.com

A Week at a Glance...

Assisted Living

Jill Armantrout

Saturday, March 27

Passover

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 28

Palm Sunday

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

Monday, March 29

1:00 (1-4) Daily chronicles/mail delivery & Grocery delivery
1:30 Art Therapy (in person) (syc alc)
5:45 Bingo (in person) (syc alcove)

Tuesday, March 30

1:00 (1-4) Door to door: Daily chronicles & mail Delivery
1:30 Bible Study (in person) (syc alc)
3:15 Fireside chat: Pop Culture & Reminisce (in person) (syc alc)
5:30 (5:30-6:30) Well check calls

Wednesday, March 31

1:00 (1-4) Door to door: Daily chronicles soup for the soul
1:00 Movie Matinee (LCL2)
1:30 Art Therapy (in person) (syc alc)
3:00 Bingo (in person) (syc alcove)

In Memoriam

Dorothy Smith

Please keep her family and friends in your thoughts and prayers!

Social Hall Update

Bill Lord

The new sound system has been installed and tested. We have a normal speaker system plus the sound loop for most of us with hearing aids.



Work has begun on the decorative belt that covers the concrete block that runs around the building. It will be very similar to the wood belt around Sycamore.



Garbage Etiquette

Please make sure prior to putting cups/bottles, etc. in any of the trash containers, you EMPTY THE LIQUIDS in your sink first.

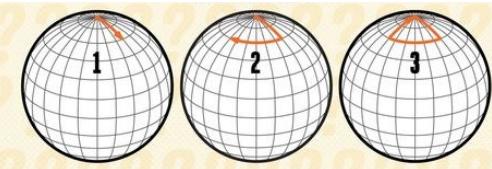
Also, please DOUBLE BAG cat litter. This is a messy and unsanitary problem for staff. Thank you for your cooperation.

Brain Health

Unscramble the word to find the answer to the word pattern:

Pattern: canine's canine.
Dkehcrcee, Tnuothosdoh, Geibe,
Dewte

Last week's answer: If you are standing directly on the north pole and you walk one mile south, then one mile west, then one mile north, you will arrive back at the north pole. It would look something like this:



TO ALL PERSONNEL

AT WVN

March 2021

By: C. R. Case

It Has Been A Difficult Past Year For Residents At WVN,
So Much Has Happened, Don't Know Where To Begin.
Covid-19 And Restrictions Have Been Our Way Of Life,
And It Has Caused Uneasiness, Anxiety And Strife.

Many Of You Have Also Been Stressed,
But Fought Through It All, And Have Done Your Very Best.
You've Made The Residents Feel More Secure,
You, Also, Have Helped Us All To Endure.

The Sign At The Front Says "Heroes Work Here,"
And Your Excellent Work Has Proven It Perfectly Clear.
Just Know That Your Extreme Efforts Are Greatly Appreciated,
We Sincerely Thank You, With Hope The Virus Is Soon Eradicated.

You Are Our Heroes!

Many thanks from staff, Charlie! Your beautiful poems are appreciated and cherished by all of us!

Independent Living Notes

Laurie Wilson

IT has been working on the **internet system** this past week or more which caused some internet outages on some devices, including the Social Hall television. I won't bore you with the details, but it should be worked out by the time you receive this newsletter. In the meantime:

We will be watching **The Crown** this week, Wednesday, March 31 at 2pm in the Social Hall, which was not previously scheduled.

Great news! We are **expanding our exercise program to include more advanced options**. Beginning in April, we will offer Advanced Floor Exercise and Advanced Yoga. Both of these classes will require residents to have greater mobility, as they will be using the floor and mats as part of the exercise routines. Advanced Floor will be held on Tuesdays at 11:00 am, and advanced Yoga will be held on Thursdays at 11:00 am—both in the Social Hall. Please sign up on the Touchtown app if you would like to attend.

Don't forget to sign up for making the cute **Easter Baskets with Annette Martin** on April 1. It's a creative, but simple, decoration using recycled materials—your cottage cheese containers. Sign up on the app or call me to add your name to the class.

I encourage you to come to the **movie matinees/documentaries**. The group found *The Social Dilemma* quite fascinating! My opinion: Should be required viewing for 6th graders and up! Do you have a movie or documentary you would like to see during the Monday Matinee series? If so, please send me an email at lwilson@westminsterville.com, or call with your suggestion.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, March 27

Passover

Sunday, March 28

Palm Sunday

Vespers online

Vespers will return to in-person service beginning Easter Sunday, April 4 at 4:00 pm. Regular Independent Living Vespers will be held each Sunday following at 4:00 pm in the Social Hall. Please be sure to wear masks and no singing is allowed.

Monday, March 29

9:30 Chair Exercise (sh)

11:00 Bible Study (cl)

Wednesday, March 31

9:30 Balance Class (sh)

2:00 The Crown (sh)

Thursday, April 1

11:00 Advanced Yoga

2:00 Easter Basket Craft with Annette Martin (cc)

3:00 Resident Council meeting (sh)

3:30 Touchtown for beginners—how to use the app. (cl)

Friday, April 2

Good Friday

Laurie—PTO (vacation day)

Location Key

cc—Creative Commons (Tamarack apt 3006)

cl - Cappuccino Lounge (across from dining room)

i5r - Indy 500 Room - lower level

sh - Tamarack Social Hall

Bargain Auction

The Bargain auction continues to put money in the bank each week, as well as the "sidewalk table" outside of the Bargain Room. Last week the two together made \$224.25. Thank you all for continuing to support the bargain room. This week's link: