

Words of Worth

Worth Hartman, Chaplain

“We Have a Good Shepherd!!” Wouldn’t it feel good to think you have a great, big, powerful protector out there looking out for you and keeping you from harm? Well we do. Jesus spoke about himself as the Good Shepherd. (John 10:1-18) In our Bible studies this spring we are reading through the gospel of John where Jesus describes all these earthy images of himself, saying “I Am Bread, Light, Vine, and Life.” This week I am thinking about this image of shepherd. Jesus says, as the Good Shepherd, he knows his sheep, he knows their names, he knows their voices. The Good Shepherd is like a door, a gate, protecting the sheep within, providing safe passage in and out. The Good Shepherd is faithful, stalwart, courageous, willing to lay down his life to defend his flock. This is a big difference from the rent-a-shepherd who abandons his flock and runs away at the first sign of trouble. Wow, what a reassuring, hopeful, comforting image of me and my loved ones being safe, heard, known, protected, and provided for. God knows me, knows my name, knows my heart, and knows me inside and out. God sees who I really am, not who I want others to see, or who I hope to be. To the Good Shepherd I am not just one more of the herd or a statistic but a unique, precious member of his flock. Like a tender, loving and yet strong Good Shepherd, Jesus will seek me out when I wander or get lost. Jesus will care for me when I am sick or hurting. Jesus will watch over me when I am vulnerable or in danger. What a reassuring promise, Jesus is our Good Shepherd.

We are also are promised, “The sheep hear the Good Shepherd’s voice”. Yes Jesus cares about us and knows us and hears us but we can hear his voice as well. Our relationship with God is mutual and reciprocal. It is direct, personal, and two-way. May we hear the Good Shepherd’s voice. May we hear his call to us above the cries from other quarters. Our Good Shepherd warns us there are thieves and robbers about. There are many who want to lead us astray, to have our allegiance, to receive our praise and adoration. Beware of false shepherds! Some leaders want to play on our fears,

marketers want our money, and media want us to lap up all they put out. May we hear the Good Shepherd’s voice, heed it and follow. The Good Shepherd lays down his life for his sheep.

Jesus may be the Good Shepherd but he wants us to be his little shepherds. There is a whole world of hurt, need, loss and suffering out there in the fields. The Good Shepherd needs our help. We are sent out to share the Good Shepherd’s care and love. We are called to share the Good Shepherd’s work of seeking the lost, bringing back the strayed, binding up the wounded, and strengthening the weak. May we hear his voice and follow. Pray with me this prayer, by Rev. Rob Fuquay, from our Sunday Vesper Service:

Loving Shepherd, you know that we tend to wander and get ourselves into tight places. Help us to respond to your voice as you call us, over and over, toward the way that leads to life. Help us this week to listen to your whispers and to obey the Holy Spirit’s small nudging’s. We give thanks for your tender care that has kept us and carried us this far. In the name Jesus, who faithfully and diligently seeks all wanderers. Amen.

ANNOUNCEMENTS

INDEPENDENT LIVING

Bible Study **Monday, May 3**, 11:00 AM, Cappuccino Lounge, “I Am the Bread of Life”: Knowing God’s Satisfaction” studying John Chapter 6, using the DVD series “The God We Can Know: Exploring the “I Am” Statements of Jesus” by Rev. Rob Fuquay from St. Luke’s United Methodist Church
CHAPLAIN’S CHAT
Wednesday, May 5, 11:00 AM Tamarack Social Hall “Remembering, Honoring Mothers” Sunday is Mother’s Day. Let’s share stories, memories, photos, mementos of our mothers/grandmothers, and our experiences of being a mother or receiving mothering

ASSISTED LIVING

Tuesday, May 4, 1:30 PM Sycamore Dining Room Alcove Gospel of John Chapter 5,6,7 Jesus healing, feeding the 5000, and stating, “I Am the Bread of Life”
Friday, May 7, 10:30 AM Sycamore Dining Room Alcove, John, Chapter 5,6,7 Jesus healing, feeding the 5000, and stating, “I Am the Bread of Life” Vesper Service, Mother’s Day, Sunday, May 9 Assisted Living Sycamore Dining Room
2:30 PM Richard Perry, Piano Prelude
3:00 PM Worship Service led by John Paulson, Visitation Minister, Faith Presbyterian Church

In Memoriam

Connie Swan

Please keep her loved ones and friends in your thoughts and prayers.

Alligator Shoes

Submitted by William Voiles

After becoming very frustrated with the attitude of one of the shopkeepers, the young blond declared, “Well, then maybe I’ll go out and catch my own alligator and get a pair of alligator shoes for free!”

The shopkeeper replied with a sly smile, “Well, little lady, why don’t you go out and give it a try?”

The blond headed off to the swamp to catch the alligator. Later in the day, the shopkeeper was driving home and spotted three young woman standing waist-deep in the murky water, shotgun in hand.

He saw a huge 9-foot gator swimming rapidly toward her. With lightning reflexes, the blond took aim, shot the creature and hauled it up onto the slippery bank.

Nearby were 7 more dead gators all lying belly up. The shopkeeper watched in amazement as the blond struggled with the gator. Then, rolling her eyes, she screamed in frustration.....

“THIS ONE’S BAREFOOT TOO!!!”

Cards by Shari Church

Back by popular demand! Shari Church will begin selling her beautiful hand-made cards in the Village Shoppe in Tamarack beginning Monday, May 3. Shari’s cards are uniquely crafted and she donates 25% of the cost of each card to the Westminster Village North Foundation.

Shari’s cards are available for many different holidays and sentiments, including anniversaries, birthdays, graduation and more!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

April 30, 2021

Welcome Chef Thomas Balser!

Nancy Russell

Hey, fellow residents, get your taste buds and palates ready! Executive Chef Thomas Balser is now in our kitchen. He is a "tried and true" Hoosier - born in Franklin, IN and grew up in Greensburg, IN - you know the town that has a beautiful tree growing out of their courthouse's roof. Chef Thomas alleges he did not plant that infamous seed, but there was a twinkle in his eye when he made that statement.

Four "Fs" - food, furniture, fishing and family describe our new chef. At age 14 he began as a dishwasher for Waffle House, and by the time he was 23 he had become the restaurant's manager. He switched vocations when he began employment at The Old Hickory furniture factory. Thomas held almost every position available until he was named supervisor. Do we see a trend here? Then the lure of the food industry came calling again. Chef Thomas graduated from IV Tech's Culinary School in 2011. Since he had a wife and children, this responsible, dedicated gentleman worked a 40 hour week while pursuing his dreams. From being a Sous Chef with Holiday Retirement to Head Chef for a contract group called Campus Group Cafe to a District Support Chef Traveler that covered the entire mid-west, again for Holiday Retirement, Chef Thomas has extensive background knowledge of good food and experience with managerial leadership.

He knows the French exquisite cuisine as well as the hearty meat and potatoes fare. Excitingly, he plans to "sprinkle" a few of his own dishes into our customary ones. He will follow the acceptance of his items by how often they are selected by us at WVN. He also knows he is stepping into a great dietary program already established. He is anxious to meet us folks and hear our suggestions, likes and dislikes, and to carry on the

tradition of fine dining we have here at the Village.

So what is the third "F" that defines Chef Thomas? He loves to fish! He and his wife have a two-person boat, and I imagine he knows all of the good "angler spots" in the area. Will he share? Maybe not.....

Chef Thomas still lives in Greensburg, IN - a 40-50 minute drive from here with his wife, two adult sons and a 12 year old adopted daughter. Family is the fourth "F" that makes this professional the man he is. When he cooks at home his favorite is Cajun cuisine. No wonder his adult sons still live at home!

Let's welcome this talented, competent, personable gentleman to our already caring staff. He promises a congenial relationship with us, as well as the efficient delivery of great food. And I believe he is a man of his word!

Happy Retirement Ron!

Ron Harlow is retiring from WVN on May 13. He has been on the maintenance team for more than 12 years. Wilda will host an opportunity to say goodbye to Ron on Wednesday, May 12 at 1:00 pm in the Tamarack Courtyard.



Ron has been a huge asset to the Tamarack residents especially. He has always stopped what he is doing to assist with last-minute requests, ensuring their needs were met.

Mother’s Day

Tables and chairs will be placed outside around the Tamarack entrance so families may enjoy time together for Mother’s Day. The tables will be used on a first-come, first-served basis — not scheduled in advance. Please use a table when your family is all present, and be respectful of others who would like to visit with their loved ones as well. This space is available for anyone in the community. If you are in a licensed area, such as assisted living, please speak to your nurse to check out.

Relaxing Some Regulations

You may have heard the CDC is relaxing regulations related to covid safety. Here are a few things you we have adopted at the Village:

- Fully vaccinated residents may eat with and visit in other residents’ apartments. We are moving tables/chairs to allow more social interaction in the dining rooms.
- Families may join residents for meal as long as all are fully vaccinated.
- Family or outside guests cannot visit in apartment at this time.
- If one person is not fully vaccinated in a group, we must revert to social distancing, wearing masks, etc. we cannot discriminate against anyone who has not had the vaccine.
- IL and AL residents may cross from one area to another.

Fully vaccinated refers to having both vaccines—or one if J&J — at least 2 weeks prior.

A Week at a Glance... Health Center

Debbi Johnson

Please check with your activities staff for daily activities.

Health Tips

Medicinenet.com

Eat three healthy meals a day (breakfast, lunch, and dinner); it is important to remember that dinner does not have to be the largest meal.

The bulk of food consumption should consist of healthy foods, such as fruits, vegetables, whole grains, and fat-free or low-fat milk products. Incorporate lean meats, poultry, fish, beans, eggs, and nuts (with emphasis on beans and nuts) into a healthy diet.

Choose foods that are low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars; look at the labels because the first listed items on the labels comprise the highest concentrations of ingredients.

Control portion sizes; eat the smallest portion that can satisfy hunger and then stop eating.

Healthy snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy hunger and not cause excessive weight gain.

Avoid sodas and sugar-enhanced drinks because of the excessive calories in the sodas and sugar drinks; diet drinks may not be a good choice as they make some people hungrier and increase food consumption.

Note: Kenzie was sick this week and will return with her tips next week.

A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, May 1
11:00 Naomi Dog visits (outdoors)
(Syc courtyard)

Sunday, May 2
1:00 Movie Matinee (LCL2)
3:00 Vespers with Chaplain Worth
for AL (Sdr)

Monday, May 3
1:00 (1-4) Daily chronicles &
Grocery delivery
1:30 Cook's Corner & tasting (Sar)
5:45 Bingo (syc alcove)

Tuesday, May 4
Happy Birthday Don Boyle
1:30 Bible Study (syc alc)
3:15 Fireside chat: Pop
Culture & Reminisce (LCL2)

Wednesday, May 5
Cinco de Mayo
1:00 Movie Matinee & popcorn door
to door (LCL2)
2:00 Cinco de Mayo Party (syc dr)
3:00 Bingo (syc alcove)

Thursday, May 6
Nurse's Day
1:30 Chair exercise (Sdr)
3:00 Gardening (meet in the act
room)
5:45 Wii Bowling (LCL2)

Friday, May 7
10:00 *Grocery Orders due
10:30 Bible Study (syc alc)
3:00 Mocktail & Cocktail
Party & music (3-4:00)
(syc alc)

Social Hall Update

Bill Lord

We have waited for this time to come and now you can move past and around the new Social Hall to see just how close the early rendering is to the final product.

Regardless from what viewpoint you observe the new Social Hall - it is 99+% complete. Only the exterior grounds work is yet to be done by the Contractors.



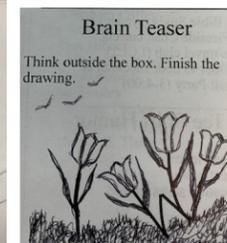
Brain Teaser

What did the triangle say to the circle?

What do the numbers 11 and 88 have in common?

What did one math book say to the other math book?

Last week's submissions: bird, unknown artist; flowers, Marsha Soderholm



May Birthdays

- 5/2 Florence McNiece (HC)
- 5/3 Susan Huston (HC)
- 5/4 Annette Martin (IL)
- 5/4 Don Boyle (AL)
- 5/7 Delia McGowan (HC)
- 5/8 Merle Ritter (IL)
- 5/9 Noel Hawkins (IL)
- 5/13 Raymond Hiatt (AL)
- 5/14 Peggy Conway (AL)
- 5/15 Thomas Fisher (IL)
- 5/15 Rosemarie Albers (AL)
- 5/17 Bob Russell (IL)
- 5/18 Helen Olson (IL)
- 5/19 Mary Ann Wenzel (HC)
- 5/22 Kurt Von Burg (HC)
- 5/23 Mark Hershman (IL)
- 5/23 Pauline Nixon (IL)
- 5/24 Wilbur Davis (IL)
- 5/24 Lois Ondrejack (IL)
- 5/25 Carol Groh (IL)
- 5/28 Norma Shoemaker (HC)
- 5/28 Peggy Stump (AL)
- 5/29 Phyllis Darling (IL)
- 5/30 John Swan (IL)

Independent Living Notes

Laurie Wilson

Great news! The original format of **News & Views** can once again be offered regularly on the calendar. It will be held the first and third Tuesdays of each month at 1:30 pm in the Cappuccino Lounge, monitored by Rhoda Milstein. You will be required to wear masks and social distance at all times during the activity, like all activities. The lounge can only fit 16 people to properly social distance, therefore we are asking you sign up via Touchtown in May. If the group is larger than 16, we will provide an alternative location. If you are not familiar with Touchtown or don't use it, you may call Laurie at extension 1053 to sign you up for this and any other activity.

On Monday, May 3, the **movie matinee will be Our Souls at Night**. This was a movie suggested by another resident and stars Robert Redford and Jane Fonda. Join us at 1:30 pm in the Social Hall to watch the film.

The **Resident Council Meeting** will be held on Thursday, May 6 at 3:00 pm in the Social hall. Since Dick Huelster is resigning his position, it is expected a new president will be selected.

Ladies, Join us **Friday, May 7 at 3:00 pm for a Celebration of Mothers!** Please bring a photo of your mother and tell us something special you remember about her life. We will gather in the Social Hall.

If you do not have a smart device, such as a phone, tablet or computer, or if you have an AARP tablet that is extremely slow or not working, but **you want one to keep up with everything on Touchtown**, please call me. I might have a solution for you. For anyone who is new and not yet had Touchtown training, I can show you how the application works and everything you need to know to keep up with IL activities and information.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, May 2
4:00 Vespers—IL residents (sh)

Monday, May 3
11:00 Bible Study (cl)
1:30 Movie Matinee: Our Souls at Night

Tuesday, May 4
1:30 News & Views (cl)
3:00 Wii Bowling (i5r)

Wednesday, May 5
11:00 Chaplain's Chat (sh)
1:30 Yardkle dice game
3:00 The Crown (sh)

Thursday, May 6
1:00 Wii Bowling (i5r)
3:00 Resident Council Meeting (sh)

Friday, May 7
3:00 Ladies: Mother's Day Tea and Memories: Bring a tea cup and a photo of your mother! (sh)

Fabulous Entertainment by Colin Matthews

