

Words of Worth

Worth Hartman, Chaplain

“Live Fully Every Day”
Happy New Year! Welcome to the year our Lord 2022. As I am looking into the New Year wondering what it will bring I’m also thinking back over the past year. At this important time marking the passing of years I am aware of the preciousness of life, its uncertainty, and the value of everyday we have to live. Just in the last few months of 2021 my cousin’s wife was diagnosed with brain cancer, a family friend taking her daily neighborhood walk was killed by a car, and we saw the biggest surge of COVID yet when we thought we were through the worst of it. What tragedies, accidents, or unexpected deaths might we may face in this new year? How do we face this troubling truth of our frail and fleeting human lives? How do we square the gloomy thought that any of us could die tomorrow with all the holiday joy, cheer, and hope we may have felt through the Christmas season? How will we deal with what is painful or unwanted in the new year? We can’t control a lot of what happens in our lives but we can live each day to the fullest, enjoying God’s presence in this moment and in this day. We can be open to the signs God is sending us right now of God’s love and care for us. I love these words from a 17th century Quaker, Stephen Grellet, who said:

I shall pass through this world but once. Any good thing, therefore, that I can do, or any kindness that I can show to any human being, let me do now. Let me not defer or neglect it, for I shall not pass this way again.

As this new year begins, we can think back over the year past and honor ourselves for those times we lived fully, when we listened to those nudges and leadings God gave us and acted on them. We can be

thankful for blessings we enjoyed, people and events we savored and appreciated, and be grateful for bad things that didn’t happen. We may also need to consider opportunities lost, things undone or unsaid that we need to take care of, ways we missed out on joys, possibilities, or “any good thing or kindness” we neglected or deferred. We are starting a new year. We have a fresh start and a new chance to live each day fully in Christ’s spirit of gratitude, thanksgiving, and joyful, immediate responsiveness. Here is a New Year’s prayer for you for 2022:

*May the New Year bring for you:
Peace to put the hectic day to rest,
Faith that leaves no room for blind despair,
Hurt sufficient for the heart to grow,
Joy of small things, daily common ones,
Dreams that burst from vague tomorrow into now,
And love enough to fill the empty corners of the heart. Marla Visser*

ANNOUNCEMENTS

Cancelled: Sunday, January 9th
Vesper Worship Service, 3:00 PM
Foundation Social Hall

Monday, January 10, 11:00 AM, IL
Bible Study, Cappuccino Lounge
with Chaplain Worth Hartman “God Wrestling: The Story of Jacob’s Coming of Age” Genesis Chapters 28, 32, 33

Trash Reminder

Every so often we remind you to break down boxes prior to putting them in the trash closets in Tamarack. Boxes that have not been broken down make that much more of a problem disposing items for others. Please take a minute to break down your boxes Or ask staff for assistance prior to putting in the



In Memoriam

Muriel Glidden
Ira Johnson

Please keep their families and friends in your thoughts and prayers.

Face Masks

Laura Roman

Face masks are an effective means to reduce the spread of COVID 19 by providing a barrier to catch virus-containing respiratory droplets. However, a contaminated mask might also potentially spread the virus, so it is recommended that masks be cleaned after every use. Paper Surgical masks, which are about 95% effective, or those that cannot be cleaned, should be discarded after each use.

Multi-layer fabric masks block 50-70% of exhaled small droplets or particles. Fabric face masks may be washed in your washing machine, using regular detergent. Use a warm setting. Wash your hands immediately after touching a worn mask. Dry your mask on high heat until dry.

If you prefer to wash your mask by hand, you may use regular laundry detergent and bleach -- 4 teaspoons of household bleach per each quart of water – soak for 5 minutes. Rinse thoroughly and allow the mask to air-dry.

Some N95 masks can be disinfected by a sanitizing spray – however, no tests have been performed on the efficacy of this means of disinfection.

It is recommended that you inspect your mask after each use. If the mask is dirty, torn, saturated with moisture, discard it! If it appears to be clean and intact, store your mask in a clean paper bag between uses.

And remember, your mask must cover your nose and mouth to be effective.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

January 7, 2022

Welcome to WVN!

Nancy Russell



Eldon and Mary Everidge moved into 6204 Whitewater before Christmas, but their lovely cottage looks as if they have lived there for a long time. When you enter their home, you will immediately see Mary's hobby. Her green thumb is evidenced by an array of exotic plants "happily" growing near their patio windows. Eldon's creative background led him to making unique bird houses from old barn wood. They were delighted to hear about our blue bird project here at Westminster.

Eldon's life began in Harburbury, KY, a mining camp. After graduating from high school at the young age of 17, with \$15.00 in his pocket, he was on a Greyhound bus headed to Chicago. He was dismissed from job after job when his age was learned. (One had to be 18 to be gainfully employed.) He joined the U.S. Army, and for a total of 3 years he went through basic training in Arkansas, advanced basic in North Carolina, and was sent to Alaska "to keep an eye on the Russians." Alaska was not a state at that time; therefore, Eldon qualified for "overseas pay."

After serving his country, this dedicated gentleman was hired by General Motors here in Indy. His sister, who worked at Community East, didn't approve of the ladies Eldon was dating. Mary's sister also worked at Community East, and the matchmaking

efforts of two sisters resulted in a 1960 marriage - two weeks after Mary graduated from Ball State University.

Mary, the 4th of ten children - 5 girls and 5 boys - grew up in Francesville, IN. Interestingly enough, the remaining siblings are numbers 2, 3, and 4; Mary, of course being number 4. Mary earned an elementary education degree from Ball State. She taught 4th grad here in Warren Township for 29 years and 3rd grade for 3 years in Muncie, IN while she earned a Master's Degree. Her favorite subject was Indiana History because she could take her students on field trips and learn as much as the children did! What a fabulous attitude! While in Muncie, Eldon got his Bachelor's in Industrial Arts. He was an educator for 29 years, and during his tenure he was given this laminated note of gratitude:

"Although you may not know
the students I bring are often lost in
life,
but your guidance has helped
more than words can say."

These consummate educators have two children and four grandchildren. Their son and daughter did the retirement community research and chose WVN as the perfect place for mom and dad. Their son's position at Eli Lilly has moved him to Singapore and Australia. They have given Mary and Eldon three grandchildren born on three different continents. How's that for an interesting fact? And Lilly found it more economical to fly Mary and Eldon to their overseas family rather than to bring their loved ones back to the states. Our new residents were treated like royalty by Eli Lilly as they traveled the world. Their daughter has added another adorable

grandchild to this "international" family.

When they retired from their educator careers, they lived at Racoon Lake and served at the Food Pantry in Rockville for 17 years. GIVING is the mantra for this special couple. How lucky are we that their children chose Westminster?

January is the time...

Laurie Wilson

...to get organized! Now that the holidays are over and the cold weather has set in, there seems to be a sigh—and now what? January is the time, not only to make resolutions, but to get things done. Here are a few suggestions for you this month:

- Get out your WVN Welcome Book and review the fire safety/drill plan.
- Clean out that junk drawer.
- Go room to room and discard trash. Not just paper and boxes, but magazines, mail, and “gamachkies” - things that you really don’t need that may clutter your space.
- Solve one riddle/puzzle or other brain activity a day.
- Prepare a list of cards you would like to write throughout the year: thank you notes, birthday wishes, and simple “I’m thinking of you.”
- Join an exercise class! You will feel better.
- Select one activity a week to join—get to know your neighbors.
- Delete trash on your computer and email. This can be daunting if you have a lot of junk email. To not get discouraged, delete 25 a day.
- Write a page of your life story each day.

A Week at a Glance...
Health Center

Jill Armantrout

All communal activities are suspended at this time. Please check with your activities staff to learn about one-on-one activities.

Saturday, January 8
8:30 Tv ministries (Channel 21) All day
11:00 Around The Village & Daily Chronicles (11-12:30) (all)
3:00 Movie Matinee (wcl)

Sunday, January 9
Happy Birthday Carl Bordenkecher
9:30 Tv ministries (Channel 21) All day
11:30 Devotions/one on one visits (11:30-1)

Monday, January 10
9:00 Daily Chronicles (9-10) (wc)
10:00 Music + Movement, Sensory/Art Expression & Room Visits (10-12)
2:00 In-Room Bingo (2-3) (wc)
2:00 Roaming Refreshments (2-3) (wc)
4:00 Movie Matinee (wcl)

Tuesday, January
Happy Birthday Alice Woodford
9:00 Daily Chronicles (9-10) (wc)
10:30 Strolling Guitar with Robin
2:00 In-Room Bingo (2-3) (wc)
2:00 Roaming Refreshments (2-3) (wc)
4:00 Movie Matinee (wcl)

Wednesday, January 12
9:00 Daily Chronicles (9-10) (wc)
10:00 Music + Movement, Sensory/Art Expression & Room Visits (10-12)
2:00 Devotions with Worth (wcl)
2:00 In-Room Bingo (2-3) (wc)
2:00 Roaming Refreshments (2-3) (wc)
4:00 Movie Matinee (wcl)

Thursday, January
9:00 Daily Chronicles (9-10) (wc)
2:00 In-Room Bingo (2-3) (wc)
2:30 Resident Council (aca)
3:30 Don's Famous Popcorn (wcl)
4:00 Movie Matinee (wcl)
6:15 Door to door travel Club

Friday, January 14
9:00 Catholic Visits (all)
9:00 Daily Chronicles (9-10) (wc)
10:00 Music + Movement, Sensory/Art Expression & Room Visits (10-12)
11:00 Bingo Cart Door to Door (11-1) (all)
3:00 Ice Cream Cart (3-4:30) (all)
4:00 Movie Matinee (wcl)

A Week at a Glance...
Assisted Living

Jill Armantrout

All communal activities are suspended at this time. Please check with your activities staff to learn about one-on-one activities.

Saturday, January 8
Happy birthday Ellen Thorn
9:00 Morning Walk & Stroll
3:00 Wii Bowling (one on one) (Salc)

Sunday, January 9
9:00 Morning Walk & Stroll

Monday, January 10
9:00 Morning Walk & Stroll
1:00 (1-4) Daily chronicles & Grocery delivery
5:45 In room Bingo (syc alcove)

Tuesday, January
Happy birthday Peggy Steinkraus
9:00 Morning Walk & Stroll
1:30 Bible Study/devotions (door to door)
3:30 Trivia, current events & hot beverage (door to door)

Wednesday, January 12
9:00 Morning Walk & Stroll
1:00 In room Bingo (syc alcove)

Thursday, January
9:00 Morning Walk & Stroll
10:00 Crafts door to door/one on one
2:30 Cook's Corner & tasting (door to door)
5:45 Wii Bowling (one on one)

Friday, January 14
9:00 Catholic Church Visits/door to door (9-12)
9:00 Morning Walk & Stroll
10:00 *Grocery Orders due
10:30 Bible Study/devotions (door to door)

NCAA Football
Championship

#3 Georgia vs #1 Alabama
Monday, January 10 at 8:00 pm
Live on ESPN

Hmmmm. An interesting thought:

Here’s why Colts/Jags
should be the game
everyone watches out for
in Week 18

Jon Hoefling
Deadspin

Imagine you’re taking part in an annual contest at your workplace to determine the finalists for a coveted prize. Everybody wants this prize. People have cheated, backstabbed, and played dirty in the past in order to win this prize. It’s that great. As the time period for determining who the finalists will be closes in, you notice a loophole in the competition’s rulebook that would allow you as well as another coworker to both be finalists. Would you pull the dirty trick in order to get a shot at the prize? It’s a moral dilemma that even Aristotle would be forced to ponder over. Well, guess what? If the Colts lose to the Jaguars this Sunday, the Raiders and Chargers will find themselves in this exact scenario.

Basically, if the Colts lose, the winner of Chargers-Raiders is in the playoffs. However, if both teams tie...then both the Chargers and Raiders get into the playoffs. Furthermore, the Colts play at 1 pm ET. The Raiders and Chargers play at 8:20 pm ET. Essentially, both teams would know whether or not this situation would come up hours before they play. That’d give both teams plenty of time to discuss the details, forge out a plan, and pinky swear that they will each kneel the ball on every single play for 70 minutes.

Brain Teaser

Laurie Wilson

As we begin the new year, I want to stress the importance of brain health. Each week you find a little puzzle or brain teaser here to stimulate your thought process. For IL residents, I am expanding the brain exercise into some of our activities, including our cocktail hours. So be on the lookout for interesting and fun brain games—and participate!

In the meantime, here are 10 interesting facts about brain games:

1. There is no country on earth without puzzle and game traditions.
2. Many puzzles are associated with myth and legend. (*Ask me for an example*)
3. Mark Twain thought of puzzles and riddles in a philosophical light.
4. The Alzheimer’s Association has endorsed Sudoku as preventative therapy against the disease.
5. Cryptograms greatly appeal to our sense of mystery—hence the popularity of films like The DaVinci Code.
6. Archimedes invented loculus, which is essentially the jigsaw puzzle.
7. Lateral thinking puzzles truly sharpen the brain: How is it someone can fall from a 50 story building and still survive? (*He fell from the ground floor*).
8. One of the longest-running shows on television is Wheel of Fortune — attesting to the popularity of puzzles.
9. A riddle achieves multiple purposes: keeping audiences engaged to making an indirect commentary on the plot.
10. The word “puzzle” was first documented in a book titled *The Voyage of Robert Dud ley to the West Indies, 1594-1595*, by Sir George F. Warner (1845-1936). It was the first time the word was used to describe a type of game.

Last week’s answer: 1000 Grand, Almond Joy, Baby Ruth

Independent Living

Laurie Wilson

Please look for last minute messages on your Touchtown app regarding the **Resident Meeting** on Tuesday. Although the meeting has not been cancelled as of this writing, we continue to see an increase in positive COVID tests, and therefore may need to cancel the meeting this month.

If the Resident Meeting is cancelled on Tuesday, **Grocery Shopping** will move to the regular 9:30 am time instead of 11:30.

For those who signed up for **Jesus Christ Superstar**, you may bring \$40 payment to me either now or on the bus before we leave. If you write a check, please make it payable to WVN.

The **Monday Movie Matinee is Darkest Hour**. This film is an account of Winston Churchill's early days as Prime Minister of the United Kingdom during the Second World War and the May 1940 War Cabinet Crisis, depicting his refusal to make a peace treaty with Nazi Germany amid their advance into Western Europe. Join us in the FSH at 1:30 pm on January 10.

The trip to Rhythm Discovery is cancelled. We will try to reschedule at a later date.

Rehab Strategies has hired a **new Personal Trainer in Tamarack**. Her name is Denisse Garcia and she will begin on Monday, January 17. Until then, we will continue our classes on Mon, Wed and Friday.

According to Shannon Poole, Health Center Administrator, almost all new COVID cases here have started like a cold. Please stay home if you have a sore throat or other “cold-like” symptoms. Speak to a nurse if you need to be tested.

A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, January 9
1:00 NFL Watch (cl)
3:00 Vespers (fsh) - **cancelled**

Monday, January 10
9:30 Chair Yoga (tsh)
11:00 Bible Study (cl)
1:30 Monday Matinee: Darkest Hour (fsh)

Tuesday, January 11
10:00 Resident meeting (fsh)
11:30 Grocery Shopping: Meijer
3:30 Cocktails (fsh)

Wednesday, January 12
9:30 Chair Yoga for 3 levels of ability (tsh)
11:00 Men's Lunch: Eddie's on Geist
1:00 Ladies' Lunch: Surprise
3:30 Grace & Frankie (fsh)

Thursday, January 13
1:30 Yardkle! (fsh)
3:30 Beer & Wine (fsh)

Friday, January 14
9:00 Bargain Room Open!
9:30 Let's Move to the Music! Metro Silver Sneakers exercise class (tsh)
1:00 Rhythm Discovery Tour
1:30 Mahjong (cl)

Dear IL residents:

I made it to Italy! Well sort of...you see, a couple of people found me and so I was off to Italy. Just as I landed , however, someone removed my list of supporters and so the Gnome Council did not let me stay in Italy. They sent me back to Tamarack! I don’t mind Tamarack, but I was looking forward to stomping grapes. I need your help again so I can be on my way... But my time in Italy would have been up by Friday, so I guess I will go ahead and travel to my next destination with your help. Greece! Sign my back petition so I can be on my way, please!

Love, your friend Chewy

