

Words of Worth

Worth Hartman, Chaplain

“Celebrating God’s Prophet, Rev. Dr. Martin Luther King Jr.” Monday, January 17 is a national holiday to celebrate the faith and witness of Rev. Dr. Martin Luther King Jr. It is 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.

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. 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.

The past couple years we have

learned much about how much racism is still with us more than 150 years after the end of slavery. The legacy of slavery and the racism that goes with it still corrupts our systems of housing, education, employment, and criminal justice. 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.

God calls us today, 54 years after Rev. King’s death, to take on the 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 in that continuing struggle is love. May we continue to hear God’s prophets. May we, like God’s prophets Isaiah, Jeremiah, Jesus, and Rev. Dr. Martin Luther King, *“...do justice, and love kindness and walk humbly with our God.”* Micah 6:8

ANNOUNCEMENTS

CANCELLED Sunday, January 16th
Vesper Worship Service, 3:00 PM
Foundation Social Hall

Monday, January 17, 11:00 AM, IL
Bible Study, Cappuccino Lounge
with Chaplain Worth Hartman “Rev.

Dr. Martin Luther King Jr. As God’s Prophet” How was Dr. King a prophet in the Jewish tradition of Isaiah, Jeremiah and Jesus? Jeremiah 1:4-10, Micah 6:8, Isaiah 11:1-5. Isaiah 61:1-4, Luke 4:16-30

Rev. Dr. Luther King Jr. Day,
Monday, January 17, 2022

MARTIN LUTHER KING JR. DAY CELEBRATION

To recognize the faith and legacy of Dr. King and WVN’s witness to equality and human dignity
2:00 PM Foundation Social Hall—IL
residents only due to COVID restrictions.

In Memoriam

Jacqueline Bledsoe
Roberto Garcia

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

Thank You

*Whomever was my secret Santa, I guess I’ll never know.
He or she sent a beautiful Afghan,
neatly tied up in a bow.
The pattern is beautiful, the blanket so comfy.
An unexpected surprise and I wanted to thank thee.
A smile on my face for days and weeks to come,
as I try to figure out who is the one.
So Secret Santa, so clever and smart,
know this thoughtfulness is appreciated...from deep in my heart.*

By Laurie Wilson on behalf of:
Jack Pomeroy
Jody Fogg

For Your Mental Health

If you want to see an immediate and positive improvement in your mood, play music. The benefits of music are well documented, and some recommend playing music every day at the same time. Listening to birds sing is also calming and uplifting.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

January 14, 2022

Resident Council Elections

Jackie Brewer

The Resident Council is an advisory council whose purpose is to:

- serve as a liaison between WVN residents and the administrative staff;
- provide information to all residents on matters directly affecting their interests and well-being; and
- receive and authorize disbursements of funds collected from various activities for the benefit of all residents.

Although the Resident meeting conducted by Executive Director Shelley Rauch has been placed on hold due to COVID restrictions, the Resident Council still meets each month to conduct business. The Council meets at 10 am on the first Thursday of the month and is open to all residents. *However, at this time the Council meetings are limited to members of the Council only, due to COVID restrictions.*

It is that time of year where the Resident Council prepares to hold elections, which will take place in March. The terms of service on the Council will be completed for 4 of our members, and new members must be elected for the 2022 term. The Council comprises 10 members and requires representation from both Tamarack/Elm and cottagers equally. It also comprises 2 members from assisted living, which are selected by assisted living residents. Therefore we will be filling 2 Tamarack/Elm

positions and 2 cottager positions. Council members serve a 2 year term. Members of the Council elect both the president and Vice-president, both of whom serve in their respective roles for one year. The president will select the Secretary of the Council with member approval, also serving in that role for one year. The Treasurer, appointed by the President, will serve until replaced by the Council. Assisted Living Council members are determined by elections in their resident meeting.

Anyone who would like to be considered for Council Member should contact Lois Dillon if you live in Tamarack/Elm or Shari Church if you live in a cottage. Assisted Living residents should contact Jill Armantrout. The ballots will be delivered in early March. Voting must be completed by April 1. The results will be announced at the April resident meeting, or by letter if restrictions still apply.

If you have any questions, Council By-laws can be found on your Touchtown app under Resident Council Meeting/Info, or please feel free to contact Jackie Brewer at extension 3510.

Note: If you would like to review past Council meeting minutes, they can also be found on the Touchtown app under Resident Council/Meeting Info. There was a problem with the minutes not showing, which has now been fixed. You will find minutes listed by year.

Girl Scout Cookie Time!

It always seems to sneak up, but we are glad when it’s here—Girl Scout Cookie time. It’s time to order your cookies. This year there are nine varieties of cookies:

- Adventurefuls (new) - which are “brownie-inspired cookies with caramel flavored crème and a hint of sea salt.
- Lemon-ups
- Trefoils
- Do-si-dos
- Samoas
- Tagalongs
- Thin Mints
- Girl scout s’mores
- Toffee-tastic

Each box of cookies is \$5—same as last year. Troop 16053 is taking orders now through Laurie. Call extension 1053 or email her at lwilson@westminstervillage.com if you would like to place an order. Cookies will arrive around the first of February. Payment collected when cookies are delivered.

Package Returns

If you have ordered items online and would like to return them, please do not bring them down to reception and ask them to prepare the package for return. Instead, you must fill out your return slip, place the items inside and enclose the return slip - then seal your package closed for shipment. This means fully sealed. Properly affix the mailing label that came with your item. If no postage is necessary, you may then leave the package at reception for pickup. *Thank you!*

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 15
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 16
9:30 Tv ministries (Channel 21) All day
11:30 Devotions/one on one visits (11:30-1)

Monday, January 17
Martin Luther King Jr. Day
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 18
9:00 Daily Chronicles (9-10) (wc)
2:00 In-Room Bingo (2-3) (wc)
2:00 Roaming Refreshments (2-3) (wc)
4:00 Movie Matinee (wcl)

Wednesday, January 19
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 20
9:00 Daily Chronicles (9-10) (wc)
2:00 In-Room Bingo (2-3) (wc)
3:30 Don's Famous Popcorn (wcl)
4:00 Movie Matinee (wcl)
6:15 Door to door travel Club

Friday, January 21
9:00 Catholic Visits (all)
9:00 Daily Chronicles (9-10) (wc)
9:30 St. Simon's Catholic Communion (aca)
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 15
9:00 Morning Walk & Stroll
3:00 Wii Bowling (one on one) (Salc)

Sunday, January 16
9:00 Morning Walk & Stroll
3:00 Vespers with McCordsville United Methodist Church (FSH)

Monday, January 17
Martin Luther King Jr. Day
9:00 Morning Walk & Stroll
1:00 (1-4) Daily chronicles & Grocery delivery
2:00 Martin Luther King Service (FSH) **cancelled for AL**
5:45 In room Bingo (syc alcove)

Tuesday, January 18
9:00 Morning Walk & Stroll
1:30 Bible Study/devotions (door to door)
2:30 Crafts door to door/one on one
3:30 Caregiver Support Group (FSH)
3:30 Trivia, current events & hot beverage (door to door)

Wednesday, January 19
9:00 Morning Walk & Stroll
1:00 In room Bingo (syc alcove)
2:30 Soup for the soul snack and reminisce (door to door)

Thursday, January 20
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 21
9:00 Catholic Church Visits/door to door (9-12)
9:00 Morning Walk & Stroll
10:00 *Grocery Orders due
10:00 Catholic Communion (aca)
10:30 Bible Study/devotions (door to door)
3:00 Mocktail & Cocktail Party & Music (syc alc)

Nursing Services in
Independent Living

It’s flu and cold season, on top of dealing with COVID-19 and all its variants. Our nursing staff has been very busy in both assisted living and the health center. When feeling under the weather, it’s has become natural now to first wonder if you have COVID-19. IL residents do not have 24/7 access to nursing staff here. If you are sick and need to be tested for COVID-19, you can check pharmacies to see if they have test kits available, but otherwise, please call your primary care physician. As you may be aware, there is a nation-wide shortage of test kits for COVID-19. WVN has only been allocated a certain number of test kits, which are to be used in the licensed areas. We understand it is difficult to find at-home test kits, but WVN simply does not have enough kits to test people in all areas.

For minor ailments, IL has a nursing clinic weekdays from noon - 2pm. You do not need to make an appointment at the clinic, as it is first-come, first-served. You are able to get your temperature taken, blood pressure evaluated, etc. It is not to be used as a test center for COVID-19. If you are feeling sick, it is not advisable to attend the clinic. Instead, please call your doctor and make an appointment.

If you are in need of nursing services, you may call nursing staff at extension 2665 or 2660. Please leave a message if no one answers. You may also leave one message with the receptionist. Please do not call reception back to determine when nursing will be available to you, as they do not know and it depends on priorities in other areas. Your message will be received by nursing and they will get to you after they attend those in licensed areas. If it is an emergency, or you prefer immediate assistance, call 911 (9911 in Tamarack) . Otherwise, it is possible it may take quite some time to address your needs.

Brain Teasers

Laurie Wilson

1. What sound is pitched to low for human ears called?
2. Who famously lived at 221B Baker Street in London?
3. How many baby teeth does a child have?

Outside Donations

We are not accepting donations of books, puzzles, clothing, etc. from people outside of Westminster Village. Neither the Bargain Room nor activity staff can accept things at this time. This does not include donations directly from residents during moves, etc. If your church group, family or other organization you are affiliated with asks, please let them know not to drop things off here. Thank you.

Health Center residents
celebrated Alice
Woodford’s birthday on
January 11 with beautiful
hand-made cards.



Independent Living

Laurie Wilson

The new exercise class instructor will be here Monday, January 17. I still plan to have the Yoga class and introduce ourselves to Denisse. Then we will determine the plan for the rest of this month, while she makes a class schedule going forward.

There will be a worship service conducted by Chaplain Worth honoring MLK (for IL residents only) in the Foundation Social Hall.

Reminder: There is NOT an ISO Coffee Classical on the 19th. The first Coffee Classical is in February.

You asked for it: I will create a bracelet making class in February.

Foundation News

Marty Krug

Keep on Moving!

Last October the Resident Council and the Westminster Foundation were both asked to purchase a new piece of exercise equipment for Assisted Living residents. Both agreed these would be a great help for our AL residents, and two NuStep recumbent cross trainers were ordered. One is located on the first floor of Laurel Commons. Do you know where the other one “lives?”



A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, January 16
3:00 Vespers (fsh)

Monday, January 17
Martin Luther King Jr. Day
9:30 Chair Yoga with (tsh)
11:00 Bible Study (cl)
2:00 MLK Service (fsh)

Tuesday, January 18
9:30 Grocery Shopping: Meijer
11:30 Cracker Barrell
1:30 News & Views (cl)
3:30 Caregiver Support Group (fsh)

Wednesday, January 19
9:30 Yoga (tsh)
1:30 Yardkle! (fsh)
3:30 Grace & Frankie (fsh)
6:00 Jesus Christ Superstar (Clowes Memorial Hall)

Thursday, January 20
9:30 Men's Morning (cl)
3:30 Beer & Wine (fsh)

Friday, January 21
9:00 Bargain Room Open!
9:30 Let's Move to the Music! (tsh)
10:00 Communion (aca)
10:00 ISO Coffee Pops (Hilbert Circle Theatre)
1:30 Mahjong (cl)

Time for a Change

Let’s start to see some Valentine decorations on your doors and shelves! Get creative. If you need any craft supplies to create a fabulous door or shelf display, visit Creative Commons in 3006.

For those of you who dine at The Grill regularly, Roberto Garcia who recently passed away in our HC, is the father of Robert, the owner of The Grill.