

Words of Worth

Worth Hartman, Chaplain

“God’s Desire for Unity”

This week Christian churches are celebrating a hundred year old tradition called the “Week of Prayer for Christian Unity” This is an effort to help different faith groups affirm their common roots in Jesus Christ. This desire to seek unity is guided by Jesus’ prayer to God while with his disciples at the Last Supper. Jesus fervently prayed that his disciples and all that would follow him in the future, “... that they may all be one. As you, Father, are in me, and I am in you, may they also be in us...so that they may become completely one, so that the world may know you have sent me...” (John 17:21, 23)

We can sure use a message of unity at this time in our nation’s history. We have been torn apart by conspiracy theories, challenges of our national elections, attacks on government, media, and democracy. Christians with very divergent opinions on leaders, political parties, response to COVID and other social policies have split farther and farther apart. Jesus is probably still praying that his followers can find unity in following his simple gospel of love of God, self and neighbor, care for the poor and the outsider, and pursuing peace and justice.

We at Westminster Village North are a community of some diversity. We represent different racial and ethnic backgrounds, different genders and sexual identities, different geographic origins and faith backgrounds. I believe we are a community that respects and honors this rich variety of backgrounds and faith traditions. I pray God will lead us forward as a community to be a light and model to a world around us that is experiencing hate, division, fear of diversity, and contempt for differences. I believe God can help

us face anything that might divide us and help us see our differences as sources of enrichment. I share this prayer from Monday’s Martin Luther King Day Service:

O God, all people are your Beloved, across races, nationalities, religions, sexual orientations and all the ways we are distinctive from one another. We are all manifestations of your image. We are bound together in an inescapable network of mutuality and tied to a single garment of destiny. You call us into your unending work of justice, peace and love. Let us know your presence among us now. Amen.

ANNOUNCEMENTS

CANCELLED Fourth Sunday, January 23, Vesper Worship Service, Foundation Social Hall, 3:00 PM

Monday, January 24, 11:00 AM, IL Bible Study, Cappuccino Lounge with Chaplain Worth Hartman, finishing the Bill Moyers DVD series on the book of Genesis “Exile: The Story Joseph in Egypt” Genesis Chapters 39-47

IL Welcome Book

Laura Roman

I am searching for 5 Independent Living Residents to help me reconsider the Welcome Book. I’d like to work with this group to identify:

- Information to be included
- Information to be deleted
- Update all information
- What format is best? Printed? Electronic?
- Should you be given the Welcome Book in advance of moving to the Village?
- What am I not thinking of?!?!?

If you are interested in helping me with this project, please call me at ext. 2140. Once I get my group, I will schedule a meeting for the near future.

In Memoriam

Carl Bordenkecher
David Harrison

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

Cool Fact! Disney recycles Gingerbread Houses



Posted on a Disney Blog: “After we break down every piece of cookie, candy and cute chocolate character, each gingerbread display is dismantled and brought to our tree farm. There, local Florida bees get to feast on sweets. This helps the declining bee population by keeping them well-fed during the winter months when food sources are harder to find. The wooden structures used to build the displays are then washed so we can reuse them during the next holiday season.”

We Are Looking For Reporters!

We are always appreciative of resident -created articles for the newsletter — and invite you to submit them to Laurie Wilson or Laura Roman. If you have an idea for an article, but don’t have time to write it, call me (Laura) at ext. 2140, and I’ll write it for you.

I have heard some criticism of the newsletter recently and we want to make it better for you! This is a labor of love as we are often searching for content that we think you might enjoy.

So join the fun. Become a reporter for Around the Village!



Westminster
Village North

A Publication of Westminster Village North

January 21, 2022

Ahead of the Trend!

Laurie Wilson

As one looks forward into 2022, it might seem more of the same coming. Testing, isolating, mask wearing, etc. However, the creative solutions in Senior Living Communities to ensure residents remained active and in-touch during the pandemic has resulted in an increased awareness of health and technology by residents in communities like ours throughout the U.S. This awareness and adaptation, according to Business Insider, will sore in 2022 as residents are more able to participate in innovate solutions. The following are the top trends for 2022 for seniors in retirement communities:

1. **Smart Aging.** This means residents will continue to adopt new technologies or replace technologies that were hastily chosen out of necessity back in early 2020. For example, you may have purchased a cheap tablet so you could Facetime your loved ones. Now, you have learned more and want to do more, so you might upgrade to an even smarter tablet that is just as user friendly. (I have seen this first-hand with many of the IL residents).

2. **Fitness** will become more important than ever—no matter the age. Life Trails are booming across the country and appearing in parks and retirement communities now. Even a community in Canada created an entire park with the Life Trails. We have 10 Life Trails, which are the exercise stations located around the main circle. Additionally, with the introduction of YouTube videos

during the pandemic for activities, residents are now more likely to continue to follow videos for exercise. IL has been showing exercise videos for its residents while staff changes for Rehab Strategies - and our residents really enjoy them! If that’s not for you, it is predicted there will be an increase in corn-hole players. For seniors, not only is the game fun, but it offers benefits in mobility and leg strength, as well as depth perception. Corn-hole is a game that can be moved inside or out, so it is a better choice for those living in areas with four seasons. Perhaps it’s time to bring out our own corn-hole game again!

Generous Board Gift for the Foundation Social Hall

Marty Krug

We were thrilled to accept a very generous gift from one of our board members for the Foundation Social Hall! WVN Board Director Emeritus Brad Hitzfield recently donated \$25,000 to support the building of the social hall. “I am very happy to support Westminster Village North, not only through my board involvement, but also with a financial donation.” Brad has served on the Westminster Board of Directors for more than 16 years.

Shelley Rauch, Executive Director, commented, “Many of our board members have shown their support of the Social Hall program with financial contributions. Brad’s generous gift is one of the largest single gifts we have received, and we are very thankful.” Thank you Brad!

Covid Update

Laura Roman

If you watch the News, you know that the Omicron variant of the corona-virus is sweeping the country, attacking individuals who are vaccinated and boosted, as well as those who are not. Each county in the state of Indiana is in the “red” zone, meaning an outbreak. In fact, Marion County has had a 38% positivity rate for the last several weeks!

Westminster is trending the same as the country—with more positive cases than ever before. This is causing difficulties with staffing, and translates to a change in service to our residents. We have had an aggressive employee recruitment campaign engaged, but like all businesses, we are having difficulty filling positions. We ask your continued patience as we try to find alternatives.

The best advice we can offer to our residents is to wear your masks, social distance and wash your hands frequently. Do not feel invincible because you have the vaccine, and don’t think that these guidelines apply to others but not you. These are the guidelines when visiting friends and in the hallways.

We are testing residents in the “licensed” areas which include Assisted Living and the Health Center. If an Independent Living resident is aware that they have been exposed by being less than 6’ for more than 20 minutes without wearing a mask, and begins to have symptoms, our nursing staff will test you. Please contact Jami Blanton at ext. 2660.

A Week at a Glance...
Health Center

Jamie Minder

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

Saturday, January 22
Happy Birthday Diana Frady
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 23
9:30 Tv ministries (Channel 21) All day
11:30 Devotions/one on one visits (11:30-1)

Monday, January 24
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 25
9:00 Daily Chronicles (9-10) (wc)
10:00 St. Simon's Catholic Mass (aca)
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 26
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 27
Happy Birthday Robert Fowler
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 28
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 22
9:00 Morning Walk & Stroll
10:30 Naomi Dog visits door to door
3:00 Wii Bowling (one on one) (Salc)

Sunday, January 23
Happy Activity Professionals Week
9:00 Morning Walk & Stroll
3:00 Vespers with Tim Grese, Holy Cross Lutheran Church (FSH)

Monday, January 24
9:00 Morning Walk & Stroll
1:00 (1-4) Daily chronicles & Grocery delivery
5:45 In room Bingo (syc alcove)

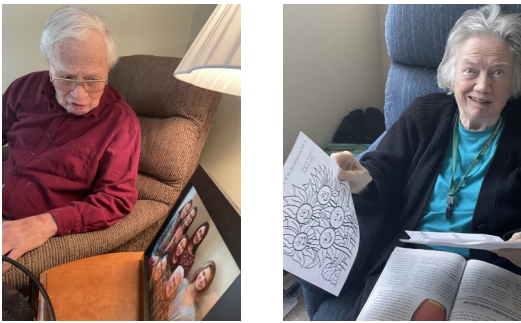
Tuesday, January 25
Happy birthday Sarah Calder
9:00 Morning Walk & Stroll
10:00 Catholic Mass (aca)
1:30 Bible Study/devotions (door to door)
3:30 Trivia, current events & hot beverage (door to door)

Wednesday, January 26
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 27
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 28
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)
3:00 Mocktail & Cocktail Party & Music (syc alc)

It's Happening in
Assisted Living



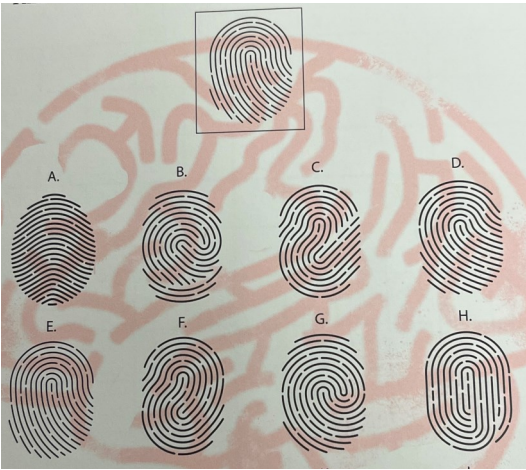
During door-to-door visits, Jake Darling talks about his family; Peggy Conway shows off artwork; and Ann Rapp discusses the Daily Chronicles; while Dorothea Lloyd displays her handcrafted greeting card, and Mazie VanHoover continues to work on puzzles.



Brain Teasers

Laurie Wilson

Which fingerprint matches the top one?



Last week's answers:

- 1. Infrasound
- 2. Sherlock Holmes
- 3. 20

Steve's Last Will and Testament

His nurse, his wife, his daughter and two sons, are with him. He asks for two witnesses to be present and a camcorder be in place to record his last wishes, and when all is ready he begins to speak:

"My son, Doug, I want you to take the Ocean Reef houses"

"My daughter Kelly, you take the apartments between mile markers 100 and Tavernier."

"My son, Kevin, I want you to take the offices over in the Marathon Government Center."

"Cathy, my dear wife, please take all the residential buildings on the bay side on Blackwater Sound."

The nurse and witnesses are blown away as they did not realize his extensive holdings, and as Steve slips away, the nurse says, "Your husband must have been such a hard-working man to have accumulated all this property."

The wife replies, "He had a paper route."

Independent Living

Laurie Wilson

For those who signed up for the 6-week **ballet program**, it begins Tuesday, January 25 at 1:30 pm in the Tamarack Social Hall. If you can't make the initial class, don't worry, we will see you at the next class. The class will be a one hour class, including exercise and ballet terminology, plus art engagement project and discussion. There is space available if anyone else would like to join. It is a 6-week commitment.. The class can be done seated or standing. Guys—this could be great for you too! Football players use ballet for strength and balance.

Reminder: There is **no Bingo**, as we did not have interest.

Monday Matinee: The Bishop's Wife is about an angel in human form enters the life of a bishop in order to help him build a new cathedral and repair his fractured marriage. Starring: Cary Grant, Loretta Young, David Niven. 1:30 pm Fsh.

As Laura mentioned in her article, staffing is an issue for us, including within our transportation department. In February we will not have the **Men's and Ladies' lunch** on the same day since we do not have two CDL drivers. Also, you will find **grocery trips** have moved to Tuesdays (at 9:00 am) in February. I will be driving the car, so we can take no more than 4 for now. You must sign up.

Devour Indy serves as Indy's city-wide dining experience at more than 100 restaurants offering pre-fixe menus at a discounted price. Diners do not need a coupon or special pass to participate. The 2022 winter Devour is from January 24– February 6. In the past we have dined at restaurants participating in Devour but will not do so at this one. If you would like to participate on your own, visit: <https://www.devourindy.com/restaurants/> for a list of participating restaurants and their menus and pricing.

Last Chance to Pre-Order Girl Scout Cookies! Call Laurie at extension 1053 or email lwilson@westmistervillage.com

A Week at a Glance...
Independent Living

Laurie Wilson

Monday, January 24
9:30 Chair Yoga (tsh)
11:00 Bible Study (cl)
1:30 Monday Matinee: The Bishop's Wife (fsh)

Tuesday, January 25
9:30 Grocery Shopping: Meijer
1:30 Ballet Class (tsh)
3:30 Cocktails (fsh)

Wednesday, January 26
9:30 Yoga for Seniors (tsh)
11:30 Around the World Lunch: Peto's
3:30 Grace & Frankie (fsh)

Thursday, January 27
1:30 BINGO! (fsh) - cancelled
3:30 Beer & Wine (fsh)

Friday, January 28
9:00 Bargain Room Open!
9:30 Let's Move to the Music! (tsh)
10:00 Brunch: Good Morning Mama's Cafe
1:30 Mahjong (cl)
3:30 Wine Club (fsh)

Activity Location key

- aca - Aspen Activities Room
- aca - Aspen Commons
- aca - Aspen Commons Activity Room
- aca - Aspen Commons Lounge
- aca - Aspen Lounge
- cc - Creative Commons (3006)
- cl - Cappuccino Lounge
- cr - Card Room
- fsh - foundation social hall
- fsh - Sycamore Social hall
- tsh - Tamarack Social Hall
- fsh - Westminster Foundation Social Hall
- sc - Sycamore Courtyard
- sl - Sycamore Library
- tc - Tamarack Courtyard
- tdr - Tamarack Dining Room