

Words of Worth

Worth Hartman, Chaplain

What is My Calling”
February 1st, I turn 69 years old. Wow, I’m old enough to think about retirement. This gets me pondering my work life, my career, my profession. Have I made the best use of my gifts and talents? Have I listened for God’s will in my life and heard and followed it? Have I ministered in the right places for the right length of time? Have I made a difference or made the world any better than when I came into it? Ministers have this special language about going into the work they do. The term is “calling.” Well young pastor, tell us about your ‘call to ministry.’ What people want to know is, “How did you decide to become a minister? What led you to this special job? How did you know God was a part of it?”

I don’t think these questions are so different for the rest of those who aren’t professional ministers. Especially as we get older, aren’t we thinking back over our lives and wondering if we made the best choices of our work, our commitment, our time and energy? Do we feel satisfaction, fulfillment, peace? Are our lives following some plan, destiny, or design beyond our own making? Who guided us along the way to get to where we are now? Was the job we held, or work we did, really our true “calling?” Our calling can change as well. What happens when we retire and the work we did stops and we have to figure out something else to do with our lives? That can be a major crisis. Are there new gifts we can discover and new directions we can take? At some point we all have come to WVN and try to find our place, our role, our contribution to this community. In Sunday’s vesper service we will hear Jesus statement of call:

“The Spirit of the Lord is upon me, because he has anointed me

*to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to let the oppressed go free,
to proclaim the year of the Lord’s favor.”*

Luke 4:18, 19

Is Jesus’ call and purpose anything like yours? As we all seek to discover our calling in this New Year, hear this prayer from Joyce Rupp:

*Faithful Companion,
In this new year I pray:
to live deeply with purpose,
to live freely with detachment,
to live wisely with humility,
to live justly with compassion,
to live lovingly with fidelity,
to live mindfully with awareness,
to live gratefully with generosity,
to live fully with enthusiasm.*

CHAPLAINCY PROGRAMS EXPLORING CALLING

Vesper Service, Sunday, January 30, 3:00 PM, Foundation Social Hall, “The Spirit of the Lord is Upon Us: Jesus Calling and Our Calling” Luke 4:16-30 Chaplain Worth leading.

Independent Living Bible Study, Monday, January 31, 11:00 AM, Cappuccino Lounge, Tamarack, beginning a study of the gospel of Luke with Chapters 1 & 2, stories of the birth and childhood of Jesus.

Chaplain’s Chat “Call, Mission, Using Your Gifts” Wednesday, February 2, 1:00 PM, Cappuccino Lounge. We are all created by God and placed on this earth for a reason and a purpose. What gives your life meaning? Is there a special task, role, mission, or cause that has guided your life? What talents, gifts, and abilities has God given you to live out your calling?

Assisted Living Bible Study Friday, February 4, 10:30 AM, Laurel Commons, 3rd Floor Lounge studying the gospel of Matthew chapters 25, 26, parables and events from the last earthly days of Jesus.

Vesper/Communion Service, Sunday, February 6, 3:00 PM, Foundation Social Hall, “Recognizing Christ: Jesus Presentation in the Temple with the Blessings of Anna and Simeon” Luke 2:22-40 Chaplain Worth leading.

In Memoriam

*Diana Frady
Elizabeth Wilson
Leah Yee*

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

HAPPY BIRTHDAY!!



2/1 - Deloris Sombke (AL)
2/4 - Julia Casey (IL)
2/5 - Freda Benson (HC)
2/6 - Keith Freeman (IL)
2/6 - Dora John (AL)
2/8 - Patricia Swain (HC)
2/8 - Fred Jungclaus (HC)
2/8 - Monica Lewsky (HC)
2/9 - Eldon Everidge (IL)
2/9 - Marylyn Blackwell (IL)
2/9 - Robert Borg (HC)
2/10 - Christine Zuber (HC)
2/11 - Kathy Hoge (AL)
2/14 - Barbara Bunting (HC)
2/16 - Ruth Lester (AL)
2/19 - Anna Wilson (HC)
2/20 - Geneva Meadows (HC)
2/21 - Barb Gehris (IL)
2/22 - Bill Voiles (IL)
2/23 - Beverly Maddox (HC)
2/23 - Annetta Huffman (AL)
2/23 - Suzanne Aldridge (AL)
2/24 - Genevee Broshar (AL)
2/25 - Martha Dawson (IL)
2/25 - Walter Reinacker (HC)
2/26 - Donna Thompson (HC)
2/26 - John Hall (AL)
2/28 - Virginia Defourneaux (IL)
2/28 - Norman Nixon (IL)
2/28 - Bill Lord (IL)
2/28 - Caroline Wendt (IL)



Westminster
Village North

A Publication of Westminster Village North

January 28, 2022

Meet Denisse Garcia!

Denisse Garcia

Hello! My name is Denisse Garcia and I am your new personal trainer! I am excited to work and get to know all of you. A little bit about myself...



I am a Ball State University graduate with a major in Exercise Science and a minor in Gerontology. Some of my hobbies include working out, walking my dog, watching Netflix, and gardening. I am a big foodie and I love pasta, garlic bread, and milkshakes. A fun fact about me is that I have more than 70 plants!

Plans for the future:

As for the wellness program, I have quite a bit of ideas for the exercise classes. From cardio, strength & conditioning to fun exercise challenges. Please be on the lookout for the February class schedule in the weekly column. I am wanting to create the best exercise programs for the community. So, I welcome any recommendations or ideas.

Personal Training:

When I am not instructing exercise classes, I will be doing personal training. I have many open slots for 30 minute one-on-one training sessions. Each session is \$20 and the first one is free! Please stop by the wellness center or call extension 1051 for more information.

Contact information:

Office Location: Wellness Center @ lower level of Tamarack
Office Phone: 317-823-6841 ext. 1051
Email: dgarciamartinez@rehabstrategies.net.

Class Schedule beginning Monday, January 31:

Mondays
9:30 Mondays in Motion (tsh)
11:00 The Climb (tsh)

Tuesdays
9:30 Light Lift Tuesday (tsh)

Wednesdays
9:30 Cardio Pop (tsh)
11:00 The Climb (aca)

Thursdays
1:45—2:45 Power Pump Thursday (tsh)

Friday
9:30 Fun Fitness Friday (tsh)

American Heart Association®



Wear Red Day!

Friday, February 4 is
National Wear Red Day

Let’s all wear red in support of the American Heart Association’s efforts to raise awareness that heart disease being the number one killer of women. Know the warning signs!

Updates on Covid

Shelley Rauch

Screenings:

Residents should be aware that they are able to be screened at door #1 (Tamarack main lobby) and door #11 (Health Center Administrative hallway) if they are concerned that they may have been in a group that could have caused the spread of the virus, such as church, the grocery store, etc. You will simply need to come to the screening stations daily for a few days to have your temperature taken. You will also be asked about any symptoms you may be experiencing.

Doors:

Until such time that we do not have to screen all visitors to the community, the side doors will remain locked. In Independent Living, residents with cars can drop their resident passengers at door #1 and then park their car. Then, their resident passenger can let them in the side door. We hope this might cut down on the number of doors being propped open. Staff have been instructed to close any door found propped open. Please note: outsiders such as guests are not to be let in side doors. This privilege is only for residents.

Warning Signs of a Heart Attack:

- Neck, jaw, shoulder pain
- Shortness of breath
- Pain in one or both arms
- Nausea or vomiting
- Sweating
- Lightheadedness or dizziness
- Unusual fatigue
- Heartburn

A Week at a Glance...
Health Center

Jamie Minder

Returning items listed in red!
Saturday, January 29
Happy Birthday Floretta Burton
Happy Birthday Joyce Munro
8:30 Tv ministries (Ch21) All day
11:00 Around The Village & Daily
Chronicles (11-12:30) (all)
3:00 Movie Matinee (wcl)

Sunday, January 30
9:30 Tv ministries (Ch 21) All day
11:30 Devotions/one on one visits
(11:30-1)

Monday, January 31
Happy Birthday Betty Jordan
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, February 1
Lunar New Year
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, February 2
Groundhog Day
9:00 Daily Chronicles (9-10) (wc)
11:00 The Climb (aca)
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, February 3
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, February 4
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

Returning items listed in red!
Saturday, January 29
Happy birthday Lynn Caldwell
9:00 Morning Walk & Stroll
3:00 Wii Bowling (one on one)
(Salc)

Sunday, January 30
9:00 Morning Walk & Stroll
3:00 Vespers & Communion w/
Chaplain Worth (fsh)

Monday, January 31
9:00 Morning Walk & Stroll
10:00 The Climb (tsh)
1:00 (1-4) Daily chronicles &
Grocery
delivery
5:45 In room Bingo (syc alcove)

Tuesday, February 1
Lunar New Year
9:00 Morning Walk & Stroll
1:30 Bible Study/devotions
2:00 Chinese New Year Party (syc
alc)
2:30 Crafts
3:30 Trivia, current events & hot
beverage (door to door)

Wednesday, February 2
Groundhog Day
9:00 Morning Walk & Stroll
10:00 The Climb (aca)
11:00 The Climb (aca)
1:00 Bingo (syc alcove)
2:30 Soup for the soul snack and
reminisce (syc alc)

Thursday, February 3
9:00 Morning Walk & Stroll
10:00 Crafts
2:30 Cook's Corner & tasting
5:45 Wii Bowling (one on one)

Friday, February 4
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
3:00 Mocktail & Cocktail Party &
Music (syc alc)

Proofreaders and
Reporters Needed

Laura Roman

Laurie Wilson and I do our very best to
make the newsletter full of interesting
articles and resident information with
no errors or typos. But we do
sometimes miss things. We have heard
residents voice concerns that the
newsletter should be proofread better
— so I am asking for resident
proofreading volunteers. You would
need to be available on Thursdays at
1:00, and would need to return it to me
by 3:00 Thursday so it can be printed.
Anyone interested in helping us out?
First volunteer gets the job! Call me at
extension 2140.

Reminder that we are also looking for
resident reporters who might be
interested in contributing articles. This
is not a weekly commitment, rather, a
commitment to create resident-inspired
content. Please call me at ext. 2140 if
you are interested.

USPS

Effective February 1, 2022: Due to the
changes US Postal Service has made
for packages, the customer service
desk can no longer weigh and mail
boxes, express, and priority mail.
These packages now require a barcode
and we do not have this equipment.
We can help you with envelopes and
larger envelopes as long it is first class
mail and not express or priority mail. If
you need a box sent or have express
mail, please take it to the post
office. The closest post office is on
Pendleton Pike in Oaklondon, only a
few miles down the road.

If you need a package returned by
FedEx, Amazon, or UPS, the package
must be sealed and have a return
address on the outside of the package
before bringing the package to the
receptionist. They will do their best to
have the package picked up, but are
not responsible if the carrier refuses to
pick up the package.
If you have questions, please call
Jackie at extension 3510.

Brain Teasers

Laurie Wilson

What are the next three letters in the
sequence: OTTFFSS?

Last week's answer: E

Wellness Tip

Denisse Garcia

Did you know that the average
American eats only half of the daily
recommended fiber intake?
Not getting sufficient fiber leads to an
increased risk of heart disease and
diabetes. According to health
guidelines, it is recommended to eat 25
-30 grams of fiber a day. This can
easily be met by eating fruits,
vegetables, and whole grains. An
example of what 25 grams of fiber is
eating a bowl of oatmeal, ½ cup of
beans, an orange, and a kiwi.

“The Climb” Returns

Beginning in February (January 31 for
IL), “The Climb,” an exercise class
specifically designed for those with
Parkinson’s disease, will again be
offered once a week in both the Health
Center and Tamarack. It will be held in
the Aspen Commons Activity Area on
Wednesdays at 11:00 am and in the
Tamarack Social Hall on Mondays at
11:00 am. The class is not limited to
only those with Parkinson’s, so feel
free to check it out. This class is free.

Vespers, Catholic Mass
and Communion Return

Catholic Mass and Communion
services will be held in Aspen
Commons again beginning in February.
Catholic Mass is held the last Tuesday
of the month at 10:00 am in the Aspen
Commons activity area, and
Communion Service is held on the 3rd
Friday of the month at 10:00 am in the
Aspen Commons activity area.

Vespers returns to the Foundation
Social Hall each Sunday at 3:00 pm
beginning January 30!

Independent Living

Laurie Wilson

We are excited to have Denisse (yes
this is the correct spelling) here to
take over the wellness exercise
program. Classes in Tamarack begin
on Monday, January 31. As she adds
classes to the schedule, you will find
activities begin to be on top of each
other. You will have choices to
make. We plan to do some things
together as we have done in the past,
such as a March Madness event. If
you haven’t utilized our wellness
program, or got away from it, now is
the time to re-join. The cost is \$35
per month for as many classes as you
would like. Denisse may add classes,
including afternoon classes, as she
gets a better feel for what you would
like in exercise programs.

Monday Matinee: Shatner in Space
is a documentary detailing the
before, during, and after experience
William Shatner had as the oldest
person to travel to space.

Ballet has begun. The class is not a
chair ballet, as it was adjusted for the
group. Currently there are about a
dozen dancers. We would love for
the men to join the group as well!
Five more weeks of commitment —
Tuesdays at 1:30 pm in the Tamarack
Social Hall.

Valentine’s Day
Party!

Be sure
to sign up for
this fun event on
your Touchtown
app. It is not just
for couples, but for everyone!



Craft Class: You asked for a
bracelet class, now you have it! Wed,
February 16, 1:30 pm in Creative
Commons (3006). We will work with
gemstone beads, learn how to crimp
and add a clasp. All supplies
provided, but feel free to bring your
own special beads if you want to use
them. Or even a single bead from a
special piece you no longer wear.
Sign up on the Touchtown app!

A Week at a Glance...
Independent Living

Laurie Wilson

New items listed in red and have been
updated on the Touchtown app!

Sunday, January 30
3:00 Vespers (fsh)

Monday, January 31
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Monday Matinee:
Shatner in Space (fsh)

Tuesday, February 1
Lunar New Year
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 Ballet (tsh)
1:30 News & Views (cl)
3:30 Beer & Wine (fsh)

Wednesday, February 2
Groundhog Day
9:30 Cardio Pop (tsh)
11:00 The Climb (Aspen Commons)
11:30 Men's Lunch: George's
1:00 Chaplain's Chat (cl)
1:30 Yardkle! (fsh)
3:30 Grace & Frankie (fsh)

Thursday, February 3
1:45-2:45 Power Pump Thursday (tsh)
3:30 Cocktails (fsh)

Friday, February 4
Happy Birthday Julia Casey
9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
1:00 Wine Tasting: Easley Winery
1:30 Mahjong (cl)

If you need to load the Touchtown
app onto your phone or tablet and
require assistance, please call Laurie
at extension 1053. It is a quick
process! This is THE tool you need
for activities and communication.

If you have an Amazon Alexa device,
you can hear the daily activities and
menus in addition to reading the
calendar. See Laurie for more
information.