

## Words of Worth

*Worth Hartman, Chaplain*

I've been sharing these words about love all of this Valentine's week: *Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth. Love bears all things, believes all things, hopes all things, endures all things. 1 Corinthians 13*

I am on vacation Friday, February 18 thru Sunday, February 27. Here is the chaplaincy schedule:  
**Assisted Living Bible Study** Friday, February 18, 10:30 AM, Laurel Commons, 3<sup>rd</sup> Floor Lounge with a guest teacher, Chaplain Tom Bartley, Kindred Hospice

**Vesper Worship Service** Sunday February 20, Foundation Social Hall, 3:00 PM worship leader Rev. Daniel Payton, McCordsville United Methodist Church

**IL Bible Study**, Monday, February 21, 11:00 AM, Cappuccino Lounge, Tamarack, with guest leader Rev. Wade Apel, Pastor, Servants of Christ Lutheran Church

**Assisted Living Bible Study** Tuesday, February 22, 1:30 PM, Laurel Commons, 3<sup>rd</sup> Floor Lounge, leadership provided by Workforce Chaplains

**Devotions/Hope Worship** Thursday, February 24, 11:00 AM Heatherwood Dining Room leadership provided by Workforce Chaplains

**Assisted Living Bible Study** Friday, February 25, 10:30 AM, Laurel Commons, 3<sup>rd</sup> Floor Lounge with leadership provided by Workforce Chaplains

**Vesper Worship Service** Sunday February 27, Foundation Social Hall, 3:00 PM with Tim and Karen Grese, Holy Cross Lutheran Church

Special note: **Ash Wednesday Service**, Wednesday, March 2, 2:00 PM, Foundation Social Hall A service of repentance, renewal, forgiveness, beginning our Lenten journey inward, receiving ashes as a sign that God created us, loves us and we return to God.

## Thank You

*Christa Price*

I have a friend I did not know about who sent me a beautiful Afghan . It made me feel so welcome all over again at WVN. When I find you, I will treat you to a piece of Apfelstrudel. I have you in my prayers.

## Elm Staircase

As you know, we reopened the stairwell after the removal of the ceiling material took place. Now it is time to put the ceiling back in place.

The scaffolding arrived on Thursday, Feb. 17, 2022, and contractors will begin erecting it. On Friday, Feb. 18, 2022, contractors will begin putting the ceiling back in place. They anticipate this taking about a week to complete.

The Elm stairway will be closed for the duration of this repair.

In case of fire emergency or alarm sounds:

You should first respond to the alarm and go into the corridor. When the alarm stops sounding, likely it is a drill and you may return to your apartment. If you see smoke in the corridor, return to your apartment and close the door. Place a towel at the base of your door. Call the receptionist to advise that you are inside your apartment.

If it is necessary to evacuate, fire professionals will be able to remove residents through the large apartment windows.

The fire department is aware of this plan and has received a map of the location of each resident, should it be needed in case of an emergency.

Thank you in advance for your patience and know that your safety is of utmost importance.

## Something to Think About!

The four-way test of things we think, say, or do:

First: Is it the Truth?  
Second: Is it fair to all concerned?  
Third: Will it build goodwill and better friendships?  
Fourth: Will it be beneficial to all concerned?

## In Memoriam

*Kapsoon Choi  
Sue Denigan  
Susan Huston  
Anthony Keller  
Maria "Gayle" Komann*

Please keep their families and friends in your thoughts.

## Denisse's Diversified Wellness

*Denisse Garcia –Martinez*

To maintain a healthy heart, it is imperative to keep track of your blood pressure. High blood pressure is also called the silent killer. This is because it often does not cause any symptoms and people feel fine. According to the CDC, 1 in 3 people who have high blood pressure do not even know they have it and go with it untreated. To prevent high blood pressure, you should maintain a healthy lifestyle. This can be done by having a balanced diet, keeping active, limiting your alcohol intake, and getting enough sleep. If you do have high blood pressure, here are some things you can do to manage it: take your medication, measure your blood pressure often, make lifestyle changes, and talk to your healthcare team. In conclusion, many of your lifestyle choices like moving your body or eating a vegetable everyday can lead to a better quality of life.



Ruth Lester celebrated her birthday 2/16/2022 and enjoyed cake and the birthday song at lunchtime.



Westminster  
Village North

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## Bargain Room Extravaganza!

The Bargain Room is having its Hallway Super Sale this weekend! All items half price!! Items have been placed in the lower level hallway near the Tamarack Social Hall and Fitness Center. The sale began

**12:00 noon, Thursday, Feb. 17 and runs through the weekend ending Monday Feb. 21. at noon**

Yes! All hours of day and night! There is an honor system for payment. Please take a snack treat as thanks for your business. All items sold must be removed immediately. Come one, come all to benefit from this great opportunity!

## Girl Scout Cookies

*Laurie Wilson*

Girl Scout cookies are here! If you previously ordered cookies but have not yet picked them up, please come to the Leisure Services office, next to door 3, or call Laurie at extension 1053 to make arrangements.

Troop 16053 has provided additional boxes for sale through next week. Each box is \$5. If you would like to purchase cookies, you may call and leave a message over the weekend or stop by my office next week. (I will be on PTO Monday.) Friday will be the last day to get your cookies here. AL & HC residents may order through their activities staff.

## Happy Presidents' Day

*Laura Roman*

The story of Presidents' Day began in 1800. Following the death of President George Washington in 1799, his February 22 birthday became a perennial day of remembrance. At the time, Washington was venerated as the most important figure in American history, and events like the 1832 centennial of his birth and the start of construction of the Washington Monument in 1848 were cause for national celebration.

Washington's birthday was an unofficial observance for most of the 1800s. In the late 1870s it became a federal holiday when President Rutherford B. Hayes signed it into law.

The holiday initially only applied to the District of Columbia, but in 1885 was expanded to the whole country. President Abraham Lincoln was memorialized on his birthday of February 12 in some states such as Illinois. Many supported joining the two days as a way of giving equal recognition to two of America's most famous statesmen.

The shift to celebrating Presidents' Day on the third Monday of February began in the late 1960s when Congress proposed a measure known as the Uniform Monday Holiday Act. The proposed change was seen by many as a novel way to create more three-day weekends for the nation's workers.

Did you know that Presidents' Day never falls on the actual birthday of any American president? Four chief executives—George Washington, William Henry Harrison, Abraham Lincoln and Ronald Reagan — were born in February, but their birthdays are either too early or too late to coincide with the third Monday of the month.



A Week at a Glance...  
Health Center  
Jamie Minder

**Saturday, February 19**  
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, February 20**  
9:30 TV ministries (Channel 21) All day  
11:30 Devotions/one-on-one visits  
(11:30-1)  
3:00 Sunday Vesper Services (fsh)

**Monday, February 21**  
*Presidents' 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, February 22**  
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, February 23**  
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, February 24**  
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 25**  
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

**Saturday, February 19**  
9:00 Morning Walk & Stroll  
3:00 Wii Bowling (Syc alc)

**Sunday, February 20**  
9:00 Morning Walk & Stroll  
3:00 Vespers with McCordsville  
United Methodist Church (fsh)

**Monday, February 21**  
*Presidents' Day*  
9:00 Morning Walk & Stroll  
1:00 (1-4) Daily Chronicles &  
Grocery delivery  
5:45 Bingo (syc alc)

**Tuesday, February 22**  
9:00 Morning Walk & Stroll  
10:00 Catholic Mass (aca)  
1:30 Bible Study/devotions (LC 3)  
3:30 Trivia, current events &  
hot beverage (door to door)

**Wednesday, February 23**  
*Happy birthday Annetta Huffman*  
*Happy birthday Suzanne Aldridge*  
9:00 Morning Walk & Stroll  
11:00 Lunch outing: Cracker Barrel  
1:00 Bingo (syc alcove)  
2:30 Soup for the soul snack  
and reminisce (syc alc)

**Thursday, February 24**  
*Happy birthday Genevieve Broshar*  
9:00 Morning Walk & Stroll  
10:00 Crafts (sar)  
2:30 Cook's Corner & tasting (sar)  
5:45 Wii Bowling (syc alc)

**Friday, February 25**  
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 (LC3)  
1:30 Assisted Living Resident  
Meeting (fsh)  
3:00 Mocktail & Cocktail Party &  
Music (syc alc)

Health Center  
Valentine's Day



Brain Teaser

What number logically comes next?  
2, 4, 12, 48, 240, 1440...  
*Note: for even more brain exercise, do  
not use a calculator.*

Just Checking It All Out

Photo by Laurie Wilson

These two were sneaking around  
LeyAnne Perkins' home Tuesday  
morning as I was driving by to pick up  
our grocery shoppers.



IL Residents

Laura Roman

You will find a printed copy of your “face  
sheet” — a summary of the important  
information in your electronic file — in  
your mailbox within the next few days.  
This sheet includes contact information,  
physician name and number, insurance  
policy numbers, etc. and is used in case of  
an emergency. Please update your sheet  
and return to Laura Roman. You can drop  
the edited sheet at the Customer Service  
desk and I will update your file.

Independent Living  
Laurie Wilson

**Sing-a-long:** IL residents will have a  
Saturday night sing-a-long on  
Saturday, February 26 at 7pm. Masks  
required while singing and more than  
6' social distancing. (tsh)

**Mailroom guidelines:** I thought this  
might be a great time to remind you  
all, or inform the new residents, of  
our mailroom etiquette. You, of  
course, may sit and sort your mail  
and chat with others in the mail room  
at any time.

- Please do not leave any  
magazines, vouchers, coupons,  
etc. out on the counters for  
others. We have stopped that  
practice for health and safety  
reasons.
- The Bulletin Board in the  
mailroom is available for IL  
resident communication. We ask  
that you seek administrative  
approval before posting anything.  
Any item posted without a name  
will be deleted immediately. Ill-  
informed or negative posts will  
also be deleted.
- You may post a flyer on the  
bulletin board in the mailroom  
with an item for sale. Please seek  
approval from a staff member  
before posting.
- We no longer have a drop box for  
batteries. Common household  
alkaline batteries are considered  
nonhazardous. You may toss  
out alkaline batteries with  
ordinary trash. Prevent any fire  
risk by taping 9-volt  
battery terminals before  
tossing. All other batteries can be  
recycled at Walmart or many of  
the Auto parts stores on  
Pendleton Pike.
- We also no longer collect canned  
goods for the shelters.
- If you have a grievance please  
take it to the appropriate manager  
or Shelley Rauch, Executive  
Director. It does not do any good  
to post it on a bulletin board.  
Shelley can be reached by calling  
extension 3500.

A Week at a Glance...  
Independent Living  
Laurie Wilson

**Sunday, February 20**  
3:00 Vespers (fsh)

**Monday, February 21**  
*Presidents' Day*  
*Happy Birthday Barb Gehris*  
8:00 Laurie PTO  
9:30 Monday in Motion (tsh)  
11:00 Bible Study (cl)  
11:00 The Climb (tsh)

**Tuesday, February 22**  
*Happy Birthday Bill Voiles*  
9:00 Grocery Shopping: Meijer  
9:30 Light Lift Tuesday (tsh)  
1:30 Ballet (tsh)  
3:30 Beer & Wine (fsh)

**Wednesday, February 23**  
9:30 Cardio Pop (tsh)  
9:30 Men's Morning (cl)  
1:30 Yardkle! (fsh)  
3:30 Wine Club (fsh)

**Thursday, February 24**  
11:30 Around the World Lunch:  
Japan  
1:45 Power Pump Thursday (tsh)  
3:30 Cocktails (fsh)  
8:00 Laurie PTO

**Friday, February 25**  
*Happy Birthday, Martha Dawson*  
9:00 Bargain Room Open!  
9:30 Fun Fitness Friday (tsh)  
1:30 Mahjong (cl)

tsh = Tamarack Social Hall

WVN Wolf  
Photo by Tom Kaercher

Tom spotted this wolf outside his  
home last week.

