

Words of Worth

Worth Hartman, Chaplain

“Lent: Clean Hearts”

Ash Wednesday, March 2nd we enter the season of Lent. We will have services here at WVN to mark this beginning of Lent. The word lent means lengthening — the longer days of sunlight we are beginning to notice this time of year. We are sure ready for longer light and warming temperatures, aren't we? We can think about God's light shining on our souls in this season, helping us be honest about who we are and who we want to be. How is your inner life? Are you finding peace, joy, and belonging? Sometimes Lenten pilgrims will take on a spiritual discipline to help open up their spirits to God's healing, purifying spirit. You might build into your day a few moments of quiet, silent meditation, prayer, listening to inspiring music, reading the bible or devotional books. You might want to reduce or stop an activity or habit that distracts you from hearing your own inner voice as God speaks to you. What disturbs your peace, gets you agitated, reduces your health and wellbeing? Maybe you can lessen or eliminate some of that for the six weeks of Lent.

A psalm we might hear in this Lenten season says, “Create in me a clean heart, O God, and put a new and right spirit within me.” (Ps 51:10) Hopefully that can be the growth we see as we journey through Lent. Writer Joyce Rupp offers this Lenten prayer:

Create a clean heart in me, O God. Dust off the unmindful activity that constantly collects there. De-clutter my heart from harsh judgments and negativity. Wash away my resistance to working through difficult relationships. Rinse off my un-loving so the beauty of my generous heart/kind heart can shine forth. Remove whatever keeps me from following in your

compassionate footsteps. Amen.

ANNOUNCEMENTS

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

IL Bible Study, Monday, February 28, 11:00 AM, Cappuccino Lounge, the gospel of Luke Chapters 2 & 3 with Chaplain Worth

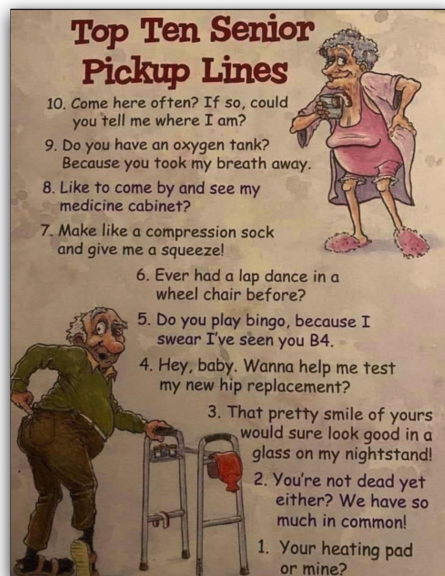
Assisted Living Bible Study Tuesday, March 1, 1:30 PM, Laurel Commons, 3rd Floor Lounge with Chaplain Worth, studying Matthew Chapter 27, Crucifixion of Jesus

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 a reminder that we return to God.

Devotions/Hope Worship Thursday, March 3, 11:00 AM Heatherwood Dining Room

Assisted Living Bible Study Friday, March 4, 10:30 AM, Laurel Commons, 3rd Floor Lounge, Matthew Chapter 28, Resurrection of Jesus

Vesper Communion /Worship Service Sunday, March 6 Foundation Social Hall, 3:00 PM with Chaplain Worth “Temptation in the



In Memoriam

Ione Billhymer
David Eaton
Walter Reinecker

Please keep their families and friends in your thoughts.

Mary Means Recognized

Heatherwood resident Mary Means received a *75 year pin* from The Order of the Eastern Star, a fraternal organization. A ceremony was held in honor of the worthy grand patron at which her daughter Margot Wade pinned her. Additionally, she was presented with a stuffed dog with an Eastern Star shirt.



Her son-in-law and a few people from her district came to celebrate with her. The Order of the Eastern Star is a Masonic appendant body open to both men and women. It was established in 1850 by lawyer and educator Rob Morris, a noted Freemason, but was only adopted and approved as an appendant body of the Masonic Fraternity in 1873. The order is based on teachings from the Bible, but is open to people of all religious beliefs.



Westminster
Village North

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Foundation News

Marty Krug



Are you feeling lucky? Like to gamble and support a good cause? Have we got a deal for you! The Westminster Foundation will be holding its first 50/50 raffle in March. Tickets are \$5 for one, or \$10 for three. Tickets will be on sale March 1st - 15th. The winner will be announced on March 17th – St. Patrick's Day. The winner will share the “pot of gold” (50/50) with the Foundation. I will be selling tickets outside the Tamarack dining room during lunch hours on March 1st, 3rd, 8th, 10th, and 15th and during IL happy hours on those days. You can also get tickets in my office on Tuesdays and Thursdays or call me at extension 3460. I would be happy to bring tickets to you.

Village Council Election

Tamarack, Elm and Cottage residents will be electing new Council representatives. Ballots will be placed in your mailboxes on Tuesday, March 1 and must be returned to the election boxes by Monday, March 14. The election boxes are located at the Customer Service Desk or Tamarack mailroom. Instructions are included with the ballots.

Virginia Defourneaux Celebrates 100!

Ginny Edds was born in Sullivan County, the elder sister of two brothers. She loved school, playing basketball



on the girls team and participating in Glee Club. At age 10, Ginny had to have an appendectomy and says she was “enthralled with the nurses” that cared for her. When she returned home, she told her parents she wanted to be a nurse. She passionately followed that dream. Following graduation from Union Hospital's nursing program, she went to Oak Ridge, TN, where research and development were underway for the top-secret Manhattan Project which produced the first nuclear weapons. Ginny cared for Major General Leslie Groves, of the US Army Corps of Engineers, and nuclear physicist Robert Oppenheimer, who was the director of the Los Alamos Laboratory that designed the actual bombs.

In early 1945, Ginny came back to Indiana and enrolled in the Army Nurse Corps. She was ultimately sent to California for overseas training, then shipped out. Ginny was on a hospital ship when the atomic bomb was dropped on Hiroshima. She says, “the pieces fell into place of what was happening at Oak Ridge.” She spent time in the Philippines as a replacement nurse for those who were injured or worse.

When Ginny returned to Indiana, she went into the Army Reserves and worked in small hospitals before deciding to go back to school to study Public Health. She went to University of Colorado and worked in the field in Denver. In 1953 with the Army “breathing down her neck,” Ginny went back into the Ar-

my at Ft. Carson, CO. She received orders to go to Japan where she worked in public health. As there was no doctor, she was making all decisions for care. She was later transferred to Tokyo Army Hospital where she treated patients who had bulbar polio and were in iron lungs, paralyzed from the neck down. She remembers one young boy from Indiana. She had written letters to his family and later visited him when she returned home.

In 1963, Ginny Edds met Rene J. Defourneaux at the Officers' Club at Ft. Benjamin Harrison. Rene was an interesting Frenchman and US Army Intelligence specialist, who served in France behind German lines and parachuted into Indo-China behind the Japanese lines. The book “The Winking Fox” was written about Rene.

Soon, Ginny married Rene who had five children, aged 5-14. They lived in Warren Township in Indianapolis. Ginny cared for the family and taught adults medical office training at night school. Ginny and Rene traveled extensively once they retired. Ginny says that although she's traveled the entire world, Washington, DC, is her favorite spot. She loves the architecture and memorials, saying it is a “fascinating part of our history.”

Rene and Ginny moved into the first WVN attached cottage home at 11215 Presbyterian Drive. Ginny says they loved living at Westminster, as the cottagers were very close and there was “always a party.” Rene passed away in 2010.

When asked what she attributes her long life to, Ginny says she thinks nursing helped her take care of herself properly. She says “Life has been good to me. I've always had a guardian angel. Why? I don't know, but it gave me comfort.” She says she was never a worrier – and she “recognized what I could change, and forgot what I couldn't.”

A Week at a Glance...
Health Center

Jamie Minder

Saturday, February 26
8:30 TV ministries (Ch 21) All day
11:00 Around The Village & Daily
Chronicles (11-12:30) (all)
3:00 Movie Matinee (wcl)

Sunday, February 27
9:30 TV ministries (Ch 21) All day
11:30 Devotions/one-on-one visits
(11:30-1)
3:00 Sunday Vesper Services (fsh)

Monday, February 28
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)

**Tuesd
ay, March 1**
9:00 Daily Chronicles (9-10) (wc)
10:00 Bird Sounds/Aviary Clean
(hwd)
3:00 Bingo (wc)
3:00 The Mardi Gras Masquerade
(hwd)

Wednesday, March 2
9:00 Daily Chronicles (9-10) (wc)
10:00 Music + Movement,
Sensory/Art Expression & Room
Visits (10-12)
11:00 The Climb (aca)
2:00 Devotions with Worth (wcl)
4:00 Movie Matinee (wcl)

Thursday, March 3
9:00 Daily Chronicles (9-10) (wc)
3:30 Don's Famous Popcorn delivered
4:00 Movie + Popcorn! (wcl)
6:15 Travel Club (wcl)

Friday, March 4
9:00 Catholic Visits (all)
9:00 Daily Chronicles (9-10) (wc)
10:00 Music + Movement, Sensory/
Art Expression & Room Visits (10-12)
11:30 Fresh Friday Meditation (haw)
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 26
Happy birthday John Hall
9:00 Morning Walk & Stroll (aviary)
10:30 Naomi Dog visits
door to door
3:00 Wii Bowling (Salc)

Sunday, February 27
9:00 Morning Walk & Stroll (aviary)
3:00 Vespers with
Tim Grese, Holy Cross
Lutheran Church (FSH)

Monday, February 28
9:00 Morning Walk & Stroll (aviary)
1:00 (1-4) Daily chronicles &
grocery delivery
5:45 Bingo (syc alcove)

Tuesday, March 1
9:00 Morning Walk & Stroll (aviary)
1:30 Bible Study/devotions (LC3)
3:30 Trivia, current events &
hot beverage (door to door)

Wednesday, March 2
9:00 Morning Walk & Stroll (aviary)
1:00 Bingo (syc alcove)
2:30 Soup for the soul, snack
and reminisce (syc alc)

Thursday, March 3
9:00 Morning Walk & Stroll (aviary)
10:00 Crafts (sar)
2:30 Cook's Corner & tasting (sar)
5:45 Wii Bowling (salc)

Friday, March 4
9:00 Catholic Church Visits/door to
door (9-12)
9:00 Morning Walk & Stroll (aviary)
10:00 *Grocery Orders due
10:30 Bible Study/devotions (LC3)
3:00 Mocktail & Cocktail
Party & Music (syc alc)

Highlights from the AL
resident meeting on
2/11/22

1. We encourage everyone to come out of their apartments during fire drills to become familiar with the process.
2. Reminders provided not to prop outside doors open.
3. Thank you to everyone who is being respectful about wearing masks during activities and in common areas.
4. Chaplain Worth made announcements regarding upcoming Vespers services and announced that there will be an Ash Wednesday Service on Wednesday, March 2, to start the Lent season.
5. If you are interested in receiving updates about AL via email, please give your email to Gabby. Her extension is 3530.
6. We will be working on using table tent announcements in the AL dining room for upcoming activities. The chalkboard will also have last-minute updates. Nursing staff will be able to provide immediate updates regarding changes related to the closing of dining rooms/activities in the event of an outbreak.
7. Gabby will be scheduling an AL tour for residents who are newer to the Village.
8. The AL residents wanted to give appreciation to all of the WVN staff who have stepped up and “worn extra hats” during the pandemic!
9. A special recognition was given to Andy Brown, Sycamore/Laurel/Garland Unit Coordinator. Residents and families are pleased with his compassion and attentiveness.
10. We will be holding 2 resident meetings for AL in Feb. due to the outbreak and cancellation in January. The second meeting will be on 2/25/22 at 1:30 in the Foundation Social Hall. This meeting will include the dietary department.

We would like all nominations turned in by the end of the day on 2/25/22. Elections will be held in March. Two Residents will be elected from AL.

Denisse’s Diversified
Wellness

Denisse Garcia –Martinez

To conclude February’s American Heart Month, here are 5 facts about cardiovascular health from National Today.

Heart attacks are more likely to happen on Mondays than any other weekday. Women experience heart attack symptoms differently than men, such as back pain, nausea, and vomiting. One in 5 heart attacks happen without the person knowing they even had one. If you drink one or more diet sodas a day, you increase your chances by 43% of having a heart attack over those who drink regular or no soda. Women under the age of 50 are twice as likely to die of a heart attack than men of the same age.

Happy Birthday!!

- 3/3 – Al Borchett (IL)
- 3/3 – Nancy Hershman (IL)
- 3/7 – Mildred West (HC)
- 3/9 – Louis Lachenmann (IL)
- 3/9 – Mary Sturm (AL)
- 3/11 – Lyle Matson (AL)
- 3/11 – John Smith (AL)
- 3/11 – Ray Sturm (AL)
- 3/12 – Marilyn Hoff (HC)
- 3/12 – Dorothy Tompkins (HC)
- 3/13 – Arlene Siler (HC)
- 3/15 – Sandra Taylor (HC)
- 3/17 – Jeanne Wingo (IL)
- 3/18 – Alethea McNeeley (HC)
- 3/21 – Jake Darling (AL)
- 3/22 – Beverly Sipes (HC)
- 3/22 – Dick Coryell (IL)
- 3/23 – Ted Buckner (AL)
- 3/23 – Glenn Bell (HC)
- 3/23 – Lois Dillon (IL)
- 3/24 – Jane Joslin (HC)
- 3/24 – Judy Foreman (IL)
- 3/25 – Willie Stephens (HC)
- 3/26 – Winnie Muddiman (IL)
- 3/27 – Ray Hanson (IL)
- 3/28 – Dolly Ritter (IL)

Independent Living

Laurie Wilson

Monday is **Ginny Defourneaux’s 100th birthday!** We are celebrating in the Foundation Social Hall at 3:00 pm. If you are not signed up for this event, you will be asked to wait until all those who have signed up are seated to ensure there is enough space for everyone. We do have a max capacity, and will need to enforce it to ensure we are socially distanced. Masks are required, except while eating and drinking.

Tuesday is the last day for the **ballet class** for this session. I am working with Roberta to determine if we can move forward with more classes beginning in April. This has been a great opportunity and I hope more of you, including men, will join the group if/when we restart. The classes are conducted seated or standing with chairs. It is a great way to help improve balance. Look for more information in the coming weeks.

Lunch at Bernie’s Place: Bernie’s Place is a student-run restaurant operated by Lawrence Central High School. The students manage the entire operation from cooking to serving and operations management. The menu changes but always has a nice selection. The tables and atmosphere are set to provide a more formal dining experience,at a budget-friendly cost. Sign up on the app or call me at extension 1053.

IL Resident Meeting
March 15

The Westminster auditors, Blue & Company, will present our financials at the resident meeting on March 15 at 10:00 am in the Foundation Social Hall.

A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, February 27
3:00 Vespers (fsh)

Monday, February 28
*Happy Birthday
Virginia Defourneaux
Norman Nixon
Bill Lord
Caroline Wendt*
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
3:00 D4No 100th Birthday! (fsh)

Tuesday, March 1
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, March 2
9:30 Cardio Pop (tsh)
1:00 Chaplain's Chat (cl)
2:00 Ash Wednesday Service (fsh)
3:30 Grace & Frankie (fsh)

Thursday, March 3
11:30 Lunch: Bernie's Place
1:45 Power Pump Thursday (tsh)
3:30 Cocktails (fsh)

Friday, March 4
8:00 Laurie PTO
9:00 Bargain Room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

!!!!Exercise Classes!!!!
If you would like to sign up for the exercise classes, it is best to do so before or on the **16th of each month.** You may sign up by coming to any of the exercise classes, sending an email, calling, or stopping by the Wellness Center in the lower level of Tamarack. As a reminder, the monthly fee for exercise classes is \$35. If you have any questions, please email dgarciamartinez@rehabstrategies.net or call extension 1051. Thank you!