

Words of Worth

Worth Hartman, Chaplain
“Irish Blessing”

We have just celebrated St. Patrick’s Day and I have been thinking about the unique spirituality of Ireland. We even have a name for it, “Celtic Spirituality.” It is an earthy, soulful sort of faith, deeply connected to the natural world with a deep sense of God’s presence in all people and creation, filled with song and blessings. Last week I announced I am retiring and shared some of the blessings I have experienced ministering among you the last seven years. So as I relish my last St Patrick’s Day here at WVN I want to share some Irish blessings:

May your pockets be heavy and your heart be light.
May good luck pursue you, each morning and night.
May your troubles be less and your happiness more
And nothing but blessings come through your door.
Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the God of peace to you.

I feel like I have made lots of friends here and hopefully I have been a good friend to many of you. John O’Donohue offers “A Friendship Blessing” that expresses my prayers for you as you offer and receive friendship in the days ahead.
May you be blessed with good friends.
May you learn to be a good friend to yourself.
May you be able to journey to that place in your soul where there is great love, warmth, feeling and forgiveness.
May this change you.
May you be brought in to the real

passion, kinship, and affinity of belonging.
May you treasure your friends. May you be good to them and may you be there for them; may they bring you all the blessings, challenges, truth, and light that you need for your journey.
May you never be isolated.
May you always be in the gentle nest of belonging with your anam cara (soul friend).

Finally my favorite Irish blessing that I have sung at many a farewell, my blessing for you:

May the road rise to meet you.
May the wind be always at your back.
May the sun shine warm upon your face; the rains fall soft upon your fields and until we meet again, May God hold you in the palm of his hand.
Amen

AL & Health Center Residents Continue to Enjoy Ballet



Denisse’s Diversified Wellness

Denisse Garcia –Martinez

As the weather gets warmer, take some time to sit or walk outside. For those who spend hours on a computer, looking at your phone, or watching tv, going outside can relieve symptoms like blurry vision or headaches from staring at a screen. Getting fresh air can lead to a decrease in blood pressure and lower your heart rate. Lastly but not least, being outside is the best way to increase your vitamin D. This vitamin is necessary for bone health, decreasing depression, and regulating your immune system. So put on some sunscreen and enjoy the weather!

A Note from the Resident Council President

Don’t be a gossip: Gossip is casual or unconstrained conversation or remarks about other people, typically involving details that are not confirmed as being true. A gossip is a person who habitually reveals personal or untrue remarks about others. Don’t be a gossip!

Comment cards: Hopefully you have noticed that there are now pencils with the comment cards. Please make use of these cards, not just for concerns, but also praise for food or service. Deposit them in the box in the mail room. Please leave the pencils on the tables.

Residents’ works for sale: Several of our creative residents have put items for sale in the shop on the lower level of Tamarack. Shari Church has an ongoing supply of unique and beautiful greeting cards. Dan Hibner has note cards featuring his artwork and Martha Jungclaus has small zippered bags and fabric boxes. Please consider these items when you are purchasing gifts or need a special card for someone.



Westminster
Village North

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Living in Ukraine

Keith and Joyce Ann Freeman

Over the past eight years, my husband, Keith, and I have had occasion to travel to Ukraine four times. Each of these times was in regard to working with our missionaries there. In most instances, we were there for several months at a time, living in an apartment in Lutsk, which is in the western part of the country. We kept very busy with the tasks and projects at hand and had little time, really, for actual sightseeing. Nevertheless, we had ample opportunity to see and experience the country at its grassroots and become well acquainted with some of the people, hear their stories, learn their customs, etc.

We found even strangers on the street, in general, to be quite friendly and polite. Store employees and shoppers alike seemed glad to try to help us when we asked questions. (Thank goodness for translating apps on our phones!) It is more and more common to encounter young people, university students for example, who speak a certain amount of English. Also, many small children are learning English in school now, and they are usually happy to try out what they know. For the most part, the younger segments of the population tend to speak Ukrainian. But especially among the older generations, Russian, or a mix of Russian and Ukrainian, is common. Before 1991 when Ukraine gained its independence, it was illegal to speak anything but Russian.

For the most part, the Ukrainian people are honest. There is some corruption in business and politics but very little crime on persons. We were in a city of 250,000 population and there were almost no street lights. In spite of this,

we were not afraid to be out after dark. We knew some young women who regularly had reason to be out alone at night, walking home from work, waiting at bus stops, etc., and thought nothing of it. They felt perfectly safe. In the city, shopping in the market for food is an almost daily thing. The vast majority of people live in apartments, and refrigerators tend to be small. More importantly, there is little use of preservatives, so food doesn’t keep as long as we might expect. The main meat is chicken, pork, or fish. Very little beef is used, though people in the country often keep a cow. They also keep pigs, though you don’t see them outside. Pigs are always raised inside buildings. And their food is warmed for them!

There are many, many little neighborhood markets something like convenience stores everywhere, it seems, as well as the larger markets. And then there are the open-air bazaars. Sometimes these occupy an area that would take in several city blocks. In these there are literally hundreds of tiny booths where people sell everything imaginable from fresh baked goods to plumbing supplies. There is a vast difference in income levels, but on average, people have little more than they need. Even apartment dwellers often have small plots at the base of their apartment buildings where they have vegetable gardens and/or fruit trees. Both in the cities and villages, space around the houses that here would be used as open lawns is used almost entirely for vegetable gardens, fruit trees, grape arbors, etc. And, yes, flowers too. Ukrainians are fond of flowers! Most are frugal with their resources and are as self-sufficient as possible. People who own automobiles are in the minority. Most folks walk where they

need to go and take public transportation only when necessary, although the city bus fares are relatively inexpensive. In the rural areas, horses pulling farm wagons are still a common sight.

Apartment buildings with five stories or less have no elevators. But there are plenty of very tall apartment buildings, some of them beautiful and quite modern, others very old and in bad repair. Heating is centrally controlled by the city and cannot be regulated in individual apartments. The heat is turned off in the spring, and if it gets cold after that, it is up to the individual to keep warm by whatever means – portable electric heaters, perhaps, or most likely just by bundling up. The process is reversed in the fall, the heat being turned on perhaps in late October or early November. The climate there is very similar to ours here in the Midwest except somewhat more temperate. Usually they have more snowfall also – and incidentally, there is no provision made for snow removal on the city streets.

The landscape throughout a large part of the country consists of gently rolling hills and rich farmland. In the spring, the huge fields yellow with canola (or rapeseed) in bloom are beautiful, as are the fields of poppies. In some cases, the fields are enormous – sometimes miles long. We are told this is a holdover from the days of communal farming when the country was under communism. Storks are a common sight and also, occasionally, wild swans.

Overall, we see the Ukrainians as a hard-working, enterprising people who love their country and are proud of their freedom. Our hearts go out to them in their present struggle against oppression, and we so hope better days are ahead for them.

A Week at a Glance...
Health Center

Jamie Minder

Hello Health Center Residents!

Thank you to everyone who attended the March Resident Council meeting!

We have a few updates to share:

Game Night is every Monday at 6:00pm in the Willow Common Area!

Tuesday March 22nd we are having a seated Ballet Class at 2:30pm in the Sycamore Library.

The Climb Seated Movement Class is now open to all residents on Wednesdays at 11am in the Aspen Activity Room.

Popcorn + Movie on Thursday in Willow at 3pm - Movie is 'Walk the Line'

The Fresh Friday Meditation class will be in the Heatherwood Activity Room at 11:30am.

The April Ladies' Lunch Bunch will be a High Tea party! Wear your hats and dress up if you want to!

The April Men's' Lunch Bunch will be BBQ Themed!

If you want to attend any of our activities, please call 4230 and leave a message!

We hope you enjoyed the St. Patrick's Day Party! Thank you to all who attended!

A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, March 19
9:00 Morning Walk & Stroll (Syc Av)
3:30 Wii Bowling (Salc)

Sunday, March 20
First Day of Spring
9:00 Morning Walk & Stroll (Syc Av)
3:00 Vespers with McCordsville United Methodist Church (FSH)

Monday, March 21
9:00 Morning Walk & Stroll (Syc Av)
11:00 Lunch outing: Chicken Salad Chick Fishers
1:00 (1-4) Daily chronicles & Grocery delivery
5:45 Bingo (Salc)

Tuesday, March 22
9:00 Morning Walk & Stroll (Syc Av)
10:00 Catholic Mass (aca)
1:30 Bible Study/devotions (Lcl3)
2:30 Seated Ballet class (syc lib)
3:30 Trivia, current events & hot beverage (Lcl2)

Wednesday, March 23
Happy birthday Ted Buckner
9:00 Morning Walk & Stroll (Syc Av)
10:00 Indoor gardening (Sar)
1:00 Bingo (Salc)
2:30 Soup for the soul snack and reminisce (Salc)

Thursday, March 24
9:00 Morning Walk & Stroll (Syc Aviary)
9:30 Outing: Shopping at Walmart
10:00 Crafts (Sar)
2:30 Cook's Corner & tasting (Sar)
5:45 Wii Bowling (Salc)

Friday, March 25
9:00 Bargain Room (Tam basement)
9:00 Catholic Church Visits/ door to door (9-12)
9:00 Morning Walk & Stroll (Syc Av)
10:00 *Grocery Orders due
10:30 Bible Study/devotions (Lcl3)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)
3:00 Mocktail & Cocktail Party & Music (Syc alc)

Thank You, Shelley!

The residents honored Executive Director Shelley Rauch with a special thank you poem, written by Charlie Case. Shelley was recognized for all she has done, and continues to do, to keep the WVN community safe during the COVID-19 pandemic.



THANK YOU, SHELLEY
By: C.R. Case

YOUR STRENGTH HAS BEEN OUR LIFE LINE,
THROUGH THE PANDEMIC OF COVID-19.
YOUR CONCERN FOR EACH OF US IS EVIDENT,
AS STRONG RESTRICTIONS TO YOU WERE SENT.

THROUGH THE DISPLEASURE SOME FOLKS DISPLAYED,
YOU ACCEPTED THE DIFFICULT TIMES AND STAYED.
IT TAKES A STRONG PERSON TO DO AS YOU’VE DONE,
AND YOU HAVE PROVEN TO US; THE BATTLE IS NEARLY WON.

WE THANK YOU FOR ALL THAT HAS BEEN DONE,
IN KEEPING OUR LARGE FAMILY AS ONE.
AND THANKS TO YOU FOR SHOWING US THE WAY,
THAT PATIENCE WILL BRING US TO A BETTER DAY.

WESTMINSTER VILLAGE NORTH HAS A BRILLIANT GLOW,
AND YOU, WITH OTHERS, HAVE WORKED HARD TO MAKE IT SO.
THIS IS OUR HOME THAT PUTS JOY INTO OUR DAYS,
AND YOUR GUIDENCE HAS HELPED IN SO MANY WAYS.

RESPECTFULLY,
RESIDENTS OF WESTMINSTER VILLAGE NORTH

Brain Fitness



Last week’s answer: He’s playing Monopoly.

Resident Council Election

The Resident Council election for Independent Living has taken place.

We say goodbye with great appreciation and thanks to Shari Church, Annette Martin, and Larimore Wickett.

Our new Council Members include: Larry Rose and Alice Dial from Tamarack; and cottagers Bob Casey and Martha Jungclaus. This is actually Martha’s first term elected, as she joined the Council last year to replace Dick Huelster. Martha will remain President.

NCAA Tourney

Watch all of the action on TruTV or TBS

Tuesday, March 15:
IU won against Wyoming.

Wednesday, March 16:
Notre Dame beat Rutgers in double overtime!

Thursday, March 17:
7:20 pm TBS: IU vs St. Mary’s

Friday, November 18:
2:00 pm TBS: Purdue vs Yale

If you would like a bracket to fill out, please pick one up at the Leisure Services Office (Laurie’s office) in Tamarack. Also, there is a large bracket in the FSH which is a combined effort of many residents—watch how we do!

Independent Living

Laurie Wilson

You may have received a note to send your dining orders via the Touchtown app. At this time, the dining room is not checking the app, so please bring your orders to the dining room directly. We will let you know if this changes and you are able to use the app again.

Movie Matinee: Concussion is a fascinating movie starring Will Smith. A dramatic thriller based on the incredible true David vs. Goliath story of American immigrant Dr. Bennet Omalu, the brilliant forensic neuropathologist who made the first discovery of CTE — a football-related brain trauma, in a pro player, and fought for the truth to be known. Omalu's emotional quest puts him at dangerous odds with one of the most powerful institutions in the world. ***

HELLO, EVERYONE! Helen Fry and I, Kathryn Huelster, are going to lead a sing-a-long as we used to do about 2 years ago. Won’t you please come and join us in the joy of making music together? Just show up on Monday, April 4th in the Tamarack Social Hall at 1:30 pm.

It has always been fun, and singers get the lyrics to use during each hourly session. All are welcome!! Please remember: We MUST all wear masks throughout the sing-a-long hour, including while singing.

Happy Birthday Jake!



A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, March 20
First Day of Spring
3:00 Vespers (fsh)

Monday, March 21
8:00 Laurie PTO
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, March 22
Happy Birthday Dick Coryell
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
3:30 Beer & Wine (fsh)

Wednesday, March 23
Happy Birthday Lois Dillon
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
11:30 Ladies' Lunch: Surprise
3:30 Grace & Frankie (fsh)

Thursday, March 24
Happy Birthday Judy Foreman
1:45 Power Pump Thursday (tsh)
3:30 Cocktails with Crooner Chad Brown (fsh)

Friday, March 25
9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
10:00 Accent shop, Total Wine, Fast Food & Trader Joe's
1:30 Mahjong (cl)

Thank You!!

Thank you to the Resident Council for the purchase of a portable bar cart for Leisure Services!! This is a very generous gift, and will be extremely useful and time-saving as we continue to offer happy hours, parties and more!

The cart is ordered and should be here in the next couple of weeks. I look forward to its arrival. Thank you, again!

Laurie