

Words of Worth

Worth Hartman, Chaplain

A few weeks ago I announced that I am retiring. Many of you have shared good wishes and blessings for my next chapter of life called “retirement.” I have been asking some of you about your experience of retirement: do you recommend it, what have you learned you might want to share with a new retiree? Ray Dietiker, at 102 years old, told me he has been retired as long as he worked. Thinking about that, I want to get this right and make good use of my retirement years ahead. In 2016 I put on a program at WVN entitled, “Transition: Moving Along the Health Care Continuum.” Resident Mary Jean Orander told us her reasons for moving to WVN. Also invited guest Rev. Don Buckthal, a minister mentor of mine, distributed a paper entitled “Thoughts on Retirement.” Part of what he advised was:

Retirement is a time -
* *To do the things you really enjoy doing*
* *To contribute in ways not previously possible*
* *To spend time with family and especially spouse whom one has probably neglected*
* *To invest in the future of those you love and the things (institutions) you love*
* *To grow in mind and spirit even though the body weakens and needs more and more repairs*

Some DO NOTS -
* *Do not make long term commitments*
* *Do not take jobs which require more than 1/3 to 1/2 of your time*
* *Do not make commitments which are too distant in the future*
* *Do not promise to serve terms on Boards, Agencies, Commissions or Committees for years*

Some DOS -
* *Do spend a part of each day in mental exercise, physical exercise, social relationships*

** Do spend time in devotions, intercessory prayer*
** Do get plenty of rest for mind and body*

Lastly, remember you are still important, if not to others, to your own family and to your God and to Christ and His Church. So proclaim God’s love and the good news of Christ and his saving grace as long as you live.

Here are some wise words:

“The Next Door” by Alvin Maberry
I am walking down the corridors of life — my life.
There is a door ahead, dividing this part from the next.
There have been doors before, so many kinds of doors.
Some were fast closed and demanded struggle to open,
Some were ajar, inviting the gentle push to open them.
Some were massive and dark in structure -- forbidding, fearsome.
Some were transparent, translucent, and the light streamed through.
Some doors withstood all my strength and other shoulders helped.
Some resisted all our combined effort and were opened from within.
Some were locked, there was no key — I turned back and went another way to find still another door, unexpected, but often times the best.
All these doors led into a new and different part of life.
Now another door. I do not fear it but stretch forth my hands
To open that door and enter into the next part of the corridor of my life.

Voter Information

Rhoda Milstein

April 4 is the deadline to vote in the May primary. If you are unsure if you are registered, or to see if you are registered at the correct address, you can check at the Voter Information Portal: <https://maps.indy.gov/VIP/>. Please contact Rhoda Milstein at 317-823-9388 to register and for more information.

Denisse’s Diversified Wellness

Denisse Garcia –Martinez

Power Pump Thursday

Starting in the month of April, Power Pump Thursday’s 1:45 pm class will be moved to the morning at 9:30 am and shortened to 45 minutes long. I am hoping that this time will work better for the community. For those who have not been to this class, it is a great full-body workout that includes endurance, strengthening, and balance work. Come try out this class or any of the other classes with a **free week trial!**

Foundation News

Marty Krug



Congratulations to WVN employee, Devon Cram, who won the March raffle. Devon won \$350 in cold, hard cash! Thanks to all who supported the Foundation’s first 50/50 raffle. The next one will be in June.

IL Residents

Laura Roman

I’ll be crashing your Happy Hour on Tuesday, March 29, with a videographer from Britton Falls, the Del Webb Community. They want to create a video to show what fun we have here at our community. If you prefer not to be videotaped, please let Laurie know. We hope to see a lot of residents there!



Westminster
Village North

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Severe Weather Emergency Procedures

Jackie Brewer

Staff is notified by the Receptionist when there is a severe weather/ tornado warning in Marion, Madison, Hamilton and Hancock Counties

Each nurses’ station, the receptionist desk, and the business office have weather alert radios to notify staff as well.

Once a warning is issued, staff will begin the severe weather/tornado procedures.

Residents living in **Tamarack and Elm** are advised to watch their TVs or listen to the radio when conditions are favorable for severe weather. WVN also advises they have a weather alert radio.

You may go to the basement, first floor hallway or your bathroom to wait out the storm. Please note: the receptionist will not call you directly as she has emergency duties to perform while protecting herself. The elevator may be used at this time.

Cottage residents should proceed to their basement. If you do not have a basement, please reach out to one of your fellow cottagers to seek shelter. You may also come to the basement in Laurel, Sycamore or Tamarack. We advise cottagers to have a weather alert radio. If you do not, contact Jackie at ext. 3510.

Assisted living residents will be notified by nursing staff and asked to proceed to the first floor and/or

basement for added protection. The elevator may be used at this time.

The **Health Center** has specific procedures they use at this time.

Remember: Stay away from windows and glass so please do not congregate in the lobbies, dining rooms or anywhere else that have many windows.

Once the TV forecasters have issued an “All Clear,” the receptionist waits about 10 minutes and will notify the nurses’ stations that the warning has been suspended. Maintenance or Security will check all basements to notify residents that they may return to their homes.

Resident Council Meetings

The Resident Council meets the first Thursday of the month at **10:30 am in the Tamarack Social Hall**. This is a change from the previous 10:00 am time to accommodate moving the Power Pump Thursday exercise class, which will take place from 9:30—10:15, beginning in April. Residents are encouraged to attend the Council meetings. These meetings enable you to see what the Council is all about and get to know its members, sign up for committees, and voice your thoughts and opinions.

Cottagers!

Shelley Rauch

Please wear your WVN photo identification cards when you come into the Village. This will replace the need to wear a temporary Visitor badge. If you need a lanyard for your badge, please call Kevin at ext. 5380.

Welcome Wilson!

Laura Roman



Wilson Ojwang had a long journey before coming to Westminster Village North as the Director of Campus Environment.

Wilson was born in Kenya but left in 1980 to attend college in Texas. He originally planned to return, but the decision to get a graduate degree and management opportunities kept him in Texas until 2004. Along the way, he became a United States citizen.

Wilson moved to Washington, D.C. to work on commercial loans banking which didn’t fulfill his career goal, so he moved around until he moved to Terre Haute in 2009. Here he worked in management in retail environments until a client recruited him to work in environmental services at Union Hospital. When another opportunity arose at IU Health in Bloomington, Wilson was eager to grow in his field. He worked for IU until we recruited him to join our team, replacing Wilda Duncan, who is retiring in May.

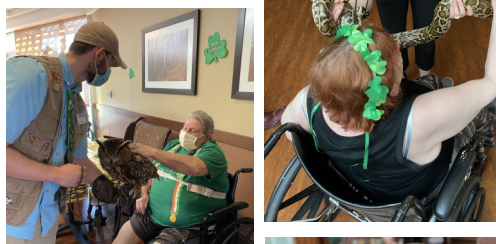
Wilson says, “Westminster Village North seems like a big family of friendly people.”

While we are sorry to see Wilda leave Westminster after 46 years, we know we are in good hands with Wilson.

A Week at a Glance... Health Center

Jamie Minder

Thanks so much for coming to our St. Patrick's Day party! We loved seeing you all attend!



A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, March 26

9:00 Morning Walk & Stroll (Syc Aviary)
10:30 Naomi Dog visits door to door
3:30 Wii Bowling (Salc)

Sunday, March 27

9:00 Morning Walk & Stroll (Syc Aviary)
3:00 Vespers with Tim Grese, Holy Cross Lutheran Church (FSH)

Monday, March 28

9:00 Morning Walk & Stroll (Syc Aviary)
1:00 (1-4) Daily chronicles & Grocery delivery
5:45 Bingo (Salc)

Tuesday, March 29

9:00 Morning Walk & Stroll (Syc Aviary)
1:30 Bible Study/devotions (Lcl3)
2:30 Crafts (Sar)
3:30 Trivia, current events & hot beverage (Lcl2)

Wednesday, March 30

9:00 Morning Walk & Stroll (Syc Aviary)
10:00 Indoor gardening (Sar)
1:00 Bingo (Salc)
2:30 Soup for the soul, snack and reminisce (Salc)

Thursday, March 31

9:00 Morning Walk & Stroll (Syc Aviary)
10:00 Crafts (Sar)
2:30 Cook's Corner & tasting (Sar)
5:45 Wii Bowling (Salc)



IWMC residents enjoying the beautiful garden on a warm and sunny day.



St. Patrick's Day in Assisted Living



Brain Teaser

What asks no questions but requires many answers?

April Birthdays

4/2 – Marcia Sombke – HC
4/3 – Carl Herr - IL
4/3 – Lawrence Ondrejack – HC
4/4 – Tom Delay - IL
4/4 – Sharon Turner – HC
4/8 – Dan Hibner - IL
4/9 – Pamela Ransom – HC
4/10 – Geri Melvin – IL
4/12 – LeyAnne Perkins – IL
4/12 – Dian Weller - IL
4/13 – Catherine Borg - IL
4/13 – Bennie Brown – HC
415 – William Crays - AL
4/17 – Charlene Case - IL
4/17 – Earl Greer – HC
4/18 – Lawrence Bunting - IL
4/27 – Ruth Iliff - IL
4/30 - JoAnn Armantrout - HC

East Group's Spring Luncheon & Style Show

Some ladies may remember the East Group Luncheon and Style Show at Hillcrest Country Club in past years. This year it will be held at Woodland Country Club, and you are invited to attend!

The event will take place on Tuesday, April 19. The style show will feature clothing and accessories from Secret Ingredient.

For more information, please contact Judy Lumbert (cottagers) or Ginny Defourneaux (Tamarack and Elm residents). Cost, menu, and more details can be found on the bulletin board in the Tamarack mail room.

Independent Living

Laurie Wilson

IL residents had a great time at the St. Pat's March Madness party! In addition to the entire group voting on an NCAA tourney bracket, much of which has since been busted, they were treated to a virtual reality experience under the ocean!

Photos by Bill Voiles

More photos on the Touchtown app.



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, March 26

Happy Birthday Winnie Muddiman

Sunday, March 27

Happy Birthday Ray Hanson
3:00 Vespers (fsh)

Monday, March 28

Happy Birthday Dolly Ritter
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
3:30 Wine Club

Tuesday, March 29

9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
3:30 Beer & Wine (fsh) **Let's impress Britton Falls—be sure to come!** (see Laura's article: IL Residents)

Wednesday, March 30

9:30 Cardio Pop (tsh)
9:45 St. Joan of Arc Church Tour with lunch to follow at 1/2 Litre BBQ
3:30 Grace & Frankie (fsh)

Thursday, March 31

11:30 Around the World Lunch: Peru
1:45 Power Pump Thursday (tsh)
3:30 Cocktails (fsh)

Please note: **Catholic Mass** is the last Tuesday of the month at 10:00 am in the Aspen Commons Activity area.

Reminder: Kathryn Huelster and Helen Fry will be hosting a sing-a-long on Monday, April 4 at 1:30 pm in the Tamarack Social Hall. Masks must be worn while singing.

If you have not yet downloaded the **Touchtown app** and need assistance, please call me at extension 1053. We don't want you to miss anything!

Saint Simon

FISH FRY

FRIDAY APRIL 8TH

Parent's Night Out & LIVE MUSIC

Presented by: Men's Club

Indoor Seating

5:30-8:00p

Suggested Donation:

\$15 Adult; \$5 Age 12 & Under; \$45 Per Family

Includes menu of Baked Cod, Fried Cod, Baked Salmon, Peel & Eat Shrimp, Green Beans, Fries, Macaroni & Cheese, Coleslaw, Cheese Pizza. Beer, Wine & Soft Drinks Available for Purchase!

Kids Are Welcome but No Designated Kids Play Area Will Be Offered