

Words of Worth
Worth Hartman, Chaplain

“Trusting God Through Life’s Transitions”

We have come to a time of transition in nature’s seasons. We are moving from winter to spring. Flowers are blooming, bushes and trees are budding, temperatures warming, even daylight lingers longer. We are in the season home owners are planning sales and moves, students are looking toward graduation, pastors are assigned to new congregations. Here at WVN we live in a community filled with transitions. New residents are moving in from long established homes and sometimes distant places and others moving on from here to new settings. Patients are coming from homes, hospitals and rehab units to our health care center. Others are moving from one level of care to another within our own health care continuum. We also experience the loss of friends and loved ones and more than our share of deaths, the ultimate and final transition. And don’t forget the transitions and adjustments that come from moving from more independence to less, more mobility to less, more physical and mental strength to less. Life is ever changing.

I am approaching that big transition of retirement which most of you have successfully navigated. Mostly I am excited about opportunities to travel. We hope to take a twice postponed family heritage tour of Germany, visit friends around the country, attend a reunion in New England and spend a few weeks at Myrtle Beach. I want to do more birdwatching, stargazing, running, walking, biking, water exercise and spend more time at the Health Plex trying out some new classes. Maybe I will join the choir or take up my clarinet again. I won’t have excuses anymore so I can be more regular with daily prayer,

meditation, mindfulness practices, reading. I have quite a “honey do” list at home: clean, sort, throw out or give away all that stuff in the garage, junk room, closets, attic, filing cabinets, storage unit, paint the deck and tend the garden.

This new status of retirement brings some uncertainty as well. How will we manage financially? Will my wife get sick of me around all the time? (She says not.) How will my wife’s health hold up? Will I get bored and miss active ministry? So there is some fear and uncertainty along with the hope and excitement that comes as I anticipate this major transition in my life. Also there is sadness in saying goodbye to all of you. Joyce Rupp has written a beautiful book entitled Praying Our Goodbyes. She reminds us that the word goodbye originally was “God be with ye” or “Go with God” which says God is a significant part of the going. In facing the uncertainty and unknown of retirement or whatever goodbye, transition or change you may be facing, remember this: the One who gives and cherishes life is there to protect, guide, and hold you.

Goodbye is a blessing of love. Moses put it this way: *“It is the Lord who goes before you. God will be with you. God will not fail you or forsake you. Do not fear or be dismayed.” Dueteronomy 32.* Joyce Rupp prays: *...God of the journey, you are walking with me into a new land. You are guarding me in my vulnerable moment. You are dwelling within me as I depart from here...Renew in me a deep trust in you. Calm my anxiousness. As I reflect on my life, I can clearly see how you have been there in all my leavings. You have been there in all my comings. You will always be with me in everything. I do not know how I am being resettled, but place my life into the welcoming arms of your love. Encircle my heart with your peace. May your powerful presence run like a strong thread through the fibers of my being. Amen.*

As we face changes in our lives, as we go through transitions, as we arrive and part, may we return to these words of faith and trust from the psalms:

The Lord will keep you from all evil, he will keep your life. The Lord will keep your going out and your coming in, from this time forth and for evermore. Psalm 121

ANNOUNCEMENTS

Vesper/Communion Service
Sunday April 3, 3:00 pm, Foundation Social Hall, “With Abraham, Moving On In Faith” Genesis 12:1-9 with Chaplain Worth

IL Bible Study
Monday, April 4, 11:00 am, Cappuccino Lounge, Luke 2 and 3 “Boy Jesus in the Temple” and “John the Baptist Proclaiming Jesus the Messiah”

Assisted Living Bible Study
Tuesday, April 5, 1:30 pm, Laurel Commons, 3rd Floor Lounge studying Genesis 4 “Cain Murders Abel”

Chaplain’s Chat
Wednesday, April 6, 1:00 pm “Managing Transitions: Saying Goodbye and Hello.” Come and share the transitions you have faced in life and how God has seen you through them.

Devotions/Hope Worship
Thursday, April 7, 11:00 pm Heatherwood Dining Room

Assisted Living Bible Study
Friday, April 8, 10:30 am, Laurel Commons, 3rd Floor Lounge, studying Genesis Chapters 5, 6 “Noah and the Ark”

Palm Sunday Vesper Service
April 10, Foundation Social Hall, 2:30 pm Richard Perry Piano Concert, 3:00 pm Speaker, Coordinator: Miki Bean, Christ Presbyterian Church.



Westminster Village North

Around the Village

A Publication of Westminster Village North

April 1, 2022

Asphalt Work

Wilda Duncan
Wilson Ojwang

In weeks to come, Howard Companies will be on site making asphalt repairs. As part of the prep work, they were on site Thursday, March 31, to install three drain collars. When work continues, there may be restrictions. I ask that you be patient during this process.

I will let you know when the asphalt work is scheduled.

Origins of April Fools’!

Some historians speculate that April Fools’ Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563. In the Julian Calendar, as in the Hindu calendar, the new year began with the spring equinox around April 1. People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes and were called “April fools.” These pranks included having paper fish placed on their backs and being referred to as “poisson d’avril” (April fish), said to symbolize a young, easily caught fish and a gullible person.

Lawrence Utilities To Flush Mains

Public Notice Issued by
City of Lawrence

The City of Lawrence will be flushing water mains during normal business hours beginning Monday, April 4, through Friday, May 6, 2022.

As a result of this activity, some customers may experience a temporary discoloration of their water and/or a lower water pressure condition. Color can range from a light yellow to an orange-red. If this occurs, the customer should run a medium stream of cold water until the water clears. If a customer is experiencing this problem, the customer should not run hot water or wash clothes until the water clears up. The City does not reimburse customers for water used to flush their service lines due to iron discoloration. Main flushing is necessary in order to properly maintain the water distribution system and helps to improve water quality and maintain adequate disinfectant levels per regulatory requirements.

Lawn Maintenance in the Village

Wilda Duncan & Wilson Ojwang

Our lawn partner, Goodin Ground Maintenance, will be around campus in the next few weeks doing the Spring clean up. This will include laying mulch, trimming shrubs and trees, fertilizing grass and mowing. Cottagers: If you do not want Goodin to provide these services to your home, please call Sharon Taylor at ext. 2200 by Monday, April Mulching will begin next week.

Touchtown and Alexa

Laurie Wilson

Most of our Independent Living residents use Touchtown, an app customized for Westminster Village, to sign up for activities, view menus, read the newsletter, contact residents and staff, and so much more. But did you know you can also get some of the information through Alexa?

If you have an Alexa-enabled device, you can use it to access Touchtown! To do so, ensure your device is online and working properly. On the Alexa app downloaded on your phone or laptop, or at amazon.com/Alexa, search for “my community” and enable it by clicking the button.

Once the app is enabled, you simply say to Alexa “Open my community” to start the set up. You will be asked to provide our community pin, which is 3743. The device will then begin the set up process.

Once the process is complete, say “Hey, Alexa, open my community.” Then you will be able to ask: “What are today’s activities?” and “What is today’s menu?”

This is a great value to those who are sight impaired and have trouble reading the calendar and menus.

If you would like assistance with setting up Alexa and the Touchtown app, please call Laurie at extension 1053. Don’t miss out!

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

Saturday, April 2
8:30 TV ministries (Ch 21) All day
11:00 Morning Visits (11-12:30)
2:30 Jazz Tunes/Adult Coloring (wcl)

Sunday, April 3
Beginning of Ramadan
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, April 4
9:00 Good Morning Socials
10:00 Seasonal Creative Arts (hw)
10:30 Music + Movement / Sensory
2:00 Roaming Refreshments (wc)
4:00 Monday Matinee (wcl)
6:15 NCAA Championship Tailgate

Tuesday, April 5
9:00 Good Morning Socials
10:30 Bird Sounds/Sensory (hw)
11:00 Westminster Bistro 11-3pm (Juniper Commons Area)
3:00 Bingo (wc)
4:00 Movie Matinee (wcl)

Wednesday, April 6
9:00 Good Morning Socials
10:00 Seasonal Creative Arts (hw)
11:00 The Climb Movement Class (aca)
2:00 Devotions with our Chaplin (wcl)
4:00 Movie Matinee (wcl)

Thursday, April 7
9:00 Good Morning Socials
10:00 Seasonal Creative Arts (hw)
10:30 Music + Movement / Sensory
11:00 Westminster Bistro 11-3pm (Juniper Commons Area)
3:30 Don's Famous Popcorn
4:00 Movie Matinee (wcl)
6:15 Game Night (wcl)

Friday, April 8
9:00 Catholic Visits (all)
9:00 Good Morning Socials
10:00 Seasonal Creative Arts (hw)
10:30 Music + Movement / Sensory
11:00 Bingo Prize Cart (all)
11:30 Fresh Friday Meditation (hwa)
3:00 Ice Cream Cart (3-4:30) (all)
4:00 Movie Matinee (wcl)

A Week at a Glance...
Assisted Living
Jill Armantrout

Saturday, April 2
9:00 Morning Walk & Stroll (Syc Aviary)
10:30 Naomi Dog visits door to door
3:30 Wii Bowling (Salc)

Sunday, April 3
Beginning of Ramadan
9:00 Morning Walk & Stroll (Aviary)
3:00 Vespers w/Chaplain Worth (fsh)

Monday, April 4
9:00 Morning Walk & Stroll (Aviary)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Outing: Shopping at Walmart
5:45 Bingo (Salc)

Tuesday, April 5
9:00 Morning Walk & Stroll (Aviary)
1:30 Bible Study/devotions (Lcl3)
2:30 Crafts (Sar)
2:30 Seated ballet class (syc lib)
3:30 Trivia, current events & hot beverage (Lcl2)

Wednesday, April 6
9:00 Morning Walk & Stroll (Aviary)
10:00 Gardening projects (Sar)
11:00 Lunch outing: Shake Shack
2:30 Women's tea & chat (Syc alc)

Thursday, April 7
9:00 Morning Walk & Stroll (Aviary)
10:00 Crafts (Sar)
2:30 Men's Club: coffee & snack social (Syc alc)
5:45 Wii Bowling (Salc)
9:00 Bargain Room (Tam basement)

Friday, April 8
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 (Lcl3)
1:00 Assisted Living Resident & Dietary Meeting (FSH)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)
3:00 Mocktail & cocktail party & music (Syc alc)

Denisse’s Diversified Wellness
Denisse Garcia –Martinez

Beginning in April, The Climb will be offered twice a week in Tamarack! The second class will be held on Thursdays at 11:00 am. However, there will not be a class on the first Thursday of every month. As a reminder, this class is geared toward those with Parkinson’s disease, and other neurological diseases. It is free, and it is a great way to increase your physical activity.

Just Sayin’

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.
-Mark Twain

The secret of a good sermon is to have a good beginning and a good ending; and to have the two as close together as possible.
- George Burns

Santa Claus has the right idea. Visit people only once a year.
-Victor Borge

Be careful about reading health books. You may die of a misprint.
-Mark Twain

By all means, marry. If you get a good wife, you'll become happy; if you get a bad one, you'll become a philosopher.
- Socrates

I was married by a judge. I should have asked for a jury.
- Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.
- Jimmy Durante

“Crooner” Chad Brown had IL Residents on their Feet!
First three photos by Bill Voiles



Helen Fry had a BIG appetite after playing the organ at St. Joan of Arc...

Photos by Laurie Wilson



Video of Helen playing the organ has been posted on your Touchtown app under Photos/Videos.

Independent Living
Laurie Wilson

Reminder: Kathryn Huelster and Helen Fry will be hosting a **masked sing-a-long** on Monday afternoon in the Tamarack Social Hall at 1:30 pm.

Gather your friends and watch the **NCAA Men’s Basketball finals** in the Cappuccino Lounge on Monday, April 4, beginning at 9:00 pm.

If you plan to attend the **Resident Council meeting** on Thursday, April 7, please know the time is 10:30 am instead of 10:00 am.

For those of you new here, the Council meets prior to the Resident Meeting to discuss items they would like Shelley Rauch to address at the resident meeting on the following Tuesday. You are invited to attend both meetings. Check your calendar for date, time, and location.

If you were not inspired to try your hand at the **Mosaic class on April 11 and 14**, perhaps this will help:

This is not a painting, but one of several mosaic pieces at St. Joan of Arc Catholic church.



Our Mosaic class will be free form design on a stepping stone. But who knows? Perhaps you will create the next masterpiece! Sign up on the app or call me at extension 1053. Space is limited.

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

Friday, April 1
April Fool's Day
9:00 Bargain Room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

Sunday, April 3
Beginning of Ramadan
Happy Birthday Carl Herr
3:00 Vespers (fsh)

Monday, April 4
Happy Birthday Tom DeLay
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Huelster/Fry Sing-a-long (with masks) (tsh)
9:00 NCAA Men's Basketball Championship (cl)

Tuesday, April 5
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Beer & Wine (fsh)

Wednesday, April 6
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
1:00 Chaplain Chat (cl)
3:30 Grace & Frankie (fsh)

Thursday, April 7
9:30 Brunch: IHOP
9:30 Power Pump Thursday (tsh)
10:30 Council Meeting (tsh)
3:30 Cocktails (fsh)

Friday, April 8
Happy Birthday Dan Hibner
9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

Brain Teaser

Where did the sheep go on vacation?
Last week’s answer: a doorbell