

Words of Worth

Worth Hartman, Chaplain

“Palm/Passion Sunday”

This Sunday Christians celebrate Palm/Passion Sunday. We are remembering the last week of Jesus’ life, especially the beginning of the week as he enters into Jerusalem, the center of religious and political life. (John 12:12-19). Jesus enters as a hero, as a celebrity, a triumphal king. The crowds are waving palm branches, which were waved for kings, and shouting out: “Hosanna,” which means “Save us.” Jesus turns out not to be quite who the crowds expected him to be, and by the end of the week they are shouting: “Crucify Him.”

Maybe this story is a bit like our lives. We want God/Jesus/ somebody to save us, fix us, take away our problems and pain. We can get caught in the power of the crowd, celebrity worship, and unrealistic expectations. The Jesus that entered Jerusalem on a donkey, rather than a prancing white stallion, calls us to a life of humility, service, trust, and faith. Jesus will save us, but we need to walk with him, listen to what he asks of us, and align our lives with his life of love and forgiveness. Here are some words of wisdom for Palm Sunday from Richard Cookson:

Ready to join in loud acclamation the songs of praise, we wait for a new triumphal entry. Eagerly expecting the new age to be announced with fanfare, we listen for trumpets. Still, as of old, the truth comes clothed in humbleness and loving sacrifice.

Proclaim the coming not so much with shouts and branches but with lives given in love’s humble service.

Programs for Holy Week

Palm Sunday:

Sunday, April 10, 2:30 pm Vesper worship service and Richard Perry piano concert, Foundation Social Hall. Coordinator: Miki Bean, Christ Presbyterian Church. 3:00 pm speaker: Chaplain Worth, “Following in Jesus’ Steps” John 12:12-19.

IL Bible Study:

Monday, April 11, 11:00 AM, Cappuccino Lounge. Luke Chapters 2 and 3 “Boy Jesus in the Temple” and “John the Baptist Proclaiming Jesus the Messiah.”

Assisted Living Bible Study:

Tuesday, April 12, 1:30 pm, Laurel Commons, 3rd Floor Lounge. Reading the Passion of Jesus Christ, Mark 14 and 15.

Thursday, April 14, 11:00 am Heatherwood Dining Room. Devotions/Hope Worship.

Good Friday Services:

Friday, April 15, 9:00 am, Good Friday service, Foundation Social Hall with Chaplain Worth. Remembering Jesus Christ’s crucifixion.

10:00 am, Roman Catholic communion service, Aspen Commons. Performed by St. Simon Catholic Church.

10:30 am, Assisted Living Bible Study, Laurel Commons, 3rd Floor Lounge. Studying the scriptures of Good Friday, Isaiah 52, Psalms 22, 31 John 18, 19.

Easter Celebration:

Sunday, April 17, 3:00 pm, Foundation Social Hall. Message: “We Have Seen the Lord” John 20:1-18 (Chaplain Worth’s last service).

Assisted Living Council Election

Residents of Assisted Living have elected Helen Bennet and John Smith to continue to serve on the Resident Council.

Denisse’s Diversified Wellness

Denisse Garcia –Martinez

The month of April is Occupational Therapy (OT) Month. An occupational therapist provides treatment to those who need to recover or improve their activities of daily living. An interesting fact about OT is that investing in this therapy reduces the number of hospital readmissions. If you have received OT from Westminster, it is more than likely that you saw Stephanie I. or Stacy C. for treatment. Please take some time to show appreciation to these therapists for their time and commitment!

April is National Parkinson's Disease (PD) Awareness Month. PD affects the nervous system and has physical symptoms like tremors, stiffness, and slowness of movement or non-physical symptoms like fatigue, low blood pressure, and mood disorders. There are more than 1 million Americans diagnosed with PD and it is expected to increase as the population grows older. This awareness month hopes to help those living with PD, increase research, and educate the population.

VOTING

Rhoda Milstein

Deadline for the May 3rd primary is April 21. I have applications for an absentee ballot. Please call me at 317-823-9388, and I will assist you.

Indianapolis Ballet - Free

Laurie Wilson

The Indianapolis Ballet is hosting a Community Preview Night on Thursday, April 21, at no cost to our residents. If you would like to attend this ballet preview, on your own, you may call Rachel Lockhart at (317) 955-7525 for more information regarding location, time, and what you may need to bring with you to claim a free ticket.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

April 8, 2022

Welcome to WVN!

Nancy Russell



Pat and Hank Wolf, in the cottage at 11049 Presbyterian Drive, say it is serendipitous that they are here at Westminster. What was planned as a retired life was to spend summers here in Indiana and winters in Perth, Australia (which has a summer climate during that time) was averted due to COVID and Australian immigration laws. Their daughter, son-in-law, and grandson (with another on the way) live in Perth. Option #2 was to take a look at what WVN had to offer. When Marsha showed them their cottage it was, "This is where we want to be!" A move from their Geist condo to their new home surrounded by nature is perfect.

Pat grew up in Fairfield, Connecticut, graduated high school, and then went to New Haven to become an X-ray technician. She was so proficient she became a "teaching tech" for seven years. She moved to Chicago to teach radiology technology at the University of Health Sciences during the day, and attended Triton College evenings and weekends to earn a B.S. in Radiological Administration. She met Hank, who at the time was in sales with medical CT

scanners. They married six months later and moved to Indianapolis. Pat worked at Methodist in Radiation Therapy, was a consultant in Boise, Idaho, when they built their Cancer Center, and retired as the Administrative Director of Oncology at St. Frances, here in Indianapolis.

She is an advanced master gardener. You should see the variety of gorgeous plants thriving in their sunroom! Pat likes animals, too, as evidenced by Katie, a 3-year-old sweet kitty that she adopted from the shelter where she volunteered at the Hancock Humane Society. This remarkable lady enjoys self-improvement books. On their coffee table was her current read, "Phosphorescence: A Memoir of Finding Joy When Your World Goes Dark" by Julia Baird.

Hank is a Hoosier, grew up in Indianapolis, graduated high school at North Central, and went to Purdue, where he earned a degree in electrical engineering. He also taught the subject at Purdue, but his heart leaned toward medicine, and he pursued another degree in bio-medical clinical engineering. His background allowed him to become a healthcare administrator, as well as an engineer for Community Hospitals, before he started his own company that developed the CT scanner - the second such piece of medical advancement in Indiana. He has held executive positions at Community, Hancock, and IU-Clarian Hospitals, where he retired at age 62.

This gifted gentleman is an amateur radio operator extraordinaire! He and some friends have an antenna farm in

Greenfield - one of which is 170 feet high! He is such a proficient HAM operator he competes nationally. Always inquisitive, Hank reads the current medical journals and loves to spend time in his workshop. He does 3D printing, and needless to say, he is a computer fanatic.

And would you believe with all of their knowledge, abilities, and accomplishments, these new folks are personable, gracious, and kind - just the type of people that make WVN so special.

Coming Soon

The Touchtown app has been an internal tool used in Independent Living for real-time communication with residents. Residents are able to view calendars, menus, receive messages, and last-minute notices through the app.

When Touchtown was first introduced, IL residents were at a 64% usage rate of smart devices: phones, tablets and laptops. Today the rate is approximately 94%, and continues to climb higher with new residents moving into the Village. Touchtown is a key part of daily life in Independent Living.

Soon we will be able to offer families from all areas the ability to access the Touchtown app with their own login information. They will be able to view activity calendars and receive messaging from staff.

Please look for more information in coming newsletters.

A Week at a Glance...
Health Center

Jamie Minder

Saturday, April 9
8:30 TV ministries (Ch 21) All day
11:00 Morning Visits (11-12:30)
2:30 Disney Day with Jenae (wcl)

Sunday, April 10
Palm Sunday
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 11
9:00 Good morning socials
10:00 Seasonal Creative Arts (hw)
10:30 Music + Movement / Sensory
2:00 Roaming Refreshments (2-3) (wc)
4:00 Monday Matinee (wcl)
6:15 Game Night (wcl)

Tuesday, April 12
9:00 Good morning socials
10:30 Bird Sounds + Sensory (hw)
10:30 Strolling Guitar with Robin
11:00 Westminster Bistro 11-3pm (jca)
12:30 Men's Lunch Bunch (aca)
3:00 Bingo (wc)
4:00 Movie Matinee (wcl)

Wednesday, April 13
Bennie's Birthday!
9:00 Good morning socials
10:00 Seasonal Creative Arts (hw)
11:00 The Climb movement class (aca)
2:00 Devotions with our Chaplain (wcl)
4:00 Movie Matinee (wcl)

Thursday, April 14
9:00 Good morning socials
10:00 Seasonal Creative Arts (hw)
10:30 Music + Movement / Sensory
11:00 Westminster Bistro 11-3pm (jca)
2:30 Resident Council (aca)
3:30 Don's Famous Popcorn
4:00 Movie matinee (wcl)
6:15 Game Night (wcl)

Friday, April 15
Passover
Good Friday
9:00 Catholic Visits (all)
9:00 Good morning socials
9:30 St. Simon's Catholic Communion (aca)
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 Easter Egg Hunt!

A Week at a Glance...
Assisted Living

Jill Armantrout

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

Sunday, April 10
Palm Sunday
9:00 Morning Walk & Stroll (Syc Av)
3:00 Vespers with Christ
Presbyterian Church & Richard Perry, pianist (fsh)

Monday, April 11
9:00 Morning Walk & Stroll (Syc Av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, April 12
9:00 Morning Walk & Stroll (Syc Av)
1:30 Bible Study/devotions (Lcl3)
2:30 Seated ballet class (syc lib)
3:30 Trivia, current events & hot beverage (Lcl2)

Wednesday, April 13
9:00 Morning Walk & Stroll (Syc Av)
10:00 Gardening projects (Sar)
1:00 Bingo (Salc)
2:30 Women's tea & chat (Syc alc)

Thursday, April 14
9:00 Morning Walk & Stroll (Syc Av)
10:00 Crafts (Sar)
2:30 Easter scavenger hunt and snack (Syc alc)
5:45 Wii Bowling (Salc)

Friday, April 15
Passover
Good Friday
Happy Birthday Bill Crays
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
10:00 Catholic communion (aca)
10:30 Bible Study/devotions (Lcl3)
3:00 Mocktail & Cocktail party & music (Syc alc)

Fulbright Scholar
Interviews WVN
Residents

Weronika Kaminska
Laurie Wilson



Each year roughly 850 faculty and professionals from around the world receive Fulbright Scholar awards for advanced research and university lecturing in the United States. Individual awards are available to scholars from over 100 countries.

Weronika Kaminska is one of this year's Fulbright scholarship awardees at Indiana University Purdue University Indianapolis. She is a PhD candidate at the Faculty of Social Sciences at the University of Gdansk, Poland. In 2019/2020, she was also a scholarship holder of the Polish-American Freedom Foundation.

Weronika conducts research in the field of medical sociology, especially in the context of hospice and oncological care.

Currently, Weronika conducts comparative research between Poland and Indiana about psycho-social needs of patients under the care of hospice. She is trying to determine which aspects of non-medical care are similar or different. In this study, one of the goals is to increase social awareness of hospice care, especially non-medical aspects, and to counteract social stigma about hospice.

Weronika would like to show that hospice care, either as main or supplemental care, can help patients face fear and anxiety. Additionally, she

hopes to determine and adjust the current reality of the patient's expectations, which can positively affect the well-being.

In Poland there are only two types of hospice care: inpatient care in a dedicated facility, and home care, which is provided only in a patient’s home. In the USA, however, there are 4 types of hospice care. There are two types of home care: routine home care and continuous home care. These may occur in either a patient’s home or home care may be received in long-term facilities, nursing houses, or group homes.

There are also two types of inpatient care: general inpatient care in a hospice facility, and respite care, which is when a caregiver would like to rest for a few days from the responsibilities of caregiving.

Because of these differences, Poland hospice is identified more with a place close to the end of life. In the USA, due to the dispersion in the types of hospice care, hospice is more of a concept, philosophy, and type of care.

Weronika was able to conduct interviews with several health center residents currently receiving hospice services. Meeting the non-medical needs of patients is very important, especially maintaining the continuity of the patient's identity by: creating and decorating their own room space, dressing up in their favorite clothes, and meeting their relatives and the Westminster Village North team to talk about the present and the past.

Each person has different preferences, thoughts, and life history. Each person is unique. Despite the fact that the patient may feel physical pain, or feel generally unwell, everyone feels the need to be up to date with information about the world, to be heard by others, and to feel important.

Independent Living
Laurie Wilson

The resident meeting has been moved to Tuesday, April 19, instead of April 12. It will be held in the Foundation Social Hall at 10:00 am. The meeting will return to its regularly scheduled 2nd Tuesday of the month in May.

Due to the change in the resident meeting, we will cancel grocery shopping the week of April 18. We won’t be able to shop on the 17th either, due to scheduled field trip.

I have learned there are a few Alexa devices available for those who are interested in using them to access Touchtown. The devices will not be able to include all things on the Touchtown app, but will be able to access menus and calendars. Please call Jackie at extension 3510 for more information.

Mosaic class: I will have all of the supplies you need. However, I saw a really cool use of old china plates in a mosaic. If you have decorative china dishes that you don’t know what to do with because your kids don’t want them, think about incorporating them into your stepping stone. Bring the plate(s) with you to class.



A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, April 10
Palm Sunday
Happy Birthday Geri Melvin
3:00 Vespers (fsh)

Monday, April 11
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:00 Craft: Mosaic stepping stone - part 1 (cc)

Tuesday, April 12
Happy Birthday LeyAnne Perkins
Happy Birthday Dian Weller
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting—moved to April 19
1:30 Ballet (tsh)
3:30 Beer & Wine (fsh)

Wednesday, April 13
Happy Birthday Catherine Borg
9:30 Cardio Pop (tsh)
11:30 Men's lunch: His Place Eatery
3:30 Grace & Frankie (fsh)

Thursday, April 14
9:30 Power Pump Thursday (tsh)
1:00 Craft: Mosaic stepping stone - part 2 (cc)
3:30 Cocktails (fsh)

Friday, April 15
Passover
Good Friday
9:00—12:00 Bargain room open!
9:00 Good Friday service (fsh)
9:30 Fun Fitness Friday (tsh)
10:00 Communion (aca)
10:30 Lunch at famous Lou's Diner followed by Hilltop Orchids tour (Cloverdale, IN)
1:30 Mahjong (cl)

Thank you!

Many thanks to each and all of you who made our return to sing-a-longs such a success! It was thrilling to see so many come, and we encourage even more of you to join in singing with us on the first Monday afternoon of each month. It’s such fun to sing together. Put May 2nd on your calendar! Kathryn Huelster and Helen Fry.