

Worth’s Final Words
Worth Hartman, Chaplain

Today is my last day as your chaplain at Westminster Village North. It has been my honor to work alongside you these last seven years and yes labor through the COVID years. I have witnessed so much thoughtful, compassionate service and caring during my time here. God’s blessings, strength and guidance as you continue your valuable work. I go into retirement with great memories of my days at WVN and your companionship and support. I am happy we have chosen a new chaplain, April Scott, who is well qualified and I am sure will do a great job here.

Here are some words of peace and blessing:

Meditation based on prayer by Rev. A. Powell Davies

As we breathe in, may the clamor of the world fall away, and peace come to our hearts.

For we are full of the unrest of our time, and the quietness that once we knew has left us.

So, may there be stillness, now: a calm restoring stillness at the center of our being.

May we see the world as it is and ourselves as we are and come to understand the needs of others and ourselves.

May we come to our true selves and may we remain connected to all that lies beyond us. Amen.

Resident Meeting

Executive Director Shelley Rauch held a resident meeting on Tuesday, April 19. She addressed the following questions posed to her by the Resident Council:

Mask Guidance: Healthcare falls under a different guidance than the rest of the community, and therefore masks must still be worn. When asked if she sees a time when masks will not be worn, she replied she thought there might be times during the year when masks will be required, such as flu season, but until the guidance changes, masks must be worn always in common areas, unless eating or drinking.

Staff Bios: As things are beginning to normalize, we will update bios and ask managers to attend resident meetings so you are able to hear what is going on in their departments.

The Resident Council has offered to pay for moving and tuning the lobby piano to the Foundation Social Hall. This does not mean singing is reinstated without masks.

Therapy pool: It was suggested the therapy pool windows be tinted since the area cannot be used at this time. Shelley agreed this was a good idea. The Board continues to explore ideas regarding what to do with the area, but the pool will not be able to be restored.

It was suggested mirrors be placed in the Tamarack Social Hall for exercise classes. Wilda will look into how this might be accomplished, because the walls are cement and makes it that much more difficult.

Denisse’s Diversified Wellness
Denisse Garcia-Martinez

I would like to remind residents that the Wellness Center, located in the basement of Tamarack, is open 24/7 for those who would like to use the exercise equipment. The center has a variety of weight machines, dumbbells, leg weights, resistance bands, and more. There is also a cardio room that is located across from the meditation room, which houses a treadmill, NuStep, elliptical, and a seated bicycle. The Indy 500 room also has a treadmill and a CyberCycle. If you have any questions on the proper use of any of the equipment, I am happy to explain. Please do not hesitate to ask!



Just Funny!

Gas is so darn high, the mailman is working from home. He called me yesterday and read my bills.

Masked Sing-a-Long



Around the Village

A Publication of Westminster Village North

April 22, 2022

Welcome Chaplain April!

Rev. April Scott grew up in Fort Wayne, Indiana but transferred to Indianapolis in the 1980’s to accept a management position for a Senior Housing Community.



Rev. April is the proud mother of 3 grown children, and the proud grandmother of 5 grandchildren. Rev. April loves to read, dance, and hang out with her family, who are the joys of her life. Rev. April has been a member of Light of the World Christian Church Disciples of Christ for more than 30 years, where she has served in several ministries such as the prayer warrior ministry, bereavement ministry, Pastor Partners, Co-Sunday School Teacher, and. currently serves as an Elder.

Prayer, self-discovery and personal growth have been critical to Rev. April’s continued success in business, education, and ministry. She previously served as a hospice chaplain for Paradigm Health, where she provided spiritual and emotional care to terminally ill patients and their families. Before accepting her call to the Ministry, Rev. April spent 13 years in the business management

field, and 16 years in banking and insurance. As a lifelong learner, she earned her Bachelor of Science Degree in Business Management from the IU Kelley School of Business where she earned membership into the Phi Eta Sigma Honor Society. Rev. April earned a Master of Divinity Degree from Christian Theological Seminary and was ordained by the Christian Church Disciples of Christ in October of 2015.

Rev. April has shared most of her life helping people in many different capacities. Rev. April previously served as Board Vice President for the Martin Luther King Multi Service Center in Indianapolis, Board member of Brook’s Place, Advisory Board Member for U.S. Dream Academy — a mentoring program for children on the eastside of Indianapolis, as well as volunteered with Girl’s Inc., J.O.Y. program and The Center for Leadership Development.

Rev. April’s passion for family, community involvement, journeying with the terminally ill and serving in the local Church has fostered an environment of evangelism and outreach in her life’s work of serving others and sharing the Good News of hope for the Glory of God! Rev. April is grateful for the opportunity to serve the people of Westminster Village.

Welcome to the Village!

Covid Booster

As you may be aware, the FDA has recently approved a second booster dose. This decision is based only on short-term data. The FDA states that the second booster is only a stop-gap measure until a longer-term solution is in place.

The FDA, CDC, and CMS all agree that a second booster dose for people over 50 or who are immunocompromised will increase their immunity against severe disease. Because of this information, Westminster will begin offering the second booster to residents. The boosters will be ordered on Monday, April 25 at noon. Therefore, if you would like a booster, please call Jami Blanton at extension 2660 BEFORE NOON on Monday. Leave a message and she will receive it.

It Arrived!

Thank you, again, to the Resident Council for its generosity. We christened the bar cart on Thursday, and it was a fantastic addition to the IL happy hour. Merle Ritter won the time-of-arrival contest. He guessed it would arrive at 2:00 pm on April 20—it arrived at 1:35 pm April 20!



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



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

Saturday, April 23
9:00 Morning walk & stroll (syc avy)
10:30 Naomi dog visits door-to-door
3:30 Wii bowling (Salc)

Sunday, April 24
9:00 Morning salk & stroll (syc ay)
3:00 Vespers with Tim Grese, Holy Cross Lutheran Church (fsh)

Monday, April 25
9:00 Morning walk & stroll (syc avy)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, April 26
9:00 Morning Walk & Stroll (syc avy)
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, April 27
9:00 Morning Walk & Stroll (syc avy)
10:00 Gardening projects (sar)
1:00 Bingo (Salc)
2:30 Concert: New Horizons Swing Band (fsh)

Thursday, April 28
9:00 Morning Walk & Stroll (syc avy)
10:00 Crafts (Sar)
11:00 Lunch outing: Puccini's Pizza
2:30 Cook's Corner & tasting (sar)
5:45 Wii Bowling (salc)

Friday, April 29
Arbor Day
9:00 Bargain Room (tll)
9:00 Catholic Church Visits/door-to-door (9-12)
9:00 Morning Walk & Stroll (syc avy)
10:00 *Grocery Orders due
10:30 Bible Study/devotions (Lcl3)
1:00 Entertainment: Student Orchestra (fsh)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)

A Castle in Indiana!



Did you know there is a castle in Indiana? Well sort of, anyway. It was a dream of the owners to build a castle-themed bed and breakfast, which they did about 7 years ago in Clay County.

Il residents visited the Clayshire Castle, which included themed bedrooms based off of classic fairy tales. The castle sits on 120 beautiful acres of land, which includes a lawn chess set, arborvitae maze, paths, nature, and so much more. To get visitors in the spirit of the times, an entire closet is dedicated to costumes, from sizes 0-24 for adults, and a range of sizes for babies through teenagers. Guests are invited to wear the costumes as part of their stay, if they choose. In the fall the owners, who live in half of the castle full time, host a Renaissance fair, which last year attracted more than 3000 guests over the weekend.

For those who like to take day trips, you are encouraged to stop by and tour



Brain Exercise

Try drawing a map of the campus from your memory. Include as much detail as possible, but at least try and draw the streets and parking areas. If you get stuck, go ahead and look at a map of the campus and continue to draw. This will help you improve your memory and learn about the entire campus.

Shopping for a Cause
Marty Krug

There are a couple of easy ways to support the Westminster Foundation. If you shop on Amazon, instead of going to www.amazon.com go to www.smile.amazon.com and search for The Westminster Foundation, Inc. as your organization to support. Be sure you select the one in Indianapolis, IN from the options. There are several Westminster Foundation options. There are thousands of items that are eligible for a charitable donation of 0.5% of the cost of your purchase. You can also support the Foundation with your Kroger Plus card. Go to www.kroger.com/account/communityrewards and log into your account. Choose The Westminster Foundation Inc. as your organization to support. *Shopping for a cause is fabulous!*

Independent Living
Resident Orientation

Tuesday, May 24
10:00 am—12:00 pm

New residents, or residents who have not been through an orientation, are invited to attend our quarterly IL Orientation to meet department managers and learn more about the community, campus-wide.

Please contact Marsha Soderholm for more information and/or to make a reservation. Marsha can be reached at extension 2720.

Independent Living
Laurie Wilson

Based on the response I received about the Wilstem Safari, I am going to add it to the May calendar. I have put it on Touchtown already for sign up because there is a long lead time to make reservations with them. If you would like to go, please sign up or call me not later than April 26! Here are the details:

Guided Wagon Safari
Paoli, IN
Friday, May 20
9:00 am departure
\$30 per person, including lunch

Experience the guided drive-thru Safari on wagon and see more than 50 different species! Go off the path and get up close and personal with the animals!

Also included: Grizzly Ridge Meet grizzlies Bob and Screech at Grizzly Ridge. Park and exit the vehicle to see the bears in their natural habitat! Visit a variety of small animals at Roos and Crew Barn. View the animals in an intimate setting and learn all about their personalities.

Feed and carrots included with entrance fee. Lunch will be provided by WVN either on site at the café or a picnic-style, depending on details about the café.

Save the Date!

Black & White Party
Thursday, May 26
4:00—7:00 pm
Cocktails at 4 pm
Dinner at 5 pm
Entertainment at 6 pm

You will be asked to wear either black, white, or a combination of black and white to this special, elegant evening. Sign up on the app when your calendar arrives.

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

Sunday, April 24
3:00 Vespers (fsh)

Monday, April 25
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, April 26
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
1:30 Ballet (tsh)
3:30 Beer & Wine (fsh)

Wednesday, April 27
Happy Birthday Ruth Iliff
9:30 Cardio Pop (tsh)
11:30 Around the World Lunch: Africa
3:30 Grace & Frankie (fsh)

Thursday, April 28
9:30 Power Pump Thursday (tsh)
3:30 Cocktails (fsh)

Friday, April 29
Arbor Day
9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
10:00 ISO Coffee Pops (Hilbert Circle Theatre)
1:30 Mahjong (cl)
3:30 Wine Club (fsh)

Around the World Lunch

Independent living residents will “visit Africa” next week by dining at the Kalakutah restaurant at the International Marketplace on the west side of Indianapolis. The restaurant officially opened in 2016 with roots from Nigeria.

From BBQ fish to fried rice, the extensive menu is sure to please. Only fresh ingredients, including garlic, ginger root, and scent leaves are used. All items made to order, so residents can expect a leisurely and delicious meal.