

Peaceful Reflection from Chaplain April

As I anticipate the beauty of spring arriving in all its magnificent glory, my spirit is energized by Mother Nature's creative forces that will soon arouse my senses. I give way to its beauty and creative process which allows my eyes to enjoy the cherry trees that line the streets. My ears will soon enjoy the melodic sounds of birds chirping just before the sunrises. My nose will enjoy the aroma of fresh earth as the morning dew disappears. I will take delight in reaping the fruits of my labor from the garden that I will plant, and indulge in the taste of fresh-picked tomatoes served at my dinner table. What is it about spring's arriving that will inspire you to create? I like to think that springtime is a time to give you permission to create new ideals, new possibilities, new relationships, new visions, new wardrobes, new hobbies and new spiritual disciplines. In this season of new beginnings and fresh starts, what will energize, invigorate and activate the creative process in you?

Speaking of springtime and new beginnings, I want to thank everyone for welcoming me to the Village! I truly feel blessed to be a part of a community that is kind, caring and compassionate. As I continue to learn my way around the Village and meet new people, I am reminded of a scripture that one of my new friends (Mrs. Randy) shared during Bible study this week. She shared that Jeremiah 29:11 was her life scripture.

¹¹ For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

As I reflected on this passages of scripture and my journey coming to Westminster to serve in the ministry of Spiritual Care, I thought about God's plans for my life and how His

plans unfold with perfect timing. Just like the seasons, they unfold and reveal their beauty according to God's plan. In each season in our lives as it unfolds, remember that God's plans are to give you hope and a future filled with creative possibilities. I embrace the newness in my life, and I am grateful for the opportunity to serve the people of WVN by using the gifts and talents He has given me to co- create new possibilities with my new friends.

Blessings,
Chaplain April Scott

Charlie's Swan Dive

By: Charlie Case

Enjoying The Fun, The FSH Was
Alive,
While Carrying Two Snack Plates,
Took A Swan Dive.
Headed For The Floor While Flying
Through The Air,
Landed With A Thud, Head Hit The
Leg Of A Chair.

Surrounded By Fellow Residents, I
Felt Such A Relief,
Also Embarrassed, My Thought Was
"Good Grief."
I Then Felt The Love Of So Many
Good Friends Anew,
Especially Laurie, Marty, and Jami
To The Rescue.

Thanks To All For Your Thoughts
And Good Wishes,
I'm Doing Fine And Plan No More
Swan Dives.
Love To All!

Possible Fraud Alert

Laurie Wilson

One of our IL residents discovered approximately 17 fraudulent charges on her credit card, which she had only used two times. The second time she used it was at our Ladies' Lunch on April 20. Immediately following, the fraudulent charges appeared. Although there may not be any connection, it is suggested you double check your accounts.

Denisse's Diversified Wellness

Denisse Garcia-Martinez

In the US there are currently more than 54 million older adults. In this population, 20% of those have a mental health concern. That means that there are more than 10 million senior adults with illnesses like depression or anxiety. This number is expected to increase due to the rise in the population. Only 2/3 of this population receive treatment according to the World Health Organization. This is concerning because 80% of mental health illnesses are treatable as reported by the CDC. May is National Mental Health Awareness, and each week there will be tips and resources for those in our community.

Correction: There is no exercise equipment in the INDY 500 room, I meant to say the laundry unit room in the basement of Tamarack. I am sorry for the confusion.

Piano in the FSH

We all want to thank the Resident Council for underwriting the cost to move the beautiful piano from the lobby of Tamarack to the Foundation Social Hall (FSH). We are looking forward to the room being filled with music!

Thank you.

Mail

We have not been getting regular daily deliveries of our mail from the US Post Office. Last week, we received the mail only three times. We have called to complain, but they are short-staffed and cannot promise any improvement. Please be understanding to the Westminster staff and mail room volunteers who help sort our mail. Not receiving mail from the US Post Office is not something they can be held accountable for.

We appreciate your cooperation.



Westminster
Village North

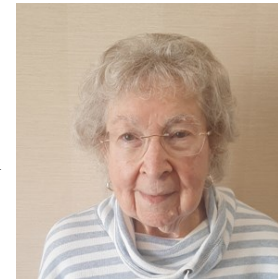
Around the Village

A Publication of Westminster Village North

April 29, 2022

Welcome to WVN!

Nancy Russell



Would you believe that our most recent new resident, Doris Ann Orth in T3023, attended the very first football game the Colts played here in Indianapolis? Her interest in football was sparked when her youngest son played the game in high school. To this day she is an avid Colts fan, and, as most of us, especially enjoyed the Peyton Manning years.

Born in the little town of Haubstadt, IN, the home of an automobile race track that is/was the proving ground for many professional race car drivers. Doris Ann went on to graduate from a Catholic high school in Evansville. She worked various office jobs for three years prior to marrying her late husband, Bob. When Bob joined the U.S. Navy, the two were off to San Francisco. After he served his country, the G.I. Bill allowed Bob to get a degree in education from Indiana University. While in Bloomington the Orths had two children. They moved to Indianapolis where Bob taught science in the Washington Township School Corporation and later at Tech High School. Two more children were added to the family for a total of four. Later four grandchildren plus one great-grandchild made the family complete. While their children were

young, Doris Ann enjoyed the noblest profession as wife, mother, and homemaker.

When their children were older, she worked as a secretary part-time in the Indianapolis Public School System. That position became full time, and she retired 22 years later. Doris Ann moved to Westminster after living just down the road at 79th and Sunnyside for 20 years. This capable, energetic lady was mowing the lawn, managing her home, and living independently until her children found Westminster to be the perfect home for their dear mother. And since she is a devoted member of St. Simon, our location is also convenient.

This adventuresome lady described a 6-week road trip with her late husband to the West Coast, taking the southern route out and the northern route on the return. Along the way they reunited with friends and loved ones, making precious memories.

She loves people, puzzles, mystery novels, and, of course, don't forget THE COLTS!

Sycamore Beauty Shop Reopens

Melissa Bell has joined the Village to serve as the new beautician in Sycamore Beauty Shop. She began working on Wednesday, 4/27, and will continue to work Wednesdays from 8:00-4:00. She can be contacted by calling extension 2777. Please leave a message and Melissa will contact you.

New Horizons Entertained AL Residents with its Big Band Music



A Week at a Glance... Health Center

Jamie Minder

Barbara Bunting is leaving WVN to move closer to her family in Ohio, and wanted to take a photo of her WVN friends! We will miss you Barbara!



Sunday, May 1
9:30 TV ministries (Ch 21) all day
11:30 Devotions/one-on-one visits (11:30-1)
3:00 Sunday Vespers services (Fsh)

Monday, May 2
9:00 Good morning socials
10:00 Music + movement/ sensory
10:30 Seasonal creative arts (hw)
12:30 Bistro (jca)
2:00 Roaming refreshments (2-3) (wc)
3:15 Monday matinee (wcl)
6:15 Game night (aca)

Tuesday, May 3
9:00 Good morning socials
10:30 Bird sounds + sensory (hw)
12:30 Westminster Bistro (jca)
3:00 Bingo (wc)
4:00 Movie matinee (wcl)

Wednesday, May 4
9:00 Good morning socials
11:00 The Climb (aca)
12:30 Westminster bistro (jca)
2:00 Devotions w/Chaplain April (wcl)
4:00 Adult coloring (all common areas)

Thursday, May 5
Cinco de Mayo
9:00 Good morning socials
10:00 Music + movement/ sensory
10:30 Seasonal creative arts (hw)
12:30 Bistro (jca)
3:30 Don's famous popcorn
6:15 Game night (aca)
9:00 Catholic visits (all)

Friday, May 6
National Nurses Day
9:00 Good morning socials
10:00 Music + movement/ sensory
10:30 Seasonal creative arts (hw)
11:00 Bingo prize cart (all)
11:30 Fresh Friday Meditation (hwa)
12:30 Bistro (jca)
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 30
9:00 Morning walk & stroll (Syc Av)
3:30 Wii bowling (Salc)

Sunday, May 1
Happy birthday Rosalie Stricker
9:00 Morning walk & stroll (Syc Av)
3:00 Vespers & Communion
w/Chaplain April (fsh)

Monday, May 2
9:00 Morning walk & stroll (Syc Av)
10:00 Crafts (Sar)
10:00 Welcome book review
committee (syc lib)
1:00 (1-4) Daily chronicles & grocery
delivery
5:45 Bingo (Salc)

Tuesday, May 3
9:00 Morning walk & stroll (Syc Av)
1:30 Bible study/devotions
w/Chaplain April (Lcl3)
2:30 Seated ballet class (ACA)

Wednesday, May 4
Happy birthday Don Boyle
9:00 Morning walk & stroll (Syc Av)
10:00 Gardening projects (Sar)
11:00 Lunch outing: The Grill
2:30 Entertainment: Ratatat (fsh)

Thursday, May 5
Cinco de Mayo
9:00 Morning walk & stroll (Syc Av)
11:30 Women's Luncheon/
Mother's Day recognition (fsh)
2:30 Cook's Corner & tasting (Sar)
5:45 Wii bowling (Salc)

Friday, May 6
National Nurses Day
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 w/
Chaplain April (Lcl3)
1:30 Chair exercise w/personal trainer,
Denisse (syc lib) cocktail party with
music (Syc alc)

In Memoriam

Richard Conway
Betty Raymer
Claudia Latinovitch

Please keep their loved ones in your thoughts and prayers.

AL News

Jill Armantrout

We will have a volunteer coming in on Saturday, April 30 to do simple manicures. If you would like to schedule an appointment, please do so by calling Gabby Tijani no later than Friday at ext. 3530.

Women's Luncheon in honor of Mother's Day. AL will be hosting a special tea/luncheon on Thursday, May 5, in the Foundation Social Hall. This will be in place of your lunch in Sycamore. Please sign up with Gabby Tijani by Monday at noon if you plan to attend.

Hershey Ice Cream Sampling:
The Dietary Department for Assisted Living and Independent Living is exploring the idea of switching ice cream vendors due to supply problems. The Hershey Ice Cream Company will be in the Foundation Social Hall for an ice cream sampling on Tuesday, May 17th at 2:30 p.m.

The seated ballet class for AL and the Health Center will be moved to the Aspen Activity Room starting May 3. Classes will remain every Tuesday at 2:30 p.m. for the month of May.

Caregiver Support Group

The caregiver support group has resumed. We will be moving the location back to the Tamarack Board Room on the 2nd floor. This group is open to anyone who is a caregiver for a loved one. This may include adult children, spouses, siblings or friends. Our group is a supportive, confidential group that allows caregivers to express feelings and share ideas with peers about struggles of caregiving. Even if you are not currently living with the person but caregiving from afar, this group is open to you. If you would like more information, please contact Jill Armantrout, Social Services Manager at 317-823-6841 ext. 5300.

HAPPY BIRTHDAY!!

5/1 - Rosalie Stricker (A/L)
5/2 - Florence McNiece (H/C)
5/4 - Don Boyle (A/L)
5/4 - Annette Martin (I/L)
5/4 - Hank Wolfa (I/L)
5/5 - Deborah McKinney (H/C)
5/7 - Delia McGowan (H/C)
5/8 - Merle Ritter (I/L)
5/8 - Ruth Munro (I/L)
5/9 - Noel Hawkins (A/L)
5/12 - Jack Levy (I/L)
5/12 - Beverly Sauerheber (A/L)
5/13 - Sam Hiatt (A/L)
5/14 - Peggy Conway (A/L)
5/14 - Susan McNiel (A/L)
5/15 - Tom Fisher (I/L)
5/15 - Rosemarie Albers (A/L)
5/17 - Bob Russell (I/L)
5/18 - Helen Olson (I/L)
5/22 - Kurt Von Burg (H/C)
5/23 - Pauline Nixon (I/L)
5/23 - Mark Hershman (I/L)
5/24 - Wilbur Davis (A/L)
5/24 - Lois Ondrejack (I/L)
5/25 - Carol Groh (I/L)
5/27 - June Iwata (H/C)
5/28 - Peggy Stump (A/L)
5/28 - Norma Shoemaker (H/C)
5/29 - Phyllis Darling (I/L)
5/30 - John Swan (I/L)

Dining Room Servers

We have hired new servers to work in essentially every dining room throughout the campus—be watching for some new faces! We ask you to please understand that they will be in training for a while. Please! Be kind and patient with these individuals as they learn the ropes of their new role. It is difficult to recruit individuals for this job, and they may decide to leave if residents are rude to them.

We appreciate your understanding and kindness.

Independent Living

Laurie Wilson

Add to your calendar: On May 17 at 2:30 pm, we will have an ice cream tasting from a new vendor dietary is considering! Yummy!! The ice cream vendor has more flavors available than our current vendor. The tasting will take place in the Foundation Social Hall. AL and IL residents are invited to be part of the tasting. Cottagers: we will let you in door 4.

Sign up for the **Southside Landfill tour!** This is an amazing tour—and it's a no-walking tour!! We have been on this tour many times and it always proves to be a favorite. The tour is different now, as there is no greenhouse anymore, but the Southside Landfill wants you to see how properly-managed landfills are a critical part of the infrastructure of a community.

Reminder: **News & Views** now meets in Creative Commons (T3006).

Bible Study and Chaplain Chat will continue through May with Chaplain April. Bible study meets in the Cappuccino Lounge on Mondays at 11:00 am, and Chaplain Chat meets the first Wednesday of the month at 1:00 pm in the Cappuccino Lounge.

The **resident meeting** has returned to the second Tuesday of the month at 10:00 am in the Foundation Social Hall.

If you sign up for lunch at the **Heidelberg Haus**, please note this is a peculiar place. It is both a small restaurant and a shop full of German things. Seating is scattered throughout the shop and patience is key. Plan to spend some time browsing the thousands of German knick-knacks tucked in every nook and cranny. We may, or may not, eat at the same time. If you have not been to this place, it is worth experiencing!

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, May 1
3:00 Vespers (fsh)

Monday, May 2
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Sing-a-long: masked (tsh)

Tuesday, May 3
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (3006)
3:30 Beer & wine (fsh)

Wednesday, May 4
Happy birthday Annette Martin
Happy birthday Hank Wolfla
9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)
1:00 Chaplain Chat (cl)
3:30 Grace & Frankie (fsh)

Thursday, May 5
Cinco de Mayo
9:30 Power Pump Thursday (tsh)
10:15 Southside Landfill tour
10:30 Council meeting (tsh)
3:30 Cocktails (fsh)

Friday, May 6
National Nurses Day
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

Brain Exercise

1. Which word is the odd one out:

Seventy, Brawl, Clover, Proper, Carrot, Swing, Change, Travel, Sacred, Stone?

2. Using the following letters, create 13 words. One of the words must use all of the letters. No letter can be used twice in a word.

A L O E U S Z