

Peaceful Reflection from Chaplain April

How do we handle letting go and embracing newness in our lives? All of us at some point in our lives have experienced letting go. Letting go at times gives us a sense of relief, but often it gives us a sense of sadness and loss. Many have experienced letting go of the work they have grown to love when it comes time to retire. Some have had to hold the hands of their love ones and friends as they transition into their forever life. Others have had to let go of the activities they once enjoyed when their bodies were able to accommodate them and now they are no longer able to participate in the fun things that brought them joy. Letting go for some is hard! Letting go is to experience loss and grief! In letting go an exchange takes place, a shift occurs, in which we learn to adapt and live into the newness and the beauty it brings if we are willing to embrace the new normal that is taking place. Letting go and embracing newness in our lives reminds me of a scripture found in the Gospel of John the 12th chapter and the 24th verse which reads:

“I tell you the truth, unless a kernel of wheat is planted in the soil and dies, it remains alone. But its death will produce many new kernels—a plentiful harvest of new lives.”

Think of it this way: if you bury apple seeds in the ground the seeds will die in order to produce a tree that will produce many apples, given the right condition such as water, oxygen and sun.

Jesus, the source and seed of life, the son of God, died and was buried in a grave. After three days, He rose from death to give all eternal life by the power of God’s Love. Jesus letting go of his life on earth allows us to live in the newness of abundant life now and forever.

Letting go is to put the past behind us but never forgetting the lessons, the joys and love we once knew and embracing the future and all the beauty that it will produce in our lives.

Event Announcement:

Please Join us on Monday May 9th, 2022 at 11am in the Cappuccino Lounge in Tamarack for a book signing and bible study lead by our guest facilitator Mrs. Elaine Leonard, Author of the book “*Your Love for God*” which is a book that we are studying. If you are interested in joining the study, you will receive a free book and the Author will sign the book at this event.

Denisse’s Diversified Wellness

Denisse Garcia-Martinez

In continuation of the last article, this week I will focus on depression. Depression is a persistent feeling of sadness and loss of interest and can interfere with your daily life. Some symptoms of depression are a persistent depressed mood, loss of interest in things you once enjoyed, feelings of worthlessness, poor concentration, aches/pains, or thoughts of harming yourself.

Depression is resolved in most cases through treatment like psychotherapy (talk therapy), brain stimulation, medication, as well as complementary therapies. Talk to your physician for your next steps to feeling better. There are also websites like <https://www.findahealthcenter.hrsa.gov/> or <https://findtreatment.samhsa.gov/> that help you find behavioral health centers. Remember that you are not alone and your mental health matters.

Cinco de Mayo Independent Living



Touchtown Not Working?

Laurie Wilson

Often I receive calls that the Touchtown app is not working on a phone or tablet. 99.9% of the time, this is not the app, but the phone or tablet is bogged down due to many unclosed apps.

When you finish with an app, it must be CLOSED OUT all the way. Otherwise, it remains open in the background and is draining all of the phone/tablet resources. As a result other apps will not work properly. This is what happens to Touchtown.

Closing apps out all of the way is quite simple and should be done always. If you would like to know how to close apps properly, please stop by my office and I will show you. It takes less than a minute!



Westminster
Village North

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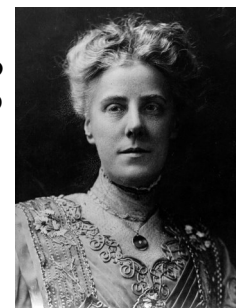
May 6, 2022



Mother’s Day is celebrated in countries throughout the world. In its modern form the holiday originated in the United States, where it is observed on the second Sunday in May. Many other countries also celebrate the holiday on this date, while some mark the observance at other times of the year.

During the Middle Ages the custom developed of allowing those who had moved away to visit their home parishes and their mothers on Laetare Sunday, the fourth Sunday of Lent. This became Mothering Sunday in Britain, where it continued into modern times, although it has largely been replaced by Mother’s Day.

Anna Jarvis, of Philadelphia, whose mother had organized women’s groups to promote friendship and health, originated Mother’s Day. On May 12, 1907, she held a memorial service at her late mother’s church in Grafton, West Virginia. Within five years virtually every state was observing the day, and in 1914 U.S. Pres. Woodrow Wilson made it a national holiday. Although Jarvis had promoted the wearing of a white carnation as



a tribute to one’s mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles.

What had originally been primarily a day of honor became associated with the sending of cards and the giving of gifts, however, and, in protest against its commercialization, Jarvis spent the last years of her life trying to abolish the holiday she had brought into being.

National Nurses Week

Beginning Friday, May 6, we celebrate National Nurses Week. This is the time to thank the nursing staff for the vital role they play in keeping us healthy, and all they do.

As part of the festivities happening all week, our staff is invited to participate by dressing as follows:

Friday, May 6: USA day!
Saturday, May 7: Tacky socks
Sunday, May 8: Favorite college team
Monday, May 9: Twins (dress the same as someone else)
Tuesday, May 10: Dress like an animal
Wednesday, May 11: Superhero
Thursday, May 12: Halloween costume

Residents are encouraged to join us by wearing the fun themes during the week to show your appreciation for our nurses.

Arbor Week in the Health Center



A Week at a Glance...
Health Center

Jamie Minder

Saturday, May 7
8:30 TV ministries (Ch 21) All day
11:00 Morning visits (11-12:30)
2:30 Jazz tunes + adult coloring (wcl)

Sunday, May 8
Mother's Day
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 9
9:00 Good morning socials
10:00 Music + movement/sensory
10:30 Seasonal creative arts (hw)
12:30 Westminster Bistro (jca)
2:00 Roaming refreshments (2-3) (wc)
3:15 Monday matinee (wcl)
6:15 Game night (aca)

Tuesday, May 10
9:00 Good morning socials
10:30 Bird sounds + sensory (hw)
10:30 Strolling guitar with Robin
12:30 Westminster bistro (jc)
12:30 Men's lunch bunch (aca)
3:00 Bingo (wc)
4:00 Movie matinee (wcl)

Wednesday, May 11
9:00 Good morning socials
11:00 The Climb
Movement class (aca)
12:30 Westminster bistro (jc)
2:00 Devotions with Chaplain April (wcl)
4:00 Adult coloring (All Common Areas)

Thursday, May 12
9:00 Good morning socials
10:00 Music + movement/sensory
10:30 Seasonal creative arts (hw)
12:30 Westminster bistro (jc)
2:30 Resident Council (adr)
3:30 Don's famous popcorn
6:15 Game night (aca)

Friday, May 13
9:00 Catholic visits (all)
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 Westminster bistro (jc)
3:00 Ice cream cart (3-4:30) (all)
4:00 Movie matinee (wcl)

A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, May 7
9:00 Morning walk & stroll (Syc Av)
10:30 Naomi dog visits door to door
3:30 Wii bowling (Salc)

Sunday, May 8
Mother's Day
National Nursing Home Week
9:00 Morning walk & stroll (Syc Av)
11:30 Mother's Day flowers & cards (Sdr)
3:00 Vespers with Christ Presbyterian Church & Richard Perry, pianist (fsh)

Monday, May 9
Happy Birthday Noel Hawkins
9:00 Morning walk & stroll (Syc Av)
10:00 Welcome book review committee (syc lib)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Outing: Shopping at Walmart
5:45 Bingo (Salc)

Tuesday, May 10
9:00 Morning walk & stroll (Syc Av)
10:00 Independent resident meeting (fsh)
1:30 Bible study/devotions w/Chaplain April (Lcl3)
2:30 Seated ballet class (aca)

Wednesday, May 11
9:00 Morning walk & stroll (Syc Av)
10:00 Gardening projects (Sar)
12:30 Love with labs (Syc Av)
1:00 Bingo (Salc)
2:30 Men's Club: coffee & snack social (Syc alc)

Thursday, May 12
Happy Birthday Beverly Sauerheber
9:00 Morning walk & stroll (Syc Av)
10:00 Crafts (Sar)
11:30 Lunch outing: Wolfies
2:30 Cook's Corner & tasting (Sar)
5:45 Wii bowling (Salc)

Friday, May 13
Happy Birthday Sam Hiatt
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)
1:00 Assisted Living resident meeting (fsh)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)
3:00 Mocktail & cocktail party & music (Syc alc)

Mothers Day Dinner
In the Tamarack
Dining Room

Prime Rib with a baked potato and sides, plus dessert will be served in the Tamarack dining room from 12:00—6:00 pm. The cost is \$13.00 per person.

If you are bringing guests, reservations are required for parties of 5 or more. Reservations may not be made for parties of residents only. If you would like to sit as a group, please wait until all have arrived in the sitting area outside of the dining room, and then go into the dining room together. For reservations, please call Laurie at ext. 1053 or the Tamarack kitchen at ext. 1034 to make your reservation.

Tamarack Recycling

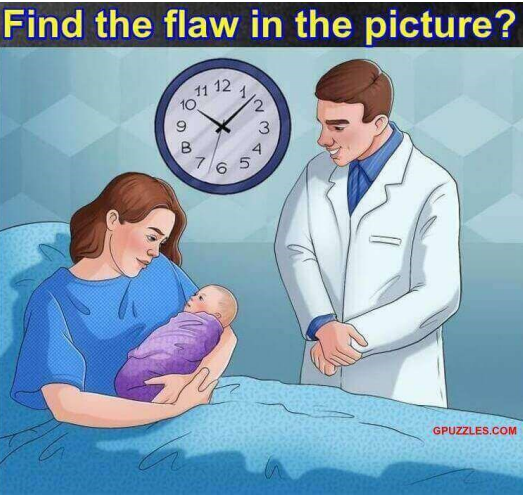
We have brought this up before, but we are still having difficulties with residents following our request: Please smash your boxes flat before you put them in the recycle bins. When you put them in without flattening them, we have no space for newspaper and other recyclables. Thanks.

Ft. Ben

Did you know you can use the Silver Sneakers benefit from your Medicare Advantage or supplement insurance for a membership at the Ft. Ben YMCA? It will pay the entire monthly membership fee! The Ft. Ben Y is a beautiful facility located less than 3 miles from Westminster Village North on Lee Road. The Y has many classes that are specific for Silver Sneakers members including Yoga and water aerobics. Talk to your neighbors and get a group together to enjoy this benefit!

And, while you are at it, the park at Ft. Ben is superb. It is the perfect place for a family picnic or walk outdoors—particularly with your dog! Enjoy nature at Ft. Ben!

Brain Exercise



Last week's answer: The odd word out is carrot. It is the only word that if you remove the first and last letters, a valid word does not remain.

Remembering or
Honoring a Loved One

Marty Krug

A thoughtful way to honor or remember a loved one is to make a donation in their name to the Indianapolis Symphony Orchestra. These donations go into the Foundation's unrestricted fund and are used to support the Foundation's mission – benevolent care for life-occupant residents whose funds have been depleted, being just one area the Foundation supports.

Acknowledgement of these donations goes to both the donor and the person being honored or the family of the person being remembered. They are also listed in the annual newsletter. If a family names The Westminster Foundation as the preferred charity for memorial donations, donation envelopes for use at a memorial or funeral service are available in the Foundation Coordinator's office.

Independent Living

Laurie Wilson

Happy Mother's Day!

Join us to **celebrate Pauline Nixon's 100th Birthday!!** The celebration will take place on Monday, May 23 at 3:30 pm in the Foundation Social Hall. Circle that date on your calendar and sign up on the app or call me at extension 1053 to attend!

You must sign up for the **Black & White party** to attend. Please remember, there will not be any other dining option for the evening. The event is free - your gourmet meal will not be charged to your account. Sign up on the app or call me at extension 1053. Those who do not sign up, but show up, will be seated last if space is available.

Indianapolis Symphony: It is time to renew your season tickets for the Indianapolis Symphony Orchestra. You may renew season tickets or purchase individual performance tickets for the 2022-2023 ISO Coffee Classical and/or Coffee Pops Series. The bus will be available for transportation to these concerts. Once you have renewed your tickets you may reserve your seat on the bus for transportation to the concerts. Call me at extension 1053.

Wine Club is cancelled this month so that we may celebrate **Wilda Duncan's retirement**. Residents may say goodbye to Wilda on Friday, May 27, 2-3 pm in the Foundation Social Hall.

Ice Cream Tasting
Help dietary select new flavors!
Tuesday, May 17
2:30 pm
Foundation Social Hall
Sign up on the Touchtown app!

A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, May 8
Mother's Day
Happy Birthday Ruth Munro
Happy Birthday Merle Ritter
3:00 Vespers (fsh)

Monday, May 9
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)

Tuesday, May 10
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
1:30 Ballet (tsh)
3:30 Beer & wine (fsh)

Wednesday, May 11
9:30 Cardio Pop (tsh)
11:30 Men's Lunch: Blind Owl Brewery
3:30 Grace & Frankie (fsh)

Thursday, May 12
Happy Birthday Jack Levy
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Cocktails (fsh)

Friday, May 13
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

Funny

Folgers has a new specialty coffee that's just for seniors. Folgers' slogan for it is: "The best part of waking up is waking up."