

Peaceful Reflection from Chaplain April

Rev. April Scott

“What makes God’s heart smile”

In last week’s reflection in honor of nurse’s week I quoted “Let my Heart be broken with the things that break the heart of God,” written by Bob Pierce, founder of Samaritan’s Purse. As I reflected on the impact of those words I begin to wonder — what makes the heart of God smile. Recently, I celebrated a birthday and I was given gifts from my grandchildren that made my heart smile! I received from one grandson a video collage made of pictures of myself to music that I didn’t really understand. By the way, he is 13 years old and I think that says it all. The video collage was artfully done and I just cried because he captured the essence of who I am. At his age that’s pretty amazing and insightful. My oldest grandson who is 16 years old gave me decorative hair pins that came from the Dollar Tree that are absolutely beautiful! His gift showed me that he has been paying close attention to the small details of how I adorn my hair, again pretty amazing for a teenager and he didn’t have any help picking out his gift. My final gift from my 15 year old grandson was a bag full of my favorite candies. I thought to myself as my heart smiled from the joy of knowing that my grandsons honored the essence of who I am by the gifts that each of them gave from their heart amazed me. It wasn’t the price of the gifts or the size of the gifts that made my heart smile. It was the feeling of knowing that I was truly loved by them. They shared themselves with me by the gifts they gave. Their gifts represented the essences of me and that made my heart smile!

1 Peter 4:10 says “Each of you should use whatever gift you have received to serve others, as

faithful stewards of God’s grace.” Whatever your gift is, use it to serve others and feel the Heart of God smile. The greatest gift ever given to Humanity was God’s love through His Son Jesus Christ! Jesus tells us in John 13:34-35 “A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are my disciples, if you have love for one another.”

Friends, let us love and serve one another with the love of God by showing grace, peace, joy, laughter and kindness to one another. Perhaps we can make the heart of God smile when we offer the gifts that He has given each of us to share with one another as well as keeping His commandment to love one another, which represents the essences of who God is. God is Love. Smile, God is counting on you!

Denisse’s Diversified Wellness

Denisse Garcia-Martinez

As we know, being physically active can improve your mental health. However, there are many other ways to improve, or maintain a healthy mind, like meditation. Meditating is the form of self reflecting or concentrating on a task. There are many forms of meditating and even just 5 minutes a day can improve your mood. The next way to help your mind is by playing mind games. These games can improve your cognitive skills like decision making, processing speed, and short term memory. Another form is to have strong and healthy relationships with others. Having a great social support group can reduce stress and fight off loneliness. Finally, picking up a new hobby or taking a class can stimulate your brain and increase socialization.

My current favorite mind game is called Set. This game has you find different matches through common shape, color, filling, or number. This game is available as a card game, app on your phone, or free online <https://smart-games.org/en/set/start>. Enjoy!

In Memory

*Jane Lahr
Joella Hiatt*

Please keep their families and friends in your thoughts and prayers.

Foundation News

Marty Krug

50/50 Foundation Raffle

Back by popular demand, the Foundation will hold another 50/50 raffle. Tickets will be on sale May 31st through June 14th. Once again, tickets will be \$5 for one or \$10 for three. To purchase tickets call me at extension 3460, stop by my office on Tuesdays and Thursdays May 31st through June 14th, or catch me in front of the Tamarack dining room from noon to 1:00 pm June 7th or 14th. The winning ticket will be drawn during IL’s happy hour on June 16th. The winner will walk away with 50% of the ticket sales - in cold, hard cash! Need not be present to win.

Foundation Social Hall Patio

Warm weather has arrived, and the Foundation Social Hall patio is ready for visitors! The patio is booked every Tuesday and Thursday, from 2:00 – 5:00 pm for Leisure Services activities, but it is available any other time.

Need a place to sit and visit with friends or family members? Walk around to the patio which is located near the Sycamore entrance (you can’t get to it from inside the social hall). We just ask that you not move any tables. If you move chairs, please put them back before you leave, and please put your trash in the trash receptacles. If you would like to reserve the patio, please contact Laurie at extension 1053.

Flowers

Have you noticed the beautiful flowers all around the campus? Thanks to the Garden Club for watering! Our community is one of the most beautiful in Indianapolis.



Westminster
Village North

A Publication of Westminster Village North

May 20, 2022

Important Covid Update

This week we had three individuals test positive for Covid in Assisted Living—one resident and one staff member. Please remember, while rules regarding masks have been relaxed in other areas, the CDC and ISDH continue to support proper wearing of masks in retirement communities as a means to reduce the incidence of covid spreading. Masks must fit tightly covering the nose, mouth and chin. And masks must be worn anytime outside of your personal home and when not eating or drinking. You must wear a mask in the hallway. You must wear a mask at social gatherings such as card games, etc. We also ask that you wash your hands frequently and use hand sanitizer.

Staff members have been asked to stop residents who are not wearing a mask properly. Please do not be resistant to these staff. They are just trying to keep all residents and staff safe.

Pollinator Plants

Dr. Dan Hibner is offering to help residents with ideas for pollinator plants for inground or patio pots. These plants will provide the food for butterflies. The WVN Garden Club is evaluating how we might be able to add pollinator plants throughout the community as well.

If you would like to learn more from Dr. Hibner, call 317-832-3699

Welcome Ed Meyer

Laura Roman



Laurel Commons has a new resident in Ed Meyer who moved into LC 4111 on May 9. Ed moved from his east side Indianapolis

home where he lived for 54 years. Ed’s wife passed away last year after a long illness.

Ed moved his family to Indianapolis from northern Indiana. At the time, four of Ed’s six children were in school, and Ed felt they would have better schools in Indianapolis. He worked for Indiana Credit Union as the Treasurer. Ed continued his career working with various Credit Unions and also expanded to work for EDS (Electronic Data Systems), E. Ross Perot’s business. He was dealing with credit unions in accounting and data processing.

When Ed was 75, he retired from Indiana Members Credit Union to become a full time caregiver for his wife.

Ed searched several communities before coming to Westminster. He says he felt Westminster offered more opportunities for him and he felt comfortable here.

Please welcome Ed to Westminster!

Best Wishes Wilda

Laura Roman



The Westminster Community will seem a little different after Memorial Day because Wilda Duncan, Director of Campus

Environment, will be retired. Wilda has been a member of the WVN team for 46 years, and has held many positions over the years.

As a relatively new bride, Wilda started her career as a housekeeper and later became the maintenance department secretary, moving to maintenance department co-director. A while later, Wilda switched gears and began working in activities and as a special events coordinator. When construction was underway, Wilda became the relocation coordinator, working closely with residents to ensure smooth moves in the midst of construction.

Later, Wilda became the Director of Campus Operations, overseeing maintenance, transportation and housekeeping. Shelley Rauch, Executive Director, said Wilda embraced reinventing her role within the community when it was in the best interest of the organization. “Her love and dedication to Westminster Village is something that you see each day in the work she completes with a smile on her face.” She will be missed.

Residents: please join us on May 27 from 2-3 in the Foundation Social Hall as we thank Wilda for a job well done.

A Week at a Glance... Health Center

Jamie Minder

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

Sunday, May, 22
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, 23
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, 24
9:00 Good morning socials
10:30 Bird sounds + sensory (hw)
10:30 Strolling guitar with Robin
12:30 Westminster Bistro (jca)
3:00 Bingo (wc)
4:00 Movie matinee (wcl)

Wednesday, May 25
9:00 Good morning socials
11:00 The Climb movement class (aca)
12:30 Westminster Bistro (jca)
2:00 Devotions with Chaplain April (wcl)
4:00 Adult coloring (All Common Areas)

Thursday, May 26
9:00 Good morning socials
10:00 Music + movement/sensory
10:30 Seasonal creative arts (hw)
12:30 Westminster Bistro (jca)
3:30 Don's famous popcorn
6:15 Game night (aca)

Friday, May 27
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 (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, May, 21
9:00 Morning walk & stroll (Syc Av)
3:30 Wii Bowling (Salc)

Sunday, May, 22
9:00 Morning walk & stroll (Syc Av)
3:00 Vespers with Tim Grese,
Holy Cross Lutheran Church (fsh)

Monday, May, 23
9:00 Morning walk & stroll (Syc Av)
10:00 Welcome Book review committee (syc lib)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, May, 24
Happy birthday Wilbur Davis
9:00 Morning Walk & stroll (Syc Av)
10:00 Catholic Mass (aca)
1:30 Bible Study/devotions w/Chaplain April (Lcl3)
2:30 Seated Ballet class (aca)

Wednesday, May 25
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)
9:00 Morning walk & stroll (Syc Av)
5:45 Wii Bowling (Salc)

Thursday, May 26
9:00 Bargain Room (Tam lower level)
9:00 Catholic church visits/
door to door (9-12)

Friday, May 27
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)
3:00 Mocktail & cocktail party & Music (Syc alc)

June Birthday List Happy Birthday!

6/01 — Linda Horvath (IL)
6/02 — John Collins (AL)
6/02 — Marceline Minder (AL)
6/03 — Stanley Muggenborg (HC)
6/05 — Frank Skinner (AL)
6/06 — Joanne Clingler-Miller (HC)
6/07 — Mille Lemen (IL)
6/09 — Mary Shake (AL)
6/12 — Evelyn Bazan (HC)
6/12 — Donna Kennedy (IL)
6/12 — Gloria Todd (IL)
6/13 — Betty Reinacker (HC)
6/13 — Judy Lumbert (IL)
6/13 — Nancy Russell (IL)
6/14 — Fred McCarthy (IL)
6/15 — Joann Ulsas (IL)
6/16 — Sally Pedersen (HC)
6/17 — Evelyn Blood (IL)
6/18 — June Browder (HC)
6/20 — James Stroud (IL)
6/20 — Princess Glaspy (HC)
6/23 — Jean Lindstaedt (HC)
6/24 — Emily Holland (IL)
6/25 — Jean Hoffman (HC)
6/25 — Diane Kaercher (IL)
6/26 — Tibitha Green (HC)
6/27 — Harriett Thomas (IL)
6/28 — Jack Armantrout (AL)
6/28 — Jack Pomeroy (IL, HC)
6/28 — Peter Groh (IL)
6/29 — Martha Jungclaus (IL)
6/29 — Barbara Wood (IL)
6/30 — Mary Runion (HC)
6/30 — Barbara Stewart (IL)

Thank You Hershey's & Dietary

AL and IL residents were treated to 4 regular scoops of ice cream by Hershey's! The flavors included Cappuccino, Moose Tracks, Strawberry Cheesecake, and Butter Pecan. Residents provided feedback so that one or more of these flavors might be added to the dining menus. The winner was Cappuccino, with Moose Tracks a close second.

Brain Exercise

Which “fact” is false?

1. Adding salt to water does not help it to boil faster.
2. There are 5 separate areas of the tongue to taste salty, sweet, bitter, sour, and savory.
3. A flushed toilet does not rotate in the opposite direction as a toilet in the Northern hemisphere.

Last week's answer: 1. There are more than 50,000 people alive today past the age of 100.

Assisted Living Residents Enjoy a Performance at Warren Central

Recently, residents from Assisted Living were treated to a performance of ballet, tap and Irish dancing at the Warren Central Performing Arts Center.



Independent Living *Laurie Wilson*

The **Black and White** party is booked full! If you are not currently on the list, you will not be able to attend this year, unless we have a no-show or last-minute cancellation. Therefore, if you did not sign up, but still want to go, I can add you to the waiting list. Call me at extension 1053.

Everyone must check in at door 4 (Sycamore entrance), so I can keep track of who is attending. Please keep in mind, we will be using both the patio and indoor space—rain or shine, unless of course, it is storming! Seating will be on a first-come, first-choice basis. Doors will not open until 4:00 pm. Be sure to wear your fancy black, white, or combo attire.

Don't forget to bid a **happy retirement to Wilda Duncan** on Friday, May 27, 2-3 pm in the fsh.

Join us for drinks on the patio!



A Week at a Glance... Independent Living

Laurie Wilson

Sunday, May, 22
3:00 Vespers (fsh)

Monday, May, 23
Happy 100th Birthday Pauline Nixon
Happy Birthday Mark Hershman
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
3:30 Pauline Nixon 100th Birthday party (fsh)

Tuesday, May, 24
Happy Birthday Lois Ondrejack
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 New resident orientation (fsh)
1:30 Ballet (tsh)
3:30 Happy Hour (fsh)

Wednesday, May 25
Happy Birthday Carol Groh
9:30 Cardio Pop (tsh)
11:30 Ladies' Lunch: Surprise
3:30 Grace & Frankie (fsh)

Thursday, May 26
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Cocktails (fsh)
4:00 Black & White party (fsh)

Friday, May 27
9:00 Bargain Room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)
2:00—3:00 Retirement party for Wilda Duncan

Please do not begin signing up for June activities on the Touchtown app until you have received your paper calendar. I am still rearranging and confirming activities.