

Peaceful Reflection

Chaplain April Scott

The last Monday in May is reserved for a time of remembrance and celebration. We remember the lives of our fallen friends, the Hero/Shero (Heroine) of our United States Military. These brave men and women sacrificed their lives for our freedom. We also celebrate those men and women who served in the past and those who are currently serving in the military to show our appreciation for their commitment and bravery in serving this great nation. My Father was in the military and served in WWII. My stepfather was a paratrooper in the Korean War and trained with some of the Tuskegee Airmen. My stepfather once told me that he wanted to train to be a fighter pilot but that he didn't have the higher education that was required to get into the training program.

This weekend I will remember and celebrate these great men whom I love dearly. I have had the privilege to hear military stories from some of the residents of WVN. One resident shared with me that she was a nurse in the military and that she served in both WWII and the Korean War. Her story is pretty amazing! We celebrate you, friend, for your service. Another resident shared details of his service career in the US Air Force from 1956-1978 and the different Weapons Control System schools he attended, and the different states and countries that he lived in. Again a pretty amazing story. We celebrate you, friend, for your service.

I'm sure many of you have your own amazing stories of service that

will be remembered and shared over the weekend. Some will lay wreaths on the graves of their fallen friends and love ones to remember their great sacrifice. Others will celebrate with food and spirits to remember their loved ones and friends who have died but did not serve in the military. However you choose to remember and celebrate the men and women of the different branches of the Military or family members who have died, let us remember the greatest friend of all who sacrificed His life for our ultimate freedom. That Friend is Jesus Christ who laid down His life for all of us. Jesus died to free us from sin and to give us a hope of eternal life where we will be reunited with God the Father in our forever life where there is no more War, Sickness, sadness, pain or death. We will be free forever in Heaven! John 15:13 (NRSV) says "No one has greater love than this, to lay down one's life for one's friends." Thank you Jesus for being our Friend!

Memorial Service

July 27, 2022



On July 27th, 2022 at 3:00 in the Foundation Social Hall, Westminster Village North will host a memorial service for all residents and staff members who have died between 2019-2022. Please come out and help us celebrate the lives of our friends. Watch for more details.

In Memory

Princess Glaspie
Please keep her family and friends in your thoughts.

Foundation News

Marty Krug

June is Bustin' Out All Over!

The second 50/50 raffle benefitting The Westminster Foundation is right around the corner. Tickets are \$5 for one or \$10 for three. The drawing will be held June 16th during Happy Hour in the Foundation Social Hall. Tickets go on sale May 31. The last day to purchase tickets is June 14.

To purchase tickets call Marty at extension 3460, stop by her office on Tuesdays or Thursdays, May 31 through June 14, or catch her in front of the Tamarack dining room from noon to 1:00 pm June 7 and 14. You do not need to be present to win.

The first resident who leaves Marty a voicemail message correctly explaining why there is a carousel with this announcement wins a free raffle ticket!

Tamarack Dining

The Tamarack dining room will be operating under its normal schedule on Memorial Day. Lunch will be ordered from the menu.

We will have a special dinner for Memorial Day including:

- BBQ Ribs
- Baked Beans
- Cole Slaw

Enjoy the holiday with your friends!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

May 27, 2022

Pauline Nixon Celebrated her 100th Birthday!

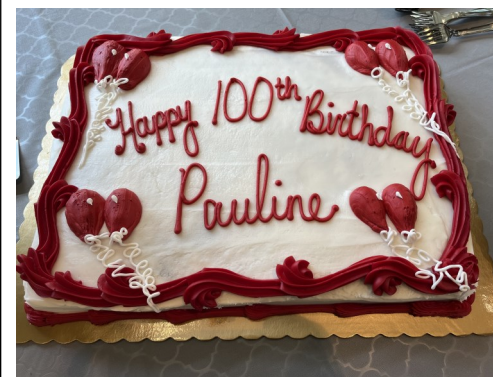


Written by Diana Howard, daughter
of Pauline Nixon

Globally, only 40 out of 1 million people live to be 100. Less than 2% of the people who served in WWII are still alive. My Mother is one of them. She has persevered through hard times and enjoyed good times, with the help of her loving partner for 76 years, my dad. She always took time to enjoy simple beauty – like taking care of flowers and making fun shapes of clouds in the sky. I'd like to tell you more about my Mother using the letters in ONE HUNDRED:

- **O**ven baked cookies and Kool-Aid for us kids
- **N**ice to EVERYONE
- **E**lementary school volunteer
- **H**omemaker extraordinaire
- **U**SA Patriot (worked during the war repairing Army airplane engines)
- **N**ever stopped loving and caring
- **D**ivine faith
- **R**eared 4 kids successfully!
- **E**mbroidery, quilting, garments, hundreds of beautiful creations throughout the years
- **D**emonstrated a life of serving others: from working on her childhood farm, to nursing, to serving her family, grandkids, and great grandkids, who all love her dearly!

The Nixon family and I would like to say thank you to the many friends and staff members of WVN who made my birthday unforgettable. Remnants of the beautiful cake are preserved for a time when I need it with a cup of tea to feel loved again. Thank you for making us feel right at home. **Pauline**



2022 Indianapolis 500 Sunday, May 29

The field is set for 106th running of the Indianapolis 500. Veteran driver, Scott Dixon, captured the pole with a four-lap fastest ever pole record of 234.06. Previous fast time was in 1996 with Scott Brayton (233.718). Arie Luyendyk holds the four-lap qualifying record of 236.986, although he was not eligible for the pole position.

Scott Dixon captured his fifth Indy 500 pole. He won the race in 2008, and has seven other top-five finishes.

This year's field features eight former winners: Dixon, Takuma Sato, Tony Kanaan, Helio Castroneves, Alexander Rossi, Juan Pablo Montoya, Simon Pagenaud and Will Power. The field also includes seven rookies: Romain Grosjean, Jimmie Johnson, David Malukas, Callum Ilott, Devlin DeGrancesco, Kyle Kirkwood and Christian Lundgaard.

The race is set for Saturday 5/29 at noon. The race will be blacked out in Indianapolis unless the tickets sell out. You can listen to the race on 93.1, WIBC.

Please note: the Cappuccino Lounge is reserved for a private party from 11:00 am—4:00 pm on Sunday.

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

Willow Activities, including Vespers service, have been cancelled until further notice. Please look for updates next week.

Health Center and Assisted Living Memorial Day Dinners

Sack meals will be provided to residents in the health center and assisted living on Memorial Day.

Covid Update
Health Center and Assisted Living
Shannon Poole Harris

Due to Covid-positive residents in Assisted Living and the Health Center, staff and residents will continue to be tested twice per week per Indiana Department of Health and CMS guidelines.

We can all continue to practice the Infection Prevention Practices by:

- *Washing your hands regularly
- *Not touching surfaces if you don't need to
- *Wearing your mask while in the hallways and in group settings—mask should cover your nose, mouth and chin.
- *Socially distance from others when you can
- *Covering your mouth with your elbow when you cough or sneeze

These are good practices any time of the year, however, as COVID cases rise out in the general community and here on campus, it's important to make sure everyone is doing their part to keep the community safe.

Thank you.

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

All indoor group activities have been cancelled, including Vespers, until further notice. Residents should watch for notices and/or call the activity department at extension 3530 with questions. Some activities will take place outside as weather permits. This policy will be looked at again next week. Mask up and be safe.

Assisted Living Orientation Previously Scheduled for June 6 is Cancelled.


Due to the covid outbreak in Assisted Living, the Orientation program previously scheduled for June 6 has been cancelled. We will reschedule at a later date. Be watching your newsletter for more information.

Assisted Living Contest
Ayannia, AL Activities

Since we can't host group activities, AL will have a contest! I have printed off a coloring sheet (flowers) and a crossword puzzle! Everyone should have received the papers in their mailbox. Everyone knows we love a good competition! Whoever brings me (Ayannia from activities) their finished crossword puzzle will receive a prize! Due to not being able to do craft activities right now, we will also have a contest with the flower coloring sheet...once you color your flowers, please bring the paper to the activity room so your paper can be entered in the drawing!

Thank you!

Denisse's Diversified Wellness
Denisse Garcia-Martinez



To conclude mental health awareness month, I will discuss coping strategies to help your mental health according to the National Alliance on Mental Health.

Radical Acceptance tells you to accept your fate and then take action to help your situation. Being in denial about an illness will only take away energy from getting the necessary help.

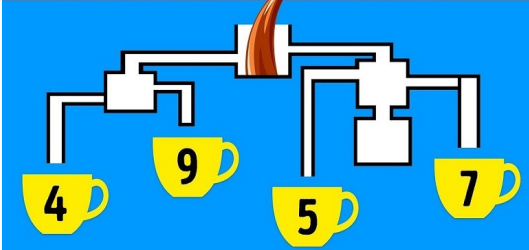
Mental Reframing is taking an emotion and thinking about it in a different way. It is changing your perspective to a positive one.

Opposite to Emotion Thinking is the act of doing the opposite of what the emotion is wanting you to do. If you feel down and want to isolate yourself, do the opposite and go meet with a friend.

Deep Breathing is one of the more common coping techniques. Breathing in for 5 seconds, holding for 3, and breathing out for 7 seconds is a great way to reduce your heart rate.

The 5 Senses are used to ground yourself to your environment during a crisis. It takes your mind away from the crisis to focus on what you see, feel, smell, hear, and taste. It reminds you to what is happening in the moment and what is real.

Brain Exercise
Which cup will be filled first?



Last week's answer: 2. There are thousands of taste buds with different senses throughout the tongue.

Fun on the Patio
Nancy Hershman



IL residents Helen Olson, Mark Hershman and Carol Groh celebrated birthdays on the patio of the Foundation Social Hall Wednesday evening with cake, ice cream and festive birthday hats!

IL Sing-A-Long

Winnie Muddiman will play the piano for a masked sing-a-long for IL residents on Saturday evening at 7 pm in the Tamarack Social Hall. (Unfortunately we may not include residents from other areas at this time due to COVID restrictions). Join the fun—no need to sign up for this event.

Independent Living
Laurie Wilson

Due to the positive cases of COIVD in AL, activities there have been cancelled until further notice. **It is advised** you do not interact/visit with AL residents at this time to help prevent the spread of COVID. Please be sure to wear your masks in hallways and common areas while playing cards, or participating in other leisure services or resident-driven activities. These activities include, but are not limited to: News & Views, Mahjong, socializing in the mail room or outside of the dining room, working or lingering around the puzzle table, and while waiting outside of the nursing clinic. This is the best chance of limiting the spread of COVID to IL. Thank you for your cooperation in keeping the community safe.

There will not be **Vespers service** until further notice.

Exotic Feline Rescue is a big cat rescue center that has grown from 15 acres to more than 200 acres of natural habitat for rescued felines. On June 6, we will visit the center as a group field trip. This trip is not a trip for those with walkers, however, since the trails are not paved. There is walking throughout the center on gravel/dirt pathways. If you have not been to this center previously, I encourage you to sign up! It is a fabulous tour and very educational. Some of the cats have been there since the center first opened in the early 1990's. Masks will be required during the tour. Tour price is \$10.

Reminder: **wine club** is cancelled this month due to the retirement party for Wilda Duncan. Plan to attend Wilda's party on Friday at 2:00 pm in the fsh.

If you **send a message to me or other staff through the Touchtown app**, and are expecting a reply, please include your email address or phone number. Unlike regular messaging, we cannot simply reply to the message and it goes back to you. Some of you have cell phones you use instead of your apartment extension, so providing the phone number would be helpful. Thank you.

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

Sunday, May 29
Happy Birthday Phyllis Darling
12:00 Indianapolis 500 mile race
11-4 pm Cappuccino lounge is reserved for a private party.

3:00 Vespers (fsh) - **Cancelled until further notice.**

Monday, May 30
Happy Birthday John Swan
Memorial Day
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, May 31
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
11:30 Around the World Lunch: Central America
3:30 Beer & Wine (fsh)

Wednesday, June 1
Happy Birthday Linda Horvath
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
1:00 Chaplain Chat (cl)
3:30 Grace & Frankie (fsh)

Thursday, June 2
Laurie PTO
9:30 Power Pump Thursday (tsh)
10:30 Council Meeting (tsh)
3:30 Cocktails (fsh) - **Cancelled—Laurie on PTO**

Also delete cocktails from your calendar on June 30—I will be on PTO.

Friday, June 3
Laurie PTO
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 ISO Coffee Pops (Hilbert Circle Theatre)
1:30 Mahjong (cl)