

## Peaceful Reflection

*Chaplain April Scott*  
“A Day to Remember”

Are there happy, joyful stories in your life that are etched in your mind and unforgettable? As I ponder that question, I remember a time when I visited with my son who lives in a rural area in Kentucky. One morning during my visit as I was preparing to pray outside in the country air, I was greeted by a pig in the front yard. The pig did not live at my son’s address but lived about a half a mile down the country road at another farm. The pig went down the road as I sat outside watching the sun rise.

As I sat still and allowed my senses to take hold of the sights and sounds of that morning I began to experience a joyful celebration of worship that was taking place in my presence. The morning air was filled with a rich bold earthy scent that filled the atmosphere with freshness. The birds seem to be singing in harmony and the leaves on the trees seemed to be clapping as a light wind sifted through them.

As I looked over the hill, I saw a small church with a steeple nestled in the midst of the woods. I thought that a worship service was taking place outside of the building under the heavenly sky. The church building was not large enough to hold the presence of God, for God’s presence is everywhere and all creation worships Him.

This Sunday is Pentecost Day and Christians all over the world will celebrate the coming of the Holy Spirit and the birthday of the church. I wonder how the people might describe their experience on that day.

The New Testament gives the description of the events that took place on that day, in the book of Acts, “Now when the day of

Pentecost had fully come, they were all with one accord in one place. And suddenly there came a sound from heaven, as of a rushing mighty wind, and it filled the whole house where they were sitting. Then there appeared to them divided tongues, as of fire, and one sat upon each of them. And they were all filled with the Holy Spirit and began to speak with other tongues, as the Spirit gave them utterance ([Acts 2:1-4](#)).

Don Stewart wrote:

“We can conclude that on the day of Pentecost the following occurred: the Holy Spirit, in fulfilling prophecies of both Jesus and John the Baptist, descended in a unique way upon all the believers, giving them power for service; the outpouring of the Holy Spirit began the church age; the disciples were both baptized and filled with the Holy Spirit; the sign of speaking in unknown languages was given to the disciples as evidence of the arrival of the Holy Spirit; and finally, on this birthday of the church when the Holy Spirit descended upon all the believers, Peter preached the first sermon of the church age and three thousand people were converted.”

Friends, we are the church. We have been empowered by the Holy Spirit to tell our stories because ours might be the story that changes a person’s life. It is not the church building that brings people to Christ but it is the church builder (Jesus Christ) that brings people to Christ through the stories we tell about the church builder (Jesus Christ) who is the chief corner stone of our souls.

*Blessings, Chaplain April Scott*

## In Memoriam

*Noel Hawkins*

Please keep his family and friends in your thoughts and prayers.

## More Covid

We are continuing to test residents and staff in Assisted Living and the Health Center following positive results. We have had both residents and staff test positive in all areas of our community—including Independent Living.

All residents should have received their vaccine and boosters. However, if you have not had your original vaccine (s) and two boosters, please contact Jami Blanton at ext. 2660.

Please remember that all residents are required to wear a mask that covers your nose and mouth any time you are outside of your apartment. You may remove the mask when you are eating, but must remember to replace it when you have finished. Since covid is an airborne disease, we need to ensure that everyone is protected.

Staff are also required to wear masks and, in some areas, are required to wear goggles or face shields. This defense is designed to stop airborne droplets from infecting others. As staff, we are required to treat residents who have tested positive. Frequent hand washing and use of hand sanitizer is also necessary.

Please tell your family and friends that this policy is designed to keep everyone safe. We are all tired of wearing masks, but we cannot let down our guard against the disease.

We appreciate your cooperation. Please note that we will ask residents to wear a mask if we pass you in the hallway.

Thank you.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

June 3, 2022

## Pendant Information

*Jackie Brewer*

There have been questions regarding the emergency pendants that I would like to clear up.

- On a daily basis, I receive a low battery report on all pendants for independent and assisted living residents
- Once a pendant is on the low battery report the battery lasts for 45 days
- Two or three times a month I create a list of the low batteries for the receptionist and assisted living staff
- Assisted living staff will take the pendants to the receptionist, who installs a new battery and then tests the pendant.
- If you are an independent resident, the receptionist will call you and ask you to take your pendant to the Customer Service Desk. She will install a new battery and test the pendant. It is your responsibility to take the pendant to the desk for battery replacement.
- I can also pull reports that show if a pendant was pressed and how long the pendant was activated until it was reset.
- There are two types of pendants. The only difference is that one pendant is larger than the other and is not water resistant. Both pendants work the same. Once pressed, it activates an alarm at the Customer Service Desk. If you are an independent living resident, the receptionist will call you to see if you are alright. If she does not receive an answer then someone is dispatched to

check the apartment. If you have fallen or need nursing services, a nurse and security/maintenance personnel are dispatched to your apartment. Please remember that Maintenance/Security, cannot get you up from the ground if you have fallen, as nursing has to access to make sure you are not injured.

- Assisted living resident pendant alarms go to pagers that nursing staff wear and also to the Customer Service Desk.
- It is always a good idea to either wear your pendant or have it beside you at all times. The pendants are for your protection and safety.

If at any time you would like to have your pendant tested, you can dial 0 and tell the receptionist you would like this done. Or, you may take your pendant to the Customer Service desk for testing.

Any further questions or concerns please feel free to stop by my office.

## Vespers Service Will Be Cancelled This Sunday

Due to the fact that we have had residents and staff test positive for Covid, we will cancel the Vespers service this Sunday. We want to ensure the safety of both our residents and staff, and group activities could increase likelihood of the disease spreading.

We hope you understand that your safety is our first priority.

## Resident Safety

We recently had a report of a suspicious person in Tamarack. The person did not check in at door #1 in Tamarack. While the person did no harm, we are unsure what his business was in the building, and how he got in. We are doing camera investigation, but in the meantime, we ask everyone to please make sure side doors are secure. Propping doors open for your own convenience makes the entire building vulnerable for unknown individuals to enter.

Also, please don’t automatically open a door when someone knocks. Ask who it is before opening. Do not open doors for strangers! Call the front desk and ask to have security check this out immediately.

And if you encounter someone that seems suspicious in the hallway, etc., please call the customer service desk at ext. 0 to report.

## IL Black & White Party

*Carl Herr*

A special appreciation and thanks to all the staff for an exceptional Black and White Dinner and evening. You are the best.

## Kudos

Kudos to everyone who made the Black & White party a success! Great Planning—Laurie Wilson and Marty Krug  
Excellent Food — Chef Thomas Balsar and Dan Armantrout  
Good Service — Maria, Kaylee and the servers from Tamarack  
Wonderful Music  
Thanks to all!



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

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



June is Alzheimer’s and Brain Awareness Month

The Health Center will be raising money all month to help end Alzheimer’s through a fundraising project with the Alzheimer Association. Watch for signs around the Health Center on how you can Donate!

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 this 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  
Shopping  
Jill Armantrout

The assisted living activity staff have been helping with light shopping during the pandemic. Since we now have transportation to the grocery store once a month, we ask that these orders are under 10 items per person. The activity staff take orders weekly through Friday afternoon. The orders are delivered on Mondays unless there is a holiday. If you need medications (including over the counter medications and vitamins), you will need to order these through the pharmacy or plan for family to order from other sources.

Please call ext. 5300 if you have questions.

Brain Exercise

Say the COLOR of each word. Do not say the word.  
Now how fast can you say them?

black white yellow green red blue  
yellow red black green white red  
white green red black yellow green  
black white yellow green red blue  
white green red black yellow green  
yellow red black green white red  
white green red black yellow green

Last week’s answer: 4

Denisse’s Diversified  
Wellness  
Denisse Garcia-Martinez

Do you ever wonder how many calories you need to eat in a day? According to the Dietary Guidelines for Americans, 65+ year old sedentary men only need 2,000 calories and men who are moderately active or active need 200-600 more calories. As for 65+ year old sedentary women, they need 1,6000 calories or if you are active, you need 200-400 more calories. These are just the recommended guidelines but if you are wanting to gain or lose weight these guidelines may not be for you.

Nowadays there are many ways you can track your caloric intake from applications you can download to your phone like MyFitnessPal or having a food journal you can write information in. It is easy to get overwhelmed with tracking your diet. However, try sticking to one food group at a time and slowly add other food groups. Please remember that a healthy lifestyle is not a sprint but a marathon.

Beware!

We have had residents report that they have items/money missing from their wallets that have been left in their rollators. Please! Do not leave anything valuable in your rollator when your rollator is not in your possession!

Black & White Party  
Independent Living

The annual Black and White party for Independent Living returned, after a two year hiatus, with grandeur. Food was exceptional, according to residents.



More pictures from this event can be found under photos on the Touchtown app.

Independent Living  
Laurie Wilson

**Palladium Tour:**  
If you have not yet had the opportunity to see The Palladium in Carmel, now is the time!

“The Palladium has striking presence with its domed, neoclassical design. It is the flagship venue of the Center for the Performing Arts. Its 1,600-seat concert hall combines centuries-old architectural expertise with state-of-the-art audio technology for an unparalleled acoustic experience.”

On Tuesday, June 14, you will have the opportunity for a guided tour of this magnificent structure, free of charge. Most of the tour is located in the main hall, so there is not a lot of walking. Sign up today on your app, or call me at extension 1053.

**Share your story!** Years ago I offered a program for residents to share stories about their hobbies, unique talents, or life in general. Jim Russell shared stories about his days as a stunt car driver. Another resident shared a coin collection he had since childhood. I recently learned of a very interesting career path for one of our residents. I know each of you has a unique story to tell, and many would love to hear it.

In July, I will add **Spotlight on a Resident** to the calendar. If you would like to share your story, please call me. If you feel you can’t give the presentation yourself, we can still make it work with a surrogate story teller.

Jack Levy is offering to show **YouTube video classes** on a variety of subjects. If you are interested in learning to Crochet, paint, or a number of other things, please contact him to schedule a time and place to watch. You can learn just about anything through YouTube!

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

**Sunday, June 5**  
No Vespers this week

**Monday, June 6**  
9:00 Exotic Feline Rescue Center  
9:30 Monday in Motion (tsh)  
11:00 Bible study (cl)  
11:00 The Climb (tsh)  
1:30 Masked sing-a-long (tsh)

**Tuesday, June 7**  
9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (tsh)  
1:30 News & Views (cc)  
3:30 Beer & Wine (fsh)

**Wednesday, June 8**  
9:30 Cardio Pop (tsh)  
11:30 Ladies' Lunch: Surprise

**Thursday, June 9**  
9:30 Power Pump Thursday (tsh)  
11:00 The Climb (tsh)  
11:30 Men's lunch: Wolfies  
3:30 Cocktails (fsh)

**Friday, June 10**  
9:00 Bargain room open!  
9:30 Fun Fitness Friday (tsh)  
1:30 Mahjong (cl)

There will be a **masked sing-a-long** the first Monday of each month at 1:30 pm in the Tamarack Social Hall. The sing-a-long is led by Kathryn Huelster with Helen Fry on the piano. Please join them for music and fun!

If you have not been to the **Exotic Feline Rescue Center**, I strongly encourage you to go with us on Monday, June 6. You will see a number of felines in their natural habitat up close and personal. It is a gravel path around the center, however, so unfortunately, walkers are not conducive to this tour. Golf carts are available on a first-come-first-serve basis. We are scheduled for the first tour, making golf cart usage more likely, but not guaranteed.