

Peaceful Reflection
Chaplain April Scott

"How to Find Peace of Mind"

I rarely watch television anymore due to the "hundred million gazillion" commercials offering you everything that will make your life seemingly better. The truth of the matter is they are only concerned with extracting money from your hands to their hands. They are money harvesters. In one setting of watching television the advertiser's messages are clear to me about what foods they suggest I eat. They say "I can have it my way" at Burger King, at White Castle "it's what I crave," at McDonalds "I'm loving it." And, oh, by the way, if you happen to get diabetes or digestive issues from the foods we've suggested you eat, we have medicines to manage the symptoms, just wait for the next commercial for the details. After I have been told what I should eat and the medicines I should take to manage my health, the five o'clock news reporters tell me how awful the world is around me with a sense that there is no hope.

If we look beyond the distraction of the television, we can find hope. We can find hope in our observation of nature, in our listening to music that soothes the mind and spirit, and in our quiet time of reading resources that offer hope. Hope is everywhere, just look, listen, see and hear the beauty that surrounds you. One of my favorite poets is Helen Steiner Rice, and I would like to share a beacon of hope through one of her poems:

"How to Find Peace of Mind"
We listen to the newscasts that come daily to our ears,
We read alarming headlines that intensify our fears,
We grow more and more dissatisfied and feel less and less secure
As our days become more anxious and the future more unsure
For with violence and dissension and chaos all around
We no longer feel with certainty that we stand on solid ground

But in place of reading headlines that disturb our peace of mind
We should once more read the BIBLE and on its pages we would find
That this age is no different from the millions gone before
And that in every hour of crisis God has opened up a door
To all who seek His guidance and trust His all-wise plan,
For God provides protection beyond that devised by man
And while God's almighty power is not ours to understand,
We know Who Holds The Future and we know Who Holds Our Hand
And to have the steadfast knowledge that we never walk alone
And to rest in the assurance that our every need is known
Will help dispel our worries and in trusting him we'll find
Right in the midst of chaos God can give us Peace of Mind!

Window Washing
Wilson Ojwang

We will begin exterior window washing around the campus the week of June 20 and will continue for several weeks until completed. Again this year, we will use Fish Window Cleaning to do this work. Before they begin, a staff member from the maintenance department will remove screens, which will be washed and replaced following the windows being cleaned. The schedule will be as follows:

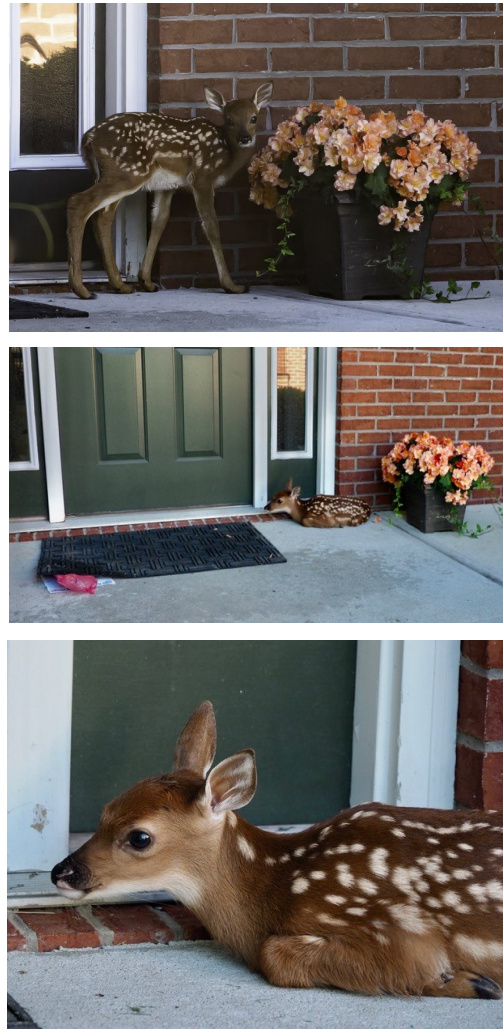
- Ranch homes
- Attached cottage homes
- Tamarack apartments
- Elm apartments
- Sycamore/Garland apartments
- Laurel Commons apartments
- Ironwood and Ironwood Memory Care
- Cedar Commons
- Willow
- Heatherwood, Aspen and Juniper will follow.

We appreciate your patience and assistance through this process. Please remember, this is exterior windows only.

Welcome to WVN!
Laurie Wilson

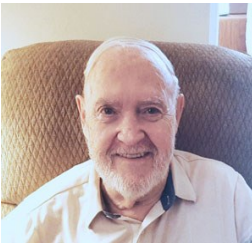
Lincoln Fawn has moved into the Village on Lincoln Trails Circle, although he apparently has not decided which house to make a permanent home. Resident Barry Lively spotted him on Dr. Dan Hibner's porch (top photo), while the Hardmans found him resting in front of Mike Blackwell's home (bottom two photos).

Be on the lookout for this new resident, especially while driving.



Westminster Village North logo and title 'Around the Village'. Publication info: A Publication of Westminster Village North, June 10, 2022.

Welcome to the Village
Nancy Russell



Rev. Benjamin "Ben" Strasser moved to 162 Elm from a retirement community in Glendale, AZ, and he is "up and running" getting acquainted at Westminster.

Born in Charlestown, IN, near Louisville, KY. Ben moved to a farm in Salem, IN, when he was 3 years old. He said his father demanded that he and his siblings went to church, in the back of a pickup truck, every Sunday - regardless of bad weather or other deterrents - while his dad went to the village for a cigar and coffee. One day Ben asked his dad why he didn't attend church, and sure enough, that was all it took. He and his father were baptized together! That same father was seriously wounded in World War I and was thought to be deceased, thus placed in a morgue. When the funeral director examined him, he detected a faint heartbeat. He lived to be an amazing father to an amazing son.

After graduating Salem High School, Ben went to Purdue where he earned a bachelors degree in religion and psychology. It was on to the Christian Theological Seminary where he was awarded a degree in ministry.

Rev. Ben served the Disciples of Christ and nondenomination churches

in Ohio, Indiana, and Michigan. Due to unfortunate circumstances that turned out to be a blessing, he and his late wife helped their daughter raise three children ages 3, 8, and 11. Their daughter, Jennifer, now lives in Greenfield, IN, and the grandchildren are in Ohio, California, and China (with Eli Lilly). When Rev. Ben's late wife developed health problems, they moved to Glendale, AZ, but he did not retire, as he served churches there as well.

Talking with Rev. Ben, I don't think he will ever officially retire. He shared that he is "challenged by the Lord to help people know what it means to be saved." He humbly admits that, hearing his own father's last words, he knows he was instrumental in his dad's salvation.

Rev. Ben has already touched the lives of many folks here at WVN, and he will continue to do so in his sincere, soft-spoken manner.

Thank you, daughter Jennifer, for finding Westminster as the forever home for your dear dad. What a treasure he is for us!

Laurie Wilson



The Quilts of Valor Foundation's mission is "to cover service members and veterans touched by war with comforting and healing quilts of valor." The foundation receives nominations from people all over the country who would like a veteran to receive a handmade quilt to support them when they have memories of their time

in the military, and also as a thank-you from a grateful nation.

Recently the QOVF reached the milestone of the 300,000th Quilt of Valor awarded since its inception in 2003 by blue star mom Catherine Roberts. To recognize this amazing milestone, the QOVF asked that each state select one person to receive an "Honorary 300,000th Quilt of Valor." Merle Ritter was originally nominated for a Quilt of Valor in 2019 by Diane Burgin, resident Emily Holland's daughter. Now, more than two years later I was contacted by the QOVF to inform me Merle had been selected to be awarded the "Honorary 300,000th quilt!"

Recognizing this unique opportunity, I informed QOVF of the exemplary service given by Ginny Defourneaux as well. Given her service, I asked if they would consider awarding a second "Honorary 300,000th Quilt of Valor" to Ginny. QOVF approved this request after reviewing Ginny's service bio and lifetime achievements. Therefore, both Merle and Ginny will receive "Honorary 300,000th Quilts of Valor" during a ceremony on June 21, at 3:30 pm in the Foundation Social Hall!

QOVF has requested a congressional greeting from the office of André Carson for the ceremony on June 21.

Since 2008, André D. Carson has served as the U.S. representative for Indiana's 7th congressional district. A member of the Democratic Party, his district includes the southern four-fifths of Indianapolis, including downtown Indianapolis.

Residents are invited to attend the ceremony for Merle and Ginny on Tuesday, June 21, at 3:30 pm in the Foundation Social Hall. You are asked to either sign up on the app, or call me with your reservation at extension 1053.

A Week at a Glance...
Health Center

Jamie Minder



A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, June 11

9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack
3:30 Wii Bowling (Salc)

Sunday, June 12

9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack
3:00 Vespers with Christ Presbyterian Church & Richard Perry, pianist (fsh)

Monday, June 13

9:00 Morning walk & stroll (Syc av)
10:00 Welcome book review committee (syc lib)
1:00 (1-4) Daily chronicles & grocery delivery
3:00 Daily chronicles & activity pack
5:45 Bingo (Salc)

Tuesday, June 14

Flag Day

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)
2:30 Women's Club tea & chat (Syc alc)
3:00 Daily chronicles & activity pack

Wednesday, June 15

9:00 Morning walk & stroll (Syc av)
9:30 Outing: Indianapolis Zoo + lunch
1:00 Bingo (Salc)
3:00 Daily chronicles & activity pack

Thursday, June 16

9:00 Morning walk & stroll (Syc av)
11:00 Father's Day luncheon (fsh)
2:00 Pianist: Barbara Frolik (syc lib)
3:00 Daily chronicles & activity pack
5:45 Wii Bowling (Salc)

Friday, June 17

9:00 Bargain Room (tb)
9:00 Catholic church visits/door to door (9-12)
9:00 Morning walk & stroll (Syc av)
10:00 Grocery orders due
10:00 Catholic communion (aca)
10:30 Bible study/devotions w/Chaplain April (Lcl3)
1:00 Assisted Living resident & dietary meeting (fsh)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)
3:00 Daily chronicles & activity pack
3:00 Mocktail & cocktail party with music (Syc alc)

In Memory

Augusta McAnulty

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

Laundry Claim

Jill Armantrout

Are you missing clothing items? Please come to the Aspen Activity Room on one of the following dates to claim and label your clothing:

Friday, June 24: 9:00 am- 6:30 pm
Saturday, June 25: 9:00 am - 2:00 pm
Sunday, June 26: 9:00 am - 2:00 pm
Monday, June 27: 9:00 am - 6:30 pm
Tuesday, June 28: 9:00 am - 6:30 pm
Wednesday, June 29: 9:00 am - 6:30 pm
Thursday, June 30: 9:00 am - 4:00 pm

On Friday, July 1, residents in need will have the opportunity to “shop” left-over clothing from 9:00 am - 1:00 pm. Any items left that day will be donated to charity.

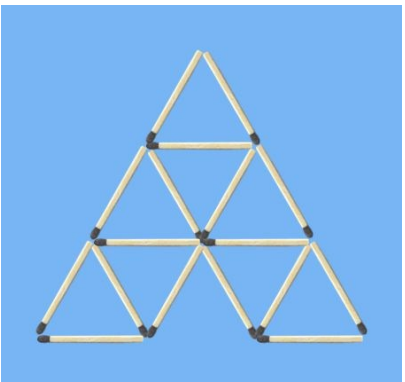
Moving forward, we ask that all clothing is labeled with your full name. This includes socks and undergarments. We recommend using iron-on labels for dark clothing. If you need assistance marking your clothing, please contact social services at ext. 5300. All items brought to Health Center rooms should be added to the resident inventory sheet.

Resident Council

The Resident Council met on Thursday and the minutes from that meeting are now posted on the Touchtown app, under Resident Council/2022.

Brain Exercise

Remove two matchsticks so that 6 triangles remain.



Denisse's Diversified Wellness

Denisse Garcia-Martinez

As summer approaches, many of us are going outside to enjoy the weather. This is great and very much encouraged. What I also push for everyone to do is to put on sunscreen protection. Sunscreen lowers our risk of skin cancer and sun damage. Applying sunscreen to our whole body before we dress is the best option. This should be done 30 minutes before going outside. We should wear sunscreen even if it is cloudy because 80% of the sun's rays reach the earth. It is also crucial to wear UV blocking sunglasses to protect the eyes, and do not directly stare at the sun. No matter your skin tone, sunscreen is essential for all.

Classes with Jack

Jack Levy is offering to assist you with computer classes in the computer room of Tamarack, across from Tamarack 2001. Also, he is willing to show YouTube videos on how to do things, like knit, sew, etc. If you are interested in any of these instructional activities, please call him directly at 317-440-3902.

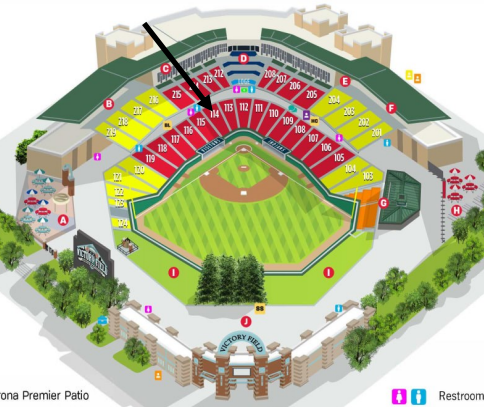
Independent Living

Laurie Wilson

Be sure to come to the **resident meeting on Tuesday, June 14**, at 10:00 am in the Foundation Social Hall. Executive Director Shelley Rauch and department managers share updates on happenings around the Village, including responses to council meetings, marketing, dietary information and more. This is also an opportunity for you to ask questions or voice opinions.

If you have not signed up for the **Palladium tour**, you should do so. This is a fantastic tour that does not require a lot of walking, but provides interesting insight to the workings of the Palladium. The Palladium is the flagship of the Carmel Performing Arts Center. Its beauty is a combination of “centuries-old architecture, and modern day, state-of-the-art audio technology.” You will see how the glass panels move to create different acoustics sounds for concerts. Sign up on the app today, or call me at extension 1053.

MiLB tickets have been purchased for those signed up to go to the game on June 22. Cost per person is \$18, which includes a group handling fee. You may either bring money with you on the day of the game, or I can bill your account. No shows or cancellations from June 8 forward will be billed on account. (This notice has been published on Touchtown.) Seats for the game are in section 114, rows Q and R.



A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, June 12

Happy Birthday Donna Kennedy
Happy Birthday Gloria Todd
3:00 Vespers with Christ Presbyterian Church & Richard Perry, Pianist (fsh)

Monday, June 13

Happy Birthday Judy Lumbert
Happy Birthday Nancy Russell
9:00 Grocery Shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
Author Elaine Leonard teaching from her book "Your Love for God" for the bible study class June 13
11:00 The Climb (tsh)

Tuesday, June 14

Flag Day
Happy Birthday Fred McCarthy
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
12:00 Palladium tour
1:30 Ballet (tsh)

Wednesday, June 15

Happy Birthday Joann Ulsas
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
11:00 Fast Food, Total Wine & More, Trader Joe's
3:30 Grace & Frankie (fsh)

Thursday, June 16

9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Cocktails (fsh)

Friday, June 17

Happy Birthday Evelyn Blood
9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
10:00 Catholic communion (aca)
11:30 Heidelberg Haus
1:30 Mahjong (cl)