

Peaceful Reflection
Chaplain April Scott

Happy Father’s Day

Poem: “God’s Masterpiece”
(author unknown)

“God took the strength of a mountain, the majesty of a tree, the warmth of a summer sun, the calm of a quiet sea. The generous soul of nature, the comforting arm of night, the wisdom of the ages, the power of the eagle’s flight. Then God combined all of these qualities, when there was nothing more to add, He knew His Masterpiece was complete, and so He called it Dad.”

June 19th is Father’s Day, a time to show reverence to the one who nurtured, guided, provided for, and protected the ones God placed in his care.

My father died when I was just 20 years old, but I remember always the impact that he had and continues to have on my life. My father was a soft-spoken, gentle man, very loving and caring. I remember the times when I would visit with him, how we would sit on the front porch rocking back and forth on the old squeaky glider watching the traffic go by and making comments about the kind of cars we saw. This was the highlight of my visit with him. To be in the presence of my father gave me a sense of peace and calm that washed away any doubts, troubles, or fears that I had in my life. There was this assurance that everything would be alright as long as my father was near.

The day my father left his earthly home to be in his heavenly home, I wondered who would keep me calm and safe from harm and love me like no other. I begin to weep for my father because I felt unsafe in a world that I had just begun to navigate through as an adult. Who would I call to soothe my troubled heart from the worries of the world?

Who would sit with me on the porch to calm all my fears? Who would love me unconditionally as I made mistakes? As my mind and heart searched for the answers to these questions, the words of Psalm 23 eased my spirit:

- 1. The Lord is my shepherd; I shall not want.
- 2. He maketh me to lie down in green pastures: he leadeth me beside the still waters.
- 3. He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.
- 4. Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.
- 5. Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.
- 6. Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.

Tech Tip
Laurie Wilson

Clean your tablets and phone screens at the end of each day. Use a soft cloth with a drop of water or screen cleaner, if necessary. This helps to prevent germs from spreading.

Permanent Mail Carrier

Westminster Village has been assigned a new, permanent mail carrier. Her name is Erica. However, Erica is having surgery and will be out of commission for about 6 weeks. Therefore, mail may still be a little sporadic, but there is light at the end of the tunnel!

Cat Litter

Please do not dispose of cat litter down the toilets. It does not flush all

In Memoriam

Mary Runion
Sharon Turner

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

Hypnotist at a Senior Citizens Center

Submitted by Bill Voiles

It was entertainment night at the Senior Citizens Center. After the community sing-a-long led by Alice at the piano, it was time for the star of the show - Claude the Hypnotist!

Claude explained that he was going to put the whole audience into a trance. "Yes, each and every one of you and all at the same time," said Claude. The excited chatter dropped to silence as Claude carefully withdrew, from his waistcoat pocket, a beautiful antique gold pocket watch and chain. "I want you to keep your eyes on this watch," said Claude, holding the watch high for all to see. "Its a very special and valuable watch that has been in my family for six generations," said Claude.

He began to swing the watch gently back and forth while quietly chanting, "Watch the watch --- watch the watch - --- watch the watch." The audience became mesmerized as the watch swayed back and forth. The lights were twinkling as they were reflected from its gleaming surfaces. A hundred and fifty pairs of eyes followed the movements of the gently swaying watch. They were all hypnotized.

Then, suddenly, the chain broke!!! The beautiful watch fell to the stage and burst apart on impact. "SHIT!," shouted Claude. It took them three days to clean up the Senior Citizens Center. Claude was never invited back.



Westminster Village North

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Happy Father’s Day!

Exactly 112 Years Old on Sunday
History.com

The nation’s first Father’s Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972, 58 years after President Woodrow Wilson made Mother’s Day official, that the day honoring fathers became a nationwide holiday in the United States.

The campaign to celebrate the nation’s fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, “fathers haven’t the same sentimental appeal that mothers have.”

On July 5, 1908, a West Virginia church sponsored the nation’s first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December’s explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother’s Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation’s first statewide Father’s Day on June 19, 1910.

Exotic Feline Rescue Center

Laurie Wilson



The Exotic Feline Rescue Center, located in Center Point, Indiana, is a not-for-profit organization which rescues exotic cats.

IL residents met George, Beaux, and Drago (above), among so many more rescued big cats. Many of the exotic cats at the rescue center actually came from Indiana, as it is an unfortunate leader of exotic cat ownership gone wrong. Beginning July 1, Indiana will no longer allow petting of lion and tiger cubs, one of several laws enacted to protect exotic animals.

Little Known Exotic Pets Facts

- 50% of pets in the US are considered exotic.
- The exotic pet industry is worth \$15 billion a year.
- Between 1990–2021, over 1,300 exotic pets have escaped in the US.
- In 2011, over 50 wild animals were released in Zanesville, Ohio.
- There were 91 incidents of death by exotic pets between 1990–2021.
- 75% of human infections started with an animal-borne disease.
- White tigers are a result of inbreeding. It is not a species of tiger.

Meet Tammy Meadows

My name is Tammy Meadows. I am the new Environmental Services Manager, here at WVN.



I have been in the healthcare field for 13 years. I was Director of Environmental Services, which oversees housekeeping, laundry, and floor care. After I was promoted to Senior Director of Environmental Services, I had my own building to manage, as well as oversee the environmental services department, including 11 additional buildings in my region.

I am so thrilled to be here at Westminster Village North! Westminster Village is a beautiful place. I thank everyone from the bottom of my heart for being so kind and welcoming.

I am already in knee deep, and plan to work hard to get services back to as normal as possible. Please don’t hesitate to reach out. I am always glad to help.

In the meantime, the most important thing you or your family member can do for me if you send your laundry out is:

LABEL EVERY SINGLE GARMENT WITH YOUR NAME including, socks and undergarments.

This may be a daunting task, but absolutely necessary to ensure the proper laundering and return of clothing.

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

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



Sunday, June 19
Father's Day
9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with McCordsville United Methodist church (fsh)

Monday, June 20
9:00 Morning walk & stroll (Syc av)
10:00 Crafts (Sar)
10:00 Welcome Book Review Committee (syc lib)
11:30 Lunch outing: Chicken Salad Chick, Fishers
1:00 (1-4) Daily chronicles & grocery delivery
2:00 Entertainment: Mrs. Kate, singer (fsh)
3:00 Daily chronicles & activity pack to your door
5:45 Bingo (Salc)

Tuesday, June 21
9:00 Morning walk & stroll (Syc av)
1:30 Bible study/devotions w/Chaplain April (Lcl3)
3:00 Daily chronicles & activity pack to your door
3:30 Caregiver Support Group (tbr)

Wednesday, June 22
9:00 Morning walk & stroll (Syc av)
10:00 Gardening projects (Sar)
12:30 Love with labs (Syc av)
1:00 Bingo (Salc)
3:00 Daily chronicles & activity pack to your door

Thursday, June 24
9:00 Morning walk & stroll (Syc av)
10:30 Outing: picnic & bingo at Fort Harrison State Park
2:30 Cook's Corner & tasting (Sar)
3:00 Daily chronicles & activity pack to your door
5:45 Wii bowling (Salc)

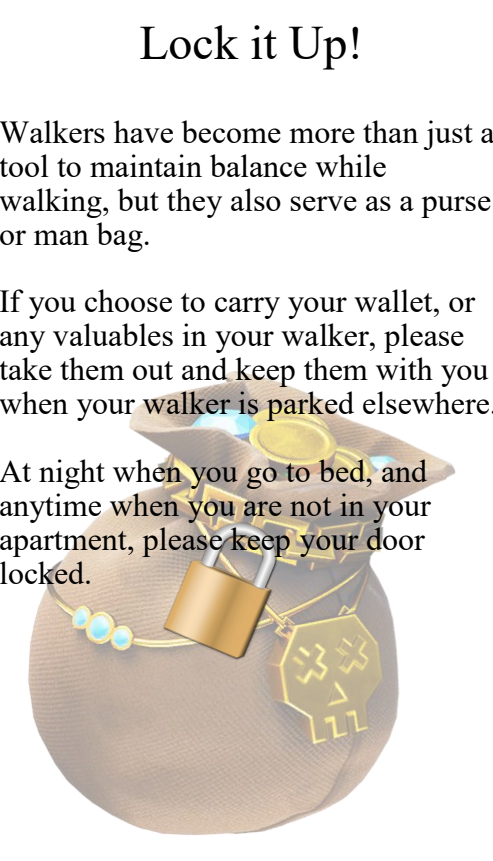
Friday, June 25
9:00 Bargain room (tb)
9:00 Catholic church visits/door to door (9-12)
9:00 Morning walk & stroll (Syc av)
10:00 Grocery orders due
10:30 Bible study/devotions w/Chaplain April (Lcl3)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)
3:00 Daily chronicles & activity pack to your door
3:00 Mocktail & cocktail party & music (Syc alc)



Bloomin' on Lincoln
Trails

Dan Hibner

This week the flowers in bloom on the corner of Lincoln Trails Circle are Crocosmia and Snapdragons.



Brain Exercise

Can you determine the order of the 7 runners in the race, based on the following information?

Val came ahead of Dayton, but not in the top 3. Sloane didn't place in the top 3 either, but was happy to be somewhere ahead of nemesis Blaise. Misha was either 2nd or 4th. Cassidy was directly behind Addison for most of the race, but another runner came between them in the final standings. Cassidy and Val were separated by 2 runners.

Denisse's Diversified
Wellness

Denisse Garcia-Martinez

The heat and humidity are here, and our community should be especially careful during this time. According to the National Institute on Aging, people who are 50 years old or older are more likely to die from hyperthermia or high body temperature. Here are some signs and symptoms of a heat illness: dizziness, cramps, swelling in your feet and ankles, weakness, nausea, and incoordination.

To reduce your risk of heat-related illnesses, you can drink plenty of fluids and limit your alcohol and caffeine consumption. You should also wear lightweight, breathable clothing like cotton. Finally, limit any outdoor activities like gardening or exercising to early morning or when the sun goes down.

Resident Directories

Newly updated resident directories have been created for Assisted Living and Independent Living residents. IL residents may pick up a directory from reception. AL directories will be hand-delivered to AL residents over the next two weeks.

Independent Living

Laurie Wilson

Leisure Services will host a **4th of July Ice Cream Social** for independent residents on Monday, July 4, 2-4 pm in the Foundation Social Hall. Winnie Muddiman, Kathryn Huelster, and Helen Fry will play patriotic songs on the piano for your entertainment. Residents have asked me to remind you of the following information:

Once you **sign up for an activity** or offsite trip, including restaurants, grocery, etc., it is your responsibility to honor the obligation. We have been having numerous last-minute cancellations and no-shows for various reasons. This makes it very difficult to plan ahead with transportation needs and securing reservations.

You will not be given a reminder call. Reminders are in the weekly update and on the Touchtown app. Additionally, it is your responsibility to be on time by either waiting outside or looking out a window for the bus. We have had several incidents of late/no show people for the bus. If you sign up for an activity, please write yourself a reminder, if you need to, and place it where you will see it. We will not be knocking on doors. This has caused too much time wasted, and is a lack of consideration for others.

Finally, please be on time for scheduled departures. Thank you for your cooperation!

A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, June 19
Father's Day
3:00 Vespers with McCordsville United Methodist Church (fsh)

Monday, June 20
Happy Birthday James Stroud
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)

Tuesday, June 21
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Caregiver Support Group (tbr)
3:30 Quilts of Valor awards: Ritter & Defourneaux (fsh)

Wednesday, June 22
9:30 Cardio Pop (tsh)
12:15 MiLB: Indians vs Memphis

Thursday, June 24
Happy Birthday Emily Holland
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Cocktails (fsh)

Friday, June 25
Happy Birthday Diane Kaercher
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)
3:30 Wine club (fsh)

Father's Day Menu
Tamarack

The Tamarack dining room will be serving Prime Rib on Father's Day, Sunday, June 19.

Dining hours:
12:00—1:30 pm
4:30—6:00 pm

There will not be a special on Monday, June 20.