Peaceful Reflection

Chaplain April Scott

"The Comforter that Comforts Me'

This past Tuesday June 21, 2022, Laurie Wilson and all who were involved put together a wonderful program to honor residents Merle Ritter and Ginny (Virginia) Defourneaux for their service in the U.S. Military. They both received an "Honorary 300,000th Quilt of Valor" to thank them for their dedication and commitment to the people of this great country. 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 quilt is to support them when they have memories of their time in the military, and it is also as a thank-you from a grateful nation.

As I sat and observed all that was taking place in this wonderful ceremony, I felt proud and full of joy to know that Merle and Ginny were each given a beautiful quilt to let them know that they are never alone and that the people of this country love them and care about what they must have gone through during their time of service in the Military.

Ms. Ginny, a nurse, teared up when she shared how she had taken care of her fellow servicemen that contracted polio during their time of service and had to be put into an iron lung (a mechanical respirator that helps stimulate breathing) for their survival. As Ms. Ginny told the story, I could sense the sorrow she felt as she remembered caring for the servicemen. Ms. Ginny is 100 years old, and the pain of that memory seemed to be very vivid in her heart and mind as she told the

Mr. Merle also teared up as he told of his time spent in the military.

As the volunteers placed a quilt over

each one of them, I hoped they felt the love and hugs from millions of Americans to comfort them and to let them know that their service will never be forgotten and that they are never alone.

The Quilts of Valor mission reminds me of what my friend, Elaine Leonard wrote about the Holy Spirit in her book "Your Love for God." In her book, Elaine shares: "Your heart is a priority to the Father, so He sent Jesus, His Son, to heal your heart and mine from the brokenness and hurts we have and will endure. You don't have to live with it, you don't have to go through it alone. He sent the Holy Spirit, who is called the Comforter for a reason. He is with you and understands. He is in you to relieve you of your burdens, to carry your hurts and pains away, and to give you hope and assurance. He helps you and fills you with God's love and acceptance."

I love sitting with a comforter around me. The comforter keeps me warm, but also helps me to relax and rest. I feel secure and safe with it around me. The weight reminds me that I am not alone. It may only be a physical representation, but it is a great reminder of the Father's love, the Son's protection, and the Holy Spirit's comfort to me. They never leave me nor forsake me. They are my constant companions, and that brings joy to my heart."

I pray that as the comforters were placed over Merle and Ginny, they experienced the joy in knowing that the Comforter, the Holy Spirit, has always been there to comfort and keep them.

Window Washing Continues

Just a reminder that we are continuing to wash windows throughout the campus. Thanks for your cooperation.

In Bloom This Week Dan Hibner

This week the blooming flowers at the Lincoln Trails Circle entrance are: Native Day Lilies (at their peak), Crocosmia, and Delphenium.

Health Center Laundry Claim Reminder

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, from 9:00 am— 1:00 pm, residents in need of clothing will have the opportunity to select clothing items that have been left.

All clothing—even socks—must be marked with the resident's name when sent out to our central laundry service. Please see your activities staff if you need assistance or a marker.

Lawrence United Methodist Church Youth Group

You will begin seeing some younger people around our campus as they assist us in pulling weeds and getting the campus in good shape. The Garden Committee has identified various areas where this group will be focusing their efforts.

If you see these young people, please thank them and tell them we appreciate their help!

Around the Village

Westminster Village North

A Publication of Westminster Village North

June 24, 2022

Welcome to WVN!

Nancy Russell

Jill Wilkin. one of our newer cottagers, moved to 11209 Presbyterian Drive earlier this month. This



interesting lady was born a Hoosier in Muncie, IN, but left us for a while to go to Woodridge, IL, (near Naperville) where her late husband worked for Essex.

After graduating high school in Muncie, Jill attended Indiana Business College and found a job with Ball Stores in their marking room. She went to Ivy Tech where she studied early childhood development. Employment followed in day care centers and in a Wesleyan Church center for children. While working for a Ball State history professor sorting current events, Jill pursued an associate degree in multi-media technology. Would you say this remarkable lady has a diverse background?

When she and her late husband moved to Illinois in 1999, she became a professional volunteer in Christian ministry, in offices, computers, and in the Food Pantry. She also worked at a call center that activated credit cards and offered programs.

The couple lived in Illinois 19 years, but when her husband became ill his family urged them to come back to the Indianapolis area so they could be closer. Jill said they lived in three

different facilities before her husband's passing. Now she is in her cheery duplex in the woods - away from the sad memories - and ready to make a new start.

And start she did! Jill has already been traveling with Laurie to the Palladium! The name Jill means "youthful," according to this fun-loving lady, and in the corner of her dining room sits a decorated Christmas tree all decked out to celebrate the 4th of July. The festive tree is surrounded by teddy bears that she collects as a hobby. The tree commemorates a different holiday as the date approaches.

Jill likes to cook gluten-free foods, as well as low-carb and low-sodium cuisine. She enjoys reading spiritual materials and is a sports fan. However, folks, she seems to favor the Illinois teams. Let's see if we can convert her to root for the Indiana athletes - after all she was born in this state!

Please welcome this delightful, diverse, dear lady into our Westminster family.

WVN Annual Memorial

Wednesday, July 27 3:00 pm Foundation Social Hall

In Memoriam of residents who passed between May, 2019 through June, 2020.

In September, another Memorial will be held for those who passed between July, 2020 through all of 2021.

Quilts of Valor Awarded

Laurie Wilson Photos by Bill Voiles



Merle Ritter and Ginny Defourneaux were awarded Honorary 300,000th Quilts of Valor by the Quilts of Valor Foundation in appreciation for their military service. They are the only two awarded these quilts in the State of Indiana, and two of the fifty-one awarded throughout the country. Additionally, Merle and Ginny received official Congressional Recognition from US Representative Andre Carson, who serves the 7th Congressional District for Indiana.

The quilts were draped around their shoulders to show "comfort and healing" for their time of service. There was not a dry eye in the house!





(More pictures on the Touchtown app).

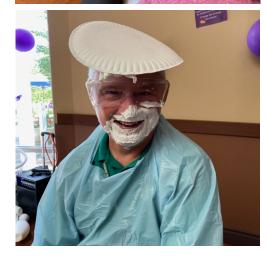
A Week at a Glance... Health Center

Jamie Minder

Health Center staff proudly accepted pies in the face from residents for *The Longest Day* event, in support of the Alzheimer's Association.







Thank you to everyone that helped and attended Alzheimer's Longest Day Fundraiser Party on Tuesday! And a special Thank You to Ross Pentzer, Tracy Pope and Jenae Harder for volunteering to get a "Pie in the Face' for Alzheimer's Month!

A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, June 25

9:00 Morning walk & stroll (Syc av) 10:30 Naomi dog visits door to door 3:00 Daily chronicles & activity pack to your door

3:30 Wii Bowling (Salc)

Sunday, June 26

9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door

3:00 Vespers with Tim Grese, Holy Cross Lutheran church (fsh)

Monday, June 27

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 to your door

5:45 Bingo (Salc)

Tuesday, June 28

Happy birthday Jack Armantrout
9:00 Morning walk & stroll (Syc av)
10:00 Catholic Mass (aca)
11:00 Lunch outing: Los Agaves
Mexican Grill, McCordsville
1:30 Bible Study/devotions w/Chaplain
April (Lcl3)
2:30 Seated ballet class (aca)
3:00 Daily chronicles & activity pack to

Wednesday, June 29

your door

9:00 Morning walk & stroll (Syc av)
10:00 Gardening projects (Sar)
1:00 Bingo (Salc)
2:30 Soup for the soul snack and reminisce (Salc)
3:00 Daily chronicles & activity pack to your door
3:00 Entertainment: Steve Elston (fsh)

Thursday, June 30

9:00 Morning walk & stroll (Syc av) 10:30 Luau party & luncheon (10:30-12:30) (fsh) 3:00 Daily chronicles & activity pack to your door 5:45 Wii Bowling (Salc)

Celebrating Fathers in AL





Foundation 50/50 Raffle

Marty Krug

Congratulations to Jack Levy who won \$165 in our June raffle. Actually, the Foundation won as well! Jack donated all of his winnings back to the Foundation. Our next raffle will be held in September.

Which Nancy Russell?

We have created some confusion among IL residents by not stating which Nancy Russell was on our birthday lists! So, to clarify:

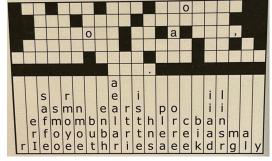
Mrs. Jim Russell's birthday was May 8.

Mrs. Bob Russell's birthday will be July 13.

I'm sure both have enjoyed birthday greetings from everyone—even on the wrong day. Happy Birthdays to the Nancys!

Brain Exercise

Find the hidden phrase by using the letters directly below each of the blank squares. Each letter is used only once.



Last week's answer: The order is Addison, Misha, Cassidy, Sloane, Blaise, Val, Dayton

Denisse's Diversified Wellness

Denisse Garcia-Martinez

Start your day with a glass of water! Your body spends hours without any water when you are sleeping. Drinking water in the morning will help your body with digestion, fight toxins, reinforce weight loss, and much more. As a reminder, we should be drinking about 7 cups of water everyday. It is easier to take sips of water throughout the day if you struggle with drinking water.

"The bees are lovin' this! Best bloom ever!"

Tom Ulsas



Independent Living Laurie Wilson

Reminder: There is no happy hour/cocktails on Thursday, June 30, as I will be on vacation.

Beginning in July, Chaplain April will begin offering a **grief support group**, instead of Chaplain Chat, for IL residents on the first Wednesday of the month at 1:00 pm in the Cappuccino Lounge.

There will be an **Italian-themed dinner** on Monday, June 27. The menu for this dinner can be found on your Touchtown app, under menus.

As of July 1, IL will be taking a break from the **ballet classes** for the rest of the summer. The classes will resume in the fall.

Celebrate the 4th! Don't forget to sign up for the **ice cream social** on Monday, July 4, at 2:00 pm. This will include a banana split bar, sundae bar and lots of music and fun. To avoid lines, you don't all have to show up right at 2:00 pm. There will be plenty for all.

I had planned to print and send out **calendars** today, but we are out of paper. I am told we will have paper by Monday. In the meantime, I have completed the calendar and you may begin signing up for things to do in July on the Touchtown app.

Note: Ladies' Lunch is same day as WVN Memorial. We will leave at 11:00 am to ensure we are back in plenty of time for the Memorial. I have named the place we will dine as requested by some ladies, instead of surprise. With prices of restaurants increasing, this makes sense.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, June 26 3:00 Vespers (fsh)

Monday, June 27

Happy Birthday Harriett Thomas 9:30 Monday in Motion (tsh) 11:00 Bible study (cl) 11:00 The Climb (tsh) 11:30 Boathouse Lake & Swan Dive restaurant

Tuesday, June 28

Happy Birthday Pete Groh 9:00 Grocery Shopping: Meijer 9:30 Light Lift Tuesday (tsh) 10:00 Catholic Mass (aca) 1:30 Ballet (tsh) 3:30 Happy Hour (fsh)

Wednesday, June 29

Happy Birthday Martha Jungclaus Happy Birthday Barbara Wood Laurie PTO 9:30 Cardio Pop (tsh)

Thursday, June 30

Laurie PTO
Happy Birthday Barbara Stewart
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)

Friday, July 1

Laurie PTO 9:00 Bargain room open 1:30 Mahjong (cl)

