

Peaceful Reflection
Chaplain April Scott

Independence/Dependence

The Fourth of July celebrates the passage of the Declaration of Independence by the Continental Congress on July 4, 1776. The Declaration announced the political separation of the 13 North American colonies from Great Britain.

On Monday, July 4, 2022, we in America will celebrate the birthday of our nationhood with food, fireworks and festive folly surrounded by family and friends. It seems that celebrating our nationhood with its political overtones is not the only thing that is being celebrated.

Last year I celebrated Independence Day/Fourth of July with a very dear friend,. We ate good food and listened to music playing on the radio. As we enjoyed fellowship with one another the day took on a sense of ease and freedom from the worries of life. The night sky approached and the men lit up the sky with beautiful colors of fireworks. I was like a little child staring in awe at the dazzling light show permeating the night sky. My heart was filled with joy as I watched the celebration unfold, where children were happy and the adults were happy as they filled themselves with the holiday spirits of their choice. It was truly a day of celebration with family and friends.

We were celebrating kinship bonds that hold families together. We were celebrating a day to relax from work. We were celebrating because the community came together to produce the wonderful light show that was taking place. We were celebrating our freedom to be together. The irony of Independence Day for me is that we are celebrating independence but are dependent on each other to celebrate. We are not independent of each other and we are not independent of God. We need Good

and each other as we travel life’s journey together.



4th of July Dining Options

Tamarack (12:00—1:30 and 4:30—6:00)

- Watermelon Berry Salad
- BBQ Ribs
- Cheddar Bacon Burger
- BBQ Chicken
- Grilled Salmon
- Coleslaw
- Potato Salad
- Baked Beans
- Corn on the Cob
- Strawberry Pie
- Banana Pudding

Sycamore

Regular menu for lunch
Sack dinner

Health Center

Lunch will be a cookout of burgers and brats
Sack dinner

Parking Reminders

The circle drive in Tamarack is supposed to be clear of resident parking so that this area can be used for short-term guests. The covered area must have space to house the Marketing golf cart, used for prospects’ visits.

We appreciate you parking in the resident parking lots on either side of Tamarack or in another area of campus.

In Bloom This Week
Dan Hibner

The hollyhocks are abloom as well as the beautiful bright snapdragons. The zinnia’s are beginning to bloom—don’t miss their beautiful flowers!

Also, butterfly flowers are being planted around the campus! We hope to become a stopping point for monarchs and other butterflies.

Great Motivation

“The task ahead of us is never as great as the power behind us.”

Resident Referral Fee

Laura Roman

We know that our residents are our best sales advocates! I wanted to remind you that residents who make a referral to a friend or family member (or even a foe!) may earn \$500 credit on their monthly statement if their referral moves into our community. Your referral needs to come before a prospect has committed to move to Westminster—in fact, it should be before we in Marketing have met with that individual. Once you know someone who is interested, please contact Marsha Soderholm, Tracy Pope or me and let us know their names. We will be happy to provide you with brochures on Westminster, or to mail them out for you.

Also, please remember that you can invite a friend to lunch or dinner if you think they may have interest in moving to Westminster. The Marketing Department will be happy to pick up the cost of their meal. Call Marsha (ext. 2720), Tracy (ext. 2840) or me (ext. 2140) to schedule.

It’s a great time to earn \$500 toward your monthly expenses! Call your friends today!



Westminster Village North

Around the Village

A Publication of Westminster Village North

July 1, 2022

Welcome to the Village!



Drusilla "Dru" Knarr in Tamarack 2027 is a dramatic antitheses of another

Drusilla, one of Cinderella's wicked step-sisters. Her charming apartment from the exquisite canopy bed made by her late husband to the beautiful oil paintings of her young daughters speaks volumes about her interior decorating expertise, and her loving kindness.

This creative lady was born in Indianapolis (Methodist Hospital) and graduated from Shortridge High School. She achieved a 2-year degree in radio and TV from Stephens College and then elaborated on that with a 4-year Bachelor's in radio and TV from Northwestern. After marriage she also attended Butler to get more training in the broadcasting field. Before her daughters were born, she worked at Channel 8 as a junior writer. Dru explained, "Senior writers did programming and junior writers did commercials."

Regarding her aforementioned daughters, one lives in Denver, CO, and the other lives here in Indianapolis. Dru has 2 grandchildren. After her daughters were born, Dru worked in the office of her late husband's Thomas Publishing Company - a third-generation business that her daughter

still is a part of. The company sells advertising to manufacturers. Their longevity is testimonial to their value.

Dru was a member of our successful, illustrious, Civic Theater. She remembers playing Amy in "Little Women" among other roles too numerous to remember. She has been a member of Faith Presbyterian Church "forever" and knits Afghan squares that others in the church put together and give to those less fortunate. Womens' fiction is her fond read. Works by Danielle Steele and Coleen Hoover are her favorites.

Our newest resident knows Tom Delay, and LeyAnne Perkins, as well as her ambassador Carolyn Jones from church and theater. Lets all help this fascinating, talented lady acclimate to the best retirement community in town - Westminster Village North. She enjoys a glass of wine at 5:00 PM on her balcony. Wave to her, or better yet join her!

An Open Letter to the Nancys

Geeze. How can I make so many mistakes just trying to report your happy birthdays. I’m so sorry!

The birthdates for BOTH Nancy Russells were wrong in last week’s newsletter and the one earlier this month. I believe the following is correct:

Mrs. Jim Russell: June 8
Mrs. Bob Russell: July 3

I’m so sorry!

Your friend,
Laura Roman



Fun Facts About the 4th of July

1. We didn’t actually declare independence on the 4th of July. The official vote took place 2 days prior.
2. The designer of the 50-star flag was a history teacher who assigned his class a project to redesign the flag to add Alaska and Hawaii. The year was 1958.
3. Americans will enjoy 150 million hot dogs during the 4th of July.
4. Only Charles Thompson and the infamous John Hancock signed the Declaration of Independence on July 4. The other 54 delegates signed over the course of the next month.
5. There are approximately 12,900 emergency room visits caused by firework-related injuries each year.
6. On the second anniversary of Independence Day in 1778, American troops were fighting the American Revolutionary War. George Washington ordered a double ration of rum for the soldiers to celebrate the 4th.
7. Thomas Jefferson, 82, and John Adams, 90, both died on July 4th, 1826, within five hours of each other—on the 50th anniversary of the signing of the Declaration.

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

Thank you to everyone who donated and attended our June Alzheimer's and Brain Awareness fundraiser!

Ballet class will be paused for July and start back up the second week of August.

Mark your calendars for July 4th celebration on Monday the 4th at 2:30pm. We are having a Strawberry Festival with strawberry shortcakes, snacks and a live band!

Resident Council is the second Thursday of each month. Department managers will inform residents of updates. If you have any questions, please leave a message at ext. 4230.

Shop in Unclaimed
Laundry

On Friday, July 1, residents in need will have the opportunity to “shop” from clothing that was not claimed when we tried to return lost items to residents. If you have need, please come to the Aspen Activity Room 9:00 am - 1:00 pm. After that, any remaining items 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.

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

Saturday, July 2
9:00 Morning walk & stroll (Syc av)
10:30 Naomi dog visits door to door
3:00 Daily chronicles & activity pack to your door

Sunday, July 3
9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers & communion w/ Chaplain April (FSH)

Monday, July 4
Independence Day
9:00 Morning walk & stroll (Syc av)
10:00 Crafts (Sar)
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, July 5
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

Wednesday, July 6
9:00 Morning walk & stroll (Syc av)
10:00 Gardening projects (Sar)
3:00 Daily chronicles & activity pack to your door

Thursday, July 7
9:00 Morning walk & stroll (Syc av)
10:00 Gardening projects (Sar)
3:00 Daily chronicles & activity pack to your door

Friday, July 8
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)

Happy July Birthdays!
Betty Frazer — July 2 — (AL)
Char Carlley — July 2 (IL)
Nancy Russell (Mrs. Bob) — July 3 (IL)
Darcy Stroud — July 3 (IL)
Ginny Tinsley — July 3 (IL)
Ellie Stanley—July 4 (AL)
Margaret Schneider — July 6 (HC)
Deanne Fraser — July 7 (IL)
Robert Giannini—July 8 (IL)
Sharon Williams—July 9 (HC)
Barbara Coover — July 10 (IL)
Lecretia Taylor — July 13 (AL)
Elmer Renner—July 14 (HC)
Celeste Basile — July 15 (HC)
Jeannine Jones — July 15 (HC)
Claudette Kamm—July 17 (HC)
Norris Nierste — July 18 (AL)
Margaret Rosebrock—July 18 (AL)
James Yee—July 19 (IL)
Donald Temple — July 19 (HC)
Winston Haynes — July 20 (AL)
Sara Impagliazzo — July 21 (IL)
Wayne DeBord — July 23 (AL)
Helen Glass—July 23 (AL)
Andrea Braun—July 24 (IL)
Sally Alexander — July 25 (HC)
Mary Jean Orander — July 29 (IL)
Gloria Jiskra — July 30 (IL)
Janet Reed — July 31 (HC)

Westminster History

The first resident in the newly created Westminster Village North moved in on November 6, 1972. Her name was Miss Marie Tudor. By the end of that year (December, 1972), there were 13 other residents. At this time, the apartments were IL and AL and were located in the Sycamore building (formerly Sunnyside Tuberculosis Sanitorium main building). In 1973, there were 75 more residents who moved to Westminster Village North.

And the rest is history!

Brain Exercise

Can you solve this Rebus?

584SAFETY9842

Last week’s answer: If you are looking for that special someone in a bar, remember there is a reason bars are dimly lit.

Denisse’s Diversified
Wellness

Denisse Garcia-Martinez

Did you know that the average senior takes 4 or more prescription drugs a day? Each medication has its own side effects. Knowing the side effects of each drug will allow you to know if you are experiencing any symptoms. If you notice a change with your physical or mental health, it could be from the drugs interacting. Talk to your doctor or pharmacist about any occurring symptoms. There are also online drug interaction checkers that allow you to type in the name of the drugs to see if they will possibly mix.

Take Me Out
To The Ball Game

The IL residents enjoyed a home team win at the Indianapolis Indians game. Despite the 96-degree temperatures, shaded seating and a slight breeze made the outing fun and quite comfortable. The Indians won 2-0.



Independent Living
Laurie Wilson

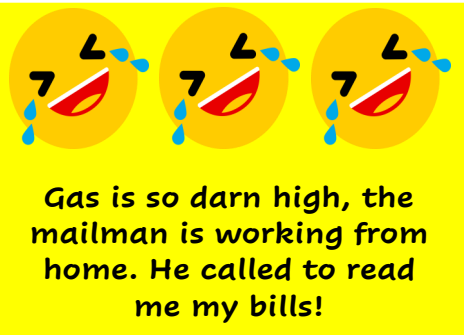
I hope you are looking forward to the **Ice Cream Social on July 4th!** To avoid long lines, you might consider coming a little later—so that we are not serving everyone at 2:00 pm. It will last until 4:00 pm and there will be plenty for all! See you in the Foundation Social Hall.

Dietary is having an informational meeting on Thursday, July 7 at 1:30 pm in the Tamarack Social Hall. This is the time to voice your opinions about the food, service, and anything else dietary related, to Chef Thomas and Dietary Director Dan Armantrout. Please do not use this time to voice opinions about other departments. You will be able to do that at the resident meeting on July 12.

We strongly encourage our **new residents to attend the resident meeting** on Tuesday, July 12, at 10:00 am in the Foundation Social Hall. This is an opportunity to be introduced to the community and hear what Executive Director Shelley Rauch has to say about the latest developments around the Village. Ambassadors: please introduce your new residents at the meeting.

Chaplain April has started a **grief support group** on the first Wednesday of the month. Please join her in the Cappuccino Lounge at 1:30 pm on Wednesday, July 6, if you would like to participate. No need to sign up to attend.

Coming up: **Around the World lunch** will take you to the cuisine of France. We will dine at Vivante, located in the **Carmichael Hotel**, Carmel, Indiana. You will have the opportunity to look around the beautiful, boutique hotel after lunch.



Monday, July 4
A Week at a
Glance...
Independent Living
Laurie Wilson

Saturday, July 2
Char Carlley birthday

Sunday, July 3
Mrs. Bob Russell (Nancy) birthday
Darcy Stroud birthday
Ginny Tinsley birthday
3:00 Vespers (fsh)

Monday, July 4
Independence Day
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
2:00 4th of July Ice Cream Social (fsh)

Tuesday, July 5
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Happy Hour (fsh)

Wednesday, July 6
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
1:00 Grief support group w/ Chaplain April (cl)
1:00 Tonne Winery: Muncie

Thursday, July 7
Deanne Fraser birthday
9:30 Power Pump Thursday (tsh)
10:30 Council meeting (tsh)
1:30 Dietary meeting (tsh)
3:30 Happy Hour (fsh)

Friday, July 8
Laurie PTO
Robert Giannini birthday
9:00 Bargain Room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)