

Peaceful Reflection
Chaplain April Scott

“The Bible works for the Fire Works”

As I celebrated Independence Day this past weekend with special friends and all of America, I was amazed at the amount of fireworks that permeated the air. I thought to myself, all that money going up in smoke! According to the American Pyrotechnics Association Americans spend more than \$1 billion dollars in fireworks each year. That’s some expensive smoke!

Although my friends and I celebrated Independence Day on Sunday, July 3rd, like some people, by the time Monday July 4th, the actual day to celebrate came, I was over the noise and the smoke. I didn’t want to hear anymore boom! bang! boom! The celebration for me had lost its joy due to the magnitude of the sounds popping off at all hours of the day and night.

On the 4th of July I went to sleep before the city fireworks were lit to avoid the noise. I love the beauty of the brilliant lights that fireworks display, but the noise it produces is sometimes just too much for me.

How do we handle the beauty and the booms in our life when we can no longer stand the noise that a life challenge brings? Life can be going swell for us and then all of a sudden the fireworks in our life begin when a health challenge arises, the grief of a love one’s death creeps up on us, or we become frustrated by our inability to do the things we once could do. Maybe a friendship is on its last leg and you must let go of the friendship to keep the peace. Whatever is causing the boom in your life, the noise can be just too much for us! Here is what I do when the fireworks in my life go off and the noise is just too much for me to handle.

I take a nap! After taking a nap, I take out the handbook on life which I call the Bible (Basic instruction before leaving earth) and I read scriptures like Romans 5:1-5 “Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2 through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God. 3 Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. 5 And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.”

Managing the beauty and the boom of the fireworks in our lives is not easy, but remember that you can take a nap and afterwards take out your handbook on life and begin to read the promises of God to quite the noise.

Blessings!

Lost Pendants

We ask all residents to wear their security pendants for their own safety. Lately we have had several lost pendants. The cost to replace lost pendants has become a significant expense to the organization. therefore, residents who lose their pendants will be charged either \$230 for the assisted living models, or \$259 for independent living pendants. If you return your lost pendant, we will refund the price of the pendant. Pendants are very important for the safety of all residents. Please wear your pendant and place it in a safe place when it is removed.

If you have questions, please call Jackie Brewer at ext. 3510.

In Memoriam

Jack Pomeroy

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

Jack Pomeroy’s celebration of life will be held on Saturday, July 16, from 4-6pm at Flanner and Buchanan Washington Park. We hope to have a celebration of life here and will let you know if that happens.

In Bloom This Week

Dan Hibner

The zinnias are really beginning to look good right now. The Russian olive has maxed out its blueness. Stay tuned for more to come.

A special observation: the honey bees are more prevalent than years past!

Easy Ways to Support the Westminster Foundation

Marty Krug

We have some new residents and employees here at the Village who may not know there are a couple of ways to support the Foundation while shopping. Anyone who shops at Amazon can support the Westminster Foundation. Instead of going to www.amazon.com go to www.smile.amazon.com and search for The Westminster Foundation, Inc as your organization to support. (Be sure you select the one in Indianapolis, IN. There are several Westminster Foundation options.) There are thousands of items that are eligible for a charitable donation of 0.5% of the cost of your purchase. You can also support The Westminster Foundation when you shop at Kroger with your Kroger Plus card. Go to www.kroger.com/account/communityrewards, log into your account, and choose The Westminster Foundation Inc as your organization to support.

Shopping for a cause is a fabulous thing to do!



Westminster
Village North

Around the Village

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HC Residents
Celebrating the 4th of July!



Amazon Prime Day:
July 12-13

If you are an Amazon Prime member, it is that time of year again: Prime Day! This day provides Amazon Prime members fantastic shopping deals.

First go to www.smile.amazon.com to enable support for the Westminster Foundation (Indianapolis). Do this by selecting Westminster Village North Foundation (Indianapolis) from the pull down menu ▼ just under the word “All” in the Amazon search bar. A charitable donation of 0.5% of the cost of your purchase goes to our Foundation. Then, shop for great deals. Need an Alexa or tablet so you can use Touchtown? This is the time to purchase it.

Westminster to host an
Open House
Monday, July 18
2:00 –4:00pm

You may see some guests walking around our campus on Monday, July 18, as the marketing department hosts an Open House. The Open House is a perfect time for individuals and their families to learn more about living in a continuing care retirement community, tour our campus, and meet our residents. If you encounter us on a tour, please say hello and offer your thoughts on living in the Village.

Remember, if you refer a friend to Westminster, and they move in, you will receive a \$500 referral fee on your next statement.

Touchtown Users

*Jackie Brewer
Laurie Wilson*

You may have noticed a new module on your Touchtown app called “Daily Games.” This is a free module that includes the following: Classic Sudoku; Micro Crossword; Premiere Crossword; Word Sleuth and Plus One. It also included a few Daily Comics. You will find it under *Daily Games* by scrolling all of the way to the end of your list of apps on the phone.

There is also another free app called “World Watercolor Month.” This app includes:

- How to paint with watercolors 101
- How to Use Watercolor Pencils
- 7 Must-know water color techniques for beginners
- Beginner water color series
- Painting Tutorials
 - Misty Scenery
 - Cherry Blossom Alley
 - Springtime Blooms

If you are interested in the module, please let myself or Laurie know and we can also add this module. Touchtown will be offering various free modules and if we find there is enough interest in them we can add the module to our Touchtown app. In the meantime, have fun with the new “Daily Games” module.

If you are new and do not have, or need training on the app, please call Laurie at extension 1053 to schedule download and/or training. The app is used daily sign ups and communication in Independent Living.

A Week at a Glance...
Health Center

Jamie Minder

Thank you to everyone who came to our 4th of July Strawberry Fest and watched the live band play! We had so much fun!



Flowers were delivered to all friends in the Health Center this past week from Random Acts of Flowers! Thank you! We will be sending out thank you cards to the company from our residents ! We will also be donating some of our vases to help the company bring more joy to others !



Remember ballet class is canceled till the second week of August!

A Week at a Glance...
Assisted Living

Saturday, July 9

9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:30 Wii Bowling (Sale)

Sunday, July 10

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

Monday, July 11

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 (Sale)

Tuesday, July 12

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)
3:00 Daily chronicles & activity pack to your door

Wednesday, July 13

9:00 Morning walk & stroll (Syc av)
10:00 Gardening projects (Sar)
12:30 Love with Labs (Syc av)
1:00 Bingo (Sale)
3:00 Daily chronicles & activity pack to your door

Thursday, July 14

9:00 Morning walk & stroll (Syc av)
10:00 Crafts (Sar)
2:30 Cook's Corner & tasting (Sar)
3:00 Daily chronicles & activity pack to your door

Friday, July 15

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 to your door
3:00 Mocktail & cocktail party & music (Syc ale)

Celebrating the 4th!

IL residents celebrated the 4th of July with an ice cream social. A special thank you to Helen Fry for playing patriotic songs during the event.



Brain Exercise

Last week's answer: Safety between numbers.

Denisse's Diversified Wellness

Denisse Garcia-Martinez

I know many of the residents are gardening for their cottages or patios. Gardening is a great form of strengthening exercise. If you are pulling weeds, planting flowers, or carrying soil you can burn from 200-400 calories an hour!

A few things to keep in mind while you are gardening: make sure you are lifting with your legs and not your back. That means that your back is not rounding when you pick something up and you are bending at the knees instead. Make sure to vary your gardening activities every 15 minutes to not overuse your muscles or joints. Finally, give yourself a 5-10 minute full body warm up and cool down to prepare and relax your body.

VOTING

Every resident must have his or her current address on file with the Election Board in order to vote in November, or at any future time. There are two easy methods to register: Contact Rhoda at 317-823-9388, or go to the website [Vote.gov](https://www.vote.gov) to fill out the registration form.

Window Washing

Due to the excessive heat, the window washing schedule previously published has been pushed back. Do not worry! We will get your exterior windows washed as quickly as possible. We appreciate your understanding.

When you lick the frosting off of a cupcake, it becomes a muffin. Muffins are healthy. You're welcome!



Independent Living

Laurie Wilson

Around the World Lunch: Vivante has limited the number of guests we can bring for lunch. Therefore three people have been notified via email they will not be able to go this time. I do plan to offer this trip again for those who were are not able to attend this time, and those who might have had a schedule conflict, but want to go and could not sign up.

Sechler's Pickles tour:

1. You must wear **closed-toed** shoes. Sandals and crocs are not allowed in the factory and anyone wearing them will not be able to take the tour.
2. Please either refrain from wearing jewelry, or be willing to cover/remove it for the tour. Rings (such as wedding bands) are fine and small earrings can be covered with a hairnet. Large earrings, necklaces, and the like will need to be removed. Before the tour begins, an employee will distribute hair nets and beard nets (when necessary) to everyone in the group to wear. This is an FDA rule.

The **resident meeting** is Tuesday! Please grab a new resident and bring him/her to the meeting. Ambassadors, we hope you will be there to introduce our new residents.

Geri Melvin is interested in organizing a **new Euchre group**. This group would be open to all who are not currently playing in a Euchre group. The new Euchre group would be for those who want to learn or brush up on skills, and play the game in a non-competitive environment. Perhaps your skills are great, but you just want to play for fun. This group is for you! If you are interested in playing casual Euchre, please call Geri at 317.797.9576.

A Week at a Glance...
Independent Living

Laurie Wilson

Saturday, July 9

Happy Birthday Char Carlley

Sunday, July 10

Happy Birthday Barbara Coovert
3:00 Vespers (fsh)

Monday, July 11

9:00 Grocery Shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
11:30 Around the World Lunch: France

Tuesday, July 12

9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
3:30 Happy hour (fsh)

Wednesday, July 13

9:30 Cardio Pop (tsh)
11:30 Men's Lunch: Ford's Garage
3:30 Grace & Frankie (fsh)

Thursday, July 14

9:30 Power Pump Thursday (tsh)
11:00 Fast Food, Total Wine, & Trader Joe's
11:00 The Climb (tsh)
3:30 Happy hour (fsh)

Friday, July 15

9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
10:00 Communion (aca)
10:45 Sechler's Pickles tour: St Joe's (lunch on bus)
1:30 Mahjong (cl)