

Peaceful Reflection

Chaplain April Scott

“A Labor of Love”

We all have been blessed to have beautiful sunny days without much rain. Although the sun is good to cheer our spirits, tan our skin, and provide a vital nutriment (vitamin D) to our body, it is also wreaking havoc on our grass and our plants.

My grass looks like a wheat field that has just been mowed down, leaving behind bits of golden hues that cover the ground. Of course, I could help my lawn and bring back its color of green by watering it daily, but then I think about the cost and how my water bill will increase due to the high usage. Instead I pray for rain, the free stuff to help grow and bring back the color of my grass and plants. There are those of us who not only pray for rain but take action to make sure the beauty of a summer garden is not lost by the effects of the sun.

Earlier this week I was visited by a lovely woman by the name of Madonna Miles. Madonna is the daughter of William (Bill) and Mary Lou Crays. The Crays are residents of the Village, and their daughter Madonna wanted to share with me the fruits of her father’s labor of love. Madonna invited me on a trip to see the beautiful summer garden that is nestled just outside of the doors of Ironwood memory care. She wanted me to see all of the hard work that her father, Bill, has dedicated to keeping alive the beauty of summer. Madonna was so proud of what her Father was doing she wanted me and others to see and partake of his labor of love. So of course I was eager to see Bill’s labor of love. Madonna invited me to come and see for myself.

I stopped what I was doing and I followed my tour guide. Madonna, in great anticipation of what I was about to see. We entered Ironwood, and just to the right of the nurse’s station, there is a door that leads to the outside. Madonna proudly opened the door, and low and behold, instantly I felt like I was in an

HGTV episode that was highlighting beautiful summer gardens.

The summer garden was so beautiful, with its rich colors dancing before my eyes surrounded by peaceful garden figurines. I was in awe of how Bill managed to take such great care of the garden plants, and how he was intentional in placing each figurine in its proper place to give the garden a feel of peace and serenity.

I want to thank Madonna for inviting me to a garden experience that brought me peace. I also want to thank Bill Crays and his family for the time and attention they give each day in keeping the beauty of summer alive in the garden oasis they have created.

Much can be learned from Bill’s labor of love. If we take the time to attend to our spiritual gardens like Bill attends to the summer garden, we will experience peace and serenity in abundance from our labor of love. Bill is living life on purpose and enjoying the beauty of living! Are you enjoying the beauty of living?



Photos by: Laurie Wilson

What’s In Bloom?

Dan Hibner

The Russian sage continues to peak. The black-eyed Susans are out and the stargazer lilies are just beginning. Don’t miss the blooms.

Sweet Grandmother

A sweet grandmother telephoned St. Joseph's Hospital. She timidly asked, "Is it possible to speak to someone who can tell me how a patient is doing?" The operator said, "I'll be glad to help, dear. What's the name and room number of the patient?"

The grandmother in her weak, tremulous voice said, Norma Findlay, Room 302." The operator replied, "Let me put you on hold while I check with the nurse's station for that room."

After a few minutes, the operator returned to the phone and said, "I have good news. Her nurse just told me that Norma is doing well. Her blood pressure is fine; her blood work just came back normal, and her Physician, Dr. Cohen, has scheduled her to be discharged tomorrow."

The grandmother said, "Thank you. That's wonderful. I was so worried. God bless you for the good news." The operator replied, "You're more than welcome. Is Norma your daughter?"

The grandmother said, "No, I'm Norma Findlay in Room 302. No one tells me sh*t."

In Response to Chaplain April’s “Labor of Love”

I encourage everyone to take the time to walk over to Ironwood and see this beautiful garden! If you would like, I will go with you. Perhaps it will inspire our IL residents living around the Tamarack Courtyard, as well as our garden club (though they are busy on other projects), to enhance the Tamarack courtyard.

- Laurie Wilson



Westminster
Village North

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Resident Council

Robert Casey



Something exciting is coming to your mailbox! No, it’s not a letter from Publisher’s Clearing House. It is the 2022 Resident Council Survey. The Resident Council serves as a liaison between WVN residents and the administrative staff. To help fulfill that role, the Council periodically distributes surveys to gather residents’ opinions. The results of the 2021 survey revealed that residents were particularly concerned about maintenance of buildings and grounds and about communication between residents and staff. In order to dig deeper into the nature of those concerns the Council is working on a new survey. Look for it in your mailbox by July 25. Please use it to give us your thoughts. And feel free to be candid—all surveys are anonymous.

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.

Resident Meeting

Laurie Wilson

While there was a large turnout for the July resident meeting, we know not everyone was able to attend. Therefore, the following information is a synopsis of the meeting.

Executive Director Shelley Rauch updated where we are in COVID and addressed items discussed by the Resident Council at their meeting a week prior.

- Assisted Living and the Health Center are currently in COVID outbreak mode, which means there are positive cases, and testing will be required twice a week for staff and residents.
- Shelley is a board member of the Indiana Department of Health (IDH). As a result, she gets pertinent information in a timely manner. IDH conveyed they expect a NEW vaccination for COVID coming this fall.
- The heat fluctuation in the Foundation Social Hall and Sycamore is a partial result of high temps outside. However, repairs do need to be made, and she will be discussing that with the WVN Board of Directors next week, and then follow up with more information.
- Touchtown is updated and has been for months. If you are looking for staff information, you will find it under the app About our Team. It used to be located under the app Staff, but that has been replaced with the About Our Team.
- Managers were introduced/re-introduced to the residents, and it is expected they will continue to come to the resident meetings so

you will be familiar with the manager of each area.

- The Tamarack patio furniture will be repainted/sealed, but it is a slow process. WVN lost a painter and is looking to replace that position.
- The flowerpots on the fence at Tamarack will be removed and the fence power washed.
- The furniture located outside of Sycamore entrance, door 4, will be power washed.
- Mulching will not be redone this year due to the added expense, but Wilson has made a note to address the proper mulching around trees with our vendor next year.
- The pond continues to be a hot topic. Shelley has been very pleased with our vendor ASAP Aquatics, but she will get another opinion as well. In the meantime, Council member Tom Ulsas reached out to one of the original architects of the pond, and that person confirmed all Shelley has been saying:
 - ♦ The pond is a detention pond and not meant to be decorative.
 - ♦ The nature of the pond is to accumulate water and then slowly release back into the ground. Therefore it is not conducive to decorative fountains.

For more on the pond, please review the minutes of the meeting, which will be posted on Touchtown under Resident Meeting Minutes.

- Security: Please keep garages closed after dusk and also close both front doors. Maintenance does make security rounds.
- Dietary will be working on training their staff for better service.

A Week at a Glance... Health Center

Jamie Minder

Saturday, July 16

8:30 Digital Devotions (Channel 21)
11:00 Morning visits (11-12:30)
2:30 Jazz tunes + adult coloring (wcl)

Sunday, July 17

Happy birthday Claudette Kamm
9:30 Digital Devotions (Channel 21)
11:30 Social visits (11:30-1)
3:00 Sunday vesper services (fsh)

Monday, July 18

9:00 Good morning socials
1:00 One-on-one visits
2:30 Game group (wl)
6:30 Monday movie night (wcl)

Tuesday, July 19

9:00 Good morning socials
10:30 Bird care + community (hw)
12:30 Ladies' lunch (adr)
1:00 One-on-one visits
3:00 Bingo (wc)
4:00 Sip + Sun on the patio (patio)

Wednesday, July 20

9:00 Good morning socials
11:00 The Climb class (aar)
1:00 One-on-one visits
2:00 Devotions with our Chaplain April (wcl)
2:45 Sip + Sun on the patio (patio)
4:00 Adult coloring (All Common Areas)

Thursday, July 21

9:00 Good morning socials
10:30 Sounds + Sensory (hw)
1:00 One-on-one visits
3:00 Don's famous popcorn

Friday, July 22

9:00 Catholic visits (all)
9:00 Good morning socials
11:00 Bingo prize cart (all)
11:30 Fresh Friday meditation (hwa)
1:00 One-on-one visits
3:00—4:30 Ice cream cart (all)

A Week at a Glance... Assisted Living

Saturday, July 16

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

Sunday, July 17

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, July 18

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 19

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, July 20

9:00 Morning walk & stroll (Syc av)
1:00 Bingo (Salc)
3:00 Daily chronicles & activity pack to your door

Thursday, July 21

9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
5:45 Wii Bowling (Salc)

Friday, July 22

9:00 Bargain Room (tb)
9:00—12:00 Catholic Church visits/door to door
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)

Celebration of Life for Jack Pomeroy

Jack Pomeroy was a Westminster resident for more than 10 years. A Celebration of Life will be held at the Village so that all of his friends have the opportunity to remember him. The celebration will be held exactly one month after Jack's birthday, July 28, at 1:00 pm in the Foundation Social Hall. All are welcome.

Window Cleaning Schedule

There has been a delay in the window washing schedule. Here is the updated schedule provided by the vendor:

Cottage Homes:
August 1st to the 5th

Tamarack
August 8th to 12th

Elm & Sycamore
August 15th to 19th

Laurel Commons
August 22nd to 26th

Ironwood, Cedar, Willow
August 29th to September 2nd

Transportation

If you need transportation services to places other than your doctor appointments, they can be arranged through our Transportation Department. As a reminder, the Transportation Department travels to the Community Hospital campus on Monday and Tuesday—and these trips are free. Transportation will also take you to the salon, airport, and more. Call to learn more or schedule a ride. Ext. 2160. Please note: there is a modest charge for each trip and all are scheduled on a first-come, first-served basis.

Brain Exercise

Don't skip these brain exercises! Some may be harder than others, but everyone should try to come up with the answers! Brain exercise is a workout for your mind, just as Cardio Pop is a workout for your body. Brain exercises have been known to provide a sense of control, prevent isolation when working with someone else to solve the puzzles, and develop new connections within your brain. If you are a surgeon, an art project might be difficult for you, but try it!! If you are great at writing, solve a math problem. Bottom line: don't just solve the types of puzzles you know, but try solving others that are more challenging. Keep your mind active!

There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Denisse's Diversified Wellness

Denisse Garcia-Martinez

How often do you drink soda, sweetened juice, or sweetened tea? If you are drinking any of these once a day you are adding about 65 grams of sugar per 20 ounces or a third of a cup of sugar per soda bottle. If you were to drink a can of soda everyday without cutting the calories elsewhere, it could lead to a 15lb weight gain in 3 years!

Christmas in July!

Ruth Iliff

The Bargain Room will be holding its annual Christmas in July sale on Friday, July 22, 9:00 am —12:00 pm. This is a great time to think about your Christmas décor and purchase those extra special items.

Independent Living

Laurie Wilson

Mark your calendars now! The next **Sing-a-long** will be Monday, July 18 in the Tamarack Social Hall. Please come and enjoy singing together again. Lyrics for songs will be available for all. Helen Fry will play and Kathryn Huelster will lead the singing. A special invitation to all new residents — please join us! Masks must be worn during singing.

The world famous **Glenn Miller Orchestra** will perform at the Palladium August 11 at 7:00 pm. I am willing to take a group to this special performance! Tickets would need to be purchased right away! I assume tickets will go fast. If you are interested in attending, **please sign up not later than Wednesday, July 20**, on Touchtown, or call me directly at extension 1053. For the middle orchestra section, the cost would be between \$66.50—\$78.50. If you sign up and do not cancel before 12:00 noon on Wednesday, July 20, you will be billed for the tickets, whether or not you attend.

Sistine Chapel Exhibit. This unique exhibition in Indianapolis invites you to step into the universe of the greatest masterpieces of Michelangelo, seen from a totally new perspective— life size. It is brought to you by the organizers of the finest themed exhibitions such as: Star Trek, King Tut, Titanic, Frida Kahlo, Michael Jackson and more. It will be at the Circle Center Mall.

If you would like to go see this exhibit on Friday, August 19, sign up NOW on the Touchtown app, or call me at extension 1053. Tickets are \$18.10. This is primarily a visual exhibit, but included with your ticket, an audio guide is available during the experience to learn the history of the frescoes. You would need to download a free app on your smart phone for the audio guide, which I could assist if you need it. **Sign up not later than Friday, July 22** so I can purchase tickets. If you are signed up after July 22 and cancel, you will be charged for your ticket.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, July 17

3:00 Vespers (fsh)

Monday, July 18

9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:00 Sing-a-long (tsh)

Tuesday, July 19

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
11:00 Eiteljorg Museum & lunch
1:30 News & Views (cc)
3:30 Caregiver support group (tbr)
3:30 Happy Hour (fsh)

Wednesday, July 20

9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)
3:30 Grace & Frankie (fsh)

Thursday, July 21

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

Friday, July 22

9:00 Bargain Room open!
9:30 Fun Fitness Friday (tsh)
10:30 Birdies: Mini Golf & optional lunch at venue
1:30 Mahjong (cl)

Dietary Meeting

The Tamarack dining room is accepting reservations for parties of 6 –8 in the private dining room if you would like to have guests dine with you. Please call Laurie at extension 1053 to make your reservation.

We are still not able to have buffets, but we will let you know when that changes.