Peaceful Reflection

Chaplain April Scott

"Emmanuel" God with Us

In last week's peaceful reflection article. I wrote about Jesus weeping. We find in the gospel of John, the eleventh chapter and the thirty-fifth verse, that "Jesus wept." This is the shortest verse in the entire bible.

This past Wednesday, the Village held a memorial service for family and friends to celebrate the lives of those who died in 2019 and the early part of 2020. The memorial service was a beautiful expression of how we come together as hurting people to help one another heal from the painful reality that death hurts, and that weeping and mourning is part of the journey in

In the opening prayer of the service I invited Jesus to come and sit with us while we remember those who have made their transition. As we collectively mourned their deaths and celebrated their new eternal lives, I could sense that Emmanuel (God with us) was among us as we shared our love in stories, laughter and tears, to help us heal.

Jesus was with Mary and Martha as they cried and mourned for their brother Lazarus. I believe out of love for His friend, Jesus cried for them and with them. The human Holy Divine cries with us, as well, to let us know that He feels our pain and that He is walking with us through our grief. In His word He promises to never leave us and that He will be with us until the end: and even when our end has come. God has made a way for us to be with Him in our forever life by the work of Jesus Christ on the cross.

God's love is greater than death! God's love is eternal. God's love never fails, for God is love. Let us continue to show brotherly and sisterly love toward one another as we journey together on the road called life.

As I end this peaceful reflection, I am reminded of the words of the prophet Isaiah describing the work of Jesus:

Isaiah 61:3

"To console those who mourn in Zion, to give them beauty for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they may be called trees of righteousness, the planting of the LORD, that He may be glorified."

Rob Palladino joins the Health Center as the Dietary Manager



Robert "Rob" Palladino joined Westminster Village North this week as the Health Center Dietary Manager. He brings more than 20 years of experience in working in health care and senior community settings. We are very pleased to have Rob as part of the management team at Westminster Village North. Dietary Director Dan Armantrout says, "Rob brings a wealth of experience not only as an executive chef, but also in leadership and staff development. We believe he will be an excellent team member."

Window Cleaning Schedule

Cottage Homes: August 1-5 Tamarack: August 8-12 Elm/Sycamore: August 15-19 Laurel Commons: August 22-26 Ironwood, Cedar, Willow: August 29—September 2

In Memoriam

Helen Bennett Don Bovle Ruth Hanlon

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

Denisse's Diversified Wellness

Denisse Garcia-Martinez

Why doesn't the fisherman go to the gym? He pulled a mussel. Bum dum tss...

If you laughed at the joke you may have lost a couple of calories. Laughing can help you burn 10-40 calories a day! Besides burning calories, laughing is another way to improve shortterm memory and reduce stress. A study conducted by Loma Linda University discovered that 60- and 70year olds who watched funny videos for 20 minutes did better on a memory test than those who did not. The study also found reduced levels of cortisol. also known as the stress hormone. Reduced stress is great for your heart and mental health.

Next time you see me ask for a joke or tell me one! I'm always looking to burn some calories.

Business Office

Resident Account Assistant Shawnna Blanton has returned from maternity leave with limited hours. You mayreach her at ext. 3450. Please leave a message if you don't reach her and she will return your call. Her hours are:

Monday, Tuesday, Thursday and Friday: 3:00pm - 7:00pm

Wednesday: 8:00am – 4:30pm

Around the Village

Westminster Village North

A Publication of Westminster Village North

July 29, 2022

Welcome to WVN!

Nancy Russell





Imagine a very young lad who grew up on a farm in rural Indiana, fresh out of high school hopping on a train and going to Minnesota Bible College. Well, that's what Herman Adams did. Several of his elementary and secondary teachers influenced his decision. He also said he wanted to go far enough away that he was not expected to come home on weekends to the grueling farm chores!

Herman was born in Connersville, IN. He graduated high school in Hagerstown, IN, and recently moved to 6222 Whitewater to be near his wife Gayle, who lives in Heatherwood. Herman met and married Gayle while they were students at Minnesota Bible College. Both are gifted in music as well as the ministry. They have sung and accompanied on piano, both for and with, trios and quartets. Sounds like a couple of musically talented and spiritually dedicated folks have joined us.

Together they have four children more or less close by - Louisville, Richmond, Fortville, and here in Indianapolis. Herman served churches in Iowa, Illinois, and Indiana. While in South Bend, he was the Youth and Music Minister. Herman switched careers and found himself at H & R Block preparing taxes. He was so good he soon was teaching upper level tax courses to others. This position eventually led him to a bookkeeping position with Perkins Nichols Media, Incorporated. Remember our late Bill Perkins? That was his business. His lovely wife LeyAnne still lives with us.

Herman and Gayle went on a mission trip to England. On a free day they got their picture taken in front of Buckingham Palace and also visited St. Peter's Cathedral.

As Christian music played softly in the background, Herman shared that he once enjoyed doing ceramics. And remember those four children? Each one received a ceramic 19 piece nativity scene created by their dad.

Herman will bring many gifts to Westminster, and indeed we are very blessed to be the chosen forever home for Herman and Gayle.

Patience!

One of the many blessings at the Village is there are staff who help with so many things—from housekeeping, dietary, maintenance, transportation and communications, as well as nursing. While the staff always tries to provide immediate attention to your particular request, there are times that there are other priorities which may need to be tended to first. Please do not be rude or demanding of staff who are trying their best to make everyone happy.

WVN Annual Memorial

"The memorial service for our residents today was spectacular. Residents, family members and staff who attended were all very moved. This was our first collective service since COVID and it was so appreciated. Thank you to all who planned and participated."

-Shelley Rauch

















A Week at a Glance... Health Center

Jamie Minder

Thank you to our garden club leaders for keeping our gardens growing! We harvested our first zucchini from our Cedar garden last week!



Residents enjoyed our National Hot Fudge Sundae day this past Monday! Thank you Activity Team!



Health Center Resident Council is meeting Thursday, August 11, in Aspen Activity Room! Our new dietary manager will be in attendance!

A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, July 30

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

Sunday, July 31

9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles &
activity pack to your door
3:00 Vespers with Chaplain April
(fsh) - Cancelled

The Paradoxical Commandments

By Dr. Kent M. Keith (often quoted by St. Teresa) Submitted by Bill Pfeiffer

People are illogical, unreasonable, and self-centered. Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies. Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight. Build anyway.

People really need help but may attack you if you do help them. Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

Give the world the best you have anyway.

Happy Birthday

8/1 - Gayle Adams (HC)

8/2 - Bill Pfeiffer (IL)

8/2 - Jean Bly (IL)

8/2 - William Wilfong (AL)

8/3 - Carolyn Hardman (IL)

8/3 - Robert Rayne (HC)

8/4 - Darlene Burton (AL)

8/4 - Randy Hostetler (AL)

8/5 - Mary Scott (HC)

8/7 - Estell Ramp (HC)

8/7 - Mike Blackwell (IL)

8/9 - Betty LaFara (IL)

8/9 - Gelliah Parris (HC)

8/9 - Joan Wenrick (AL)

8/10 - Helen Bennett (IL)

8/11 - Bill Fry (IL)

8/11 - Kenneth Riddle (HC)

8/12 - Ingeborg Lachenmann (IL)

8/12 - Lynn Palenik (IL)

8/20 - John Bly (IL)

8/22 - Karen Rose (IL)

8/25 - Ann Hanson (IL)

8/26 - Betty Cadwell (HC)

8/26 - Ruth Wilfong (AL)

8/29 - Berj Antreasian (AL)

8/30 - Judith Overturf (AL)

8/30 - Dru Knarr (IL)

8/31 - Tom Kaercher (IL)

8/31 - Loretta Swain (AL)

Keeping the Mind Active in the HC!



Brain Exercise

Can you find the Y?



Last week's answer: 8

What's In Bloom?

Dan Hibner

The cosmos are just beginning to do their thing. The sedum is beginning to show color, and the cleomes continue. The other things, such as zinnias, day lilies, and stargazer lilies are beginning to turn downward. Keep watching.

Volunteer for Kids

Nancy Hershman

For those residents looking for a volunteering opportunity close to home, OA-SIS Tutoring is looking for new volunteers to assist youngsters at Sunnyside Elementary School. The obligation involves attending two training sessions in mid-August, a monthly one-hour meeting, and a weekly 40 minute session with a 1st-3rd grade student.

During the student time, volunteers work one-on-one with a child as a friend and mentor encouraging the love of reading & writing. It is an opportunity for a student struggling academically and socially to have special time with an "encourager." If this sounds of interest to you, please contact Angie Merchant, Oasis Tutor Coordinator at 317-850-8105. You also might talk to several Westminster residents who volunteered this past year at Sunnyside (Carolyn Bunting, Alice Dial, Helen Fry, Carl Herr, Nancy Hershman) who could answer any questions.

Independent Living Laurie Wilson

Residents had a GREAT time playing mini golf at Birdies this week. The weather was not too hot and the course quite fun. You can find pictures on the Photos/Video section, under mini golf, on your Touchtown app. We will be golfing again in October!

Thank you to **Bob Casey** for a wonderful presentation on his trip to Africa. Well done! I have created a folder for Spotlight on a Resident photos in the photo/video app on Touchtown. Jean Bly will be our resident spotlighted in August.

Transportation: The small bus has been fixed and is available for our needs. However, we are temporarily short a bus driver and are working on alternative solutions. If you are signed up for an activity, please check your messages daily, and just prior to departure, to ensure plans have not been changed. We are doing everything possible not to disrupt the calendar but wanted you to be aware of the situation.

Are you interested in brunch at iHop? Several people said they miss going for brunch, so now is the opportunity. Sign up on the app today!

For those going to the **Indiana State Fair**, we will stay until about 1:00 pm. There will be a designated place to meet the group before getting on a shuttle to return to the bus. You must be able to navigate the fair on your own.

Be sure to read your Touchtown messages daily. More explanation and details are found through messages I send, as I did with both the Glenn Miller concert and the Indiana State Fair. I don't have room to put all details in this column, so I also use the messaging app on Touchtown.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, July 31 3:00 Vespers—Cancelled

Monday, August 1

9:30 Monday in Motion (tsh) 10:00 Brunch: iHop

11:00 Bible study (cl)

11:00 The Climb (tsh)

1:30 Sing-a-long: masked (tsh)

Tuesday, August 2

Happy Birthday Bill Pfeiffer Happy Birthday Jean Bly 9:00 Grocery shopping: Meijer 9:30 Light Lift Tuesday (tsh) 1:30 News & Views (cc) 3:30 Happy Hour (fsh)

Wednesday, August 3

Happy Birthday Carolyn Hardman 9:30 Cardio Pop (tsh) 1:00 Grief support group w/ Chaplain April (cl)

Thursday, August 4

9:30 Indiana State Fair: \$3 Thursday 9:30 Power Pump Thursday (tsh) 10:30 Council meeting (tsh) 3:30 Happy Hour (fsh)

Friday, August 5

Laurie PTO

9:00 Bargain room open! 9:30 Fun Fitness Friday (tsh) 1:30 Mahjong (cl)

Breakfast for Supper

August 1, 2022 Tamarack Dining Room

2 eggs cooked to order served w/bacon, home fries, and biscuit. \$4.25

Biscuits and gravy served with home fries. \$3.45

Vegetable omelet served with bacon, home fries, and biscuit. \$6.00

Waffle and bacon. \$3.75