

Peaceful Reflection

Chaplain April Scott

“Are you looking for a Friend?”

A couple of days ago my mother called me and asked if I was going to purchase a ticket for the Mega Million Powerball (I think that’s what it’s called). She shared with me that the jackpot was over a billion dollars. I said, “Wow, that’s a lot of money!” I answered her question with a quick no. I shared with my mother that I didn’t want the trouble and headache that comes with that kind of wealth. My mother was taken aback by my answer. She couldn’t believe what I’d shared with her. My mother is a widow and she dreams of winning the lottery someday to help all of her family members financially.

I heard that one person did win the billion dollar jackpot. I called my mother to ask if she was the winner (just for fun), but I got her voicemail and to my surprise she had recorded a wonderful greeting. She often changes her voicemail greetings to cheer people up with a quote, a joke or, if she feels like it, she will even sing a song on her voicemail, followed by “leave me a message” — you just never know what surprise message you will receive listening to her voicemail!

I was pleasantly surprised when I called her to have a little fun with the whole mega million shenanigans and listen to her voicemail. Her voicemail said “I’m not looking for a man, I’m looking for a friend, and I found one and His name is Jesus. Are you looking for a friend? Well Jesus is available and He wants to be your friend too.” She ended the greeting by singing the first line of the hymn “What a Friend we have in Jesus” after which she says “leave a message.”

As a widowed woman myself I

chuckled and found great comfort in her message. My mother is nearly eighty years old and has a sense of humor and wit that brings me joy and laughter. Her message reminded me that no matter what is happening in my life, I have a true friend that will listen to me in the middle of the night when I can’t sleep because of the concerns of others that weigh heavy on my heart. Or when I have an awesome day at work and want to share my joys and accomplishment. My true friend Jesus is willing and waiting for me to share every burden, concern, laughter, joy and fear because He loves hearing from His friends. The best part of telling Jesus everything is that He won’t tell a soul what you have shared with Him!

Are you looking for a friend too? Jesus is available; call Him up through the prayer line, He will be glad to hear from you.

Vespers

Vespers is cancelled for Sunday, August 7. We hope to be able to host Vespers services again on August 14.

Perspective

To realize the value of ONE MONTH, ask a mother who gave birth to a premature baby.

To realize the value of ONE WEEK, ask the editor of a weekly newspaper.

To realize the value of ONE HOUR, ask the lovers who are waiting to meet.

To realize the value of ONE MINUTE, ask a person who missed the train.

To realize the value of ONE second, ask a person who just avoided an accident.

To realize the value of ONE MILLISECOND, ask the person who won the silver medal in the Olympics.

Treasure every moment you have! Yesterday is history. Tomorrow is a mystery. Today is a gift. That’s why it’s called the present!

In Memoriam

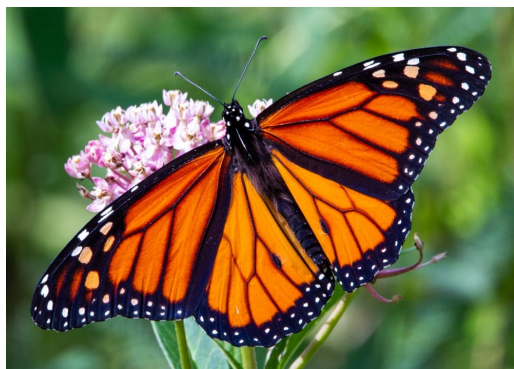
Richard Edwards
Ruth Lester
John Swan

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

Denisse’s Diversified Wellness

Denisse Garcia-Martinez

August is National Wellness Month and I will focus on the 8 dimensions of wellness. Many of us are familiar with mental, physical, and social health. The other 5 types are financial, spiritual, vocational, and environmental. Financial health is being satisfied with your current and future financial situations. Vocational or intellectual focuses on expanding your knowledge through meaningful activities. Spirituality is finding your sense of purpose and meaning in life. Lastly we have environmental, it is living in a positive space that includes your home as well as nature. I will give simple tips to improve your wellness in each of these categories over the course of the month!



Butterflies Are Back!

Dr. Dan Hibner reports that he has begun seeing butterflies around our campus. Recently he, and others, have seen monarchs, eastern yellow swallowtail and black swallowtail butterflies.



Westminster
Village North

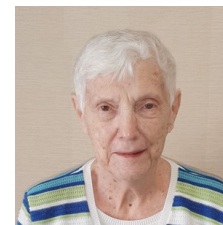
Around the Village

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Welcome to WVN!

Nancy Russell



Barbara Coover in Elm 174 was born in Selma, IN, but moved to Yorktown after a family tragedy. Her 12 year old sister died

of a ruptured appendix, and the family needed to leave their home and its sad memories in order to get on with their lives. She graduated from Yorktown high school and briefly attended Ball State University until her aunt asked her to move to Chicago to help with her business. This led to a position with Scot Foresman and Company, the publisher of educational materials. Since her performance was outstanding, she was soon promoted to Vice President of Advertising and Marketing. Barbara was the first female to hold an administrative office with the company, and "broke the glass ceiling."

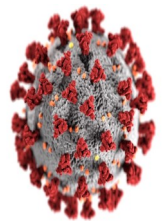
This lady has always been creative. She won an award in high school for a poster design. Now she was allowed to put her gifts to good use in advertising, marketing and selling educational materials all over the United States. Much of her time was spent flying to the branches of Scot Foresman. Her 30-year tenure with this publishing company garnered her several awards such as the U.S. Registry of Who's Who in Leading American Creations and the Marquis of Who's Who by the Publication Board.

Our new resident was a phenom with little formal education, yet she worked with educators throughout the U. S. She was a creative genius in marketing the materials that the Scot Foresman Company published. But not only was she outstanding and successful in her field, she gave to the community. While in Chicago, Barbara served on the board of the Mary Thompson Hospital for women and children. She held the offices of Treasurer, Vice President, President and was on their Board of Trustees.

After she retired, Barbara and her sister started their own business here in Indianapolis called Creative Concepts. They designed floats for parades and the Christmas decorations for downtown Indy. Her nephew and his son still own the business today.

When she retired for the second time, she and her sister moved to Anderson into a home that Barbara designed in Red Bud Estates. There was no other home like it in the community. Sadly, Barbara's sister passed away. Not wanting to be alone, her nieces and nephews decided Westminster would be a good home for their remarkable aunt. And we are very glad they did! Look out Creative Commons, we've added a creative genius to our WVN family!

Coronavirus Updates



The CDC has reported that Indiana has 53 counties categorized at “high risk” for spreading the

coronavirus. It is not surprising that Marion county is listed. What is surprising is that two of the “donut” counties—Hamilton and Boone — are listed as being at low risk for spreading the virus. We are left to wonder why.

We have had several cases of the coronavirus detected here at the Village. It has been diagnosed in staff and residents alike. No one likes these outbreaks nor the consequences. Currently, we are testing all residents and staff who interact with residents in both assisted living and our skilled nursing areas. If independent living residents have concerns, they can call the nursing staff and ask to be tested.

In the meantime, please remember that our rules and regulations require residents to wear a mask when outside of their apartment or home. The mask is to be worn to fit over the nose and below the chin. Masks may be removed when eating, and then should be replaced when you have finished.

It seems that we will have another booster in the fall — this one designed to be more effective with the omicron virus.

We appreciate your cooperation as we try to keep everyone safe.

A Week at a Glance...
Health Center

Jamie Minder

This was the picture from the Cedar garden that was accidentally covered up by another photo in last week's newsletter. My apologies—Laurie



Health Center Resident Council will hold a meeting on Thursday August 11, at 2:30 pm in the Aspen Activity Room. Please let activities know if you would like to attend. Managers will be there with updates to share.

The bird aviary in Heatherwood is cleaned every Tuesday morning. If you'd like to come out and watch the birds get a bath, please let staff know and we can escort you!

Thank you to all who attended our annual memorial service in the social hall. It was a beautiful service! We will have another service on September 28, at 3 pm for those who passed away the second half of 2020 through 2021.

Activity suggestions/questions/concerns? - Call Jamie Minder at 4230 and leave a message.

Reminder

We are a no smoking and no vaping campus. Residents, guests and staff are not supposed to smoke anywhere on campus—even in their cars.

A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, August 6
9:00 Morning walk & stroll & gardening (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, August 7
9:00 Morning walk & stroll & gardening (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers & communion w/ Chaplain April (fsh) Cancelled

Monday, August 8
9:00 Morning walk & stroll & gardening (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, August 9
Happy birthday Joan Wenrick
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Independent resident meeting (fsh)
1:30 Bible study/devotions w/ Chaplain April (Lcl3)
3:00 News & Views (Syc alc)

Wednesday, August 10
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Lunch outing: Hot Cakes Emporium
1:00 Bingo (Salc)
2:00 Movie Matinee & popcorn (Syc alc)

Thursday, August 11
9:00 Morning walk & stroll & gardening (Syc av)
1:30 Cook's Corner & tasting (Sar)
3:00 Mocktail & Cocktail Party & Music (Syc alc)
5:45 Game night (Salc)

Friday, August 12
9:00 Bargain Room (tb)
9:00 Catholic church visits/door to door (9-12)
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Grocery orders due
1:00 Assisted living resident meeting (fsh)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)

Keep Laughing
It's not surprising that some people wait until they're 80 to take up skydiving. If you're going to have your life flash before your eyes, at least it will be a longer trip.

It says in the Book of Genesis that Adam lived to be 900 years old. That explains why Eve ate the apple and they had to put on clothes. Nobody wants to see a 900 year old man naked.

Why does everyone at the doctor's office ask how "we" are until it's time to pay the bill?

The best way for a wife to get her husband to do something is to suggest that maybe he's too old to do it.

Age is a very high price to pay for maturity.

George Burns said when he was a boy, the Dead Sea was only sick.

By the time a man is wise enough to watch his step, he's too old to go anywhere.

When people tell you how young you look, they are also telling you how old you are.

Careful grooming may take 20 years off your age, but you can't fool a long flight of stairs.

You know you're in trouble when the doctor tells you to stop buying green bananas.

Benjamin Franklin said: Life's tragedy is that we get old too soon and wise too late.

You know you are old when your barber offers you a lifetime guarantee.

The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

Retirement: Twice the time, half the money.

Brain Exercise
If tomorrow I said "the day before yesterday was Saturday," which day is today?
Last week's answer: 8



Nixon Family Reunion
On Tamarack Front Porch
Submitted by their daughter Diana Howard



Buses
Recently our buses were vandalized here on our campus. Catalytic converters were cut from both at a cost of about \$3,500 in total. Nationwide, thieves are removing catalytic converters and selling them to salvage shops for \$150—\$300. It takes just a minute to cut the converter from the exhaust system.

You may see our buses parked in front of Tamarack at night. This is an attempt to stop any future theft.

Remember, if you see something suspicious, please call the receptionist at ext. 0. Security will be sent to investigate any concerning activities or people on the campus.

Independent Living
Laurie Wilson
There will be a Celebration of Life for Helen Bennett on Wednesday, August 10 at 3:30 pm in the Foundation Social Hall. This would have been Helen's birthday. Please join her family sometime between 3:30—6:30 pm. Please note: the priest will be at the Celebration of Life at 5:00 pm to say a few words. This may not be ideal for you due to the dinner service, but wanted you to be aware. We will have heavy appetizers and dessert if you decide to stay through the priest's remarks.

Once again we will need to postpone Grace & Frankie and Window Charm Craft to prepare and host Helen's Celebration of Life.

The Downton Abbey movie is postponed until Monday, August 15 so that a staff in-service may be conducted. I apologize for the delay. I have changed the sign up sheet to reflect the date change.

The Boyle family has decided not to host a memorial for Don Boyle here at the Village.

This has been a tough couple of weeks for everyone with the loss of several friends, and resulting calendar changes. We appreciate your understanding and support of our resident families.

Let's cheer up with ice cream! Join us for a quick trip to Frosty Boy on August 9. You can't beat their amazing treats. Want lunch? Try a corn dog. But if that is not your thing, burgers, chicken salad, etc. They have a large menu. Sign up today!

A Week at a Glance...
Independent Living
Laurie Wilson

Sunday, August 7
Happy Birthday Mike Blackwell
3:00 Vespers—Cancelled

Monday, August 8
9:00 Grocery Shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Movie Matinee: Downton Abbey (newest movie) (fsh) - postponed to Monday, August 15 at 1:30 pm

Tuesday, August 9
Happy Birthday Betty LaFara
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
12:00 Frosty Boy Drive-in: corn dogs & ice cream
3:30 Happy Hour (fsh)

Wednesday, August 10
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
1:00 Craft: Window Charms (3006) - postponed to new date and time to be announced.
3:00 Grace & Frankie (fsh) - cancelled due to Bennett Celebration of Life
3:30—6:30 Bennett Celebration of Life

Thursday, August 11
Happy Birthday Bill Fry
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Happy Hour (fsh)
5:45 Glenn Miller Orchestra @ The Palladium

Friday, August 12
Happy Birthday Ingeborg Lachenmann
Happy Birthday Lynn Palenik
9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
11:30 Men's lunch: Red Robin
1:30 Mahjong (cl)