

## Peaceful Reflection

Chaplain April Scott

“A Legacy of Love from  
a Great Father”

On Saturday August 20, 2022, I had the honor of officiating the Celebration of Life service for a wonderful man — Jake Darling, husband of Phyllis Darling. Jake was a very intelligent man who was once drafted in the Army for a secret mission that lasted 6 months. After this, he was released to resume his duties as a mechanical engineer at the Allison Division of General Motors Corporation. Jake had many skills. As a master carpenter he made just about anything and could fix anything according to his family. Jake made jewelry boxes and hope chests for his granddaughters, a quilt rack for his daughter, a rocking horse for his only grandson and even a front door for the family home. As I sat listening to the stories that were shared with me from several family members, I realized that Jake was creating lasting memories with each one of his family members that would actually last several lifetimes.

Throughout Jake’s life, he was intentional about leaving a legacy of love through the experiences he created for each family member — especially his seven grandchildren. That legacy of love was evident as his granddaughter read his eulogy. Each grandchild wrote about the love that they received from their grandfather Jake. As his oldest granddaughter read each grandchild’s experience with their grandfather, it was as if the word “love” floated off the page into the atmosphere and each person sitting in the room was engulfed by its presence. Jake charted a path of memories for his family to navigate through remembering him every step of the way.

Our Great Father God did the same thing for us through his son Jesus Christ. Jesus came to earth to show us the way: the way of love, the way of life, and the way of truth. Jesus was intentional regarding the mission that Father God sent Him to complete. His mission: to leave a legacy of love for us to imitate and to follow the path of righteousness He set forth. Friends, let us leave a legacy of love

that will last for generations as the scripture in 1 John 4:7-12 shares.

*“Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another.”*

## Denisse’s Diversified Wellness

Denisse Garcia-Martinez

To wrap the national wellness month, I will give you two unconventional ways to de-stress. The first activity is called a rage room. This is a room where you are given objects to destroy from old televisions, furniture, glassware, and much more. It is a very interesting way to get a workout in and get your frustrations out safely. The other activity is at a place called A Place to Float in which you are in a tub filled with saltwater. You have the option to float in a closed pod or in an open pool and you float in complete silence for an hour. Their page states that it offers many benefits like reduced stress, pain, and increased productivity. The two activities are opposite to each other but they both offer benefits. It comes to show that wellness can look different for everyone.

## Congratulations!



Cottager Mike Blackwell married Margaret Kiser on August 20th. Congrats and best wishes!

## 50/50 Foundation Raffle

Marty Krug

The September raffle is right around the corner. Tickets will go on sale September 6<sup>th</sup> and will be sold through September 20<sup>th</sup>. The drawing will be held during happy hour in the Foundation Social Hall on September 22<sup>nd</sup>. This raffle is open to all residents, staff, and board members. Once again, tickets will be \$5 for one or \$10 for three. The winner will win 50% of all ticket sales. To purchase tickets call me at extension 3460, email me at [mkrug@westminstervillage.com](mailto:mkrug@westminstervillage.com), or stop by my office on Tuesdays or Thursdays September 6<sup>th</sup> – 20<sup>th</sup>. I will be happy to deliver tickets to anyone who wants to buy some. Need not be present to win.

## Take Me Out to the Ball Game!

The Indianapolis Indians may have lost to Rochester at the Wednesday afternoon game, but cottager Tom Kaercher walked away with a T-shirt he caught in the T-shirt throw.



The rest of the group is just hangin’ out with mascot Rowdie!



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

August 26, 2022

## Share-A-Story

By Dick & Kathryn Huelster

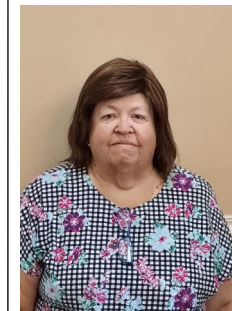
Back in February, Dick & Kathryn started a story-telling group that was inspired by a project started by the Indianapolis Star newspaper. The project’s purpose is to help build community through storytelling. The purpose of our “Share A Story” group is to HEAR and TELL STORIES about our life experiences that would help us become better acquainted. During these past months of forced isolation, we’ve had few times we could come together and get to know our fellow residents in a more personal way. Have you read Nancy Russell’s excellent biographical sketches in the Village newsletter and wanted to know more about our new residents? Well, here’s a way to do that and learn more about the residents you already know.

We are a small group of about a dozen residents, who have been meeting monthly. Each time three or four volunteers tell their story lasting about 6-10 minutes each, leaving time for discussion afterwards. The stories are true and always about the person telling the story. Now our group wishes to share some of the stories for the entire village on Monday, September 19 at 1:30 pm in the Foundation Social Hall. We invite all to come and hear some fascinating stories about fellow residents as they “Share-A-Story” with you.

As space is limited, please sign up on the Touchtown app, or call Laurie at extension 1053.

## Wish Jackie Brewer a Happy Retirement

September 1, 1:00—3:00



All residents and staff are invited to come to the Foundation Social Hall to honor Jackie Brewer’s 29 years of service as she retires. Please come to have some snacks and

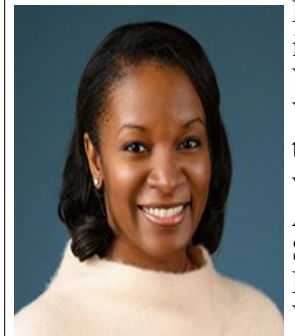
share how Jackie has impacted your life at the Village!

Jackie joined Westminster Village North on February 9, 1993, as secretary of the Maintenance Department. Recent retiree Wilda Duncan hired her. When Executive Director Shelley Rauch joined the Village about 25 years ago, her first responsibility was to hire Jackie as her Executive Assistant. She has effectively and efficiently worked alongside Shelley, who considers Jackie her “right hand.” A few years later, Jackie assumed the responsibilities as Communications Manager – a position that continues until today. Jackie has also served as Safety Committee Co-Chair, a traveling CARF surveyor, and a loyal friend of residents and staff alike.

As Jackie approaches retirement, she says she will miss the residents and their families the most. However, Jackie and her husband have plans to travel to many national parks, a hobby they love.

Jackie’s replacement is Tasha Braswell, and they will work together before Jackie’s last day.

## Welcome Dr. Bobbie Jellison to IL and AL!



Dr. Bobbie Jellison will join Westminster Village North as the medical provider for IL and AL residents on September 6. Dr. Danielle Watkins’ last day will be Au-

gust 30.

Dr. Jellison is a board-certified geriatrician who works through Community Hospital North and the HATS program. She is a 2008 graduate of the New York Medical College at Valhalla, and completed her internship and residency at Institute for Family Health. Dr. Jellison remarked that she has a passion for the geriatric community. In fact, when she was in her medical training rotations, she would trade with her fellow Residents to take their shifts so she could spend more time working in the area she loved.

Like always, Dr. Jellison will see residents in clinic. If you need to make an appointment, please call Jami (ext. 2660) or Tammy (ext. 2665). We also understand that Dr. Jellison has agreed to accept both AL and IL residents as patients in her practice. You can speak to her or the nurses if you would like to learn more about changing your primary medical provider to her.

Dr. Danielle Watkins will leave Westminster to pursue other interests and we wish her well!



A Week at a Glance...
Health Center

Jamie Minder



WVN Art Show

Laurie Wilson

The annual WVN Art Show is just around the corner. We have amazing art from the Health Center, Assisted Living and Independent residents to display. The show will be held on Wednesday, September 14, from 10:00 am to 3:00 pm. Be sure to stop by the Foundation Social Hall to see the beautiful display of resident artwork. We have room for more artists to participate so if you are interested, please call Jill at extension 5300 or me at extension 1053.

What’s Bloomin’

Dan Hibner

The zenias, snapdragons, petunias, and cosmos continue to do very well. The cedum is increasing in color. The cleoume are very nice, and the Russian sage continues to be very blue.

On the other side, the yellow bed is primarily coreopsis and yellow marigolds. Also in the same bed are a lot of four o’clocks blooming very nicely. While watching the flowers, be sure to look closely for the small butterflies and now a few painted ladies.

A Week at a Glance...
Assisted Living

Jill Armantrout

Sunday, August 28

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)

Monday, August 29

9:00 Morning walk, stroll & gardening (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with Tim Grese, Holy Cross Lutheran Church (fsh)

Tuesday, August 30

Happy Birthday Berg Antreasian
9:00 Morning walk, stroll & gardening (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Wednesday, August 31

Happy Birthday Judy Overturf
9:00 Morning walk, stroll & gardening (Syc av)
10:00 Crafts (Sar)
1:00 Entertainment: Steve Elston & ice cream social (fsh)
1:30 Bible Study/devotions w/ Chaplain April (Lcl3)

Thursday, September 1

9:00 Morning walk, Stroll & gardening (Syc av)
10:30 Love with labs (Syc av)
11:30 Fair food luncheon (Sdr)
1:00 State Fair games (syc lib)
2:00 Movie matinee & popcorn (Syc alc)

Thank You

The family of Jake Darling

Thank you to everyone that sent prayers, cards, good wishes and flowers for the funeral of our Dad, Jake Darling. And to everyone that came to his memorial! Thank you for stopping by and supporting Mom and sharing memories of Dad.



Happy September Birthdays!!

- 9/1 - Jody Fogg (IL)
- 9/3 - Patricia Wolfla (IL)
- 9/6 - Doris Gill (HC)
- 9/6 - Helen Reynolds (AL)
- 9/7 - Barry Lively (IL)
- 9/7 - Shirley Tichenor (AL)
- 9/7 - Barbara Norris (HC)
- 9/8 - Mary Everidge (IL)
- 9/9 - Mary Cray (HC)
- 9/10 - Ron Cadwell (HC)
- 9/11 - Charlie Case (IL)
- 9/12 - Lenorann Matson (AL)
- 9/13 - Kathryn Huelster (IL)
- 9/14 - Arthur Ball (HC)
- 9/15 - Harry Thompson (IL)
- 9/18—Ben Strasser (IL)
- 9/16 - Doyle Overfield (HC)
- 9/18 - Janet Lain (AL)
- 9/18 - Dorothea Lloyd (HC)
- 9/18 - Marie Collins (HC)
- 9/19 - Pamela Colvin (HC)
- 9/20 - Mary Davis (AL)
- 9/22 - Larry Rose (IL)
- 9/23 - Charles Williams (HC)
- 9/25 - Mazie VanHoover (AL)
- 9/25 - Lois Fislar (HC)
- 9/26 - Marilyn Coryell (IL)
- 9/28 - Nancy Wilson (HC)
- 9/29 - Kathleen Brubaker (HC)
- 9/29 - Sheila Lipsey (IL)

Brain Exercise

What rock group comprises four men, but not one of them plays the guitar?

Last week’s answer: The child was too short and could not reach the buttons above 5.

30 Days - 30 Challenges

Laurie Wilson

Last year, in support of National Alzheimer’s Awareness month, we had a 30 Days/30 Miles walking challenge. The participation around the Village was amazing! This year residents we ask you to participate in our 30 Days - 30 Challenges program, which are brain exercises to be completed each day.

Independent Living will be given a challenge a day on their calendars. These challenges range from simple meditation to solving a logic puzzle, and so many fun things in between. You are strongly encouraged to participate to strengthen your brain health, for fun, and to attend the special brunch with a “Breakfast Bar” hosted by the Westminster Foundation, which you will find at the end of the treasure hunt.

Assisted Living and Health Center residents will host their own brain challenges, as well. Please ask your activity staff for your challenge of the day. The Westminster Foundation will host an Italian themed lunch for the Assisted Living residents, and an ice cream social for the Health Center residents.

The Walk to End Alzheimer’s this year will be held on Saturday, October 1. They have raised more than 50% of their goal of \$950,000.00. If you want to support Alzheimer’s visit alz.org for information.

In the meantime, support our own efforts to fight Alzheimer’s by keeping your brain active! Residents and staff alike are encouraged to participate in the 30 Days - 30 Challenges program.

Independent Living

Laurie Wilson

You should have received a packet of information for the 30 Days - 30 Challenges program with your September calendar. For each day of the month in September, there will be a challenge to sharpen your brain. Please try and complete as many challenges as you can during the month. Initial each day you completed the activity on your cover packet sheet, and bring that with you on your treasure hunt at the end of the month to be part of the 30 Days 30 Challenges celebration. The challenges are designed so you are able to complete them on your own time. The Westminster Foundation will be hosting a breakfast bar during the brunch at the end of the challenge. Your invitation to the brunch is to follow the treasure map on September 30. Good luck!

Thursday, September 1, is a retirement reception for Jackie Brewer. You are invited to stop by the Foundation Social Hall at 1:00 pm to wish Jackie a happy retirement and thank her for all she contributed to WVN over the years.

While staffing issues with our drivers continue, the September activities calendar has reduced outing capacity to 14 people so that the small bus may be used. Please be sure to check your calendar prior to signing up for any off-site activity. That way those who really want to attend will be able to, and last-minute cancellations will be minimized. Your cooperation and patience are very much appreciated.

A Week at a Glance...
Independent Living

Laurie Wilson

Sunday, August 28

3:00 Vespers (fsh)

Monday, August 29

Laurie PTO
9:30 Monday in motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)

Tuesday, August 30

Happy Birthday Dru Knarr
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
11:00 Around the World lunch: Chinese
3:30 Happy Hour (fsh)

Wednesday, August 31

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

Thursday, September 1

Happy Birthday Jody Fogg
9:00 Challenge: Scavenger hunt—complete on your own today
9:30 Power Pump Thursday (tsh)
10:30 Council Meeting (tsh)
1:00 Jackie Brewer retirement (fsh)

Friday, September 2

Laurie PTO
9:00 Bargain Room open!
9:00 Challenge: ID the animal - complete on your own today
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)