

Peaceful Reflection

Chaplain April Scott

“Up on the Roof”

By Chaplain April Scott

For several nights I’ve been awoken by a noise on my roof. It sounds like a rumbling noise followed by a heavy foot chase. I get up from my bed and look out my window to see if there are intruders trying to get into my house, but I don’t see any signs of an intruder. I lay back down and again I hear the same noise. I quickly get out of bed and look out my window again, and low and behold I see something looking back at me as if I were the intruder and I were the one making all of the noise. I bang on my window to scare the intruder that has been running back and forth across my roof, but he continues to look at me as if I should go back to bed and mind my business and stop interrupting him. Finally, I hit the window hard enough to scare the furry intruder away.

Raccoons can be a nuisance, especially when they are trying to find shelter for the winter. They are literally trying to take the shingles off my new roof that I replaced two years ago to gain entry into my attic for the winter. These little critters are very persistent in their goal to gain access into my space to meet their needs.

In the Gospel of Mark there is a similar disturbance happening on the roof top by human intruders who were trying to gain access to Jesus so that their paralytic friend

could be healed by Jesus who was in the house crowded with people.

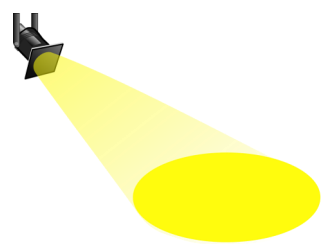
Mark 2:1-5, “And again he entered Capernaum after some days, and it was heard that he was in the house. Immediately many gathered together, so that there was no longer room to receive them, not even near the door, and he preached the word to them. Then they came to him, bringing a paralytic who was carried by four men. And when they could not come near him because of the crowd, they uncovered the roof where he was. So when they had broken through, they let down the bed on which the paralytic was lying. When Jesus saw their faith, he said to the paralytic, “Son your sins are forgiven you.” In this text Jesus heals the man spiritually and physically.

The paralytic man’s friends tore open the roof, disrupting what was on the outside to gain entry to that which was on the inside to help their friend gain access to the help he needed. They were persistent just like the furry critters that are trying to gain entry into my house. The paralytic had great friends for they were determined by any means necessary to get their friend to Jesus so that their friend could receive the healing and forgiveness that he needed. Because of their faith and persistence, Jesus healed their friend. What are you willing to do to gain access to Jesus to meet your needs or to meet the needs of your family and friends? You might have to disrupt what’s on the outside to gain access to what’s on the inside.

Blessings

Spotlight on a Resident

Laurie Wilson



Independent Living has begun featuring a resident each month to

share a unique portion of their background with others. Last month Bob Casey shared his and Julia’s trip to Africa, which followed the footsteps of Winston Churchill.

Jean Bly will be the resident in the spotlight on Tuesday, September 23. Jean was part of a civil defense group of girls in high school that remained friends throughout the years. When the girls married and began having children, the group knitted Christmas stockings to be given as baby shower gifts. From there, Jean’s passion for the craft exploded. She began making stockings for her family and friends.

Several months ago I saw one of the stockings Jean made. I was so shocked because it looked almost identical to the six stockings my brothers and sisters and I have. Ours were made by “some lady in Indianapolis,” according to my mother. My mother does not remember the name of the lady, but Jean has made dozens and dozens, so I wondered if it was Jean.

During her presentation, Jean will display some of these treasures and the patterns used. She will have a book of photos for all of the others.

Please support the Spotlight on Jean and attend her presentation. You may sign up on the Touchtown app, or just show up last minute.



Westminster
Village North

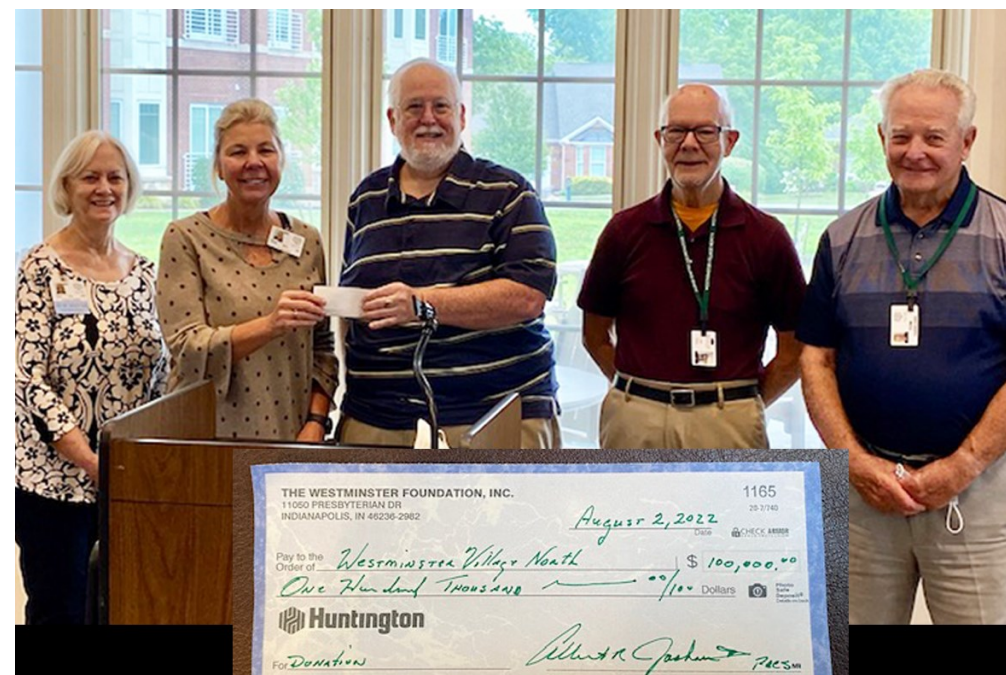
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Westminster Foundation Gives Generous Donation

Marty Krug

Photo by Kevin Pruitt



Albert “Jack” Jackson, president of the Westminster Foundation Board of Directors, presented a check to Executive Director Shelley Rauch at the August Independent Living resident meeting. This donation to WVN represents the Foundation’s continuing support of benevolent care for life occupant residents.

Foundation Coordinator Marty Krug, and WVN resident board members Tom Ulsas and Tom Kaercher joined Jack in the presentation.

Glenn Miller Orchestra Band

Laurie Wilson

A group of independent living residents attended the one-night-only Glenn Miller Orchestra Band from New York. The band is the largest, and most booked band of this type in the country, playing an average of 265 nights a year. The audience was especially thrilled to learn one of the horn players is a student from Indiana University, who has been playing with the band all summer, before he returns to school.

Retirement Open House for Jackie Brewer

Thursday, Sep 1
1:00 – 3:00 pm
Foundation Social Hall

Jackie Brewer, Executive Assistant and Manager of Communication, will be retiring on September 2 after 29 years with the Village. Residents and staff thank her for her contribution and wish her a happy and fulfilling retirement.

Denisse’s Diversified Wellness

Denisse Garcia-Martinez

To continue celebrating National Wellness Month, I will give tips on how to improve or maintain financial and spiritual wellness. The first tip is to be aware of scams or any other form of financial abuse. The two main concerns are telephone and mail scams. Be careful when giving or sending out personal information. Phone companies often offer a call blocker service that filters suspicious numbers. The second tip for spirituality is if you do not find it through religion, there are other ways to find your sense of purpose or belonging. Volunteering is a perfect way to satisfy the soul and give back to the community. You may also take time to write in a journal your thoughts, dreams, or goals. Stay tuned for more wellbeing insights next week.

A Week at a Glance... Health Center

Jamie Minder

The residents hosted a baby shower for Jocelynn! Thank you to everyone who decorated, brought gifts and attended!

Seated ballet class has started back up for August! Tuesdays at 2:30pm! Call 4230 if you'd like to try it out this month!

Zucchini's and tomatoes are growing in our gardens! Thank you Betty Jordan and Bear Fowler for taking such good care of them this season!

Thank you for attending the monthly Health Center Resident Council this past week!

If you have an activity suggestion - call Jamie Minder at 4230 and leave a message!



A Week at a Glance... Assisted Living

Jill Armantrout

Saturday, August 13

9:00 Morning walk & stroll & gardening (Syc av)
11:30 Entertainment: Robin Harrison (Sdr)
3:00 Daily chronicles & activity pack to your door
3:30 Wii Bowling (Salc)

Sunday, August 14

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

Monday, August 15

9:00 Morning walk & stroll & gardening (Syc av)
9:30 Outing: Shopping at Walmart 96th Street & fast food lunch
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, August 16

9:00 Morning walk & stroll & gardening (Syc av)
10:00 Crafts (Sar)
1:30 Bible Study/devotions w/Chaplain April (Lcl3)
3:00 News & Views (Syc alc)
3:30 Caregiver support group (tbr)

Wednesday, August 17

9:00 Morning walk & stroll & gardening (Syc av)
10:30 Love with labs (Syc av)
1:00 Bingo (Salc)
2:00 Movie matinee & popcorn (Syc alc)

Thursday, August 18

9:00 Morning walk & stroll & gardening (Syc av)
10:00 Crafts (Sar)
1:00 Barbara Frolik: Pianist (syc lib)
3:00 Mocktail & Cocktail party & Music (Syc alc)
5:45 Game night (Salc)

Friday, August 19

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
10:00 Catholic communion (aca)
1:30 Chair exercise w/personal trainer, Denisse (syc lib)

Resident Meeting

Executive Director Shelley Rauch held a resident meeting for independent living on Tuesday, August 9. She introduced managers in attendance, and will continue to do so at each meeting, to ensure residents are familiar with the management team and who is responsible for each area.

Shelley provided an update on the capital improvements needed, including an underground leak in Aspen; purchasing a new chiller for Sycamore, which also chills the FSH; circulating pump for Sycamore; a hot water holding tank in Tamarack; and replacement of some Sycamore pipes. Additionally, there is a leak in the sprinkler system outside of the FSH, which needs to be fixed.

Shelley and the WVN Board of Directors are researching personal identification badges that can be scanned for entry into Tamarack. They hope to roll out a pilot program in the fall.

The Resident Council reported a balance of approximately \$19,000.00 in checking, and approximately \$21,000 in the Employee Appreciation Fund.

If you contribute to the Employee Appreciation Fund and want to write a check, please make the check payable to WVN and write EAP in the MEMO line. In a couple of months the Council will begin its EAP campaign full speed. You may contribute now, throughout the year, or all at once during the campaign. More information will be coming from the council in September.

Marketing has exceeded their Life Occupancy budget goal for this fiscal year.

All Council and Resident Meeting minutes are posted on Touchtown once received. Other areas may ask for the minutes from their activities staff.

Brain Exercise

An archaeologist claimed he found 12 gold coins dated 46 BC. Why is this not possible?

Last week's answer: Sunday

Looking Ahead

September is National Alzheimer's Awareness Month and it is hoped residents throughout the village will support it through our **30 Days/30 Challenges**. Similar to last year's 30 Days/30 Miles, this year we will focus on brain exercises each day.

Residents in all areas of the Village will be provided with a brain activity each day beginning September 1! You will also be given a sheet to record the activities you have completed—from simple brain teasers to scavenger hunts, all designed to exercise your brain. Some of these activities will be done while at home, with others you might form groups or join a friend to complete around campus.

IL residents will be treated to a special brunch on September 30 for those who participated in the challenge. The Westminster Foundation will sponsor a Bloody Mary/Mimosa bar at the brunch with an opportunity for you to get to know your Foundation Board of Directors. Residents in AL and HC will have their own special treat and unique opportunities to meet the Foundation board members. Your activity staff will keep you posted. The important part is to take the challenge. Get your brain active!

Independent Living

Laurie Wilson

We will host the annual **WVN Art Show on Wednesday, September 14**. This year we have expanded the show to include works from independent living residents along with work from other areas. We are seeking a broad spectrum of artwork. In addition to traditional crafts, sewing, knitting, painting, etc., we are looking for other forms of art. Perhaps you build models, write stories or poems, garden, or love to color, etc., we want you to show your work in this year's show. To those who made the mosaic stepping stones, we would love to display your creations. If you are interested in displaying your work, please call me at extension 1053. We are not selling work at this show, but I am planning to host our market in early December, at which time you would be able to sell your works.

There is a group of **Mahjong** players that play the game every Friday afternoon. Because of the nature of this game, you must show up not later than 1:45 pm, or you will be considered a no show and won't be able to join the game that day. Plan to play all afternoon as well. It is too disruptive to the game and other players for people to show up late and leave early. Thank you for your cooperation.

If you use the cappuccino lounge for any **private activity**, please return the tables and chairs to their original location and setup. Also, please remember to take down the private activity sign when you leave so others may use the room.

If you are interested in a **daily wellness check** call from reception, please contact the receptionist to add your name to the list of calls to be made.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, August 14

3:00 Vespers (fsh)

Monday, August 15

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

Tuesday, August 16

9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
11:00 Fast food, Total Wine, Trader Joe's
1:30 News & Views (cc)
3:30 Caregiver support group (tbr)
3:30 Happy hour (fsh)

Wednesday, August 17

9:30 Cardio Pop (tsh)
11:30 Ladies' lunch: Cheddar's Scratch Kitchen
3:30 Grace & Frankie (fsh)

Thursday, August 18

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

Friday, August 19

9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 Catholic communion service (aca)
12:45 Sistine Chapel exhibit
1:30 Mahjong (cl)