

Peaceful Reflection

Chaplain April Scott

On Friday, September 2, my eldest daughter got married. She delayed telling me for two days! She shared with me two weeks ago that she and her fiancée were planning to get married on September 2, but I did not take her seriously because she has changed the date several times.

She wanted to have a “wedding,” but the expense was not within their budgets, so they decided to make it a simple ceremony and forgo the pomp and circumstance of a traditional wedding with many guests. I am truly happy for both of them, and excited for their journey. They made the decision to love each other for better, or worse, without the added expense of saying “I do” in front of others.

I thought about their decision of excluding others from their nuptials and came to the conclusion that a wedding is just for one day, but a marriage is for a lifetime. If they had to start their marriage out in debt, trying to please others, it would lead to a rocky start to their lifetime of togetherness. Perhaps it could even break up the marriage. What is most important is they love each other and decided to be committed to one another in the eyes of God!

God’s eyes are the only eyes that count when we come into a covenant relationship with one another. It is His eyes that see the best in us: (Psalm 34:15 The eyes of the Lord are toward the righteous and His ears are open to their cry.)

It is His eyes that watch as we journey together (Psalm 32:8 says “I will instruct you and teach you in the way which you should go; I will counsel you with My eye upon you.)

Finally, it is His eyes that see our hearts (2 Chronicles 16:9 says ”For the eyes of the LORD range throughout the earth to strengthen those whose hearts are fully committed to Him.)

Perhaps what hinders people from making a commitment to God is the time they spend on the preparation to be joined with Him in a covenant relationship. I have often heard people say to me when I’ve asked if they have a relationship with God, is they are trying to prepare themselves by cleaning up their acts before coming into a relationship with God.

If time is our currency on earth, and if those people are spending precious time on “getting themselves together” for their union with God, the union becomes very expensive. When the person runs out of time, it is too late. They spent all of their currency on the preparation and failed to realize that God’s love is free and the union was paid for more than 200 years ago by the death of Jesus Christ on the cross. Our union with God is the wedding planner and He has made all of the preparations for the union.

Let us come to the altar just as we are now. There is no pomp and circumstance for this union. It is all free and most importantly, God loves you! He wants you to love Him! John 3:16 says, “For God so loved the world that He gave His only begotten Son, that whoever believes in Him shall not parish but will have everlasting life!” And everlasting love!

Blessings

Phone Directories

In last week’s newsletter, we included a staff phone directory. Many of you have told us this was a useful tool to reach staff throughout the Village.

We will have printed copies at the reception desk available for you to pick up as of next Tuesday.

Denisse’s Diversified Wellness

Denisse Garcia

To be able to get up from the ground is an indicator of life expectancy, according to a study published by the European Journal of Preventive Cardiology. The study involved 51-80 year old people. The test was to determine the sit and rise ability from the floor. The scoring ranged from 0-10, a score of 0 means you are not able to get off the ground and a score of 10 meant you are able to get up from the ground without using your hands. This is an indicator of the importance of muscular fitness and flexibility.

Take the time to exercise each and every day—even just for a few minutes.

Scams

Laura Roman

Recently a resident told me of a phone call they received from “Amazon.” The caller told our resident that their account had been hacked and the resident would need to pay thousands of dollars. After getting the resident very worked up and worried, the caller said they needed to have our resident’s bank account and social security numbers.

Our resident was wise and stopped the call at this time ... but the call caused a lot of anxiety. PLEASE DO NOT GIVE ANYONE YOUR PRIVATE INFORMATION OVER THE PHONE! These are all scammers that rely on causing a lot of heartache on those with whom they speak. Hang up if you get a call of this sort, or tell them to send you a letter.



Westminster Village North

Around the Village

A Publication of Westminster Village North

September 9, 2022

Assisted Living Week September 11-17

Laurie Wilson

Assisted Living week was established by the National Center for Assisted Living (NCAL) in 1995. The purpose is to provide “a unique opportunity for residents, their loved ones, staff, volunteers, and the surrounding communities to recognize the role of assisted living in caring for America’s seniors and individuals with disabilities.”

The annual September observance encourages assisted living communities around the country to offer a variety of special events and activities for the AL residents. Additionally, it is hoped the recognition of AL staff during this week will help educate people about this distinctive care they provide on a daily basis.

AL activities staff has planned an exceptional week of activities for the residents in assisted living. This is a great opportunity for AL residents to come out and participate. Socialization is key to mental health and feeling well.

If you see an AL staff member next week, please thank them for all the care and encouragement they provide to our assisted living residents.

Queen Elizabeth’s Passing

Laura Roman

Today the world lost a remarkable



woman and leader. Elizabeth Alexandra Mary Windsor, Queen of England, was born on April 21, 1926. Her uncle,

George V, was the King. On George’s death, his eldest son became King Edward VIII, however, his choice of wife (twice-divorced American Wallis Simpson) was deemed unacceptable on political and religious grounds, and as we know, Edward abdicated the thrown.

Reluctantly, Elizabeth’s father became King George VI. In 1939, the 13 year old princess accompanied the King and Queen to the Royal Naval College where she was escorted by one of the cadets, Prince Philip of Greece. In 1944, when she was 18, Elizabeth was in love with him and they began exchanging letters.

After the war, her desire to marry Prince Philip faced a number of obstacles. However, in 1947 the couple married in Westminster Abbey.

In January, 1952, while in a game lodge in Kenya, Elizabeth got word that her beloved father had passed away. She immediately returned to

London where she became queen. Her coronation in June 1953 was televised around the world.

Over the years, the Queen has struggled with many adversities in the monarchy—most notably the death of Diana, Princess of Wales in 1997. While she had many critics, the Queen was revered and respected for her firm control of the monarchy.

Her death today, with her family by her side, was said to be peaceful. Certainly, it is a long life well lived! Her accomplishments will be heralded over the next weeks, months—probably even years.

The Queen’s passing makes me very sad. I’ve always been enamored by the monarchy, and in awe of the job she has done. But it also makes me reflect on our wonderful residents. Each one bringing their own historic tale to our Westminster table. I try to pay my respect to our resident friends when they pass. And it is at their funerals that you learn so much more about their lives. So many interesting stories that I often wish I had known during their life.

My goal is to know more about my friends during their life. To celebrate their accomplishments. To share in sadness of loss. To understand what makes each of us unique. To listen.

I hope each resident and family find time to talk to each other about what is important in their life and grow in friendship and love.

Thanks for letting me share.

A Week at a Glance...
Health Center

Jamie Minder

Saturday, September 10
11:00 morning visits (11-12:30)
2:00 Library cart
3:00 Jazz tunes + adult Coloring (wcl)

Sunday, September 11
Happy Grandparents Day!
9:30 Digital Devotions (Channel 21)
11:30 Social visits (11:30-1)
3:00 Sunday Vesper Services (fsh)

Monday, September 12
9:00 Good morning socials
10:00 Sounds + Sensory (wl)
1:30 One-on-One visits
2:30 Game Group (wl)
3:30 Sip + Sun on the Patio (wp)

Tuesday, September 13
9:00 Good morning socials
9:15 Bird care + community (hw)
10:00 Sounds + sensory (wl)
10:30 strolling Guitar with Robin
12:30 Men's Lunch (aar)
1:30 One-on-One visits
3:00 Bingo (wcdrr)
4:00 Sip + Sun on the Patio (Patio)

Wednesday, September 14
9:00 Good morning socials
10:00 Sounds + sensory (wl)
11:00 The Climb movement class (aar)
1:30 One-on-one visits
2:00 Devotions with Chaplain April (wcl)
2:00 WVN Art Show (Social Hall)
2:30 Hymns + hums (wcl)
2:45 Sip + sun on the patio (Patio)
4:00 adult coloring (All Common Areas)

Thursday, September 15
9:00 Good morning socials
10:00 Sounds + sensory (wl)
1:30 One-on-one visits
2:00 Don's famous popcorn
2:30 Movie in the Lounge (wcl)

Friday, September 16
9:00 Catholic visits (all)
9:00 Good morning socials
9:30 St. Simon's Catholic Communion (aar)
10:00 Sounds + sensory (wl)
11:30 Fresh Friday meditation (hwa)
1:30 One-on-one visits
2:00 Bingo prize cart (all)
3:00 Ice cream cart (3-4:30) (all)

A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, September 10
9:00 Morning walk & stroll & gardening (Syc av)
3:00 Daily chronicles & activity pack to your door
3:30 Wii Bowling (Salc)

Sunday, September 11
Happy Grandparents Day
Assisted Living Week (11th-16th)
9:00 Morning walk & stroll & gardening (Syc av)
11:30 Grandparents Day cards & cupcakes
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with Christ Presbyterian Church & Richard Perry, pianist (fsh)

Monday, September 12
Happy Birthday Lenorann Matson
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Welcome Book review committee (syc lib)
1:00 (1-4) Daily chronicles & grocery delivery
6:00 Entertainment: John Kirby/Spanish treat (fsh)

Tuesday, September 13
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Independent resident meeting (fsh)
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)
10:30 Photo Op: Greece (Sdr)
1:00 Photo Op: Greece
2:30 Cruise Crafts (Sar)

Wednesday, September 14
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Annual Art Show w/entertainment by Ratatat (10-12)
French Port
2:00 Movie Matinee & popcorn (Syc alc)

Thursday, September 15
9:00 Morning walk & stroll & gardening (Syc av)
11:00 Italian luncheon with Steve Elston (fsh)
3:00 Mocktail & cocktail party & music (Syc alc)

5:45 Game night (Salc)

Friday, September 16
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)
1:00 Assisted Living resident meeting (fsh)
2:00 Passport turn in & Roman trivia, snack & prizes

50/50 Raffle Tickets
Marty Krug

Do you want a chance to win a little extra money? Feeling lucky? Raffle tickets are now on sale for the 50/50 Westminster Foundation raffle. This means the winner gets 50% of the amount raised during the raffle, and the other 50% goes to the Foundation.

To get your tickets, contact Marty at extension 3460 or mkrug@westminstervillage.com. You may also stop by the IL happy hour on the 13th in the Foundation Social Hall; or stop by Marty’s office on the 13th, 14th or the morning of the 20th. The winning ticket will be pulled during the IL happy hour on the 20th. You do not need to be present to win.

Window Screens

Now that window washing is complete, the Maintenance department is working to replace the window screens and hopes to complete the project by the end of next week!

Save the Date!

We will celebrate Westminster’s 50th anniversary on Wednesday, October 26. The planning committee is working hard to make this a very special day for everyone, so save the date! More details to come.

IL Share-A-Story
By Dick & Kathryn Huelster

A reminder about the story on Monday, September 19 at 1:30 pm in the Foundation Social Hall. We have four residents, chosen by our current group, who will tell stories of their life experiences. They are: Charlene Case, “May Day Celebration;” Martha Jungclaus “My Greatest Adventure;” Charlie Case, “Trip to the Holy Land;” and Kathryn Huelster, “My Embarrassing Errand.”

It is our hope these stories entertain you and create your curiosity to participate in discussions afterwards. Perhaps you will want to help us expand by signing up for our monthly “Share-a-Story” meetings this fall and winter. Current members are available to help you tell or write your story if you need us.

Phone Directories

In last week’s newsletter, we included a staff phone directory. Many of you have told us this was a useful tool to reach staff throughout the Village.

We will have printed copies at the reception desk available for you to pick up as of next Tuesday, September 13. In addition, Laurie is working to add a directory to Touchtown.

Words of advice from Helen

From a memorial for Helen Bennett: Make strangers smile with unexpected compliments. Always remember the important dates in people’s lives. Always smile, polish your nails and add perfume. Accessorize everything. Don’t let your good looks get you in trouble. Say something outrageous to make people laugh. Always wear clean underwear—and there is a proper way to fold them. I’m not getting old, I’m marinating.

Independent Living
Laurie Wilson

Casino Night! Don’t forget to sign up for Casino Night on Thursday, September 22, 5:30—8:30 pm. You do not need any money! Not for games and not for food or beverages!

There will be two black jack tables, one craps table, and 1 roulette table. AMS, a professional gaming entertainment group, will supply the game tables and dealers. I will supply a playing cards on other tables if you want to play a friendly game of poker, euchre, etc.

Heavy hors d’oeuvres will be served, so no need to worry about missing dinner! Please note: Casino Night is in place of happy hour. If you have a buddy in assisted living who would like to join you, all are welcome!

Thank you for your quick response to the Casino Night message. I will not be cancelling it. You may sign up now any time, but the sooner the better, so we can prepare properly.

Charlie Case’s 90th birthday celebration is this weekend, Saturday, 2-4 pm. Please stop by the Foundation Social Hall and wish him a very happy birthday! His actual birthday is Sunday, September 11.

Thank you to all who sent birthday wishes to me! At the very least, I know you completed one challenge during the month:) Your kindness and support is appreciated!

The wreath craft may take more than the time allotted to complete. If that is the case, you may finish it on your own if you wish, but we will find a second timeslot to complete as a group.

For those who may not be aware, former resident Dr. Everett “Ey” Fleming passed away on August 31.

A Week at a Glance...
Independent Living

Laurie Wilson

Saturday, September 10
9:00 Challenge: Blueberries for Breakfast
2:00 Charlie Case 90th Birthday Party (fsh)

Sunday, September 11
Happy Grandparents Day
Happy Birthday Charlie Case
9:00 Challenge: Write with non-dominant hand
3:00 Vespers (fsh)

Monday, September 12
9:00 Challenge: Optical illusion - complete on your own today
9:00 Grocery Shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, September 13
Happy Birthday Kathryn Huelster
9:00 Challenge: Complete 30 minutes of
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
11:30 Around the World Lunch: Greece
3:30 Happy Hour (fsh)

Wednesday, September 14
9:00 Challenge: Make list of goals for remainder of year
9:30 Cardio Pop (tsh)
10:00 WVN Art Show (fsh)
1:00 Crafts: Pinecone Wreath
3:30 Grace & Frankie (fsh)

Thursday, September 15
Happy Birthday Harry Thompson
9:00 Challenge: walk the large circle outside—complete on your own today
9:30 Power Pump Thursday (tsh)
11:00 Fast Food, Total Wine & More, Trader Joe's
11:00 The Climb (tsh)
3:30 Happy Hour (fsh)

Friday, September 16
9:00 Bargain Room Open!
9:00 Challenge: Play the game "telephone" at lunch or dinner - complete on your own today
9:30 Fun Fitness Friday (tsh)
10:00 Catholic Communion service (aca)
11:00 Ladies' Lunch: Meridian
1:30 Mahjong (cl)