

## Through the eyes of a server

Laura Roman

Recently, I was asked to assist the Tamarack dining room by being a food server. There were several new staff members who were being trained and it was a Monday night, when the special meal normally brings in more diners. I knew I wouldn't have been asked if Dan didn't need the help, so I agreed.

I suited up in an apron and a lovely hair covering and cheerfully began my "shift." Since I know the residents in IL, I didn't think this would be a difficult assignment. Boy was I wrong! The dinner plates are heavy and you want to hurry to deliver while everything is hot. Monday's dinner required butter for some, sour cream for some, and both for others. Oh, and a steak knife as well. Back and forth I traipsed as I learned my role – trying to be helpful to our residents and greet them with a smile.



What I experienced really surprised me. While many people understood that running food was not my normal job, others were impatient with me and, I'll admit it ... rude. We often hear from dietary staff that they don't feel appreciated or respected. They tell us residents are rude to them. In this market, they can work elsewhere as every company is having difficulty hiring staff.

I would personally like to ask every resident to use your "please and thank-you." Recognize that you are not the only person that the staff is assisting. Be patient. Be kind. Or just show appreciation. Give someone praise. Make their day. Help them to want to work at Westminster. We have staff leave because they are not treated with respect. Please stop this behavior.

When I got home that night, tired, sweaty and hungry, I knew I had to write this article to ask residents to appreciate our staff. All staff. We all do our best. Thank you.

## Share-a-Story

Laurie Wilson

When you sit and have coffee or dine with others, you learn so much about each other. In an effort to get to really know people in Independent Living, cottagers Dick and Kathryn Huelster created a *Share-a-Story* group. The purpose is to learn something more in-depth about each other through story telling. The group meets monthly

Four members of the group were selected to present their stories to the rest of Independent Living this week.

Charlene Case shared her story through memories of "May Day Celebrations" as a child. Charlie Case told his story of "My Trip to the Holy Land." It was an ordeal. Martha Jungclaus' story about "My Greatest Adventure" recounted her very unusual wedding. Kathryn Huelster explained "My Embarrassing Errand," which detailed the unusual process of how she came to purchase this beautiful sari to wear at a traditional wedding she attended.

If you are interested in joining this group, please contact Dick or Kathryn Huelster for more information.

*The Share-a-Story members wish to*



*thank all who attended our event on Monday. Laurie Wilson helped us so much, and we thank her for her part in making it a success.*

## In Memoriam

Peggy Stump

Please keep her family and friends in your thoughts.

## Denisse's Diversified Wellness

Denisse Garcia  
Personal Trainer

**October 3-9** it is Active Aging Week. There will be a CyberCycle challenge, free exercise classes for the week, balance assessments, and showings on how to use the resistance machines in the wellness center. The CyberCycle challenge is throughout the week and you can complete it on your own. The goal is to reach 10 miles for the week using any map and you will get a badge next to your name in the leadership board.

If you have not used the CyberCycle before, it is a stationary bike with virtual environments. You can also keep track of your heart rate, speed, and miles. For those who do not have an ID or cannot remember your ID, you can come down or call the wellness center and I will set you up. The bike is located in the basement of Tamarack in the laundry room. There will be more information next week!

## Staff Directories

In a couple of the last newsletters, we have run a simplified staff directory with telephone extensions. We hope that this directory helps you to know how to reach individuals within the organization. We will run the directory in the newsletter from time to time — it is not practical for us to run it every week as it takes a lot of space. For that reason, we have printed some copies of the staff directory and they are available at the Tamarack reception desk. Or, if you would like a copy to be sent to you, please dial O and ask the receptionist to do so.



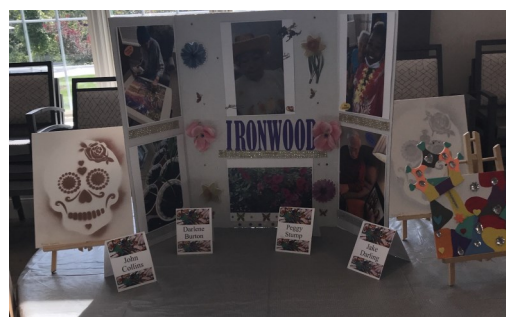
# Around the Village

Westminster  
Village North

A Publication of Westminster Village North

September 23, 2022

## WVN Annual Art Show



Thanks to the Volunteers! We also want to include a special thank you to the Foundation Board for sponsoring the Rhatatat entertainment for the Art show and the Italian Luncheon from Kinseys.





A Week at a Glance...
Health Center

Jamie Minder

Saturday, September 24
11:00 morning visits (11-12:30)
11:15 Naomi the therapy dog
2:00 Library cart
3:00 Jazz tunes + adult coloring (wcl)

Sunday, September 25
LOIS'S Birthday!
9:30 Digital Devotions (Ch 21)
10:30 Gospel and Guitars (hallways)
11:30 Social visits (11:30-1)
3:00 Sunday Vesper Services (fsh)

Monday, September 26
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 27
9:00 Good morning socials
9:15 Bird care + community (hw)
10:00 Sounds + sensory (wl)
10:00 St. Simon's Catholic Mass (aar)
10:30 Strolling guitar with Robin
1:30 One-on-one visits
3:00 Bingo (wcdr)
4:00 Sip + sun on the patio (patio)
6:00 Car racing practice (hallways)

Wednesday, September 28
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 - Chaplain April (wcl)
2:30 Hymns + Hums (wcl)
2:45 Sip + sun on the patio (patio)
3:00 WVN Memorial service (fsh)
4:00 adult coloring (all common areas)

Thursday, September 29
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 30
9:00 Catholic visits (all)
9:00 Good morning socials
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)

Peaceful Reflection
Chaplain April Scott

“Treasure to Behold”

Friends, I had so much fun spending time with my granddaughter this past weekend that I considered staying longer, but I couldn’t. I didn’t request the extra time off. It was such a delight playing board games, combing her dolls hair, and going to every antique shop on Main Street. As we strolled through the antique shops she was amazed by the discovery of the rotary telephone at her finger tips. She was in awe of the vintage Barbie dolls that represented many different countries around the globe that were dressed in their native attire. She had never seen a Victrola record player until that day and she wanted to know how it worked. I explained to her to the best of my knowledge how it worked, and she said, “that’s pretty cool!”

As we continued to view life in the past through the many treasured items that the antique shops displayed, I noticed something. I noticed that my granddaughter never once said that she was bored. She did not take out her iPhone and look to view what was happening on social media. She didn’t play video games. She was fully engaged in what was taking place in the moment. Her ten-year-old mind was engaged in the discovery of yesteryear, and my mind was taking in the nostalgia of yesteryear - how I felt seeing the old Tupperware cups that I used to drink Kool-Aid out of, and the old Log Cabin syrup tin decanter that was shaped like a log cabin. We poured that syrup on our pancakes at breakfast time. I also looked at the ladies’ vintage purses, hats, and jewelry, which reminded me of days we use to dress up for church and holiday parties. I was so engaged with explaining the past to my granddaughter and experiencing the joy remembering the past, I didn’t even think about taking out

my iPhone to see if I had missed a call or a text. I was fully engaged in the experience of being present with my granddaughter and the learning that took place as we conversed about the treasures found inside the museums of antiquity: antique shops.

What if we open the book of antiquity (the Bible) and discover how the Creator of the universe and all living things experienced life together? We will not be bored nor feel the need to keep up with social media. Oh the treasures we would find inside to rejuvenate our soul as we look toward the future, for the best is still yet to come.

Revelation 21: 1-5 “And I saw a new heaven and a new earth: for the first heaven and the first earth were passed away; and there was no more sea.2 And I John saw the holy city, new Jerusalem, coming down from God out of heaven, prepared as a bride adorned for her husband.3 And I heard a great voice out of heaven saying, Behold, the tabernacle of God is with men, and he will dwell with them, and they shall be his people, and God himself shall be with them, and be their God.4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And he that sat upon the throne said, Behold, I make all things new. ”

Blessings!

Bargain Room

The Bargain room will close at 10:30 am on Friday, September 30, so the ladies may enjoy the treasure of the 30 Day 30 Challenges program.

50/50 Raffle Winner

Congratulations to AL Activities Assistant, Gabby, who won the Foundation’s 50/50 raffle and took home \$200.

A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, September 24
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, September 25
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)

Monday, September 26
Rosh Hashanah
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Welcome Book review committee (syc lib)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, September 27
9:00 Morning walk & stroll & gardening (Syc av)
9:30 Outing: Indpls. Zoo + lunch
10:00 Catholic Mass (aca)
10:30 Bible Study/devotions w/Chaplain April (Lcl3)
2:30 Crafts (Sar)

Wednesday, September 28
9:00 Morning walk & stroll & gardening (Syc av)
1:00 Bingo (Salc)
2:00 Movie Matinee & popcorn (Syc alc)
3:00 Annual Memorial part 2 (fsh)

Thursday, September 29
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Casino trip: Anderson + Cracker Barrel lunch outing
3:00 Mocktail & Cocktail party & music (Syc alc)
5:45 Game night (Salc)

Friday, September 30
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 Chair exercise w/personal trainer, Denisse (syc lib)

Independent Living
Laurie Wilson

Challenge participants: If you have completed at least one calendar challenge before September 30, you are invited to brunch in the Foundation Social Hall on Friday, September 30 at 10:30 am. The Foundation is sponsoring a Bellini/Bloody Mary bar as well. This is the treasure on your hunt September 30. To earn the treasure, simply find your way to the FSH and bring one challenge memory or item you liked most during the 30 day challenge. Please sign up on the app or call Laurie at 1053 if you plan to attend brunch.

Don’t forget to join us in the Foundation Social Hall to listen to Spotlight on a Resident: Hank Wolfla. Hank will be sharing his passion for the Hamm Radio.

Save the Dates!

On October 5 at 3:00 pm we will celebrate the 100th birthdays of Lillian Beavers and Kit Magee, both of whom have birthdays in October.

On October 7 at 2:00 pm Ray Dietiker’s family invites you to join him in the FSH to celebrate Ray’s 103rd birthday! These events will be on your October calendar.

WVN Fall Memorial Service

Westminster Village will be having its Fall Memorial Service on September 28th, 2022, at 3:00pm in the Foundation Social Hall to remember our friends who are no longer with us. We will be honoring those who have died between 7/2020 and 12/2021. We will come together as family and friends to support each other in our grief and sorrow. We know that it helps to share with others who understand and care about our sorrow. Please feel free to come and join family, friends, residents and staff for this service of remembrance.

A Week at a Glance...
Independent Living

Laurie Wilson

Saturday, September 24
9:00 Challenge: Without looking at it frontwards, write the alphabet backwards—complete on your own today

Sunday, September 25
9:00 Challenge: Solve the Rebus - complete on your own today
3:00 Vespers (fsh)

Monday, September 26
Rosh Hashanah
Happy birthday Marilyn Coryell
9:00 Challenge: Learn something new today
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Spotlight on a Resident: Hank Wolfla (fsh)

Tuesday, September 27
9:00 Challenge: Listen to music for 30 minutes
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
3:30 Happy Hour (fsh)

Wednesday, September 28
9:00 Challenge: Solve the logic puzzle
9:30 Cardio Pop (tsh)
11:30 Men's Lunch: Fox Gardin Kitchen & Ale
3:00 WVN Memorial: 2020 - 2021 (fsh)

Thursday, September 29
Happy birthday Sheila Lipsey
9:00 Challenge: Phone a friend/ NOT RECEPTION
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Wine Club (fsh)

Friday, September 30
9:00 Bargain room open!
9:00 Challenge: Complete treasure hunt by 10:30 am for surprise
9:30 Fun Fitness Friday (tsh)
10:30 Brunch (fsh)
1:30 Mahjong (cl)

Laura Roman will be on vacation from 10/5—10/21. The marketing team will manage her work while she’s gone.