

WINTER 2021

Welcome to The
Towne Crier Quarterly

Goodbye 2020, Hello 2021!

It is a new year and we are ready! 2021 is the extra holiday package we get to open slowly as the year unfolds and leads us to a new daily routine filled with excitement, opportunity, and hope.

One thing we have all learned from our recent past is flexibility and adaptability.

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Celebrating
Independence.

Prairie Landing News



Prairie Landing construction is right on schedule, and the first residents have already moved in. Now that winter is here, they're excited for those heated walks and driveways!

The model homes are open, and we welcome people to make an appointment for a visit, or drop by Monday through Saturday, 10 am to 5 pm or Sunday, 1 pm to 5 pm. The

neighborhood entrance is located at 9119 Illinois Road. Most of the roads are completed, making it possible to drive around the 60-acre community, however, please be aware that there is a good deal of construction traffic.

The clubhouse, featuring an indoor pool, is also well on its way, scheduled for completion mid-2021. The clubhouse will also include a professional quality fitness center, changing rooms and large indoor and outdoor gathering areas.

For those of you wanting more information regarding Prairie Landing, you may go to www.prairielanding.org or call 260.236.0498.



Did You ? Know ●

Did you Know that The Towne House has everything from restaurants to a salon and spa, to a chapel, fitness center and movie theater, all under one roof? We also have medical and dental services at your disposal. So even in the winter, when weather can be unpredictable, there is no reason to worry about getting to the things you want or need. Everything you need to feed your mind, body and spirit!



Welcome!

Welcome to our
New Neighbors:

David Black

Dan Aldred

John Kelley

Doris Hoffman

Gerry Kulp

Bob And Dorothy Reed

Dorothy Craig

Otto and Jane Bonahoom

Duane and Carol Lupke

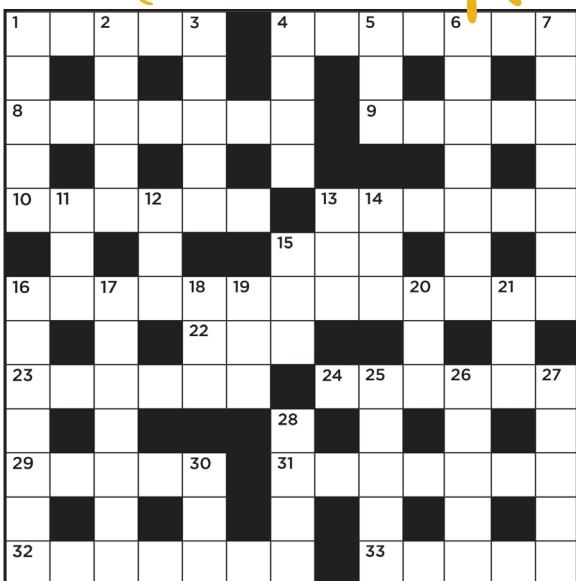
Richard and Louann Holderman

ACROSS

1. Thick cookie
4. Brief documentary film
8. 1986 Ally Sheedy movie
9. Additional
10. CT's favorite spice
13. Cheat
15. Not me, but ...
16. Goldfish are said to have this
22. Bond creator Fleming
23. Deficiency
24. Type of energy
29. Imbibe
31. A T-shirt, for example
32. Myopic
33. Play a trick on a roommate
3. Two-spot
4. Location
5. "See ya!"
6. Devoured
7. Swap
11. University of North Texas, for short
12. Banged Stooge
13. Speak sweetly
14. Attila the _____.
17. Filling in
15. Yang partner
18. Author Anaïs
19. Price place
20. _____ Paulo
21. Onassis who wed Jackie
25. Elm, cherry, and maple, for example
26. Flick
27. Military academy student
28. Secondhand
30. Caboodle sidekick?

DOWN

1. Breakfast meat
2. Leggy wading bird



Resident Article



It was December 31, 2019. The residents of The Towne House Retirement Community enjoyed a New Year's Eve party and raised a toast to the 2020 New Year. We looked forward to another year of good times and fellowship.

The months of January and February were filled with the programs and events that had been scheduled by our Program Director and Wellness Department. All seemed calm and bright. And then...

The Ides of March saw the beginning of significant changes – not only at The Towne House but in Fort Wayne, Allen County, the State of Indiana, and the world in general. Thus, the year 2020 presented challenges that no one could have ever imagined, let alone anticipated.

As we complied with issued guidelines, we wore masks and sanitized hands. We quickly learned how to eye-ball six feet as we

practiced social distancing (but my neighbors and I also utilized a string that was six feet and three inches long – just in case). Our emotions ran the gamut. At various times we were fearful of the unknown, anxious, irritable, but also thankful that we weren't ill! We exhibited our fair share of flexibility, resilience, and tenacity. We were (and still are) grateful for all the efforts that The Towne House Team made to keep us safe and well.

With the arrival of 2021, we look forward to the availability of effective vaccines which will combat the virus that has caused so much grief to so many. The current guidelines may still prevent us from gathering as we have in the past, however, they won't keep us from wishing everyone a Happy (and Healthy) New Year!

Submitted By: Helen Pyles, resident since 2011

Rehab News Winter Risk for Slips and Trips

Along with colder temperatures, winter brings us fresh crisp air, crackling fires, and glistening snow. Winter temperatures also pose many health risks, especially for older adults. While falls can happen year-round, winter can be increasingly hazardous for seniors with icy sidewalks and snow-covered roads. Falls can lead to hip fractures and other serious injuries. In fact, each year falls account for more than 2.8 million emergency room visits and 800,000 hospitalizations due to a fall injury.

Here are a few safety tips that everyone, especially older adults, should take this winter...

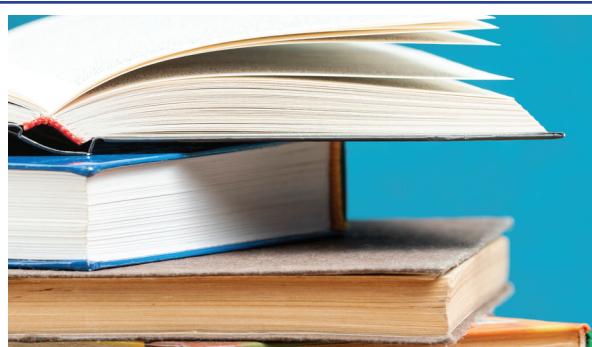
Outdoor Fall Prevention Tips:

- Wear rubber-soled shoes that provide traction on snow or ice
- Avoid walking on snow and ice by staying on designated walkways
- Try attaching an ice gripper to your cane tip
- Test potentially icy areas by tapping your foot on them
- Carry a small bag of rock salt to sprinkle on slick surfaces

Tips to Fall Safely & Prevent Injury:

- Avoiding a fall all together is the best method of prevention. However, learning how to fall safely can help reduce your risk of getting injured when a fall does occur.
- Keep your body relaxed and loose
- Protect your head
- Don't use your arms to catch yourself
- Keep your legs and arms bent to protect yourself
- Let your bottom take the hit

If you have fallen recently or are having trouble with your balance, talk with your doctor about Physical and Occupational Therapy. Our goal is to identify and address any factors that lead to falls to keep you moving safely and help prevent future falls.



Book of the Month Club

The Reckoning

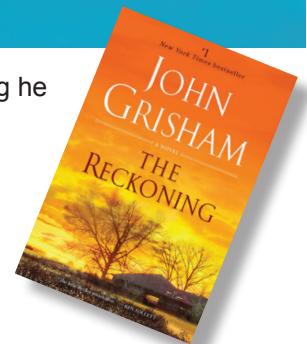
by John Grisham

Pete Banning was Clanton, Mississippi's favorite son—a decorated World War II hero, the patriarch of a prominent family, a farmer, father, neighbor, and a faithful member of the Methodist church. Then one cool October morning he rose early, drove into town, walked into the church, and calmly shot and killed his pastor and friend, the Reverend Dexter Bell. As if the murder weren't shocking enough, it was even more baffling that

Pete's only statement about it—to the sheriff, to his lawyers, to the judge, to the jury, and to his family—was: "I have nothing to say." He was not afraid of death and was willing to take his motive to the grave.

In a major novel unlike anything he has written

before, John Grisham takes us on an incredible journey, from the Jim Crow South to the jungles of the Philippines during World War II, and from an insane asylum filled with secrets to the Clanton courtroom where Pete's defense attorney tries desperately to save him.



Reminiscent of the finest tradition of Southern Gothic storytelling, The Reckoning would not be complete without Grisham's signature layers of legal suspense; and he delivers on every page.

This Era of Worry by Chaplain Douglas Vogel

One place a person can find wisdom in the world is the COMICS section of any newspaper.

“An anxious heart weighs a man down, but a kind word cheers him up.”

Proverbs 12:25

Chaplain's Column



One of our residents recently shared with me her discovery of a pertinent one by Stephan Pastis entitled, “Pearls Before Swine.” The comic featured a dialogue between good natured Pig and intelligent Goat on the subject of worry.

“Are you worried about being able to pay your rent?” asked Goat.

“What day is today?” asked Pig.

“Sunday,” said Goat.

Then Pig went on a tangent.

“Sundays I worry about getting the virus.”

“Mondays I worry about the economy failing.”

“Tuesdays I worry about racism.”

“Wednesdays I worry about the planet.”

“Thursdays I worry about losing my healthcare.”

“And Fridays I just started saving for murder hornets, those giant hornets that are coming to kill us all.”

“O wait, Saturdays I worry about losing my job. So sure, I can fit that in Saturday.”

“Quite the era,” Goat responded.

To which Pig replied, “My worry schedule’s packed.”

For some, it's easy to feel like Pig. Finding something to worry about is easy. For most of us in today's world that might include one or more of the following: the escalating pandemic, one's declining health (or someone we know), fires out west, or flooding down south. It could be loss of employment, lack of money, abundance of bills, tension of social unrest, instability of government, pain of the past, or uncertainty of the future. It could be the threat of a foreign nation, or the risk of a vaccine not working. It could be the fear of death, or the fear of after death. What is a person to do?

Interestingly, the origin of the English word worry goes back to 1300 CE, and meant “to slay, kill or injure by biting and shaking the throat (as a dog or wolf does).” Over time, it came to mean “to strangle,” “to turn or bend,” “to harass, annoy or bother,” and “to feel anxiety or mental trouble.”

The idea of worry even goes back to Biblical times. (Yes, worry has been around for a long time.) The Greek word merimna translates “to have care, anxiety, and worry”; its root meant “to divide or to separate.” This means merimna represents a mental state or condition in which someone is occupied with or is dwelling upon something. The word was used positively and negatively. In the positive sense, it meant the idea of focused care. This is the essence of compassion or loving someone. By contrast, the negative sense conveys the idea of an unwanted, unhealthy distraction. Obviously, both are present in everyday life. The worry that Pig was concerned about was the bad one called “anxiety.”

That is what Jesus refers to as “the anxieties of life” (Luke 21:34) and “the worries of this life” (Mark 4:15). In the Sermon on the Mount, he admonishes followers, “Do

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Welcome to The Towne Crier *Continued*



As we reflect on the year, although it certainly wasn't what we had envisioned, we still managed to make several overnight trips to Michigan and Lake Wawasee. We also had some beautiful outdoor concerts and sunrise wellness classes outside. As the weather became unpredictable, we moved inside and

created an open space for exercise in our underground parking garage and tons of virtual options for entertainment as well. See you later alligator is putting it lightly when we said goodbye to 2020, although we still ended the year with a holiday dinner and festivities to usher in the New Year.

At this writing, we are planning programs and outings for the first quarter of the year and are looking forward to what this year brings. As the days slowly get longer they will bring with them more daylight – just as if we are seeing the light at the end of the tunnel. Be safe, stay healthy and please give us a call if you would like to know more about The Towne House.

HAPPY NEW YEAR!

Lori and Sarah at The Towne House

This Era of Worry *Continued*

not worry about your life, what you will eat or drink; or about your body, what you will wear...Who of you by worrying can add a single hour to his life?" (Matthew 6:25-34)

St. Paul's blunt advice regarding worry? "Do not be anxious about anything" (Phil. 4:6). In other words, don't do it! Don't waste time on it! I know, easier said than done. SO HOW DO WE NOT WORRY?

[1] When the apostle Peter writes, "Cast all your anxiety on him [Jesus] because he cares for you," he means that Jesus is perfectly present, he cares for us, and he knows everything, including our darkest moments. He has our back.

[2] When the apostle Paul writes, "Do not be anxious about anything..." he goes on to say, "...but in everything, by prayer and petition, with thanksgiving,

present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus" (Phil. 4:6-7). This means as we give our worries to the Lord, he replaces it with his peace. Great deal, I say.

[3] Likewise, when Jesus says don't worry about life, he goes on to command us to replace it with a meaningful life: "But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own" (Matt. 6:25-34).

So no matter what, let's make sure our daily walk with Christ involves this mindful steadfastness, which will safely guide each of us through this era of worry to a place of peace and quiet.

"Write it on your heart that every day is the best day in the year."

Ralph Waldo Emerson