

STRAIGHT TO

THE POINTE

Edition Two

Week of April 19-25, 2020

Calling All Prayer Warriors

Friday, May 1st, 2020 will be a time of prayer at Heritage Pointe of Warren beginning at 1:30pm

Heritage Pointe of Warren is grateful for each person who resides and works here. Many have probably seen recent images of hospitals and other communities being surrounded by loved ones and community members who gather to worship and pray for their communities. Similarly, let us cover Heritage Pointe Communities in prayer.

Please join us on May 1st between 1:30-2:30 pm by lifting up our administration, employees, main building residents, Towne Home and Villa residents and all of their families. If you know someone by name, pray for that person. Family and friends are invited to make signs or decorate their cars with a blue heart. The blue symbolizes the healthcare industry, and the heart will demonstrate their love and support.

WBCL is also supporting this effort and will make announcements throughout the week leading up to this day. Listen as they mention our campus on the air.

There will be more information posted for those driving to the event. Residents who reside in the main building are invited to watch our chaplains and other staff on Channel 63 on their televisions for a live prayer service from our Applegate Chapel at 1:30 on May 1st.

Residents are asked to continue to maintain all social distancing during this event. Main building residents may wave to family from their windows, but are not to go outside to meet with those in attendance.

Family members, Towne Home and Villa residents, Warren residents and friends from all over can watch the service on our Facebook page at "Heritage Pointe of Warren" as we will host a Facebook Live event from the chapel during this time.

Families and residents who live OUTSIDE of the main building are encouraged to fill our drives and parking lots. Let's make the campus overflow with prayer warriors.

Coming SOON to a TV near you!

Tune in **TONIGHT** at 6:30pm to Channel 63 for our very first Heritage Pointe Variety Show featuring skits, music, jokes and more. It is sure to be an evening full of laughter! (And let's admit, we ALL need that right now!)



THANK YOU, THANK YOU!!

Thank you for the sweet notes of encouragement, expressions of kindness and the outpouring of support you each continue to give to our staff.

Televised Activities:

Bingo: Mon & Wed at 1:45pm

Sat morning at 9:15am

Chapel: Mon-Fri at 9am

Sundays at 9:30am

Morning Exercises: 10am

Administrator Update: Wednesdays at 10:30am

Tuesday Trivia: Tuesdays at 1:45pm

Hymn Sing: Thursdays at 1:45pm

Surprise Activity: Fridays at 1:45pm



Parkview Huntington Hospital hosted a similar prayer vigil for their campus, as have many other hospitals and senior communities across the nation.

No News Is Good News

Maintaining Wellness is Celebration Enough . . .For Now

Changes have been occurring at an alarming rate both here at home and across the world. In light of all the turmoil, Heritage Pointe of Warren is celebrating our small victories this week.

Another week is closing and we remain COVID-19 free on our campus! We cannot celebrate this fact enough. With heartbreaking news from neighboring senior facilities as close as Marion being hit with illness, we count our blessings daily that everyone remains well.

We acknowledge that this time of separation is difficult for everyone. When the regulations seem extreme or maybe even feel unnecessary, please keep in mind what the alternatives could be.

It is natural for emotions to fluctuate during this time of

isolation. Loneliness is real. Depression is real. Even frustration and anger are valid emotions during a time in history when we struggle to understand the whys.

But together, we can tackle these feelings. We can support one another to vent, cry and pray. And, we can hope for a better tomorrow.

When you are feeling frustrated or overwhelmed, try these feel-good activities instead:

- Write a letter to a friend
- Color or Paint a picture
- Send a greeting card
- Call a loved one
- Set up a Video call (ask staff for help if you need it)
- Go outside when weather permits or open your window for some fresh air

Did you know? . . .

Fun Facts about Heritage Pointe of Warren

We use **480** rolls of **TOILET PAPER** a week!

We go through **8,000** small trash bags A WEEK!!

That is over **1,100** a day!! **WOW!!**

Do you love our shiny, clean handrails?

We use **832** bottles of **FURNITURE POLISH** a year!



Our Heritage

March 1921 ~ United Methodist Home Laundry Ladies The laundry was dried on the line, and sheets were bleached by the sun on the lawn.



Tech Tip

Be Wary of Scams

With the country in lockdown and stimulus checks being sent to many Americans, scammers are out in full force. It is important to know how scammers target senior citizens and then to be proactive in protecting yourself and your personal information.

The Senate Special Committee on Aging has reported that Social Service impersonation is the #1 scam in the country. In fact, Americans reported losing close to \$38 million dollars last year to this scam alone. In this scam, victims receive calls from persons pretending to be from the government. They might state there is a problem with your social security or want you to confirm a banking account for deposit. The ACTUAL social service department will NEVER call with an issue.

Another scam targeting seniors is trying to sell unnecessary services or Medicare related offers. Protect your new Medicare number like your banking account, social security and credit card numbers.

Keep in mind these tips offered by the FBI for guarding against telephone fraud:

- NEVER give your personal information such as account numbers, dates of birth or credit card numbers to unfamiliar companies.
- Only give to charities with whom you are familiar and those who are upfront about how the money will be sent. NEVER give money over the phone to unfamiliar people.
- Obtain a person's name, business identify, telephone number, street address, mailing address and business license number before your transact business over the phone.
- Talk over important financial investments or decisions with a trusted family member or financial advisor.
- Always take your time to make financial decisions. Legitimate companies will not pressure you into making snap decisions; they also will not telemarket.
- Be aware that fraudulent calls may try to trick you into agreeing to something you don't want. Hang up rather than stay on the line with someone you do not know. Scammers know that seniors grew up in a culture of good manners and use that quality to keep you on the line.
- Listen for these phrases which should be warning signs for telemarketing fraud:

"You must act 'now' or this offer won't be good."

"You've won a 'free' gift, vacation, or prize" but you have to pay postage or other charges

"You must send money, give a credit card or have money picked up by courier."

"You don't need to check out the company or discuss with anyone"

"You can't afford to miss this 'high-profit, no-risk' offer."

Stay alert to the possibility of scams and guard your information. In this digital world, numbers can be across the globe before you are ever aware of an issue with your accounts.

Sources: AARP.org, FBI.gov, aging.senate.gov

Guard your personal information



from digital theft!

HEAD TO TOE with therapy

Therapy Tip:

Keep breathing!!!

Did you know that the diaphragm is the biggest muscle that controls your lungs? It can get weak just like any other muscle that doesn't get exercised.

The diaphragm is a large muscle which sits underneath both lungs and separates the top and bottom halves of the torso. The diaphragm helps to pull air down into the bottom of the lungs which helps to prevent both shortness of breath with activity,



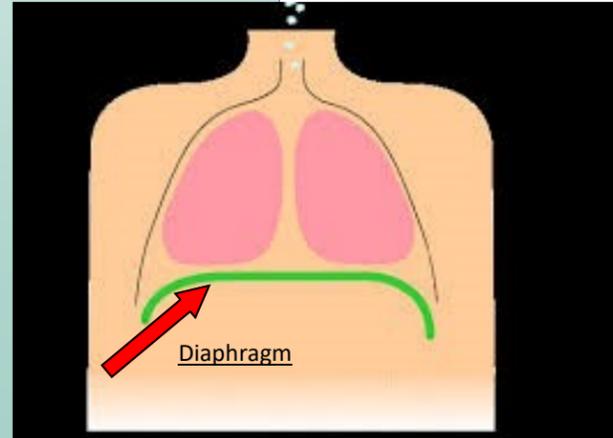
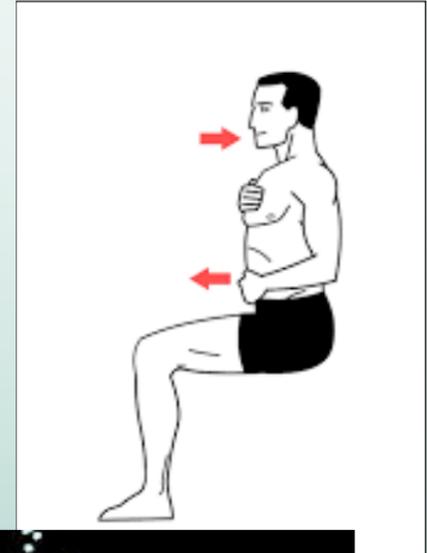
and to prevent pneumonia.

Diaphragm strengthening can be done either by lying on your back with your knees bent, or by sitting in a chair.

The Exercise

What to do:

Place one hand on your belly and one hand on your chest. Blow your air out. As you take a big breath in – focus on your belly pushing out against your hand. The hand on your chest should not move. Blow your air out again and your belly should sink in. Try and make each part of the



Sudoku

Fill in the grid so that all nine columns down, all nine rows across, and all nine 3-by-3 boxes contain the numbers 1 through 9. A number appears in each column, row, or box only once.

	4	5		1	7		2	
	2		3			1		
		1				3	7	4
		9			3	5	8	
1		2	5	8		4	3	7
		8	7		6	9		
	1		4	7	2			5
		7				2		
	5	4	6					1

An Ounce Of Prevention Is Worth a Pound Of Cure

Remember this old adage?

Generations of people shared little proverbs like this to help them remember practical truths in life.

Hand washing is one such example. It is an important part of fighting ANY infection, but especially important during this pandemic. It seems such a simple concept, but did you know that many people do not follow the correct

way to wash their hands?

Read over this handout from the CDC for tips on effective hand-washing.

Most importantly, wash frequently and don't use your clean hands to turn off the faucet. Instead, use a paper towel in public or hand towel in your own apartment.

Don't skip the backs of your hands or in between fingers and under nails

where germs like to hide.

Hand sanitizer, when available, is only meant to use when soap and water are not available.

Remember, that even when the guidelines are lifted for the general public, our population is still at risk for any infection. Do your part and wash your hands often.

Maybe mom knew best after all.

Wash Your Hands to Stop COVID-19

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies
- After touching a surface in common areas that may be frequently touched by other people
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.



Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

May Activity Calendar Changes

Because social distancing continues, the regular May activity calendar and planned Fine Arts Series programs listed for May will be rescheduled at a later time. We will look forward to welcoming The Detty Sisters and The Craig Tornquist Clean Comedy Show in our Applegate Chapel in the future.

Please continue to watch for flyers, look for this newsletter and listen for announcements on channel 63 regarding our altered activity plans.

Many fun “virtual” activities and programs are in the works. As always, if you are in need of supplies, books, coloring pages, etc., please let activities know and they will be happy to help.

Many of you are asking about voting this year.

Next week in our newsletter, we will feature all the information



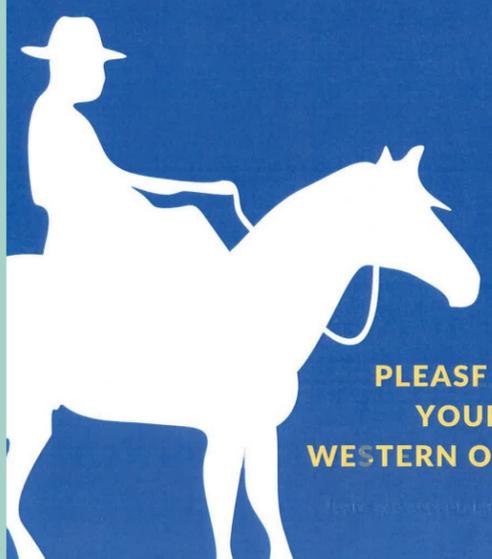
you need to get signed up before the new deadlines.



WWW.HPVA.COM

WESTERN DAY AT HP

WILL BE THURSDAY APRIL 30



PLEASE WEAR YOUR BEST WESTERN OUTFIT

Help beat the blues with a fun Western Day next Thursday!



Our 2019 Volunteers We are missing several of these dear people this year.

National Volunteer Week ~ April 19-25

Volunteers are missed, but never forgotten during quarantine

If you have heard it said once, you have heard it a thousand times— Heritage Pointe of Warren cannot run effectively without our volunteers! So many people fill many roles in our community; we cannot begin to thank them all.

To those of you who volunteer, we have not forgotten you during this pandemic or what you mean to the heart of this community. This is the week where typically you are celebrated and invited to a luncheon to express the gratitude the staff has for your service.

This year, along with everything else, we have had to postpone in-person celebrations. But we still want to recognize the important roll which volunteers play. We dedicate this edition of our new newsletter to you.

Volunteers are the heart and soul of our community. They put others first and demonstrate love to others through service.

For those of you have haven't had the chance to yet volunteer, or perhaps just want to do so in the future, please keep these opportunities in mind when operations are able to get back to a more “normal” pace.

Volunteers at Heritage Pointe of Warren do everything from helping to deliver mail, working in the library and delivering books, helping with healthcare activities, running the video equipment in the chapel,

working in the gift shop, serving in the Cove, serving and delivering meals, helping in ceramics and sewing rooms, crafting in the woodshop, leading Bible studies, choir, chimes and so much more!

One day all of our activities will be able to resume and we will need each person to fill these vital roles again.

Until then, know :

YOU ARE APPRECIATED.

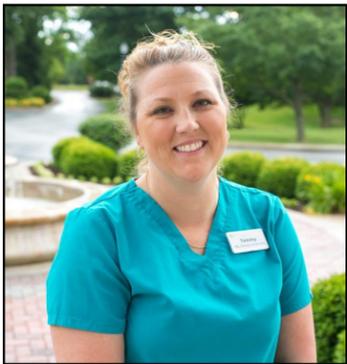
YOU ARE LOVED.

YOU ARE REMEMBERED!



Be devoted to one another in brotherly love. Honor one another above yourselves. Romans 12:9-10

From
the desk
 of...
the D.O.N.
 Director of Nursing



To our Team of Employees and Residents at Heritage Pointe of Warren:

I would just like to say,
"THANK YOU!"

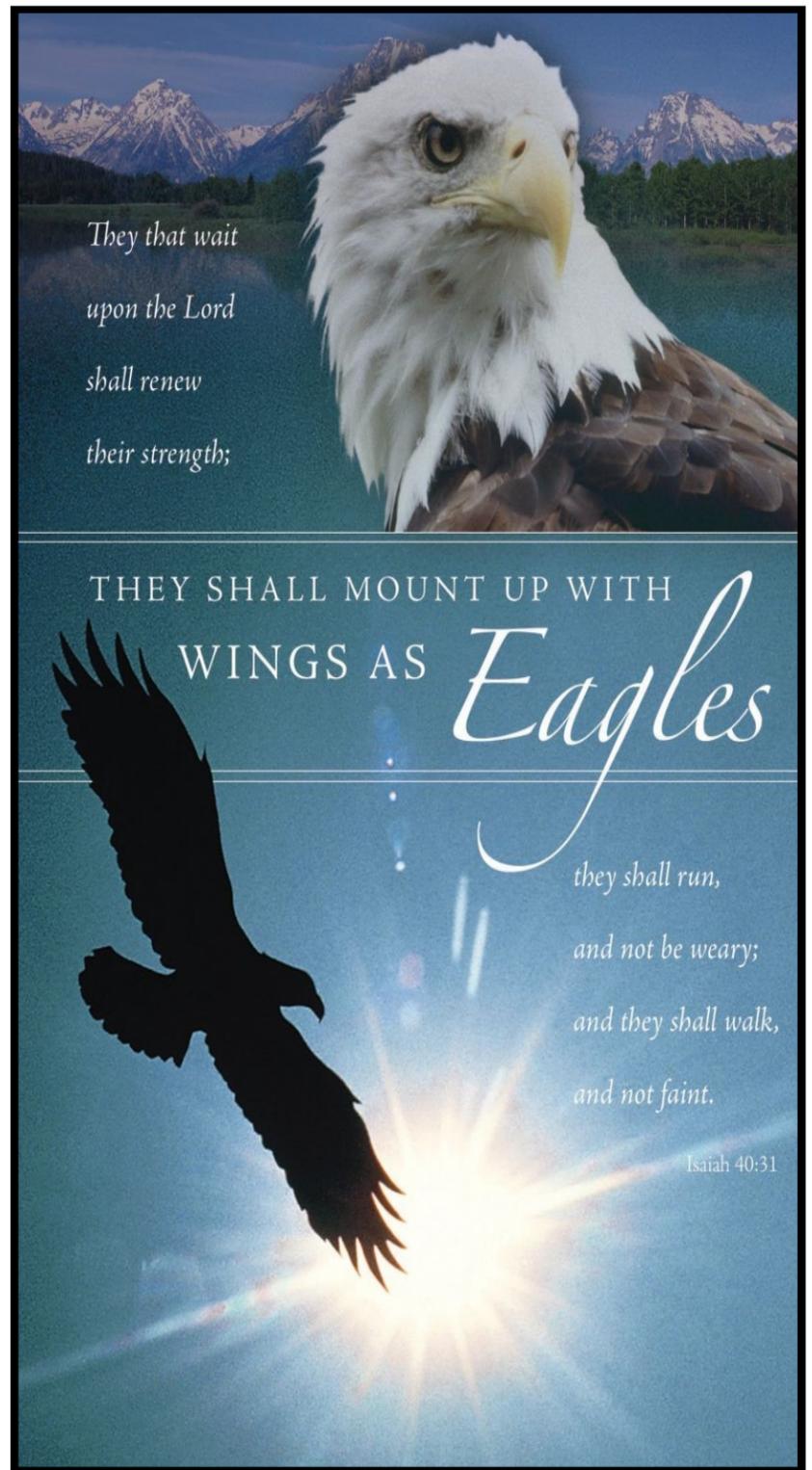
Everyone is pushing through the challenges and constant changes presented to us during these times of unfamiliarity and

uncertainty with the COVID-19 pandemic.

I appreciate your efforts to roll with the changes and to follow the new rules which have been implemented.

We are resilient. We will make it through these times together. Once, again, thank you so much for your continued commitment to our community.

Lammy Valles



My favorite verse from Scripture is Isaiah 40:31: "... those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." I mention that this is my favorite passage of Scripture often. I guess because the folks in my congregations knew it, often at Christmas, I would receive eagle themed gifts.

I do enjoy eagles, and I am thrilled whenever I am able to enjoy a close-up of an eagle in the wild. But while in Lafayette, Indiana, one man in my congregation in *GOT IT.*

He called me one day to say that he wanted to give me a "Pastor Appreciation" gift, but that I had to take a trip with him without knowing where or what we were doing. The timing was during the Covered Bridge Festival; we went to a town where they were celebrating with booths and displays of all kinds.

We drove to the edge of town where a small tent was set up in an open field. There in the field was an odd looking contraption. It looked like a two seat scooter with an air boat fan on the back. I discovered that they call that contraption a "powered parachute."

My parishioner recognized that the point to Isaiah 40:31 is not so much the eagle, but the point is the **ability of our Lord to enable our feeling that we can "soar,"** even when circumstances would make us feel like we are crawling on our belly through the mud.

On that day, I really discovered what it feels like to "soar on wings like eagles." The pilot and I were up at least five hundred feet over a large lake in the open air soaring like an eagle; it was exciting, breath-taking, and so much fun! I really got to "soar," sort of like an eagle. The Lord desires that we be able to "soar" right now in the midst of this virus mess. If we seek him (Jeremiah 29:13), He says that we will find Him and He will bring us

back (from captivity). Right now, I imagine that we all feel captive to Coronavirus, but my friends, **WE ARE NOT. We can SOAR!!!**

Dick



Our Chaplains
On Duty this week:
Dick Case
 Ginny Soultz
 Gerald Moreland

**Chaplain's
 Corner**



Celebrate National Volunteer Week !

We love our volunteers at Heritage Pointe of Warren. Solve the word search with the words below which help describe these giving people!

C	G	I	R	E	E	C	I	V	R	E	S	C	G
S	I	L	O	V	I	N	G	E	S	G	C	H	N
H	V	S	S	E	L	F	L	E	S	V	O	A	I
T	I	R	E	S	P	E	C	T	O	E	M	R	R
T	N	E	W	E	F	L	L	S	T	V	P	A	A
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K	E	N	G	U	T	N	P	E	A	W	I	R	C
I	P	E	A	H	T	E	C	V	L	E	O	S	A
N	L	U	E	E	F	E	T	E	T	S	N	C	R
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I	H	R	L	S	E	R	V	E	M	M	T	L	N
E	C	N	E	R	E	F	F	I	D	E	E	S	G

- | | | |
|---------------|------------|----------|
| VOLUNTEER | SELFLESS | LOVING |
| GIVING | RESPECT | AWESOME |
| KIND | HUMBLE | HOPEFUL |
| COMPASSIONATE | CHARACTER | TOGETHER |
| TIME | CARING | SHARING |
| SERVICE | DIFFERENCE | HELPER |

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