

# The Village News

2 Nisan 5780 | March 27, 2020

## Shabbat Shalom



Dear WHV Community,

Shabbat Shalom, wishing you a Shabbat of peace and safety, and a break from worry spread by these difficult days. As we continue the practice of social distancing, many of us are separated from the people we love and from friends we socialize with day to day. I am praying for everyone's health and emotional well-being. Self-care, staying connected, doing the things you love, are so important to maintain well-being during these trying times. If you feel

*continued on back*

## FROM THE WHV PRESIDENT

Dear friends,

It has been another week of teamwork as we all pull together to help flatten the curve. Our staff is checking in on residents daily, diligently following all CDC guidelines, working to keep our residents as safe as possible. That includes checking staff for temperatures at both the beginning and end of shifts and allowing non-care providers to work from home. I continue to be amazed by the incredible support of our residents, families and staff members who are always thinking of how to do things better each day. Like activity directors

who bring musicians to play in the courtyard at Heritage House and write family letters and poetry on white boards at the Cottage to share with families. And Chef Mark and his team who are now providing daily lunches, free of charge, to Creekside members so they don't have to worry about grocery shopping. And the many community partners and volunteers, asking "how can we help?" While this time may be challenging, it gives us an opportunity to see the good in those around us and bring us closer together.

*With gratitude, Chris*



## Volunteer Spotlight

Thank you to Alyssa Russell of JewishColumbus for recruiting community volunteers for WHV and to Rock City Church who donated 100 activity bins to our campus! So appreciated!!



## SEEN IN THE VILLAGE



Bingo at Creekside



Ellen Schottenstein sending a message home



Jean Mellman, blessing the wine for Shabbos.



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## Shabbat Shalom (continued)

isolated, please reach out to me, to your caregivers on campus, or communicate with a trusted person so we can support you! We want you to know the strength that comes from living in a caring Columbus community. Countless members of our community have reached out and want to connect and support our seniors. Our seniors in turn, also strive to support others in need. We are thankful for these offers and appreciate the human spirit of encouragement!

As a community, let us pray for the health and energy of our direct caregivers. We are blessed to live on the WHV campus where our mission is to treat each other and every human being with the Jewish values of compassion, loving kindness, dignity, and respect for tradition. Let us pray for our clinicians to stay protected, safe, healthy, and remain kind and gentle to those they serve and to themselves. I turn to an important prayer from our faith tradition to say each day for our health care workers. I'd like to share an excerpt with you.

*Shalom Aleichem* (Shabbat peace to you),

Rabbi Debbie Lefton

## The Physician's Daily Prayer

*Translation/Adaptation by Rabbi Simkha Y. Weintraub, Attributed to Maimonides*

Almighty G-d –

You have created the human body with infinite wisdom.

In Your eternal providence, You have chosen me to watch over the life and health of Your creatures.

I am now about to apply myself to the duties of my profession.

Support me in these great labors that they may benefit humankind.

For without Your help, not even the least thing will succeed.

Inspire me with love for my art and for Your creatures...

When those who are wiser than I wish to instruct me let my soul gratefully follow their guidance for vast is the extent of our art.

Imbue my soul with gentleness and calmness.

Let me be contented in everything except the great science of my profession.

The art is great, but the mind of a person is ever-expanding.

I now rise to my calling.

**Thank you, WHV care providers!!**

## THIS WEEK'S HIGHLIGHT

Music was in the air at Heritage House as residents enjoyed a courtyard concert with singer/pianist Dave Bott and resident musician, Reggie on bongos! Great to open the windows to fresh air and great music!



## JOIN US!

Please follow us on Facebook and our website ([www.whv.org](http://www.whv.org)) for updates! Have a story or photos to share? Contact Leslie Fulford at [lfulford@whv.org](mailto:lfulford@whv.org).

## De-stress and Relax with Urban Zen

In a world that is changing daily due to COVID-19, regulating your nervous system is more important than ever. From the world of Urban Zen Integrative Therapy, one of our favorite de-stress tips is 10 minutes of elevating the legs higher than the heart to reduce stress and exhaustion.

Lie down on your bed, sofa, or floor placing legs over stacked pillows or folded blankets. Set a timer for 10 minutes and lie down. Close your eyes and rest your arms comfortably at your sides with the palms facing the ceiling.

Bring attention to the belly and simply watch the belly move up and down. If the mind cannot settle down that is ok. Notice your thinking then go back to watching the breath move.

When the alarm goes off, move slowly, turn off the alarm, and stretch, wiggle & move your body before getting up.

We have found most people feel refreshed and renewed after this relaxation break.



WHV Urban Zen Program Director, Lori Guth