

Staff Phone Directory

Activities/Leisure Services

Laurie Wilson, IL Leisure Services Coor.— 1053
Gabby Tijani, AL Activities Coor.— 3530
Jamie Minder, HC Activities Mgr.— 4230

Beauty Shop

Tamarack — 1230
Sycamore — 2777
Health Center — 3080

Business Office

Chuck Gaskins, Dir. Financial Operations — 2190
Melissa Wyatt, Resident Accounts Man.— 2920
Dawn Martinie, Resident Account Asst. — 3450

Campus Environment/ Maintenance

Wilson Ojwang, Dir. Campus Environment — 2260
Sharon Taylor, Secretary/Work Orders — 2200

Chaplain

April Scott, Chaplain -- 1410

Dining Rooms

Aspen, HC — 3245
Cedar Commons, HC — 3248
Ironwood, AL — 4910
Juniper/Heatherwood, HC — 3451/3542
Sycamore, AL — 2760
Tamarack, IL - 1034
Willow Commons, HC — 3246

Executive Leadership

Shelley Rauch, Exec. Dir. — 3500
Travis Campbell, Ex. Asst. Mgr. of Communications—3510

Food Services

Dan Armantrout, Dir. Food services — 3750
AL Food services — 3440
Thomas Balsler, IL Chef — 3751
Rob Palladino, HC Food services — 2340

Foundation

Marty Krug, Foundation Coor.-- 3460

Health Center

Shannon Harris, Dir. Health Center Operations — 3570
Jackie Davidson, Dir. of Nursing -- 2830
Ebony Sims, Asst. Dir. of Nursing — 4490
Tracy Pope, Admissions Mgr. — 2840
Nurses Stations:
Aspen — 3240, 3241
Cedar Commons — 3295, 3297
Heatherwood — 2330, 2850
Juniper — 2770, 2790
Willow Commons — 5320, 5410

Housekeeping

Tammy Meadows, Housekeeping Manager — 1060
Housekeeping Requests — 2300

IL/AL Nursing

Jami Blanton, Nurse Mgr.— 2660
Tammy Rogers, Asst. Nurse Mgr. — 2665
Nurses Stations:
Sycamore — 2820, 2825
Ironwood — 2170

Marketing

Amy Morgan, Dir. Marketing—2140
Marsha Soderholm, IL/AL Marketing Mgr. — 2720
Kevin Pruitt, Transition Coor. — 5380

Receptionist — 0

Social Services

Jill Armantrout, Social Services Mgr. — 5300
Gabby Pollock, Social Services Asst. — 2860

Transportation — 2160

Jody Black
Tonya Richardson

Therapy

Stephanie Irvine, Therapy Manager — 4222, 5350

Wellness

Wellness Center, Tamarack -- 1051

In Memoriam

*Betty Brilmyer
Janet Disborough
Dorothea Lloyd*

Please keep their families and friends in your thoughts and prayers.

Catholic Mass

Catholic Mass and communion services will not be offered in January. It is hopeful they will return in February.

Denisse's Diversified Wellness

Denisse Garcia

Here are some fun facts about exercise you may not know:

Sweating does not mean you are burning more calories! Sweating during exercise is just the way the body cools itself down.

Only 10% of people lose weight through diet alone.

People who do not regularly exercise can lose up to 80% of their muscle mass by the time they're 65 years old.

Just 10 minutes of exercise can help maintain your fitness level.



Around the Village

A Publication of Westminster Village North

January 13, 2023

We Love Westminster Village North

Calling all residents...Amy Morgan wants to interview you! She is working on a new campaign for February called "We love Westminster Village North!" She would like to interview any resident who would like to share why you love to live here! All videos would be 2-3 minutes and will be placed on our website and Facebook page. This is a great opportunity to show your love of WVN! Please contact Amy Morgan at 317-826-6064 if you are interested.

Harrison Center Gallery Tour

For those not familiar with the Harrison Center Gallery, it was much like the Stutz artists' gallery. Many of the artists here, however, were from the surrounding area of 15th & Delaware and have a very local vibe.



Active 2023!

Laurie Wilson

The activity staff in all areas of the continuum are constantly looking for creative ideas to enhance the quality of life for residents. A report by *US News* suggested the best activities for 2023 in nursing homes and retirement communities are more than passive games. Instead they are active. The report included a list of ideas that were more active, rather than "just a way to pass time." From cooking/baking class to virtual reality sessions, the list was long.

As I scrolled through the list looking for new ideas, I was pleased to see the activity staff at WVN is ahead of the curve. For example, the HC activity staff has offered cooking/baking programs for years. Assisted Living, not only offers many art classes, but puts on an art show to display the work. And, in Independent Living, we had a virtual reality program last year, and will again.

So, while I may not have seen a breakthrough idea, it reminded me to continue to find activities that are engaging. And what might be engaging for some, may not be for others. But there is nothing wrong with smaller group activities. Therefore, rather than trying to create large group activities as a one-fits-all, I may create smaller group activities, but with more variety.

If you have an activity you would like to see on the calendar, large or small, please talk to your activity manager.

Happy Active 2023!

IL Resident Meeting

The monthly Independent Living resident meeting was held on Tuesday, January 10, at 10:00 am in the Foundation Social Hall. Executive Director Shelley Rauch informed the residents Marion County COVID cases have dropped, therefore, the county has gone from Red to Orange. This does not mean to lower your guard, however. You are encouraged to mask when in large groups, wash hands often, and stay home if you feel symptoms of cold or flu. Shelley also announced there are no cases currently in the Health Center, which has not happened in some time.

The Resident Council is revisiting consideration of purchasing a bladder scanner for the Health Center after further information was provided about the need.

The storage barn is expected to be demolished on Friday, January 20, after all permits have been authorized by the utility companies and the city. This date might be adjusted based on the permitting.

A committee comprising Martha Jungclaus, Alice Dial, Tom Ulsas and John Smith (AL) has been formed to search for new council members. Tom Ulsas, Joanne Tharp, Merle Ritter and Lois Dillon will end their terms this year.

All council meeting minutes and resident meeting minutes are posted on Touchtown as soon as they are received.

A Week at a Glance... Health Center

Jamie Minder

Our group activities remain paused due to covid restrictions. Check the TVs on each unit for updates. In the meantime, the activities team is visiting room-to-room for 1:1 activity, devotions, refreshments and dropping off activity supplies.

Happy Birthday Evelyn Miles on 1/16 in Aspen Commons!

If you need anything from the activities team, please call Jamie Minder, Activities Manager at 4230.

This week Cedar residents in the Health Center made pinecone bird feeders to hang around the village!



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, January 14

Happy birthday Hazel Barney!

9:00 Morning walk & stroll (Syc av)
2:00 Wii bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, January 15

9:00 Morning walk & stroll (Syc av)
11:00 Daily chronicles & activity pack to your door
3:00 Vespers (FSH)

Monday, January 16

Martin Luther King Jr. Day

9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Movie matinee & popcorn (Lcl2)

Tuesday, January 17

9:00 Morning walk & stroll (Syc av)
9:45 Morning yoga stretch (syc lib)
10:30 Bible study/devotions w/ Chaplain April (Lcl3)
1:00 Karaoke (Syc alc)
2:00 Reminiscence "The good old days"
5:45 Bingo (Salc)

Wednesday, January 18

9:00 Morning walk & stroll (Syc av)
10:00 Jewelry making & crafts (syc ar)
1:00 Bingo (Salc)
2:00 Cook's Corner & tasting (Sar)
4:00 Aviary clean and bird sensory

Thursday, January 19

9:00 Morning walk & stroll (Syc av)
9:45 Morning yoga stretch (syc lib)
10:00 Crafts & music (Sar)
11:00 Brunch outing: Blueberry Hill Pancake House
1:00 Movie matinee & refreshments (Syc alc)
2:00 Pianist: Barbara Frolik (syc lib)
3:00 Mocktail & cocktail party & music (Syc alc)
5:45 Game night (Salc)

Friday, January 20

9:00 Bargain Room (tb)
9:00 Catholic Church Visits—door to door (9-12)
9:00 Morning walk & stroll (Syc av)
10:00 Grocery orders due
10:00 Catholic communion (aca)
1:00 Chair exercise w/personal trainer, Denisse (syc lib)
1:00 Movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

“Blessed are the peacemakers”

Last Sunday I had the privilege to visit with the Darling family as they gathered to celebrate Christmas. The most funny and amazing thing happened to me as I was greeting the family. Three-year-old Connor ran up to me and looked up at me, then he looked at the skirt that I was wearing with amazement. Connor grabbed hold of my skirt and said, “ooh!” He had just discovered the material that he would like for his batman cape to be made. My skirt was very shiny, reflecting light, which drew little Connor to investigate and give his stamp of approval. I love little children because they have not developed filters in which to view the world around them. They will say just what’s on their mind.

Matthew 19:14 says:
Jesus said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.”

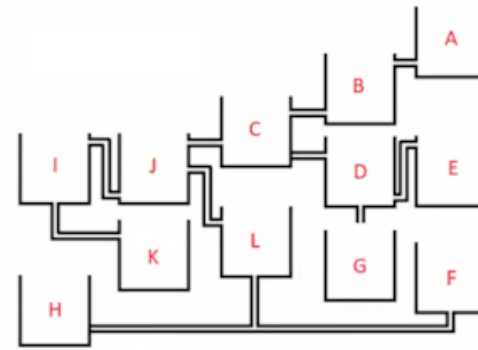
Children see things differently than adults. Children have not developed pride, hatred, malice, prejudice, nor self-importance. Children let their light shine because their light hasn’t been dimmed by the gloom of life’s tragedies. Children play with others who do not look like them with joy and wonder because “different” does not matter to them. They are only focused on having fun, laughing, sliding, swinging, and going around the merry go round. Children show trusting humility, kindness, love, joy, and peace. It’s no wonder the kingdom of Heaven belongs to them.

As we celebrate the Great Peace Maker, the Rev. Dr. Martin Luther King, Jr. on Monday, January 16, lets us continue to practice childlike wonder, seeing each other as God sees us. We are all God’s children, and he created the human race in love! Friends, let us therefore love our Creator as he first loved us. Let us love our neighbor and re-

member, “Blessed are the Peacemakers for they will be called children of God.”

Brain Exercise

WHICH TANK WILL FILL FIRST ?



Last week’s answer: The letter R

Top 10 New Year’s Resolutions for 2023

Did you make a New Year’s resolution this year? Just as in past years, have you broken it already? These top ten resolutions are just plain good to adopt as kind people. Further, you can fulfil them here at the Village. Sign up for an activity or exercise class, think before you speak, attend a virtual travel program, or take one area of your apartment or home and get rid of unnecessary items.

1. Focus on a passion, not the way you look.
2. Work out to feel good, not to be thin.
3. Stop gossiping.
4. Give one compliment per day.
5. Go a whole day without checking emails.
6. Do random acts of kindness.
7. Read one book per month.
8. Go someplace you’ve never been.
9. Clear out the clutter.
10. Turn off your phone one night per week.

With these ten items, you now have a ten-day challenge! Can you do it? Let your activity staff know how you are in accomplishing these resolutions. Good luck!

Independent Living Notes

The **St. Simon Goldenaires** are returning to WVN on Wednesday, January 18, for their monthly mass and luncheon. You are invited to attend, regardless of your religious denomination. The group will meet in the FSH on the third Wednesday of each month from 10:30 am—2:00 pm. In addition to a mass, lunch is offered, and if time, perhaps a game of BINGO! The first time you attend will be free. After that, the cost is \$10.00 for the lunch, which includes soup, salad, sandwich, and dessert.

On Wednesday, January 18, we will depart for Glendale Landmark theatre at **12:30 pm** to see *A Man Called Otto*. This showing includes CC for the hearing impaired. Tickets are \$8.00 per person.

Share-a-Story presentation on Monday, January 23, at 1:30 pm in the FSH. It is a program of personal life experiences presented by fellow residents. Please join in this opportunity to know more about your neighbors and friends. This month’s presenters are: Helen Olson, Bob Giannini, Sara Impagliazzo and Tom Ulsas.

Maybe you will want to join the group and share your own personal story! If so, please talk to any one in the group, or call Kathryn or Dick Huelster. If you feel like you would need help to form your experience into a story, they can give you the help you need. You are most welcome to participate in Share-a-Story monthly meetings!

Don’t forget to attend the **Dietary meeting on Thursday, January 19, at 1:30 pm** in the Foundation Social Hall. Dietary Director Dan Armantrout and Chef Tom will provide information about the dining rooms and answer your questions regarding the Tamarack dining services.

Winnie Muddiman is playing the piano for a **Saturday night sing-a-long** on January 21, in the Tamarack Social Hall at 7:00 pm. Please join her for an evening of singing fun!

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, January 15

3:00 Vespers (fsh)

Monday, January 16

Martin Luther King Jr. Day
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Craft: window charms (3006)

Tuesday, January 17

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Happy hour (fsh)

Wednesday, January 18

Happy birthday Irene Yacko!
9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)
10:00 Goldenaires mass/luncheon (10-2) (fsh)
12:30 Movie matinee: A Man Called Otto (Glendale Landmark Theaters)
2:00 Rock Steady exercise class (tsh)

Thursday, January 19

Happy birthday Carolyn Jones!
9:30 Power Pump Thursday (tsh)
11:00 Fast food, Total Wine, Trader Joe's
11:00 The Climb (tsh)
1:30 Dietary meeting (fsh)
3:30 Happy hour (fsh)

Friday, January 20

9:00 Bargain room open (tb)
9:30 Fun Fitness Friday
10:00 *Please note: No communion today*
11:30 Ladies’ lunch: Charleston’s
1:30 Mahjong (cl)

Saturday, January 21

7:00 Saturday night sing-a-long with Winnie Muddiman (tsh)