

## Staff Phone Directory

### Activities/Leisure services

Laurie Wilson, IL Leisure services Coord. - 1053  
Jill Armantrout, AL Activities Mgr. - 5300  
Gabby Tijuan, AL Activities Coord. -3530  
Jamie Minder, HC Activities Mgr. - 4230

### Beauty Shops

Tamarack - 1230  
Sycamore - 2777  
Health Center - 3080

### Business Office

Chuck Gaskins, Dir. Financial Operations - 2190  
Melissa Wyatt, Resident Accounts Mgr. - 2920  
Dawn Martine, Resident Accounts Asst. - 3450

### Campus Environment/Maintenance

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

### Chaplain

April Scott, Chaplain - 1410

### Dining Rooms

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

### Executive Leadership

Shelley Rauch, Executive Director - 3500  
Travis Campbell, Executive Asst. - 3510

### Food services

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

### Foundation

Marty Krug, Foundation Coord. - 3460

### Health Center

Shannon Poole, Dir. HC Operations - 3570  
Jackie Davidson, Director of Nursing - 2830  
Assistant Director of Nursing - 4490  
Aspen Nurses Station -3240, 3241  
Cedar Commons - 3295, 3297  
Heatherwood - 2330, 2850  
Ironwood -2170  
Juniper - 2770, 2790  
Sycamore - 2820, 2825  
Willow Commons - 5320, 5410  
Tracy Pope, HC Admissions - 2840

### Housekeeping

Tammy Meadows, Housekeeping Mgr. - 1060  
Housekeeping Requests - 2300

### IL/AL Nursing

Jami Blanton, Nurse Mgr. - 2660  
Tammy Rogers, Asst. Nurse Mgr. - 2665  
Sycamore Nurses Station - 2820, 2825  
Ironwood Nurses Station - 2170

### Marketing

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

### Receptionist — 0

### Social services

Jill Armantrout, Social services Manager - 5300  
Gabby Pollock, Social services Assistant - 2860

### Transportation – 2160

Jody Black, Driver  
Tonya Richardson, Driver

### Therapy

Stephanie Irvine, Therapy Manager - 4222, 5350

### Wellness

Wellness Center, Tamarack - 1051  
Denisse Garcia, Classes/Trainer

## THANK YOU

*Nancy Russell*

My heartfelt appreciation to all of you for your hugs, words of understanding, and comforting cards related to my husband Jim's passing.

The following is an open invitation to his Celebration of Life Service:

At some point your path crossed with Jim Russell and you were able to call him family, colleague, professor, outdoor automobile showman, and friend. We hope that you will be able to join us as we reflect and celebrate the amazing man that we all knew and loved.

#### CELEBRATION OF LIFE SERVICE

JIM RUSSELL

February 4, 2023 @ 2:00

Living Streams Community Church  
7061 N 700 West; McCordsville,  
IN

Light refreshments to follow the service.

If you are unable to attend the service in person, please go to <https://www.livingstreamscc.org/watch-live>.

Living Streams is just up the road from WVN on Pendleton Pike, next to Meijer. Plan to come and share your fond memories of a really great guy.

Contributions in Jim's honor may be made to:

#### Indyhumane

7929 N. Michigan Rd.  
Indianapolis, IN 46268

or

#### Living Streams Community Church

7061 N. 700 W.  
McCordsville, IN 46055



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

January 20, 2023

## Rev Up Your Engines

Each year in January, the Activities and Leisure Services teams get together to plan major events throughout the year. One of the events residents continue to enjoy is the annual cardboard car parade in May.

The car parade comprises cars made out of cardboard by individuals and teams. Teams may include residents, a group of staff members, or staff departments. The cars have ranged from 7' to 12' long and have included a Formula One race car, Cinderella's carriage, Charlie Case's vintage car, a "hot dog" car, the Flinstone's buggie, and many more creative entries.

We have new staff members and residents this year and want you to be involved! Get together and form teams! Start making plans to build your car for the parade. If you would like to be part of a team, contact your activity staff manager. She can assist getting you on a team. If you form your own team, please let the activity staff manager in your area know, so she can keep a list of entries.

The cars are either carried by one or two people in the parade, or pulled on a cart. If you are really talented, perhaps you can make a car with working tires. The cars will parade through the health center and

"drive" through the Foundation Social Hall, where residents are waiting to judge the best cars. After the parade, the cars will be displayed throughout the month of May around the Village.

Help make this an exciting event! Sign up today to make a great car!!



## Activity Professionals Week

January 23-27

Thank you to all of our activity staff for the work they do to create fun and meaningful activities to enhance the quality of life for our residents throughout the Village!

### Amazon Smile Ending Soon

*Marty Krug*

If you shop on AmazonSmile and designate The Westminster Foundation, Inc. as the charity you support, please know that Amazon is ending this program on February 20th. Any purchases made by February 20 will generate a donation to the Foundation. You can support the Foundation when you shop at Kroger using your Rewards card. If you have not done so, please go to [www.kroger.com/account/communityrewards](http://www.kroger.com/account/communityrewards), then log into your account, and choose The Westminster Foundation Inc as your organization to support.

## A Week at a Glance... Health Center

*Jamie Minder*

Activity Professionals Week is Jan. 23-27th !

Thank you to the Health Center Activities Team for loving our residents like family!

All activities resumed this past week! Masks are required during all activities!

We are planning a men's Superbowl tailgate party on Monday, January 13, at 2:30 pm!

Bingo Winners : Chrissy Z., Judy W., Debbie M., Anna W., Patrice P., Jean H. Beefy G., Bear F. , Flo M., Betty J., Delia M., Mary E., Letha M., Mildred W.

Happy Birthday to our HC Resident Council President, Bear Fowler on Friday the 27th!

## Denisse's Diversified Wellness

*Denisse Garcia*

If you find that you are just going through the motions of life, you can break that cycle by practicing mindfulness. That means you are aware of your internal and external surroundings. There are many ways you can be mindful in your everyday life. If you are sitting down or out for a walk, you can identify 8 different sounds. Challenge yourself to eat a piece of fruit for 30 seconds. Take time to see how it smells, tastes and feels in your mouth.

## Girl Scout Cookies!

We are making arrangements to have Girl Scout Cookie sales on site again this year. The times and dates will be published as soon as we know more.

## A Week at a Glance... Assisted Living

*Gabby Tijani*

### Saturday, January 21

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

### Sunday, January 22

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

### Monday, January 23

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

### Tuesday, January 24

9:00 Morning walk & stroll (Syc av)  
9:45 Morning Yoga stretch (syc lib)  
10:00 Catholic Mass (aca)  
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)  
1:00 Karaoke (Syc alc)  
2:00 Reminisce "The Good Old Days"  
5:45 Bingo (Salc)

### Wednesday, January 25

*Happy Birthday Sarah Calder*  
9:00 Morning walk & stroll (Syc av)  
10:00 Jewelry making & crafts (syc ar)  
10:30 Lunch Outing: The Journey  
1:00 Bingo (Salc)  
2:00 Cook's Corner & tasting (Sar)  
4:00 Aviary clean and bird sensory

### Thursday, January 26

9:00 Morning walk & stroll (Syc av)  
9:45 Morning Yoga stretch (syc lib)  
10:00 Crafts & Music (Sar)  
1:00 Movie Matinee & refreshments (Syc alc)  
3:00 Monthly meet & greet: meet new neighbors & celebrate birthdays (Syc alc)  
5:45 Game night (Salc)

### Friday, January 27

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

## Peaceful Reflection

*Chaplain April Scott*

“Avatar”

I've been thinking about taking my grandsons to see the movie Avatar, but I can't wrap my head around spending three hours and twenty five minutes in the movie theater watching the happenings of a made up world based on science fiction mixed with Greek Mythology. The movie Avatar is the second-highest grossing movie of all time after “Gone with the Wind,” with a total of a little more than \$3.5 billion in sales. It also became the first film to gross more than \$2 billion. The movie is set in the year 2154, and it's about humans colonizing the fictional habitable exomoon call Pandora for its valuable minerals due to Earth's ecosystem being destroyed from overpopulation, pollution and natural disasters. Pandora is inhabited by a sapient indigenous humanoid species called Na'vi who stand 10' tall and are blue in color. Of course you know how the story goes when there is lack or scarcity of resources for survival. War breaks out between the humans and the humanoids. I'm not sure if I want to spend over 3 hours seeing how the conflict develops, how it is mediated and how it is resolved. I have a sneaky suspicion that the conflict won't be resolved in this movie so we will have to wait for the sequel.

It amazes me that people will spend over three hours watching a fictional movie imitating life but won't spend over twenty minutes listening to the Gospel story told in churches on Sunday morning which saves our lives. I guess we would rather live just for a few hours in a fanciful world of blue humanoids and Avatars based on make believe than to face the reality of our own world.

If you want to read a story about giants in the land living in lush green pastures enjoying the wonderful food that the earth produces and where milk and honey is flowing, just pick up your Bible and read the story told in Numbers 13, where God sendt spies to survey the land and the

spies came back and shared that there were giants in the land called Nephilim. If you want to find more out about the origin of the giants called Nephilim, turn to Genesis 6:1-4. I promise you it will only take a few minutes to be ingulfed into the story line. Friends, open up your Bible, for it is the mouth of God. The Bible is full of drama, mystery, mayhem and the majestic stories that give us a glimpse of the beauty of God's kingdom found in the book of Revelation, to which the land of Pandora is no comparison. Friends, eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.

Blessings

## Brain Exercise

A coin is in an empty bottle but a cork is in the neck. How can you remove the coin without removing the cork or breaking the bottle?

*Last week's answer: F*

## IL Crafting

This week IL residents made diamond painted window charms. Great job everyone!



## Independent Living Notes

Don't miss **Share-a-story** on Monday, January 23, at 1:30 pm in the Foundation Social Hall. The storytellers this quarter include: Helen Olson, “Coming to America;” Bob Giannini, “If You Love Me;” Sara Impagliazzo, “My Friend Shirley;” and Tom Ulsas, “My Racing Car Experience.”

**Inside the Mind of a Cat** is a documentary in which experts explore the mind of a cat. They reveal how valuable their whiskers are and why, what makes them land right side up, and so much more. Join us in the FSH to watch this fascinating and cuddly cat documentary on Monday, January 30, 1:30 pm in the FSH.

### Coming in February

Save the dates:

Devour Indy at Petersen's (hopefully) on Thursday, February 2, 5:00 pm. Sign up now so I can make reservations!!

Friday, February, 10, 1:00—4:00 pm we will have **Superbowl Game Day** in the Foundation Social Hall. The afternoon will be filled with a variety of games, including football cornhole and a Superbowl squares grid pool, and tailgate food. Spend the afternoon enjoying a fun day of games, SUPER snacks, and prizes!

Friday, February 17, 3:00 pm, “**Love You to Pizzas**” party for couples around the Village! It will be held in the Foundation Social Hall. Look for more information coming soon.

## A Week at a Glance... Independent Living

*Laurie Wilson*

### Saturday, January 21

*Happy Birthday Mary Ellen Bryant*

### Sunday, January 22

*Chinese New Year*  
3:00 Vespers (fsh)

### Monday, January 23

*Happy Birthday Alice Dial*  
9:30 Monday in Motion (tsh)  
11:00 Bible study (cl)  
11:00 The Climb (tsh)  
1:30 Storytellers: Resident storytelling group presentation (fsh)

### Tuesday, January 24

9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (tsh)  
11:30 Men's lunch: Prodigy  
3:30 Happy hour (fsh)

### Wednesday, January 25

9:30 Cardio Pop (tsh)  
2:00 Rock Steady exercise class (tsh)  
3:30 Wine club (fsh)

### Thursday, January 26

9:30 Power Pump Thursday (tsh)  
11:00 The Climb (tsh)  
3:30 Happy hour (fsh)

### Friday, January 27

9:00 Bargain room open!  
9:30 Fun Fitness Friday (tsh)  
10:00 ISO Coffee Pops series  
10:30 Anderson casino  
1:30 Mahjong (cl)