

Staff Phone Directory

AL & HC Activities

Jill Armantrout, AL Activities Mgr. - 5300
Gabby Tijani, 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

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/Leisure Services

Amy Morgan, Dir. Marketing - 2140
Marsha Soderholm, IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, IL Leisure Services Coord. - 1053
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

Denisse's Diversified Wellness

Denisse Garcia

From the moment African Americans are born, the health disparities are stark. Black babies have a 2.8x higher mortality rate than Asian American babies according to America's Health Ranking Report, 2021. As black Americans age, their health inequalities do not go away. The most recent example was during the COVID pandemic years 2020 and 2021 when 37% of hospitalizations were older African Americans, but they only make up 9% of the 65 and older population (National Caucus and Center on Black Aging). Black American seniors have higher cases of stroke, cancer, heart disease, diabetes, and obesity. Black History Month is a time, not only to celebrate the contributions they have made, but to be aware of the health disparities black Americans throughout their entire lives as well.

Foundation News

Marty Krug

GINNY Defourneaux's 101st birthday is February 28, and she is celebrating by donating \$101 to the Westminster Foundation. \$1 for every year she has been on this good earth. In lieu of cards this year, she invites her friends to join her by making a small donation to the Foundation as well.

If you were planning on sending Ginny a card, why not drop the cost of a card in the box instead? From February 21 – 28, there will be a special birthday box at the reception desk in Tamarack, in which you can drop your donation. If you are donating with cash and want Ginny to know you did so, please put your donation in an envelope with your name on it. The Foundation will send Ginny a list of people who donated in her honor.

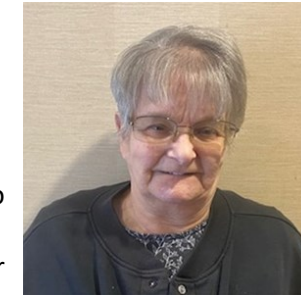


Westminster
Village North

Welcome to WVN!

Nancy Russell

Marcy Hankins in Elm 164 was born in Indianapolis, but it took a while for her to get back to her birthplace. Her family moved to Flat Rock, IN, then to Geneva, IN, and finally to Hope, IN, where Marcy graduated from Hauser High School. She volunteered as a Candy Stripper at the Columbus, IN, hospital from her 8th through 12th grades. After graduation she was trained and served as a Certified Nursing Assistant at that same hospital.



Marcy volunteered again, this time for the U.S. Army in 1970. She spent her first 8 weeks at Fort McClellan, Alabama, followed by 8 weeks at Fort Sam Houston in San Antonio, TX, where she received medical training. In Fort Bragg, NC, she spent two years in pediatrics as a nursing assistant.

Her first overseas tour was Okinawa. She used her skills in labor and delivery, as well as in the neonatal intensive care unit. Then back to Fort Bragg with a MASH unit before she was shipped out again to Germany, where she served in a clinic for active-duty personnel. Next came Fort Knox, KY, followed by a return to Fort Sam Houston for more medical training as a medical assistant.

Marcy retired from the military at Fort

Around the Village

A Publication of Westminster Village North

February 10, 2023

Polk, Louisiana, as a Field Unit Combat Medic in 1990. In addition to her extensive hands-on medical service, she also was adept in managing medical records.

The Veterans Administration had a hiring freeze when Marcy retired. Always adventurous, she worked a series of odd jobs until she could spend her final 12 years at our VA hospital.

Some highlights of her military career include eating the fantastic food in Germany, taking hiking trips there, and visiting Italy, Vienna, and Greece when on leave. Some low-lights of Okinawa were tasting octopus and squid - much too salty for Marcy's palate.

As you communicate with this amazing woman, you will notice a unique dialect. Marcy explained after suffering a stroke that affected her speech, the words that now come out take on a Scandinavian flair. Sure enough, that reflects her actual heritage! (Perhaps anyone who got an A in genetics can explain that to the rest of us.)

You may see this energetic, sweet lady at the jig saw puzzle table, Wii bowling, or reading mystery novels - as long as they have some "mushy stuff" in the story. She likes to play pinocle, which is similar to euchre, but uses 48 cards.

Please welcome this wonderful veteran into our Westminster family. You'll be glad she chose WVN as her forever home. And don't forget to thank her for her incredible service!

Ironwood Pizza Party!

There is nothing like a great slice!



DeBrand Chocolate Factory

IL residents toured the DeBrand chocolate factory this week. What better way to spend a sunny, mild, winter day than to travel to Fort Wayne and taste some of the world's finest chocolate!



A Week at a Glance... Health Center

Jamie Minder



National Ballet Day was this week.

Reminder : Health Center residents are throwing Activity Assistant Jenae Harder a **Baby Shower** on February 14, at 3:00 pm in the Juniper/Heatherwood dining room! All are welcome! We will have fun entertainment you don't want to miss!

Ladies Lunch will be February 23, at 12:00 pm in the Aspen Dining Room! Pizza, salad and sweets are on the menu!

Bingo Winners:

Chrissy Z. , Wanda L. , Beefy G. , Mary S., Jean H. , Anna W. , Judy W. , Bear F., Pam R. , Anne Z. , Flo M. , Letha M. , Delia M. , Betty D. , Richard S.

AL Council Elections

Nominations are being accepted for anyone in Assisted Living who would like to serve on the IL/AL Resident Council. Assisted Living has two members that serve on the Council, and both current members terms are ending.

If you are interested in serving on the Council, please contact Gabby at extension 3530, not later than February 15. She will then compile a list of nominees from which two people will be elected. The slate of nominees will be presented at the February 17 Assisted Living resident meeting.

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, February 11

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

Sunday, February 12

9:00 Morning walk & stroll (syc av)
11:00 Daily chronicles & activity pack to your door
3:00 The Village Church Vespers service (fsh)

Monday, February 13

9:00 Morning walk & stroll (syc av)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Video shorts, movie matinee & popcorn (Lcl2)

Tuesday, February 14

Valentine's Day
9:00 Morning walk & stroll (syc av)
10:00 Independent resident meeting (fsh)
10:30 (10-11:30) Apartment visits/one on one social
10:30 Bible Study & devotions with Chaplain April (Lcl3)
1:30 Feel the Love: Silly Safaris live animal show (fsh)
5:45 Valentine's Day party and card exchange (syc alc)

Wednesday, February 15

9:00 Morning walk & stroll (syc av)
10:00 Arts & crafts & jewelry making (syc ar)
1:00 Bingo (Salc)
2:00 Cook's corner & food for thought (sar)
4:00 Aviary clean and bird sensory

Thursday, February 16

9:00 Morning walk & stroll (syc av)
10:00 Cranium crunchers & tea (sar)
11:15 Brunch outing: Torchy Tacos, Fishers
1:00 Movie matinee & refreshments (syc alc)
3:00 Mocktail & cocktail party & music (syc alc)
5:45 Bingo (Salc)

Friday, February 17

Happy birthday Donald Barney
9:00 Bargain room open (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 Assisted Living resident meeting (fsh)
1:00 Video shorts, movie matinee & popcorn (Lcl2)
3:00 "Love you to Pizzas" couples party with entertainment by Rataat (fsh)

Peaceful Reflection

Chaplain April Scott

As I think about the title of my reflection, the scripture Matthew 16:24-26 comes to mind. "Then Jesus said to His disciples, If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul?"

Charles Spurgeon said of Matthew 16:24-26, "This is the law of self-sacrifice, based on the sacrifice of Christ, and leading up to the complete sacrifice of the redeemed. We are not our own; we are bought with a price. To try to keep ourselves to ourselves, would be acting contrary to the whole spirit of the redemption which Christ has wrought for us; and

that is the last thing that any Christian should think of doing."

Jesus Christ our Savior was willing to die for love. We, too, must be willing to die for love, according to the scripture. God gave us Jesus because he loved the whole world. Jesus gave His life because the Father's love for us was in Him. God's love raised Jesus from the dead, to never die again because he lives. His love lives inside of his children, therefore we love and live for Him.

Are you willing to die yourself for the love of Christ and others? Love is giving of oneself. Love is sacrificial! "God demonstrates his own love toward us, in that while we were still sinners, Christ died for us." Come to Jesus and let him love you to life!

Blessings

You are cordially invited....

Join us for an educational program to learn
"What is Life Occupancy?"

At this program you will learn:

- What are the benefits to Life Occupancy?
- What is Traditional Life Occupancy vs. Return on Equity (ROE) Life Occupancy?
- What are the triggering events that could lead to Life Occupancy?
- What are the tax savings for Life Occupancy?
- Can I give a portion of this benefit to my children?

Join us on Tuesday, February 28, at 1:00 pm in the Foundation Social Hall for this presentation and be sure to invite your family and friends! Light snacks and beverages will be provided.

To RSVP, please contact Amy Morgan at 317-826-6064, or sign up on your Touchtown app.

Independent Living Notes

Laurie Wilson

Kickoff for the NFL LVII Superbowl, between the Kansas City Chiefs and the Philadelphia Eagles, is at 6:30 pm. If you would like to watch the game with a group, you may watch in the Cappuccino Lounge. Plan to bring your own beverage and snack to the game.

Departure time for the movie matinee **80 for Brady** at 12:00 pm on February 13, is confirmed. The show begins at 1:20 pm at the Landmark Glendale Theatre. Tickets are \$8.00 per person.

You have three options for the special **Valentine's Day menu** in the Tamarack dining room. The menu is also published on Touchtown.

Valentine's day menu

February 14th
4:00 pm-6:30 pm

Spinach salad with dried cranberries, strawberries, walnuts, & feta cheese with raspberry vinaigrette.

Glazed chicken thigh with Dijon honey glaze, served over rice. Choice of vegetable \$7.50

Pan seared grouper with creamy lemon basil sauce served over rice. Choice of vegetable \$10.00

Sliced beef tenderloin with red wine demi glace. Served with baked potato. Choice of vegetable. \$12.00

Salad served with all entrees
Vegetable choices: Asparagus, green beans or carrots.

Chocolate lava cake

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, February 11

Happy Birthday Kathy Hoge

Sunday, February 12

1:30 Bridge (cl)
3:00 Vespers (fsh)
6:30 Superbowl LVII - BYOB (cl)

Monday, February 13

9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
12:00 Movie matinee: *80 for Brady* (Landmark Theatre, Glendale)

Tuesday, February 14

Valentine's Day
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
1:30 Feel the Love: Silly Safari's live animal show (fsh)
3:30 Happy hour (fsh)

Wednesday, February 15

9:30 Cardio Pop (tsh)
10:30 Goldenaires Mass/luncheon (10:30-2) (fsh)
2:00 Rock Steady exercise class (tsh)
11:30 Men's lunch: Murphy's Craft House

Thursday, February 16

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

Friday, February 17

9:00 Bargain room open! (tll)
9:30 Fun Fitness Friday (tsh)
10:00 Catholic communion service (aca)
1:30 Mahjong (cl)
3:00 "Love you to Pizzas" couples party with entertainment by Rataat (fsh)