

## 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*

To continue last week's article, here is one way to safely increase your exercise time. You want to increase your activity by 10%. For example, if you currently do not exercise and want to meet the minimum requirements of 150 minutes, you will want to start with 10 minutes of exercise a day. After a week or two you will want to increase it by 1 minute a week until you reach 150 minutes weekly. This will help you reduce burn-out or your chances of injury.

## Donor Recognition

Marty Krug

We have many new residents at the Village who may not know Westminster Foundation donors are recognized in several places. Foundation Social Hall donors of \$1,000 or more are listed on a plaque hanging just outside the social hall in Sycamore. A donor list for all donors in a calendar year is included in the annual Foundation newsletter, which is distributed each February. Hanging outside the Executive Director's office is a framed donor board listing members in the Golden Oak Society for donors who've given an unrestricted gift of \$1,000 or more in a calendar year. Three more members were recently added to the plaque. We still have plenty of space on that donor board for future members of the Golden Oak Society! If you have any questions on how to give to the Westminster Village Foundation, please contact Marty at extension 3460.

Thanks to everyone who donated funds for Ginny Defourneaux's birthday! We raised over \$900 to give to the Foundation! Happy Birthday Ginny and thanks again!!



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

March 3, 2023

## Thank You, Resident Council!

*Laurie Wilson*

To add fun and interest to the programs in the Foundation Social Hall, Leisure Services added decorative, themed table covers. The reaction by residents throughout the Village was so overwhelmingly positive, the Resident Council has agreed to purchase additional themed table covers for other holidays and seasons, to be used throughout the year. The funds the Resident Council use to purchase these and other items for the Village, come from Bargain Room sales. All purchases are for the benefit of residents.

In addition to the table covers, the Resident Council is currently funding a remodel of the Tamarack beauty shop. The goal is to modernize the shop and create a more appealing atmosphere for those utilizing the salon services.

If you have an idea that will benefit the residents that perhaps the Council may be interested in funding, please contact Martha Jungclaus or any of the other Council members.

Council meetings are held in the Tamarack Social Hall on the first Thursday of each month at 10:00 am. Residents are invited to come to the meeting and listen to the Council discussions. And remember, you should be getting ballots soon to vote for your next resident council members.

## Make Today the Day!

*Laurie Wilson*

Living in a community such as WVN is a tremendous opportunity for older adults. It gives you an advantage so many others wish they had. Not only are you assured quality care you might need from nursing professionals, you have opportunities to be your best you. To live among people like you.

As we get to know you, we find interesting stories, fantastic pictures, and earned pride regarding a life lived well so far. So why, then, would you not want to continue to create more memories in your older years? Do you really want to sit in your apartment all day and not talk to a real person? We tell our children today to get off the phones, computers, etc. and live life the way so many did before the technology boom. Go outside and play! For those in senior communities, we ask you to turn off the television and come out and play!

If watching Wheel of Fortune and other games all day is your thing, ask us to create a live game for you and your friends. Perhaps you enjoy reading the Bible. Join one of the Bible study groups. Did you used to play cards every weekend? Want to learn a new game? Maybe do nothing more than listen to the stories others have to tell? All of these things will bring joy and smiles.

COVID 19 is to be blamed for so much isolation. But now is the time to emerge as butterflies—beautiful and strong. Show your colors. Join others to sing a song, have lunch and dinner in the dining room with a different person each

day, attend a Bible study to share your favorite scripture. Create more memories. One day someone will look up to you and say they hope they are able to live the way you do when they are 90 something! Get out of the rut and make today the day! Make today the day you continue to live your best life!

March 6-10 is Friendship Week!  
Make a new friend!

## Knowledge is Power!

*Amy Morgan*

Thanks to everyone for attending our first life occupancy educational program! You asked a lot of great questions and we hope you gained a wealth of information! For more information about life occupancy, please reach out to Amy Morgan at ext. 2140 or Chuck Gaskins at ext. 2190. More details coming soon for our next educational program!



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

*Jamie Minder*

The Health Center is planning a friendship week, March 6 – 10! Please come out of your rooms to read the "THIS IS ME" posters to learn about your neighbors and staff! We will enjoy special refreshments all week!

We have a new game group on Thursdays at 2:00 pm in the Juniper bistro area! Our Monday game group is still at 2:30 pm on Willow Commons!

The Resident Council meeting is next Thursday at 2:30 pm in the Aspen Activity Room ! All residents are welcome! Managers will attend to share any updates!

Bingo Winners:

Greg B. , Charles S. , Chrissy Z. , Wanda L. , Beefy G. , Mary S. , Patrice P. , Anna W. , , Bear F. , Pam R. , Anne Z. , Betty J. , Betty D. , Judy F. , Joann C. M.

Happy Birthday to :  
Mildred W. 3/7

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## Census

The Health Center Census continues it's steady climb! In February there were twenty-nine admissions, and only 9 discharges, for a monthly gain of 9!

Independent Living and Assisted Living continue to see more prospects, and tours turning into hot prospects.

If you are on Facebook, keep "liking" the Westminster Village North Facebook posts and "share" with your family and friends, as well as ask them to share with their friends!

Thank you all for your support!

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

*Gabby Tijani*

Saturday, March 4  
10:30 Naomi dog visits door to door  
2:30 Wii Bowling (Salc)  
3:00 Daily chronicles & activity pack to your door

Sunday, March 5  
11:00 Daily chronicles & activity pack to your door  
3:00 Vespers service (fsh)

Monday, March 6  
1:00—4:00 Daily chronicles & grocery delivery  
1:00 Movie matinee with popcorn & door-to-door popcorn (Lcl2)

Tuesday, March 7  
9:15 Morning chair yoga (syc lib)  
10:30—11:30 Apartment visits and one on one social  
10:30 Bible study and devotions with Chaplain April (Lcl3)  
1:30 Karaoke (Lcl2)  
2:30 Pillow stories craft (syc ar)  
5:45 Game night (Salc)

Wednesday, March 8  
9:15 Morning walk & stroll (Syc av)  
10:00 Arts & crafts & jewelry making (syc ar)  
1:00 Bingo (Salc)  
4:00 Aviary clean and bird sensory

Thursday, March 9  
*Happy Birthday Mary Sturm*  
9:15 Morning walk & stroll (Syc av)  
10:00 Travel club:  
Spring into Spain (Salc)  
1:15 Garden planning/projects  
3:00 Mocktail & cocktail party & music (Syc alc)  
5:45 Bingo (Salc)

Friday, March 10  
9:00 Bargain room open (tb)  
9:00—12:00 Catholic Church visits/door to door  
10:00 Grocery orders due  
1:00 Chair exercise w/personal trainer, Denisse (syc lib)  
2:00 Movie matinee & popcorn & door-to-door popcorn (Lcl2)

## Peaceful Reflection

*Chaplain April Scott*

“Holy Dust”

Man was created in the image of a holy God, who formed him with holy hands from holy dust and God said it was good! Man was good from the moment he was created. As a matter of fact, man was better than good, man was holy because he was created in the image of the Holy! Man was given a holy identity but what would give man his earthly identity? Genesis 2:18 says, “And the LORD God said, It is not good that man should be alone; I will make him a helper comparable to him.”

Vs. 20 “So Adam gave names to all cattle, to the birds of the air, and to every beast of the field. But for Adam there was not found a helper comparable to him.”

Adam is co-creating with God as he names the animals, but Adam has no earthly identity until his helper is created. Everything that God had created He said was good until it came to giving man an earthly identity in which God said, “it is not good that man should be alone.” God did something about Adam’s earthly identity. He created Adam a helper, which creates an earthly identity for Adam. It is not until God creates Adam’s helper that his identity changes. Once Adam’s helper is created, his earthly identity is formed. Adam becomes a husband, a father, a provider, and a protector. Adam becomes one with the helper God created from him for him. Adam’s helper was created with holy hands from the side of a holy man to help him take care of the garden that God had given Adam to tend to and keep. (Genesis 2:15)

“No man is an island’ is an idiom taken from a 17th century sermon by the Dean of St Paul’s Cathedral. The Dean happened to be John Donne, a clergyman who now, almost four hundred years

later, is regarded as one of the greatest English poets. The words ‘No man is an island’ were embedded in a deeply Christian sermon about how human beings are connected to each other, and how important that connection is for the wellbeing and survival of any individual. When you hear the church bell tolling for someone who has died, don’t ask who it is, Donne says, just know that it’s tolling for you too, because you are part of the same society, and the death of anyone takes a part of your own life away.”

March the 8th is International Women’s Day, and as we remember the contributions of great women like Mother Theresa and many others, let us remember that God saw the need to create a helper from the beginning of creation because we are better together and we can accomplish great works working together. Friends, take the time to celebrate the women in your life - that helper that God created to help you! And If your helper happens to be in the holy hands of God, give thanks for her by telling someone how she made your life better!

Blessings

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## Chime Group

Please meet in the Tamarack Social Hall on Wednesday, March 8, at 11:00 am for a brief meeting. Anyone interested in participating in the Chime group from any area of WVN is invited to attend.

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## Optumun

Looking for a low-pressure way to learn more about the UnitedHealthcare Assisted Living Plan?

Professionals will be on site Wednesday, March 8, at 1:00—3:00 pm to discuss Optumun. You may not need to be thinking of AL now, but learning options for the future can’t harm.

## Independent Living Notes

*Laurie Wilson*

Thank you to the donor of the Indianapolis Symphony vouchers to the remaining Coffee Classical concerts this season. All of the vouchers have been distributed!

Have you tried Wii bowling? Now that we have the adapter for the televisions in the Foundation Social Hall, we are able to play with the Wii again! There is currently a full team of bowlers signed up for the Monday games, but you are encouraged to join the group and watch if you have never played. We also have other Wii games, as well as Wii fitness, which is a fun way to get a little more exercise while playing a game!

It seems we just celebrated Valentine’s Day and we are already looking toward to March Madness and St. Patrick’s Day! We will take our Around the World trip to the Golden Ace Inn on Wednesday, March 15, which represents Ireland. If you signed up for this lunch, please be sure to double check your reservation. There is a glitch in this particular activity on Touchtown. We are only able to take thirteen people. Instead of automatically moving three to the waiting list, they were moved to cancelled. I am unable to move them to the waiting list, but I know who you are and what order you signed up.

There are now four people on the wait list, though it only shows one. If space opens up, I will call the next person on the waiting list based on the original sign ups. In the meantime, if you think you will/might cancel, please do not wait until the last minute so we can give others the opportunity to attend this luncheon.

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

*Laurie Wilson*

Happy March 3 Birthdays  
*Nancy Hershman*  
*Margaret Kiser*

Saturday, March 4  
1:30 Bridge (cl)

Sunday, March 5  
3:00 Vespers (fsh)

Monday, March 6  
9:30 Monday in Motion (tsh)  
11:00 Bible Study (cl)  
11:00 The Climb (tsh)  
1:30 Sing-a-long: (tsh)  
2:00 Wii bowling (fsh)

Tuesday, March 7  
9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (tsh)  
11:00 TJ Maxx & Home Goods  
1:30 News & Views (cc)  
3:30 Happy hour (fsh)

Wednesday, March 8  
9:30 Cardio Pop (tsh)  
9:30 Men's morning (cl)  
11:00 Chime group initial meeting (tsh)  
1:00 Optumun Presentation (fsh)  
2:00 Rock Steady exercise class (tsh)

Thursday, March 9  
9:30 Power Pump Thursday (tsh)  
10:00 ISO Coffee Classical series  
11:00 Fast food, Total Wine, & Trader Joe's  
11:00 The Climb (tsh)  
3:30 Happy hour (fsh)

Friday, March 10  
9:00 Bargain room open!  
9:30 Fun Fitness Friday (tsh)  
10:00 Shopping: Saraga international grocery  
1:30 Mahjong (cl)