

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
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
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

In Memoriam

Donald Barney

Please keep his family and friends in your thoughts prayers.

Denisse's Diversified Wellness

Denisse Garcia

One of the ways Parkinson's can affect people is through cognition. Those with Parkinson's disease can experience decreased attention span, working memory, and processing speed. Cognitive skills, such as problem-solving, following instructions, and conversing, are used in everyday living. You can slow down the progression of Parkinson's disease by regularly exercising. The Parkinson's Foundation provides 5 ways to maintain your mental health: lessen your stress, use strategies to compensate, stay socially engaged, accept help, and allow yourself to feel grief.

Thank You!

Thanks to everyone for thoughts, prayers, phone calls, cards, and best wishes! They are very much appreciated.

Dolly

Easter buffet

Sunday April 9
12:00 pm—6:00 pm
Residents \$12.00, Guests \$16.00

Strawberry spinach salad
Roasted lamb
Baked ham
Poached fresh salmon
Whipped sweet potatoes
Roasted red potatoes
Fresh asparagus
Back of the stove fresh green beans
Assorted desserts



Westminster
Village North

Around the Village

A Publication of Westminster Village North

April 7, 2023

New Resident Council Members Elected

On April 4, a new resident council was formally elected for the 2023-2024 year.

Newly elected Resident Council members include:
Independent Living representatives from Tamarack and Elm include Ben Strasser and Harry Thompson. Cottage representatives elected are Carl Herr and Pat Wolfla. Representing Assisted Living are Hiddy Bagwell and Rosemarie Albers.

Following the meeting, the full council voted for their officers. Resident Council officers for 2023 – 2024 term:

President – Martha Jungclaus
Vice-president – Harry Thompson
Secretary – Bob Casey
Treasurer – John Wendt

A special thank you to exiting members Merle Ritter, Lois Dillon, Tom Ulsas, Joanne Tharp, Helen Reynolds and John Smith!

Fun Fact: Easter

Americans eat about 1.5 million Peeps during Easter. That makes these colorful marshmallows the most popular non-chocolate Easter candy. The Bethlehem, Pennsylvania, factory makes an impressive 5.5 million a day. But, in 1953, it took 27 hours to make one Peep!

Welcome to WVN!

Nancy L. Russell

Judy Plimpton in T 3027 is unpacking her boxes as you are reading this. She is so glad to be here, but as we all know, getting here and the first few weeks of being here, can be mind-boggling.



This wonderful redhead was born in Indianapolis, at Methodist hospital. She graduated from Shortridge High School and attended Vassar College when it was an all-female school. While there, she attended a meet and greet with a men's college and met the guy who would become the love of her life. She cheerfully said she had to go to the east coast to find another redhead from Indiana with whom she would spend the rest of her life.

Tom, her late husband, joined the Marine Corps after graduating college, and they enjoyed a long-distance relationship. The couple had two redheaded daughters 22 months apart. The first was born when Judy was a mere 19 years old, hence, according to Judy, she and her two girls grew up together.

Back in Indiana, Tom worked in the Trust Department at American Fletcher National Bank during the day, and studied to become a lawyer at Indiana University at night. Meanwhile Judy was a

fulltime wife, mother and homemaker, the noblest of professions. She also volunteered at the Junior League in their Thrift store. Judy is an artist - enjoys painting with acrylics. She likes spy, mystery novels and is a fan of John Grisham. Her tv favorites are the home improvement shows, along with PBS. A little-known fact: The Plimpton family went without tv for 2 years!

So where are the two daughters now? One is here is Indy, the other in Bloomington, IN. They have given Judy 4 grandchildren and 4 great grandchildren.

This fun-loving creative lady admits to being directionally challenged. She is a visual learner, and while I was with her our new Director of Marketing, Amy brought Judy maps of the four floors of Tamarack. Judy was thrilled!

When you meet Judy, you will be captivated by her charm, humility, and wonderful life sustaining sense of humor. We are so glad Judy is the newest member of our Westminster family.

Happy Easter!



A Week at a Glance... Health Center

Jamie Minder



Fern Fowler

Fern will turn 100 on March 13! She will be featured on Indy Style, Wish - TV channel 8, Wednesday, March 12, at 10 am. Please tune in to hear Fern and her best friend, Ann, share their friendship stories!



Bingo Winners:

Pam R. , Anne Z. , Letha M. , Millie W. , Betty J. , Delia M. , Flo M. , Shirley T. , Debbie M. , Beefy G. , Wanda , Madeline , Judy W. , Anna W.

Happy Birthday to the following residents :

Pam R. - 4/9
Bennie B. - 4/13
Mary Jo S. - 4/14
Charles S. - 4/15

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, April 8

11:30 Entertainment: Robin Harrison (Sdr)
2:30 Wii bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, April 9

Easter

11:00 Daily chronicles & activity pack to your door
3:00 Vespers (fsh)

Monday, April 10

1:00 (1-4) Daily chronicles & grocery delivery
1:00 Movie matinee & popcorn (Lcl2)
5:45 Game night (Salc)

Tuesday, April 11

9:15 Chair Yoga (syc lib)
9:30 Outing: Shopping at Walmart (96th St.)
10:30 (10-11:30) Apartment visits and One-on-one social
10:30 Bible Study/devotions with Chaplain April (Lcl3)

Wednesday, April 12

9:15 Morning walk & stroll (syc av)
10:00 Arts & crafts (syc ar)
1:00 Bingo (Salc)
2:30 Wine Wednesday (syc alc)
4:00 Aviary clean and bird sensory

Thursday, April 13

9:15 Morning walk & stroll (syc av)
10:00 Travel club: Spring into Spain (salc)
1:15 Garden club
2:00 Cook's Corner & food for thought (Sar)
5:45 Bingo (Salc)

Friday, April 14

9:00 Bargain room open (tb)
9:00 Catholic Church visits door to door (9-12)
10:00 Grocery orders due
1:00 Assisted Living resident meeting (fsh)
2:00 Movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

What's good about Good Friday? "Hope"

Good Friday is a day of somber reflection as we remember the sacrifice that Jesus made on the cross. We are reminded of the pain and suffering that he endured, and the ultimate price that he paid for our sins. But even in the midst of this solemn remembrance, we can find hope.

The hope that we find in Good Friday is not a hope that comes from avoiding pain and suffering, but rather from enduring it. Jesus showed us that true love is sacrificial and that sometimes it requires great suffering. In his final hours on the cross, Jesus showed us what it means to love unconditionally, to forgive even in the face of great injustice, and to offer hope in the midst of darkness.

As we reflect on the events of Good Friday, we are reminded that suffering is a part of life. We all experience pain and hardship, whether it is physical, emotional, or spiritual. But the hope that we find in Good Friday is that we do not have to face this suffering alone. Jesus walked the path of suffering before us, and he is with us in our struggles.

The hope of Good Friday is also that suffering does not have the final say. Jesus' death on the cross was not the end of the story. Three days later he rose from the dead, conquering sin and death, and offering us the promise of eternal life. This is the good news of Easter and it is a message of hope that we can cling to even in our darkest moments.

The hope that we find in Good Friday is not just for ourselves, but also for the world around us. As we look at the suffering and injustice in our world today, it can be easy to feel overwhelmed and hopeless. But the message of Good Friday is that love is stronger than hate, that forgiveness is more powerful than

revenge, and that hope can overcome even the darkest of situations.

Amid the pain and suffering of our world, we are called to be agents of hope. We are called to love others unconditionally, to extend forgiveness even when it is difficult, and to offer hope to those who are hurting. We are called to follow in the footsteps of Jesus, who showed us that even in the midst of great suffering, there is always hope.

As we observe Good Friday let us do so with hearts full of gratitude for the sacrifice that Jesus made on our behalf. Let us be inspired to live lives of sacrificial love, forgiveness and hope, knowing that we do not face our struggles alone. Let us share a message of hope with those around us, so that all may come to know the love and grace of Jesus Christ. Remember, if there is no good Friday there can be no resurrection Sunday! Friends, HOPE lives!

"May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope." - Romans 15:13

Blessings!

Fun Fact: Easter

The pretzel has a deep spiritual meaning for Lent. In fact, it was the ancient Christian Lenten bread as far back as the fourth century. In the old Roman Empire, the faithful kept a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat. They made small breads of water, flour and salt, to remind themselves that Lent was a time of prayer. They shaped these breads in the form of crossed arms - for in those days they crossed their arms over the breast while praying. Therefore they called the breads "little arms" (bracellae). From this Latin word, the Germanic people later coined the term "pretzel."

Pretzel, please!

Independent Living Notes

Laurie Wilson

The Independent Living Welcome Book is now complete and posted on your Touchtown app. You can find it under the Community Documents section . Scroll down until you find Welcome Book, then click on it to obtain a pdf version. If you are interested in a hard copy, please contact Kevin Pruitt at extension 5380.

There is no Happy hour on Tuesday, April 11. We have a Health Center group using the FSH that entire afternoon.

New residents looking for community maps? You can find them on the Touchtown app! If you need me to download the app for you, please call extension 1053, or stop by my office.

The annual IL Black and White party will be held on Thursday, May 25. This is a more formal dinner event in the Foundation Social Hall. Residents are asked to wear their best black, white, or black and white mixed attire. Look for more details coming soon.

We dodged the storms and visited the Minnetrista to see the Bob Ross exhibit. The exhibit was located in a very charming old home belonging to the Ball family, which they turned into a studio for people like Bob Ross. This is Kathryn and Dick Huelster posing in the media room, where his shows were filmed.



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, April 8

Happy Birthday Dan Hibner
1:30 Bridge (cl)

Sunday, April 9

Easter

3:00 Vespers (fsh)

Monday, April 10

Happy Birthday Geri Melvin
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Quick trip: Uranus Fudge Factory & store
3:00 Chimes group (2033)

Tuesday, April 11

Happy Birthday Herman Adams
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)

Wednesday, April 12

Happy Birthday LeyAnne Perkins
Happy Birthday Dian Weller
9:30 Cardio Pop (tsh)
11:00 Trader Joe's/fast food/Total Wine & More
2:00 Rock Steady exercise class (tsh)
3:00 Wii bowling (fsh)

Thursday, April 13

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

Friday, April 14

9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 ISO Coffee Pops Series
1:30 Mahjong (cl)
3:00 Wii bowling (fsh)