

## 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  
Lang O'Mera, Accounts Payable Specialist - 2910  
Melissa Wyatt, Resident Accounts Mgr. - 2920  
Dawn Martine, 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

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  
Tiffany Aquino, Executive Asst. - 3510

### Food Services

Dan Armantrout, Dir. Food Services - 3750  
Thomas Balsler, IL Chef - 3751  
Estelana Fairley, AL Dietary Supervisor - 3440  
Rob Palladino, HC Food Services - 2340

### Health Center

Shannon Poole, Dir. HC Operations - 3570  
Tracy Pope, HC Admissions - 2840  
Jackie Davidson, Director of Nursing - 2830  
Ebony Sims, 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

Amy Morgan, Dir. Marketing - 2140  
Meliyah Harris, IL/AL Marketing Mgr. - 2720  
Tracy Pope, HC Admissions - 2840  
Laurie Wilson, 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  
Peggy Long, Memory Care Coordinator - 3296

### Therapy & Wellness

Stephanie Irvine, Therapy Manager - 4222  
Wellness Center, Tamarack - 1051

### Transportation

Jody Black, Driver - 2160  
Tonya Richardson, Driver - 2160

### WVN Foundation

Marty Krug, Foundation Coord. - 3460

## In Memoriam

*Celeste Basile  
Raymond Dietiker*

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

Celebrations of Life will be held for Emily Holland and Ray Dietiker in June. The dates and times will be published in an upcoming newsletter.

## Denisse's Diversified Wellness

*Denisse Garcia*

In June, I am introducing a Life Trail class! There are 9 outdoor Life Trail stations and we will try to hit all 9 within an hour. The class will be held on Tuesdays at 10:00 am and we will meet inside at Door 3, next to Laurie's office. There will be a 5-minute warm up and cool down. If the weather is not optimal, we will hold an alternative class indoors for that day. The class will be **FREE and open to all**. You will have to be able to walk or transport yourself to each station. If you have any questions or concerns, please call the wellness center at extension 1051.



Residents from all areas are invited to join us for an educational program on **Fall Prevention** here at Westminster Village North!

**Friday, June 9, 2:00 pm**  
Foundation Social Hall

RSVP: 317-826-6064 (IL residents may sign up on the Touchtown app). Learn about the special exercises to help avoid falls, and easy tips for fall prevention!



## Welcome to WVN!

*Laurie Wilson*

Meliyah Harris joined the Westminster family as the Independent and Assisted Living Marketing Manager.

Meliyah is an Indiana native and grew up in the Geist area. She has two sisters living in Illinois, and her mother and father (an anesthesiologist and a retired Army MSG, respectively) live in Georgia. She attended the University of Southern Indiana, where she earned a Bachelor of Science degree in marketing and a Bachelor of Arts degree in graphic design.

Meliyah is not a television watcher, nor movie goer, but she loves to read! She is also very creative and musically talented. Meliyah plays the guitar, violin, and piano—but says she does not want to perform for any audience, though she has been warned residents can be persuasive. Meliyah enjoys painting and has a lot of experience with acrylics and watercolors, but is now exploring charcoals and oils, so we have another vendor for our WVN Market next time.

Meliyah spends a lot of time when not working with her two dogs, four year old Melly and 2 year old Milo. Melly is a beautiful African Hunting dog and Milo is a handsome Staffordshire pit bull.

Meliyah has worked in the healthcare industry since college and has had to be the "Jack of all trades" in her former role. She is looking forward to her new position here and getting to know you, the residents. Please welcome Meliyah!

# Around the Village

A Publication of Westminster Village North

May 19, 2023

## Bistro Reopened!

Some of our newest residents may not realize we have a Bistro just inside door 9, next to the Juniper entrance. While the bistro opened several years ago, it had to be closed down during the COVID-19 pandemic. This week the Bistro was enthusiastically reopened thanks to Ashton!



The Bistro hours at this time are Monday through Friday 9:30 am-4:30 pm. It is open to residents, staff and visitors.

ALL residents may order from the Bistro but they must pay at time of service. There are NO FREE items from the Bistro, and the food does not count as part of your meal plan. You might notice some of the items have had a price change. Please be kind in knowing that this is not a money maker for WVN, but we do need to cover our costs to provide this service to you.

**We will accept credit and debit cards only** (no badge swipes and no cash at this time). If you do not have a credit or debit card, a pre-paid card can be purchased for you. Please contact Laurie at extension 1053, or your activity manager.

Currently the Bistro is serving smoothies, soups, pizza with either pesto or marinara sauce and a variety of toppings, hot dogs, salads, and more! Be sure to check the menu board located in the Bistro for pricing and other items.

Some of the staff have already enjoyed dining at the Bistro, including Lou, Laura, and Venita from left to right.





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

Jamie Minder

The Bistro is open! If you need our team to purchase pre-paid credit cards, please call Jamie at 4230.

### Bingo Winners :

Pam, Letha, Jewel, Mary Rose, Delia, Norma, Patrice, Herman, Debbie, Judy W., Marquita, Greg, Beefy and Mary S.

The Bingo Cart will now be available after our Friday Big Bingo around 3:30pm in Juniper/Heatherwood dining room!

Happy Birthday June I. in Cedar! Her birthday is next Saturday, the 27th!

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

There are many great activities to look forward to each week in AL, and we want you to come out and play! This is no time to sit in your apartment alone. Join us next week at 11:00 am to dine at the Farmhouse Brunchery on 96th St., which serves amazing food, including country delights and griddle favorites!

But don't stop there! There are many new faces in AL and we want you all to welcome them at the 3:00 monthly meet & greet in the Sycamore Alcove! Meet new neighbors, celebrate birthdays, and find that person you've been looking for to join your card game or chat over coffee. Come out and play!!

## Peaceful Reflection

Chaplain April Scott

### "Too Much Jesus"

For Mother's day, my daughters took me to the world famous Jazz Kitchen, located in Broad Ripple, to listen to the sounds of Gospel jazz artist Kirk Whalum. The food was delicious and the music was wonderful. I had a wonderful time. After the concert was over, I took a selfie with Kirk Whalum and purchased an autographed copy of his latest CD. Yes, I still listen to CDs in my car and at home. Once all the fun was over and I was walking to my car, I heard a woman say "It was too much Jesus for me." I am assuming that she was addressing a question that was asked by her male companion. I thought to myself, "Lady, what did you expect? He is a Gospel jazz artist." I felt sad for the woman and for our world.

Some Americans have become comfortable in etching Jesus out of their lives, replacing him with all sorts of ideology, which replaces God as the center of man's morals, ethics, and beliefs. Humanism puts man at the center of man, relying on institutional knowledge and self-sufficiency to inform one's morals, ethics and belief system, seeking the goal of human maturity. In other words, humans seek their own way apart from God's power and his authority. Humanistic behavior is nothing new.

If you look in the very first book of the Bible, Genesis, the behavior was on display in the garden of Eden when Adam and Eve ate from the tree of knowledge of good and evil. The humans disobeying the supreme authority showed that they wanted to be independent of God's rule and authority, thereby separating humanity from God, creating chaos for all humanity and its habitat.

Nowadays, the "cancel culture" folks are questioning the past contributions of humanism, such as the advancement of knowledge through the development of

the printing press. They want to rewrite the books and lyrics of songs to fit the agenda that they are pushing in today's culture. They want to erase art that tells the story of history from the perspective of one segment of society. They want to restrict speech if it is offensive to their agenda. They want to deconstruct scientific findings if it does not agree with how they feel. They want to deconstruct our linguistic system to include words and symbols that only they understand.

We live in a society where we must decode the meaning of short letter phrases such as Lol (laughing out loud). We must know the meaning of an emoji symbol to even understand what is being communicated. Is Christ next on the "cancel culture" hit list? It sure sounds like it from the remark that was stated by the woman at the concert. I am so glad she made a "me" statement and not an "us" statement. I pray that her sentiments do not run rampant throughout our society. We need more of Jesus, not less of Jesus. My friend tells me all of the time that things are right on track for Jesus to return! Regardless of what the "cancel culture" is doing, as Christians we must remember what Philippians 2:10-11 says, "that at the name of Jesus every knee should bow, of those in heaven, and of those on earth, and of those under the earth, and that every tongue should confess that Jesus Christ is Lord, to the glory of God the Father."

Blessings!

## WVN Annual Memorial Service

Wednesday, May 24  
3:00 pm  
Foundation Social Hall

Please join us as we remember those who have left us during 2022. No reservation necessary. All staff and residents are welcome.

## Independent Living Notes

Laurie Wilson

File of Life: Do you need a new information card, red magnetic envelope, sticker, or the pocket/purse size file of life card? Martha Jungclaus will be outside the Tamarack dining room on Thursday, May 25, during lunch hours with replacements. Cottagers may call Martha Jungclaus at 1-765-343-2716, and she will put whatever you need in your mailbox.

Share-a-Story, *an invitation from Kathryn Huelster*. Please mark your calendars to come to the Foundation Social Hall on Monday, May 22, 1:30 pm to hear four residents "Share-a-Story." Residents from any area may attend. The speakers will captivate you with adventures from their lives. From fascinating cars of the past, to travels by planes, trains, and ships, you will go to places near and far. Along the way, you'll get to know your friends here a little better.

Also, please join us this coming Monday for our "Share-a-Story" small group gathering, which meets the third Sunday of each month at 1:30 pm, in the Tamarack Social Hall.

## Donuts for Vets

Veterans are invited to stop by the Cappuccino Lounge on Monday, May 29, at 9:30 am for donuts and coffee so we may say thank you for your service. All staff and resident veterans are welcome!



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

Laurie Wilson

Saturday, May 20  
7:00 Sing—along (tsh)

Sunday, May 21  
3:00 Vespers (fsh)

Monday, May 22  
9:30 Monday in Motion (tsh)  
11:00 Bible study (cl)  
11:00 The Climb (tsh)  
1:30 Share-a-story presentation (fsh)  
3:00 Chimes group (2033)

Tuesday, May 23  
*Happy birthday Pauline Nixon*  
*Happy birthday Mark Hershman*  
9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (tsh)  
11:00 Mini golf and lunch: Birdies

Wednesday, May 24  
*Happy birthday Lois Ondrejck*  
9:30 Cardio Pop (tsh)  
2:00 Rock Steady exercise class (tsh)  
3:00 WVN annual memorial service (fsh)

Thursday, May 25  
*Happy birthday Carol Groh*  
9:30 Power Pump Thursday (tsh)  
11:00 The Climb (tsh)  
4:30 Black & White dinner party (fsh)

Friday, May 26  
9:00 Bargain room open!  
9:30 Fun Fitness Friday (tsh)  
1:30 Mahjong (cl)  
3:30 Wine club (fsh)

**FREE EVENT!** All residents welcome



An Educational Opportunity Provided by  Title Sponsor

# Parkinson's Managing Off Episodes

To attend, please call Laurie at Extension 1053.  
[IndianaParkinson.org](http://IndianaParkinson.org) Complimentary lunch provided.

**Featuring** Speakers - *neurologist and patient advocate*  
Lunch - *provided by Westminster Village North*  
Movement Session  
Panel Discussion

**May 31, 2023**  
11:00 am—2:00 pm

**Westminster Village North  
Foundation Social Hall**  
11050 Presbyterian Dr.  
Indianapolis, IN 46236

