

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
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 Harris, Dir. HC Operations - 3570
Tracy Pope, HC Admissions - 2840
Jackie Davidson, Director of Nursing - 2830
Ebony Sims, Assistant Director of Nursing - 4490

Nurses Stations

Aspen -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
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
Willa Lawson, Driver - 2160

WVN Foundation

Marty Krug, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

Caregiving for family and friends is an essential and rewarding job. However, when caring for a spouse or friend you forget about your own wants and needs. If you feel overwhelmed, you can do the simplest of self-care, which is practicing breathing exercises for 10 minutes a day. Ensure you eat complete meals and sleep at least 6-8 hours a day. Lastly, join Westminster's caregiver support group which meets monthly in the Health Center. It is nice to discuss and learn about similar experiences that other caregivers go through.

Safety First!

Please be reminded you are asked to not leave walkers near your tables in the Foundation Social Hall. Walkers need to be stored in the area just before entering the FSH—even for smaller activities. This is a safety hazard to leave them near your table. People can (and have) tripped over wheels when walking through the FSH, including staff who are serving residents during happy hours and other events. Additionally, please don't leave them against the walls in the FSH, as they are damaging the walls. Walkers are being pushed toward the wall and many end up running into the walls. A staff member is happy to move your walker to a safe location once you are seated, as well as bring it back to you when you are ready to leave. Thank you for your cooperation.

Doctor says to his patient: "Your liver results are back. And frankly, they're very surprising considering that I only allowed you one glass of wine per week." The patient shrugs: "Do you really think you are the only doctor I am going to?"



Westminster
Village North

Around the Village

A Publication of Westminster Village North

June 23, 2023

Welcome to WVN

Nancy L. Russell



Wayne and Connie Campbell in Tamarack 1016 both grew up on farms... Connie in southern Indiana and Wayne near Muncie. That rural upbringing allowed them to flourish career-wise.

After high school graduation, Connie went to a business college in Evansville. She then moved to Indianapolis where she trained future models at the Patricia Stevens Modeling School. In another position she placed people in permanent jobs in the work force through an employment agency, and she sold cosmetics as well. This pretty, multi-talented lady also trained people to become medical and dental assistants in a company that was commissioned to do so. Admirable versatility!

A mutual acquaintance introduced her to Wayne and some time after their marriage the couple moved to the California Bay area where Connie again took a position with an employment agency. With her good looks and persuasive personality, she joined a demonstration business that gave demos in kiosks and grocery stores. The couple uprooted and settled in the Washington D.C. area to follow Wayne's career. When they

moved back to Silicone Valley, guess what? This amazing, resourceful lady created her own successful employment agency! Impressive, eh?

After high school Wayne went to Ball State where he earned a degree in business. He served as president of Phi Sigma Epsilon and played varsity baseball on a team that won several all-conference titles. His first job after graduation was with Marhoeffer Packing company as a data processor and computer programmer. An IBM salesman was responsible for his next job with Unified Investment that was a new company that needed someone to set up their computer system. His real career, though, began with the Engineering Trade Association as a consultant and lobbyist with the Indiana General Assembly. That grew into his role as a lobbyist with the National Federation of Independent Business where he lobbied in all 50 states.

When Wayne re-located to Washington D.C. to discern the rule over-lap between the state and federal levels of the NFIB, he used his state-level business savvy to land a marketing position that served Fortune 500 companies, and he found himself serving clients such as McGraw Hill, Verizon and Intel with a multi-state association.

This fascinating couple has 4 children, 8 grandchildren and 5 great grandchildren. They left California to be close to family here in Indianapolis, we are so glad they did! Their condo in downtown Indy overlooks a used car lot. Their view from their apartment

here is a glorious courtyard full of trees, flowers, a gazebo and walkways.

They have already discovered that they have connections with our dear resident, Fred McCarthy and our vital CFO, Chuck Gaskins. Soon, your paths will cross, and you will be thrilled to hear about Connie's love of crossword puzzles and Wayne being a history buff, as well as their travel to 30 countries.

Aren't we privileged to welcome Wayne and Connie?

Resident Meeting

The social media outreach continues to gain momentum. Currently on Facebook WVN has 1000 followers. Marketing Director Amy Morgan continues to post activities, events, spotlights on staff and residents, etc. to reach as many as possible through a network of Facebook users. The more people who see these posts, the more familiar people become with WVN and hopefully reach out when considering a retirement community like ours.

If you would like to see what is being posted, or leave a comment about one of the photos, then go to www.Facebook.com, and type Westminster Village North in the search box at the upper left corner of the page. Next, hit Enter. It will take you to the WVN page. At the bottom of the photos is an opportunity to click on "Like" or "Comment" if you wish to add a comment about the photo. Need further assistance? Call Laurie at extension 1053 for more training.

A Week at a Glance... Health Center

Jamie Minder

Thank you to everyone who came to our First Day of Summer Luau !



Foundation News

Don't miss your chance to participate in the Foundation Raffle (with a twist). Last day to buy tickets is tomorrow – June 22nd. Tickets are one for \$5 or three for \$10 and include a free chance for a piece of Martha Davis' framed photography. Call Marty at 317.823.6841, ext. 3460 or email her at mkrug@westminstervillage.com to buy tickets. You can also drop by her office tomorrow between 10 am and 2:30 pm, or attend the IL Happy Hour tomorrow afternoon.

Happy Retirement!

Foundation Coordinator Marty Krug will be retiring from WVN after 10 years. Marty has been the Westminster Foundation Coordinator for the past 3-1/2 years, where she played a key role in securing donations for the Foundation Social Hall.

Marty has not only been an asset to the Foundation, but she was very valuable to WVN. Marty often served as backup on the customer service desk, assisted with human resources, and of course, a great partner to Laurie in Leisure Services!

Wish Marty Well
Wednesday, June 28
at 3:00 pm
Foundation Social Hall.

All staff and residents are invited to attend. Refreshments and cake will be served.



Peaceful Reflection

Chaplain April Scott

"Power from Heaven"

I do not know much about power drills, but as a single woman who wanted to mount her television on the wall, I would take a try at it. I purchased a stud finder and a power drill that fit nicely in my hand, which seemed user friendly from the instructions on the box. I encouraged myself by saying, "You took woodshop in high school, and you are good with measurements and math. How hard can this be?" I was moving right along quite nicely. I found the stud and completed my measurements and then I began to drill a pilot hole (My late husband taught me this) for the screws that I would drill into the holes that would hold up the TV bracket. I started drilling the screws in and made it halfway through before my drill gave out. I did not know what was wrong with my drill and why it stopped midway in the drilling process. I called a friend over and he brought his drill over. He looked at my drill and said, "Your drill doesn't have enough torque power to drive in the screws." He took his drill out of the case, and of course it was twice the size of my little drill. He began to complete the job I started. His drill had the power to do the work that I was trying to do by myself with my little drill. This reminds me of the tasks that Jesus gave his disciples to continue after his ascension.

Jesus instructed his disciples to go into all the world and preach the Gospel, sharing the good news of salvation and forgiveness through faith in him. Jesus told his disciples to make disciples of all nations. This involves not only proclaiming the Gospel but also teaching and mentoring others to follow Jesus and live according to his teachings.

Jesus gave these instructions to the disciples as a commission to continue the work that Jesus had started during his time on earth. The disciples were to spread the message of salvation, make new disciples, and teach them to live according to the teachings of Jesus. How in God's green earth would the disciples accomplish this mission?! Well of course Jesus knew that the disciples would need power from on

high to accomplish it! The disciples did not have enough power to accomplish this monumental task by themselves in their own power.

In the book of Acts, Jesus tells the disciples to stay together, don't leave Jerusalem, and wait for the promise of the Father, "You shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth."

Acts 2:1-12

"When the day of Pentecost came, they were all together in one place. 2 Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. 3 They saw what seemed to be tongues of fire that separated and came to rest on each of them. 4 All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. 5 Now there were staying in Jerusalem God-fearing Jews from every nation under heaven. 6 When they heard this sound, a crowd came together in bewilderment, because each one heard their own language being spoken. 7 Utterly amazed, they asked: "Aren't all these who are speaking Galileans? 8 Then how is it that each of us hears them in our native language? 9 Parthians, Medes, and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, 10 Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome 11 (both Jews and converts to Judaism); Cretans and Arabs—we hear them declaring the wonders of God in our own tongues!" 12 Amazed and perplexed, they asked one another, "What does this mean?"

Friends, it took God's power to equip the disciples to speak the Gospel in all languages so that the word of God could be shared to the ends of the earth and to accomplish the tasks Jesus gave them. In this life all we need is power from Heaven to accomplish the monumental tasks of living life! Use your power from on high to share the Good News with your family and friends and watch the power of God work in their lives!

Blessings

Independent Living Notes

Laurie Wilson

Getting back to the routine: Nursing would like you to schedule your annual assessment. Please contact Jami Blanton at extension 2660 to set your appointment. Appointments will begin in July.

Bill and Helen Fry will celebrate their 65th wedding anniversary on July 8th. You are invited to attend the party in the Foundation Social Hall at 2:00 pm. Please mark your calendars.

IL residents have been working very hard to learn how to play chimes and are excited to perform for the rest of you on Monday, June 26, 3:00 pm, in the Foundation Social Hall. Please come and enjoy the music they will ring.

There is a new scrabble group that meets occasionally on Tuesdays. For ease of scheduling, beginning in July, the group will be scheduled on the calendar every Tuesday at 1:30 pm in the Cappuccino lounge. Whether you can or want to play every week is up to you, but the time will be available for those who are interested.

Do you need training on Touchtown? There will be a class on Friday, July 7, 1:30 pm in the Foundation Social Hall for anyone who wants to download the app and learn how to work within the app for Leisure Services activities, to explore dietary menus, check messages and more. Touchtown is an integral communications tool used daily in Independent Living. Don't miss out on important information and activities because you don't use the app. It is quite simple to use—yes, even at 90 something! Call me if you are interested and I will sign you up!

A Week at a Glance... Independent Living

Laurie Wilson

Saturday June 24
1:30 Bridge (cl)

Sunday, June 25
Happy Birthday Martha Horner
Happy Birthday Diane Kaercher
3:00 Vespers (fsh)

Monday, June 26
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
3:00 WVN Chimes concert (fsh)

Tuesday, June 27
Happy Birthday Harriett Thomas
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
10:00 Life Trail exercise group (door 3)
3:30 Happy Hour (fsh)

Wednesday, June 28
Happy Birthday Pete Groh
9:30 Cardio Pop (tsh)
11:00 Ladies' lunch: Chuy's
2:00 Rock Steady exercise class (tsh)
3:00 Farewell to Marty (fsh)

Thursday, June 29
Happy Birthday Barbara Wood
Happy Birthday Martha Jungclaus
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
No happy hour today

Friday, June 30
Happy Birthday Barbara Stewart
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:30 Zaharakos ice cream: lunch and ice cream (Columbus)
1:30 Mahjong (cl)