

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

Tammy Stevens, Foundation Coord. - 3460

In Memoriam

Joan Armantrout

Please keep Dan, Jill, Jack and her entire family and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia

When people want to improve their health they often turn to exercise and diet first. To create healthy habits you will need to stick with them for 60-70 days. When it comes to eating healthier, you do not want to restrict your diet because this can lead to overeating. Instead, be mindful of your eating. Tara Parker-Pope writes an article called "Diets Make You Feel Bad. Try Training Your Brain Instead" and discusses being aware of your body and mind before you eat and moving on to tracking your eating habits. The easiest way to track what you eat is to journal it in a notebook or a tracking app on your phone. Changing any pattern is difficult, but the positive results are tremendous on your health.

New Horizons Band of Indianapolis

Photos by William Voiles

Our own IL resident, LeyAnne Perkins, is a member of the New Horizons Band of Indianapolis that played for IL on Wednesday, July 5. They will return for a holiday concert in December.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

July 7, 2023

Welcome to WVN!

Nancy L. Russell



Yes, folks, we have another delightful Campbell couple: Bill and Barbara are living in 1012 Tamarack, which is just right around the corner from Wayne and Connie. As if it isn't enough to have two Nancy Russell's! Anyway, we are so grateful to have them.

Barbara was born in Nashville, TN (music city U.S.A.), but her parents moved to Indianapolis when she was 14. After graduation from Lawrence Central she was hired by Western Electric to work on their assembly line. Barbara married Bill, had two sons, and then began the noblest of professions - homemaker, wife, and mother for the next 18 years. When her two boys "left the nest" she took a position with Roche Diagnostics as a filing clerk. Barbara retired from that workplace.

In addition to 2 sons, the couple has 2 grandchildren and 5 great grandchildren, all under the age of 6. That would make for a lively family get-together!

Barbara enjoys scrapbooking and all kinds of crafts. While working at Roche, she held Longaberger basket parties, and as the hostess she was given a precious basket. To date, she

has 40-50 of those priceless woven beauties in her possession.

Bill was born in our neighboring Fortville, IN. He also graduated from Lawrence Central, two years ahead of Barbara. She had captured his fancy and they were married after he got out of the military. Bill was taught how to play the trumpet, which he played in the high school band. He taught himself how to play the tuba so he could play both instruments.

After high school he was drafted into the U.S. Army and did basic training in Fort Leonard Wood, MO. The bulk of his military career was being a chauffeur. His assignments were classified information, but he could tell us that he made 2 complete round trips across the United States in 24 months. Bill and Barbara smiled when they said, "Because Bill couldn't tell his mother where he was or who he was with, she thought he was in jail!"

Diversified Properties hired Bill after his Army service to work in their carpet division. Later, he took a position with Builders Concrete and Supply, and while there he did everything from operating a concrete pump to driving a dump truck. Bill retired from there.

Bill was a bowler! His average ranged from 185 to 207. He served as President of the Greater Indiana Bowling Association, which allowed him to share the latest practices and procedures of the sport to over 17,000 bowlers. And, oh, by the way, this skillful, almost professional bowler, had four 299 games which left 1 pin standing. One would

think that the third time would be the charm. But, alas, not for Bill.

This sweet couple moved to Westminster from their ranch home with a walk-out basement in Fishers where they had lived for 50 years. Joyce Ann and Keith Freeman, their conscientious ambassadors are introducing them to all of our amenities. It won't be long before Barbara and Bill will feel like Westminster is home. Let's welcome this dear couple with the warmest of WVN hospitality!

COVID Outbreak

There is a COVID outbreak in Assisted Living. Until further notice, everyone who enters Sycamore, beginning with the library through Laurel Commons, must wear a mask at all times. You are asked not to visit Ironwood at this time unless it is absolutely necessary. If you must go into Ironwood, you are also required to wear a mask. Your understanding and cooperation is very much appreciated.

First, I threw away the outside and cooked the inside. Then I ate the outside and threw away the inside. What did I eat?



When does today come before yesterday?

A Week at a Glance... Health Center

Jamie Minder

Thank you to Bear Fowler for being our Resident Council President for so long! We wish him good luck and will miss him dearly!

We are looking for a new Resident Council President. Anyone who is interested please call Jamie Minder at 4230.

We will not have Ladies Lunch in July. Instead our ladies can enjoy a meal at the Bistro once a week! Just tell the Bistro, "I'm on the list."

Thanks for coming to our Ice Cream Social this week! We hope everyone had a great time!



According to Maxine

we should start referring to age as levels. That way, when you tell a level 40 you are level 80 it sounds so much more awesome!



A Week at a Glance... Assisted Living

Gabby Tijani

Activities in Assisted Living have been cancelled until further notice due to COVID.

Letter to the Editor

By IL resident Charlie Case

Published in the Indianapolis Star on Sunday, July 2.

Sorry, but you're not right while others are wrong. Maybe it is time to look around and take note of what we are, who we are and what we are doing.

We are quick to judge others while thinking that we are right and all others are wrong. We need to look at the facts and not let our prejudice thoughts dictate our feelings toward others.

Why do we consider those, different from ourselves, having fewer rights than we do? Consider This:

- *Every human being was born a human being.
- *Every human being has precisely the same rights to life and in life.
- *No human being was given a choice of gender, skin color or mental capacity, Yet we tend to judge others for conditions that they have no control over any more than we do.

No human being has the right or "obligation" to tell others what they can and cannot do because of their beliefs, their sexual orientation, skin color or mental capacity.

Think about it: Would you want others telling you what you can and cannot do because you are different from other human beings?

We do not have the right to judge others.

Receptionists

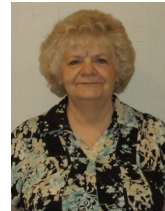
Bri Jimpson: *Monday – Friday day shift Receptionist*



Hello, my name is Bri. As many of you may know I am the receptionist here at Westminster Village North. I was born and raised in Indianapolis.

Go Hoosiers! I love to travel and spend time with family and friends. I have one fur baby which I love as dearly as if she were a human child. I love music, and in my spare time I am often finding new songs to add to my playlist. I like to believe that I am very outgoing and a comedian of sorts. I enjoy having a good time and making people laugh. I am a sucker for pasta, and my favorite color is and will always be black!

Sherry Wadsworth: *Monday – Thursday evening Receptionist*



I was born in 1947, so I feel I fit right in here at Westminster. All of the residents feel like family to me. I love being

here. I have always worked busy phones, more than 20 years in medical offices, and was a 911 police dispatcher. Before all of that I was a volunteer at the school where my three children attended until they were about high school age. I also attended IUPUI after becoming a grandmother and earned certificates in medical terminology and medical coding. Just dial 0 and I will help you.

Ramona (Mona) Avington: *Friday – Tuesday evening and night Receptionist*



Fifteen years of service, all years at the receptionist desk. I continue to work both weekends and two

midnights. No, it has not been boring. I am one of eight children, mother to one, and have been blessed with two grandchildren. I have an eighteen-year old granddaughter going off to college in the fall and an eight-year old grandson full of spit. Pretty dull life. Twenty years of service with the state police in civilian capacity. Three years in the steel mill in Gary, Indiana. Hard to believe some do this for thirty years. Three years as a substitute teacher. In my opinion, working in education is not for the weary. It proved not the job for me (lol). Married, divorced and most likely single for the remaining years. Lived my life with few expectations and in return few regrets. The Heavenly Father has been my constant guide. Hobbies: always wanted to travel. Instead, reading romance novels, eating and swimming are what I do.

Sheryal Rini: *Weekend Receptionist*



Born and raised in Richmond, Indiana Attended IU School of Dentistry, Dental Hygiene, and IU School of Medicine, Allied Health Administration.

Retired from private practice after 51 years June 2, 2020. First job at WVN was volunteering to monitor visitation for families with loved ones in Assisted Living. My sister is a resident and lives in Laurel Commons. I was glad to be able to see her. Then I was asked to be the person to greet and monitor families, friends, staff and vendors coming into Tamarack and I delivered packages to residents. My present job is weekend receptionist and PRN when able for employees who use their PTO time. WVN has been a gift to me beyond my imagination from the employees, residents, and their families.

Dana Finlan: *Part-time Receptionist*
Patty Howatt – *PRN Receptionist*
Candace Preston – *PRN Receptionist*

Independent Living Notes

Laurie Wilson

A pair of ladies' Liz Claiborne glasses were found on the bus. Please call me to claim them.

Ladies, If I have not heard from The Hulman by the end of day Friday, I will be cancelling that venue and selecting another lunch spot. You can check the app, as it will be updated by Tuesday.

Huber's Orchard & Winery is home to one of the oldest and largest estate grown winery vineyards in Indiana, as well as one of the oldest and largest distilleries in Indiana. In 1843 Simon Huber immigrated from Baden-Baden, Germany, to Starlight, IN. He brought not only his family with him but also his years of experience in fruit growing and wine making. He settled on the original 80-acre tract of Huber land, which is more than 700 acres today.

You have an opportunity to explore this beautiful place and take a tour of the winery and distillery together. This is a \$25 value, free to you! Starlight Distillery is Indiana's most award-winning, farm-to-bottle, distillery. See firsthand from the nation's top competitions how Starlight Distillery ranks against the top award-winning distilleries. Get a behind-the-scenes look at the winery which is family farmed, operated, and led, that has handcrafted wine for 7 generations.

While there you will be able to purchase lunch and a giant scoop of their homemade ice cream. Also, you might want to take home some fresh baked bread. This will be a worthy trip, so don't miss out! Sign up on the Touchtown app or call me at extension 1053. You must sign up before Tuesday, July 11. It is a 2-hour bus ride, but we will stop for a break half way there.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, July 8
Happy Birthday Robert Giannini
1:30 Bridge (cl)
2:00 Fry 65th Anniversary party (fsh)

Sunday, July 9
3:00 Vespers (fsh)

Monday, July 10
Happy Birthday Barbara Coovert
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
5:00 Cottager dinner (fsh)

Tuesday, July 11
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
11:00 Life Trail exercise group (door 3)
11:30 Men's lunch: The Depot
3:30 Happy Hour (fsh)

Wednesday, July 12
2:00 Rock Steady exercise class (tsh)
3:00 Caregiver support group (HC Conference Rm)
3:00 Pond Party (Foundation Social hall & Patio)

Thursday, July 13
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
11:00 Total Wine, Trader Joe's & fast food
3:30 Happy Hour (fsh)

Friday, July 14
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
11:00 Ladies' Lunch: The Hulman (confirmed)
1:30 Mahjong (cl)
3:00 Wii bowling (fsh)