

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

Willa Lawson, Driver - 2160

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

If you want to stay consistent with exercise, you may want to find a workout buddy! Those who have workout partners are more motivated, consistent, and adventurous. Next time you plan on working out think about bringing a friend! You will want to find someone who has the same goals, commitment, and schedule too in order for both sides to reap the benefits.

There will be no exercise class Wednesday, July 19 through Monday, July 24.

Foundation News

An omission was made on the annual appeal letters that were distributed a few days ago. In the listing of Board members, we mistakenly failed to include resident member Carolyn Hardman. The Foundation Board has five resident members. Serving with Carolyn are Tom Fisher, Tom Kaercher, Martha Jungclaus, and Jack Levy. If you see them out and about the Village, please take a moment to thank them for serving on the Board.

The solution to the pond issue was done largely through these members (and former board member Tom Ulsas). They're also responsible for identifying other ways the Foundation can help enrich the lives of the residents of WVN. The Foundation is lucky to have such dedicated residents serve on its Board.

A woman told her friend, "I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising. So, I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But by the time I got my leotards on, the class was already over."



Westminster
Village North

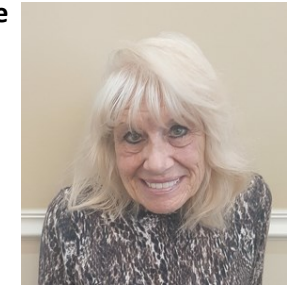
Around the Village

A Publication of Westminster Village North

July 14, 2023

Welcome to WVN!

Nancy L. Russell



Can you imagine surviving a fire, losing your one and only son, two dogs and one kitty, all of your furniture, as well as your clothes? Well, that is what happened to new resident Susie Vendely in Tamarack 3007. Her dear son was working on his motorcycle in the garage when something went horribly wrong -- an explosion that engulfed their beautiful home almost immediately. Susie got out, but, sadly, Todd did not.

Susie was born and raised in Troy, Ohio. After graduation from The Dayton Art Institute, she worked at Rikes Department Store (comparable to our Macy's) as an illustrator for advertisements. She married, and then her husband was transferred to San Diego, California. They had a 3-month-old son named Todd. After two years out west, Susie was delighted to move to Indianapolis to be closer to her parents.

This lovely lady with a captivating smile took ballet lessons as a young girl and eventually taught the beautiful dance. She auditioned and sang in her high school choir. Later, as an adult, she sang baritone with the Sweet Adelines. Susie is artistic in every way.

Her steadfast friends and neighbors have come to Susie's aid helping her

find the furnishings she needs. They have also gone into her burned out home to retrieve many of her one-of-a-kind decorative items that were salvageable. Antiquing is one of Susie's hobbies, and as she goes about the various sales, she and her loyal friends are finding things to fill the spaces of her lovely two-bedroom apartment facing the courtyard. If given the opportunity, you must see the exquisite four-poster bed they found. It doesn't have a canopy yet, but it will capture your heart.

Susie will capture your heart too. In spite of her horrendous loss, she has the most beautiful smile on the planet. When she was a little girl her grandmother would say, "Honey, you are not smiling." And Susie learned that a smile would be her strength in the face of adversity. Yes, she does have lots of tears to shed, but usually it is at these times when the phone rings. Someone on the other end of the line will remind her of the precious friends she has acquired along the way, giving her hope that all is not lost.

Her lawyer found Westminster to be her next best home. We already knew Westminster is the greatest place to live, but it is always nice to know that a lawyer thinks so as well. When you see this lovable little lady, please welcome her to WVN. Westminster is indeed richer to have her in our family. She is so deserving of our care, understanding and compassion.

Results of the EAF Vote

*Martha Jungclaus,
Resident Council President*

Assisted Living an Independent Living residents voted on whether or not to change the distribution policy of the Employee Appreciation Fund. This vote was initiated by the Resident Council to address concerns of Independent and Assistant Living residents as to how the Employee Appreciation Fund is distributed. The vote was not intended to be campus wide, as the concerns were from the above mentioned residential areas.

WVN currently has a combined population in IL and AL of 163 residents. Of that, 103 residents participated in the recent voting. The results were as follows:

Continue EAF distribution as currently conducted—to all employees:

IL: 62 AL: 8 Total: 70

Change EAF distribution:
IL: 31 AL: 2 Total: 33

In order to make any change to the EAF, 50% + 1 of the total IL and AL population was needed for either choice. Since neither choice received 82 votes, the EAF will remain the same.

Thank you to all who participated.

Bargain Room Furniture Blowout Sale

On Friday, July 21, and Saturday, July 22, the Bargain Room will be holding a furniture blowout sale in the Tamarack parking lot. The sale will be held each day from 9:00 am to 1:00 pm. (The time is different than previously published due to the heat). The main Bargain Room in the lower level of Tamarack will be closed on Friday, July 21.

Staff, residents, family and friends will have the opportunity to purchase many pieces of furniture during this sale. No other bargain items will be offered. If you purchase a piece of furniture on either day, you must remove it prior to Monday morning. On Monday morning a truck will arrive to take any items remaining, whether purchased or not, to the thrift store. If you do not take an item purchased by Monday, there will be no refund.

Spread the word! Get your college-bound kids and shop the sale. Everything must go!

Congratulations to Bill and Helen Fry

Photos by William Voiles



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, July 15

2:00 Travel Club (syc alcove)
3:00 Daily chronicles & activity pack to your door
3:00 Wii Bowling (Salc)

Sunday, July 16

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

Monday, July 17

1:00 (1-4) Daily chronicles & grocery delivery
1:00 Manly puzzles
2:00 Movie Matinee & cool treats (Lcl2)

Tuesday, July 18

9:15 Morning Chair Yoga (syc lib)
10:30 (10-11:30) Apartment visits and one-on-one social
10:30 Bible study and devotions with Chaplain April (Lcl3)
1:30 Sing-a-long
5:45 Game night (Salc)

Wednesday, July 19

9:15 Morning walk & stroll (Syc av)
10:00 Art with Jocelynn (Syc alc)
1:00 Bingo (Salc)
2:30 Wine Wednesday (Syc alc)
4:00 Aviary clean and bird sensory

Thursday, July 20

9:15 Morning walk & stroll (Syc av)
10:00 Garden Club
1:15 Golf card game
2:00 Cook's Corner & Food for Thought (Sar)
5:45 Bingo (Salc)

Friday, July 21

9:00 Catholic Church visits/door to door (9-12)
10:00 Grocery orders due
10:00 Catholic communion (aca)
1:00 Chair exercise w/personal trainer, Denisse (syc lib) **Cancelled**
2:00 Movie matinee & cool treats (Lcl2)

Peaceful Reflection

Chaplain April Scott

“Love Request”

Last Saturday I spent the evening at the world-famous Jazz Kitchen surprising my friend with a birthday celebration party. The artist that was performing for the evening was well-known jazz guitarist Peter White. My friend and I love Peter White’s music. I often tell my friends that the Jazz Kitchen is my “happy place,” the food is delicious, the atmosphere is cozy, and the music is great. I talked with the host that evening to ask if he could announce that it was my friend’s birthday, and the host said, “I will let Peter White wish your friend a happy birthday.” Friends, this was my prayer that Peter White would announce to the audience that it was my friend’s birthday, and he did! My friend was so surprised, and we all shouted happy birthday! Not only did God answer my prayer about the birthday announcement, our whole dinner party got to take a picture with Peter White. He was such a kind man and was happy to be a part of the celebration. God had honored the desires of my heart to make my friend’s birthday special, and it was. Friends, when we trust God with our prayers and our desires, he is faithful to fulfill them if they are in his will for our lives. Remember the wedding party that Jesus attended along with His mother and disciples? The wedding party had no more wine to continue the celebration. Jesus turns water into the best wine, and the celebration continued!

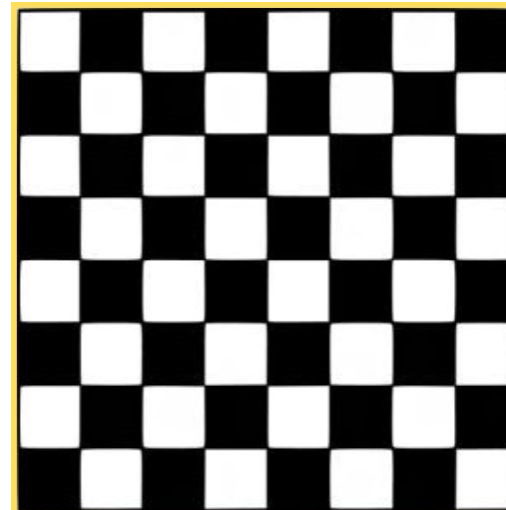
The scripture in Galatians 5:6 says, “The only thing that counts is faith expressing itself through love.” Every time I read this passage of scripture my heart is filled with joyful tears! What does it mean when love is the expression of faith? The concept of love as the natural expression of faith is a fundamental aspect of the Christian faith. In the teachings of Jesus and the writings of the New Testament, we find a

close connection between faith and love. Jesus declared that the greatest commandments is to love God with all our heart, soul, and mind and to love our neighbor as ourselves. This emphasis on love indicates that love is the primary expression of faith and the foundation of Christian living. Love as evidence of true faith is pointed out in 1 John 4:7-8 “Dear Friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know God because God is Love.” Here in this scripture John asserts that genuine faith in God results in love for others. Love becomes the evidence that we are truly connected to God. Friends, love is the natural expression of faith because it flows from our relationship with God, reflects his character, and fulfills his commandments. Love is an active, sacrificial, and self-giving force that demonstrates the reality of our faith and draws others to experience the love of God. For us as believers, our faith is authenticated and lived out through the love we show to God and to one another.

Friends, get a love request in your heart for a family member or friend and watch the God who is Love make it happen! Blessings.

Brain Health

Count the number of squares on the chess board. *Hint: more than 64.*



Independent Living Notes

Laurie Wilson

There will be no exercise class Wednesday, July 19 through Monday, July 24. This includes both morning and afternoon classes.

Don’t miss the Scams and Frauds presentation on Monday in the Foundation Social Hall at 1:00 pm. The presentation will provide the latest scams and frauds that seniors should be aware of, whether through phone calls, emails, or while on the internet. Please sign up on the app or call Laurie at extension 1053 to attend.

There will be a dietary meeting on Thursday, July 20, at 1:30 pm in the Tamarack Social Hall. This is an opportunity to share your comments with Dietary Director Dan Armantrout and Chef Thomas.

Do you enjoy tasting a variety of wines? Jon the Wine Club! The wine club meets once a month and is an educational tasting program. You will learn about different varietals, regions, an most importantly the tasting notes that you want to look for when purchasing wine for yourself.

I was able to obtain a second Wii Bowling game disc. Therefore, if there are more than four people playing during the scheduled Wii Bowling times, a second game will be set up and played at the same time on a the other television in the FSH. If you have not tried Wii Bowling, please join the group. Believe it or not, it is actually great exercise while having fun!

There are other Wii games that can be explored as well. For instance, tennis, golf, and even balance games. Please feel free to reach out to me if you are interested in exploring those games.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, July 15

7:00 Sing-a-long (tsh) - Hymnals

Sunday, July 16

3:00 Vespers (fsh)

Monday, July 17

11:00 Bible study (cl)
1:00 Scams & Frauds Presentation (fsh)
1:30 Needlework group (3006)
3:00 Wii bowling (fsh)

Tuesday, July 18

9:00 Grocery shopping: Meijer
10:00 Life Trail exercise group (door 3)
1:30 News & Views (cc)
3:30 Happy Hour (fsh)

Wednesday, July 19

Happy Birthday James Yee
10:30 Goldenaires Mass/ Luncheon (10:30-2) (fsh)

Thursday, July 20

1:30 Dietary meeting (tsh)
3:30 Happy Hour (fsh)

Friday, July 21

9:30 Fun Fitness Friday (tsh)
10:00 Bargain Room garage sale (Parking Lot)
10:00 Catholic communion service (aca)
1:30 Mahjong (cl)
3:30 Wine Club (fsh)