

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
Leslie Snyder Executive Asst. - 3510

Food Services

Dan Armantrout, Dir. Food Services - 3750
Thomas Balsler, IL Chef - 3751
Estelana Fairley, AL Dietary Supervisor - 3440
Anita Sutton, 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
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, FT Driver - 2160
Les McConnell, PT Driver
Gary Roraus, PT driver

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

In Memoriam

*John Hall
William Harting
Margaret (Peg) Schneider*
Please keep their families and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia

During this time of social distancing, it is important to keep active. I have created an exercise worksheet this month that you can do in your own space. This week I am sharing leg exercises. While these are shown in a standing position, you can do many of these from a seated position. Please see the insert for the exercises.

I would like to share that I offer personal training. This is an option for those who would like guidance through a personalized program or need extra motivation to workout. Personal training is 30 minutes long and \$20 a session. The first session is FREE. I can work with any of the residents here at Westminster. If you have any questions or concerns please reach out to me through extension 1051 or email wellnesscenter@westminstervillage.com.

Vote

Election day is Tuesday, November 7

Voter Location: Lawrence Education and Community Center, 6501 Sunnyside (next to the Sunnyside Elementary School)

For more information call:

Election Board Phone #: 317-327-5100
RHODA 317-823-9388

Early Voting:

Weekend:
November 4-5, 11:00 am - 6:00 pm



Westminster
Village North

Around the Village

A Publication of Westminster Village North

November 3, 2023

November is World Alzheimer's Month

*Dr. Lakelyn Eichenberger
Home Instead, Inc.*

Many people still have misinformation about this disease or false ideas about the impacts. I was recently cited in Reader's Digest and Fox News articles to help address these misconceptions. *Each week we will highlight some of the common myths Dr. Eichenberger helped unmask:*

Myth: Memory loss and getting Alzheimer's is a part of aging. As we age, our brains and bodies change. It's normal to have occasional memory problems, but Alzheimer's is more than occasional memory loss and something that disrupts daily life.

Myth: Only older people can get Alzheimer's. While it is less prevalent, Alzheimer's can impact people in their fifties, forties and even thirties. An estimated 200,000 people younger than age 65 live with younger-onset (also known as early-onset) Alzheimer's.

Join us for the WVN annual Veterans Day celebration!

Thursday, November 9, 1:30 pm
Foundation Social Hall
All staff and resident veterans will be recognized.

Followed by a sing-a-long led by Kathryn Huelster & Helen Fry on piano.

Halloween Around the Village



You Can Play Santa!

Ruth Iliff

Many residents, primarily in our health center, don't have family or friends that can bring them Christmas joy. Our activities staff collects money throughout the year through bake sales and community donations to ensure a Christmas for every one in our units. There may be a handful in Assisted Living that benefit from this gift as well. (I've been here 16 years and didn't know that.)

In the past, IL residents have collected goods for outside organizations, such as Little Sisters of the Poor, to give them a special Christmas. This year our IL residents have asked to support the residents of WVN!

Simple items make their days. The most popular items the health center residents like are: socks, (warm wintery socks and pretty Christmas ones), colored pencils (no crayons), highlighters, word search puzzles (large print is good), adult coloring books, wrapped snacks, small notebooks, ball point pens, travel size lotions, and soft tissues.

There will be a collection bag outside of Leisure Services (Laurie's office in Tamarack) throughout the month of November.

If you don't shop but want to donate to this cause, cash will let the staff shop to be sure every resident is treated this year. *Ruth Iliff and Dot Ryan will organize the collected goods from IL. If you have any questions, please feel free to contact either of them. Ruth Iliff at 3028 or Dot Ryan at 1024.*

A Week at a Glance... Health Center

Jamie Minder

The Health Center will not have a resident council meeting in November. If you have any concerns, please see your nursing unit coordinator and/or Jill in Social Services.

All Juniper, Cedar and Aspen group activities are paused at this time. Please see the unit TVs for any updates.

The Health Center Ladies Lunch has been canceled for November due to increased covid cases.

Masks will be provided for all group activities in the Health Center.

If you have any activity questions, please call Jamie at 4230.



A Week at a Glance... Assisted Living

Gabby Tijani

Sunday, November 5
Daylight saving time ends
2:00 Traveling activity cart

Monday, November 6
1:00 (1-4) Daily chronicles, activity pack & mail delivery

Tuesday, November 7
10:30 (10-11:30) Apartment visits/one-on-one social
1:00 Grocery Delivery
2:00 Traveling activity cart

Wednesday, November 8
1:00 Bingo (to your door)
2:30 Wine Wednesday (to your door)
4:00 Aviary clean and bird sensory

Thursday, November 9
10:00 Trivia, Crosswords (to your door)
1:00 Bingo (to your door)

Friday, November 10
9:00 Bargain Room (tb)
9:00 Catholic Church Visits/ door to door (9-12)
10:00 Grocery orders due
2:00 Fall goodies (to your door)

Saturday, November 11
Happy Birthday Mary Shebek
2:00 Traveling activity cart
3:00 Bingo (to your door)



Peaceful Reflection Chaplain April Scott

“All Saints Pray”

As we draw near to the month of November, a season of introspection, recollection, and gratitude descends upon us. Amidst the beauty of autumn and the tranquility of November, let us unite to commemorate, celebrate, and earnestly remember those who have left this earthly realm. It is a moment when we pause to pay tribute to those who have crossed into eternity, recalling the wisdom, love, and guidance they bestowed upon us, while simultaneously expressing gratitude for the lives they led.

Within this sacred time frame, we are presented with the consecrated occasions of All Saints' Day and All Souls' Day. All Saints' Day, observed on November 1st, is a Christian feast that is devoted to honoring all the saints, whether they are celebrated figures or unsung heroes, who have attained everlasting life with God. It serves as a poignant reminder of the divine grace and the sanctity of those who have exemplified unwavering faith.

Following this, on November 2nd, we commemorate All Souls' Day, a day of profound significance. It is an occasion marked by reverence and supplication for all the souls of our dearly departed. On this day, many Christians will make pilgrimages to cemeteries, adorning the resting places of their beloved ones with heartfelt prayers and the glow of candles. It's a day when we express our heartfelt appreciation for the profound impact our departed friends and family have had on our lives while fervently seeking divine compassion and serenity for their souls.

While the origins of All Saints' Day and All Souls' Day are deeply rooted in the Catholic tradition, these observances

possess variations and parallels in diverse Christian denominations and cultures across the globe. They offer a common place for communities to come together in a spirit of remembrance and faith.

In our reflections and tributes to those who have transitioned, let us also bear in mind to continually uplift in prayer those among us who exemplify saintly virtues in their daily lives, those who are still among the living. As Ephesians 2:19 (NIV) beautifully articulates: "Consequently, you are no longer foreigners and strangers, but fellow citizens with God's people and also members of his household." This verse underscores the idea that, as members of God's family, we have a profound connection not only with those who have journeyed into eternity but also with those who continue to grace this earthly realm. As a community of believers, let us offer unwavering prayers for the cherished individuals in our beloved community who are currently battling the challenges of Covid-19 and other illnesses, as well as those who are on the path to recovery. Pray also for our care team of nurses, aides, social workers, doctors, environmental staff, activity staff, chaplain, and all administrators of Westminster Village North. Blessings!

Socktober

Socktober ended the month with 259 pairs of socks to donate to Lambswear for children in need. Thank you all!!



Don't forget to "Fall Back!" Turn your clocks back one hour before going to sleep on Saturday night.

Independent Living Notes

Laurie Wilson

Tamarack is reinstating activities and communal dining on Friday, Nov 3. Residents are still asked to wear masks in common areas and while at activities when not eating or drinking. AL residents are still under COVID policy restrictions and will not open their dining or activities at this time. They are not to participate in the IL activities until their restrictions have been lifted. Masks are **REQUIRED** in AL and HC, Both areas must be free of new cases for 14 days prior to lifting restrictions per our policy. Please do not go into these areas if you are not going to wear a mask.

Wine Club has been moved to Monday, November 27, at 3:30 pm in the FSH. Perhaps Chimes will agree to meet an hour earlier—to accommodate this change.

The November sing-a-long will not take place on Monday, November 6. Instead, Kathryn Huelster and Helen Fry will lead songs & play patriotic music to sing along with following the official Veterans Day celebration on Thursday, November 9. All those in attendance will be invited to stay after the retirement of colors to sing along with the music to the hymns for each branch of service in the armed forces as well as other recognizable patriotic songs. The lyrics will appear on the television screens so that all those present will know the words. Please come together for this special musical tribute.

We will have Happy Hour following the Veterans Day celebration and sing-a-long. Due to some staffing concerns, we will only serve popcorn at Happy Hour for the time being.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, November 4
1:30 Bridge Club (cl) - **permanently cancelled each week**

Sunday, November 5
Daylight Savings Time Ends
3:00 Vespers (fsh)

Monday, November 6
9:30 Monday in Motion (Tsh)
10:00 Warm Glow Candle Outlet followed by lunch at No. 9
11:00 Bible Study (cl)
11:00 The Climb (Tsh)
1:00 Needlework group (3006)
1:30 Sing-a-long (Tsh)
3:00 Chimes group (2033)

Tuesday, November 7
9:00 Kroger on 79th
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)
6:00 Shamrock Garden Club (fsh)

Wednesday, November 8
9:30 Cardio Pop (Tsh)
2:00 Rock Steady exercise class (Tsh)
3:00 Caregiver Support Group (jpd)
3:30 Know Medicare Part D changes (fsh)

Thursday, November 9
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
1:30 Posting of colors & Veterans Day celebration (fsh)
3:30 Happy Hour (fsh)
6:00 Entertainment: Dan Shelley (Silver Dan) (fsh)

Friday, November 10
9:00 Bargain Room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
9:30 ISO Coffee Pops Series
1:30 Mahjong (cl)
3:30 Wine Club (fsh) - **changed date to November 27**