

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

*Myrna Dawson
 John Hall
 Carl Herr
 Kirk Wolcott*

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

A funeral for Carl Herr will be held on Saturday, November 11, 2:00 pm, Geist Community Church. A bus will depart from here at 1:00 pm. If you would like to attend but do not have transportation, sign up on the app or call Laurie at extension 1053 to add your name to the list. Pick-up will be at the main entrance of Tamarack only.

Denisse's Diversified Wellness

Denisse Garcia

This week I created arm exercises for you to follow. It is important to listen to your body as you do these exercises. If you have very arthritic shoulders, think about changing the angle of your arms or the height of your arms while exercising them. If you can't do ten consecutive repetitions, build up to it. When using dumbbells do not sacrifice your form for more repetitions. Instead decrease the weight and then finish your repetitions. Having proper form will decrease your chances of injury and increase your muscle usage.

Next week, I will include core exercises. By the end of this month you will have a full body exercise routine for you to use!

Maintenance

Dryer vent cleaning will begin on Monday November 13. This process takes some time. It could be a few months to get to everyone, so please be patient. The company that will clean your dryer vent is Dryer Vent Solutions. Please allow them to do the work when they knock on your door.



Westminster
 Village North

Around the Village

A Publication of Westminster Village North

November 10, 2023



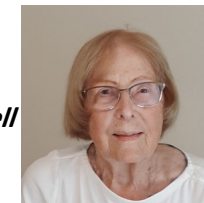
Thank you for Your Service!

Berj AntreSean	Air Force
Robert Blanton	Marines
Al Borchelt	Army & AF
Lawrence Bunting	Army
Charles Case	Air Force
Dick Coryell	Army
James Collins	Army
Wilber Davis	Navy
Virginia Defourneaux	Army
Dean Doering	Army
Daniel Drew	Army
Cliff Duffer	Air Force
Eldon Everidge	Army
Bill Fry	Coast Guard
Earl Greer	Army
Peter Groh	Army
Amy Hale	Army Reserve
Marcy Hankins	Army
Ray Hanson	Marines
Dan Hibner	Navy
Tom Kaercher	Army
Louis Kirkman	Army
Steve Leichenauer	Army
Jack Levy	Army
Bill Lord	Army
Fred McCarthy	Navy

Les McConnell	Air Force
Norris Nierste	Army
Norman Nixon	Army
Sally Pedersen	Army
Richard Pederson	Army
William Pfeiffer	Army
Carl Pollock	
Harry Rail	Army
Merle Ritter	Navy
Larry Rose	Air Force
Ed Ruehl	AirForce
Bob Russell	Army
Charles Shaw	Army
John Smith	Army
James Stroud	Army & Navy
Lloyd Stump	Army
Richard Swain	Air Force
Richard Tompkins	Army
William Voiles	Army
John Wendt	Navy
Bill Wilfong	Army
Charles Williams	Army
James Yee	Air Force

Welcome to WVN!

Nancy L. Russell



How fitting this Veterans Appreciation Week to welcome Nancy Withington, T1025, the widow of a career Army man, into our Westminster family.

Let me back track a bit to share that

Nancy began life in New Haven, Connecticut. She met her late husband in high school - never dated another boy! This petite lady was a top athlete in high school when women's sports received little recognition. Upon graduation her first and only love went to college, and she took a position with the telephone company. They married before her husband entered the military as a Second Lieutenant. During their career the Withingtons moved 15 times in 20 years! That includes several assignments in the U.S. as well as Germany, Korea, and Vietnam. They took a 10-month-old child to Germany and had two more babies while there.

Nancy describes herself as a "professional mover." In fact, she helped fellow parishioner Jennifer Steele move here. As a token of appreciation, Jennifer "insisted" that Nancy move here as well.

Since finance was Nancy's late husband's expertise, they spent many assignments at Fort Benjamin Harrison. He retired here as a Lt. Colonel. Together, they have one grandchild and one great-grandchild.

Nancy is indeed well worth our praise and adoration for a life well spent as a military spouse. What a gift she is to our country and to us as well!

A Week at a Glance...

Health Center

&

Assisted Living

Shannon Harris

Due to our recent COVID outbreaks in most areas of the campus, we've had to suspend activities and dining in different areas to help stop the spread. Because we are a health care facility (campus wide) we follow different regulations than the rest of the outside world when it comes to activities, dining, testing and wearing masks.

Activities and communal dining in Assisted Living will resume on Friday, November 10. Ironwood Memory Care has one resident who is still in isolation. No one from that hallway will be allowed to come out until that resident is out of isolation.

At this time, we have cancelled activities and communal dining in the health center on Cedar, Aspen and Juniper.

Independent Living is out of the outbreak: therefore dining and activities have already resumed.

All staff and visitors are to be wearing masks while inside the buildings and we are encouraging all residents to wear a mask when they are outside of their rooms and apartments.

We will continue testing all Assisted Living and Health Center residents and staff twice a week until we have 14 days of no positive cases per our policy.

If you have any questions, please feel free to contact me at extension 3570.

Thank you!

November is World

Alzheimer's Month

Dr. Lakelyn Eichenberger Home
Instead, Inc.

Myth: Alzheimer's and dementia are the same disease

Dementia is an umbrella term describing cognitive decline serious enough to interfere with daily living. Alzheimer's disease is one specific type of dementia, accounting for 60% to 80% of all cases. Other types of dementia include Lewy Body dementia, vascular dementia, and Frontotemporal dementia.

Myth: I will develop Alzheimer's disease if my parent has it
Just because a biological parent has Alzheimer's does not automatically mean that their children will develop it. This may increase a person's risk, but there are multiple variables beyond genetics that play a role in the development of the disease. Environmental and lifestyle factors also contribute to a person's risk. To learn more, watch the [recording of my recent Maintain Your Brain workshop at: https://www.youtube.com/watch?v=-jk6r1LrvFI](https://www.youtube.com/watch?v=-jk6r1LrvFI).

Myth: People with Alzheimer's don't know what's going on around them
An individual with Alzheimer's may become more easily confused or disoriented, but they are often in tune with their surroundings. It is important never to talk about the person in front of them or assume they don't understand.

Bluebirds are back!



Peaceful Reflection

Chaplain April Scott

"Triple loved"

The other day when I was leaving to go home, a resident who walked me to the door as if she were seeing her child off to school, said to me as she waved goodbye "I double love you." Joy leaped in my heart. I felt so incredibly loved by her words! Most of the time people will say "I love you more" or "I love you to the moon and back" (don't know what that really means), but I've never heard someone say "I double love you." For some odd reason those words of expressing love meant so much more to me. As I contemplated why these words meant so much more to me, I begin to think about God's love for us and I had an epiphany. God triple loves us! Friends, do you remember playing a childhood game called "Ring around the Rosie?" I do, and we had so much fun playing it. We would form a circle around one person in the middle of the circle and then we would twirl around that person singing "Ring around the rosy, a pocket full of posies, ashes, ashes, we all fall down!" According to an article I read by Kristen Hall-Geisler, this song was about a Protestant dancing ban. According to Geisler, a Protestant dancing ban swept America and England in the 19th century, kind of like a very early "Footloose" situation. But like the kids in that 1980s movie, the kids of a century before would not be tamed. They instead fashioned "play parties," where all the children would sing little rhymes in a circle while they moved around. Definitely not dancing, and, really for sure, not square dancing. It's a circle, Mother.

The songs, including "Ring around the Rosy," were about courtship and crushes. In this particular case, someone stood in the middle of the ring as the rosy, or rosebush, which symbolized love.

As I reminisced about playing this childhood game while contemplating the triple love of God, I imagined myself being in the middle of the circle surrounded by the three manifestations of God: God the Father, God the Son, and God the Holy Spirit, these forming a circle of love around me to make sure that I don't fall if I stumble to the right or to the left. Or if I stumble to the front or the back, I'm covered all around by this triple field force of love that will guide me, protect me, strengthen me and correct me. If I fall down, the power of this love will raise me up. It is the same powerful love that raised Jesus up from the dead. And the beauty is that this triple love is available to all who believe. John 3:16-17 says, "For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life. For God did not send his Son into the world to condemn the world, but to save the world through him." Friends, God triple loves you and there is nothing that can separate you from His great love!

Romans 8:38-39 (NKJV)
"For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, nor height nor depth, nor any other created thing, shall be able to separate us from the love of God which is in Christ Jesus our Lord.

THANK YOU!

Charlene and I wish to thank you all for your thoughts, prayers and physical equipment during our bout with COVID. So far we have won the battle.

Charlie & Charlene

Lois Ondrejack thanks everyone who offered sympathy, words of encouragement and prayer for her after Larry passed into the presence of His Lord and Savior Jesus Christ. She greatly appreciated all of the lovely cards, notes,

Independent Living

Notes

Laurie Wilson

Movie Matinee: Respect! Respect is a 2021 biographical musical drama film directed by Liesl Tommy based on the life of American singer Aretha Franklin. The film stars Jennifer Hudson as Franklin. The film follows the first three decades of Franklin's life, from being born as a musical prodigy in an affluent African-American family, the repercussions of losing her mother at age 10, to her arduous rise to international musical stardom, while enduring an abusive marriage, ultimately concluding with the recording of her influential live album Amazing Grace (1972). Join us in the FSH on Monday to watch.

Collective Goods is the company brought to WVN to sell everything from books to kitchen gadgets for adults and children. It is a great time to do a little holiday shopping. Proceeds from the sale support Assisted Living programs. They will be selling their goods in Aspen Activities Area 9:00 am—4:00 pm on Wednesday, November 15.

Join us for Dave Lowe in concert. Dave played earlier this year at a marketing event, but has been a friend of the Village for many years. Dave played at the old Lutz's steakhouse in Westfield and still plays at Murphy's. Don't miss this concert.

Please note: Doris Ann Orth would like to be called by Doris Ann, which is her entire first name.

WVN Bistro

The Bistro is closed until further notice. Please look for information when it opens here in the newsletter.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, November 11
Veterans Day
Happy Birthday Jennifer Steele

Sunday, November 12
3:00 Vespers (fsh) - **cancelled**

Monday, November 13
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
1:30 Movie Matinee: Respect (fsh)
3:00 Chimes group (2033)

Tuesday, November 14
Happy Birthday John Wendt
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
10:00 Resident Meeting (fsh)
11:30 Men's Lunch: Lord Ashley's
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, November 15
9:00 Collective Goods sale (aca)
9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
10:30 Goldenaires Mass/Luncheon (10:30-2) (fsh)
2:00 Rock Steady exercise class (Tsh)
3:00 Dave Lowe in concert (fsh)

Thursday, November 16
Happy Birthday Jill Wilkin
Happy Birthday Florence Roberts
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
3:30 Happy Hour (fsh)

Friday, November 17
Laurie PTO
9:00 Bargain Room open (TII)
9:30 Fun Fitness Friday (Tsh)
10:00 Catholic Communion service (aca) - **cancelled**
1:30 Mahjong (cl)