

## Staff Phone Directory

Receptionist—0  
Dial off campus 9-area code-number  
Emergencies: Dial 9-9-1-1

### Activities - AL & HC

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  
John Turrentine, 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

### Campus Environment - Housekeeping

Dena Lira, Housekeeping Mgr. - 1060  
Housekeeping Requests - 2300

### Chaplain

April Scott- 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

### IL/AL Nursing

Jami Blanton, Nurse Mgr. - 2660  
Tammy Rogers, Asst. Nurse Mgr. - 2665  
Sycamore Nurses Station - 2820, 2825  
Ironwood Nurses Station - 2170

### Marketing & Leisure Services

Amy Morgan, Dir. Marketing - 2140  
Julie Pine, IL/AL Sales Manager - 2720  
Tracy Pope, HC Admissions - 2840  
Laurie Wilson, Leisure Services - 1053  
Kevin Pruitt, PT Transition Coord. - 5380

### 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 - 4222Wellness Center, Tamarack - 1051

### Transportation

Willa Lawson, FT Driver - 2160  
Les McConnell, PT Driver – 2161  
Gary Roraus, PT driver – 2161

WVN Foundation  
Foundation Coord. - 3460

## In Memoriam

*Kenneth Watts*  
Please keep his family and friends in your thoughts and prayers.

## Denisse's Diversified Wellness

*Denisse Garcia*

The ACSM recommends that seniors get 2-1/2 hours of moderate to intense weekly exercise. How do you know if you are performing where you need to? There are different tools you can use to measure your intensity during exercise. The Rate of Perceived Exertion is a scale of 1-10. A rate of 1 is a very light activity such as reading or watching TV. A rate of 10 is maximum effort and you feel like it's impossible to continue. So moderate to intense exercise is a 4-8, which is between feeling you can exercise for hours or almost uncomfortable.

The other way is to use your heart rate or a fitness watch. Moderate to intense physical activity is 64%-74% of your maximum heart rate. To find it, you take 220 minus your age (say 85 year olds).  $220 - 85 = 135$  beats per minute.  $64\%$  would be  $135 \times 0.64 = 86$  bpm.  $74\%$  would be  $135 \times 0.74 = 100$  bpm. Ideally, an 85-year-old would want to maintain a heart rate of 86 bpm - 100 bpm during the workout. You can check your heart rate at your wrist with a pointer and index finger for 60 seconds or 30 seconds and multiply by 2.

## Podiatry visits

The following are the corrected dates for podiatry visits. **You must schedule your visit 2 weeks in advance with Tammy Rogers**, at extension 2665. You will not be able to schedule same day appointments.

Monday, March 25, 2024  
Monday, June 3, 2024  
Monday, August 12, 2024  
Monday, October 21, 2024  
Monday, December 30, 2024



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

February 2, 2024

## Golden Glutes

Laurie Wilson

Our favorite CFO likes to use the saying "well that's disappointing." He wouldn't say those words if he participated in the Golden Glutes exercise class. It was far from disappointing. In fact, it was fun, interesting, challenging and a fantastic workout.

I walked into the room with chairs setup around a circle in pairs of two. Denisse encouraged me to find a seat. As I sat down, I noticed a card on the floor that said wall squats. Oh, no! If you don't know what a wall squat is, you must press your back against a wall and slide down to a seated position, then hold for 10-15 seconds. Repeat 10 times or so! I looked around and noticed there were other cards by chairs. Denisse explained the class. We would rotate the circle by completing each exercise marked on the cards, one at a time. She explained the exercises, and except for the wall squats I thought it looked fun! I was not disappointed.

Throughout the circle we walked sideways back and forth with our legs in wide bands above our knees, squeezed a ball between our legs, balanced ourselves using the wall, and so much more. Of course, although I am not in great shape, I had to challenge myself to the max. I paid for that. My upper legs were sore for three days. But really it was a good feeling—like I accomplished something. I knew if I just stuck with

exercise I would feel better both physically and mentally.

You don't have to push yourself the way I did. One of the best things I have noticed about Denisse's classes is that she individualizes for every person! You don't have to go all of the way to a seated position on the wall. Instead, just a little if that's what you can do. For example, a resident has a forward-leaning stature. Denisse changed the back press for him so that he could do the opposite for his physical condition.

You all know exercise is great for so many reasons. For those who do not like to wake up early to attend, I encourage you to do it for one week and see how different you feel! Change up your routine and get out of the slump. I know it won't be disappointing!

## AI

Artificial intelligence is rapidly growing. Seniors are benefiting as well. Now there is a smart lamp called Nobi. Nobi smart lamps are more than just lights. They are smart assistants that can help seniors live safer. Nobi uses artificial intelligence to detect falls, alert caregivers and prevent accidents. If a person falls, Nobi asks them to confirm it and then alerts a trusted contact via an app on his/her phone. The contact can talk to the person through Nobi and unlock the door remotely if needed.

## Games and Groovin'

Health Center residents love the Games and Groovin' class with Denisse Wednesdays at 11:00 am. Join the fun!



## Sing Along in IL

*Kathryn Huelster and Helen Fry*

Monday, February 5, at 1:30 pm in the Tamarack Social Hall.

Please join us in singing hymns of LOVE (and maybe a few popular songs) as we look forward to Valentine's Day. We may even try singing in harmony with one another! All residents are welcome! Music and words will be provided, thanks to Chaplain April. Come join us for an hour of enjoyment through making music!



## A Week at a Glance Health Center

Jamie Minder

It's February! Make sure to look at the new activity calendar found in your room and all the common areas! We have some new gatherings starting this month, and we would love to see you attend!

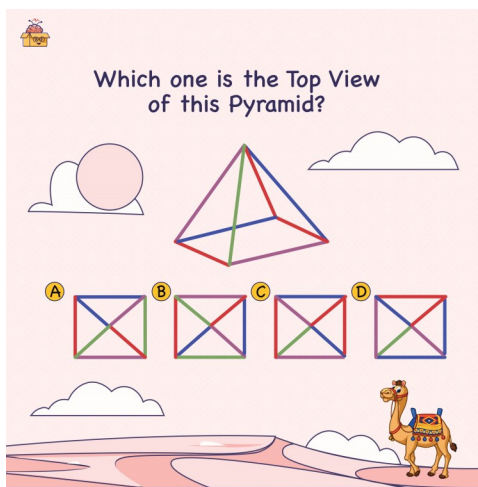
There will be NO Bingo on Wednesday February 14. Instead, join us for our Sweetheart Social at 2:30 pm in the Juniper/Heatherwood dining room.

Willow residents: please remember that Bingo on Tuesdays does not start until 3:00 pm!

Resident Council meeting is February 8, at 2:30 pm in the Aspen dining room. If you are interested in running for Resident Council President please call Jamie Minder at 4230.

## Brain Health

Four cars come to a four-way stop, all coming from a different direction. They can't decide who got there first, so they all go forward at the same time. They do not crash into each other, but all four cars go. How is this possible?



Last week's answers:

1. Canada
2. Humpty dumpty sat on a wall. Humpty dumpty had a great fall...

## A Week at a Glance Assisted Living

Gabby Tijani

Saturday, February 3  
1:00 Bingo (Salc)  
2:00 Daily chronicles delivered

Sunday, February 4  
2:00 Daily chronicles delivered  
3:00 Vespers/church service (Fsh)

Monday, February 5  
9:15 Morning chair walk (Syc av)  
10:00 Apartment visits  
10:00 Bible study/ devotions (fsh)  
1:00 Grocery delivery  
2:00 Movie matinee  
3:00 Daily chronicles & popcorn to door

Tuesday, February 6  
9:15 Morning chair yoga  
10:00 Apartment visits/one-on-one social  
10:00 Coffee and conversation with Chaplain April (SALC)  
10:30 Apartment visits  
1:00 Monthly meet & greet: Meet new neighbors & learn more about AL.  
3:00 Creative arts, where we create a variety of intermediate projects  
5:45 Game night (Salc)

Wednesday, February 7  
9:15 Morning walk & stroll (Syc av)  
10:00 Crafts and cocoa (Syc alc) 1:00 Bingo (Salc)  
2:30 Wine & beer tasting (Salc)  
4:00 Aviary clean and bird sensory. Enjoy watching the birds! Watch a bird bathe & have a discussion about birds.

Thursday, February 8  
9:15 Morning walk & stroll  
9:30 Outing: Walmart. Please sign up across from nursing station.  
10:00 Book club/ book reading  
1:00 Group games (Salc)  
2:00 Cooks corner (SAR). Who wants to make SMORES? We will!  
5:45 Bingo (Salc)

Friday, February 9  
9:00-12:00 Bargain Basement  
9:00 Catholic church visits door to door  
9:15 Walk & stroll  
10:00 Grocery orders due  
1:00 Chair exercise w/Denisse (syc lib). Free and open to all!  
2:00 Movie matinee & popcorn (SALC)

## Peaceful Reflection

Chaplin April Scott

"How do you know"

When I counsel couples who are preparing for marriage, I always pose a simple yet profound question: "How do you know that you love this person?" I guide them to write down their responses on a piece of paper, which I then read back to them. The replies vary, ranging from "I know I love this person because I would die for them" to "I know I love this person because I don't want to live without them." These statements reveal the depth of commitment and attachment, showing readiness to lay down one's life or the inability to imagine existence without the other.

Love, I emphasize, is not merely a sentiment but a force that propels us to act in ways that affirm our affection. In February, a day is dedicated to expressing love through actions, words, thoughts, or gestures. While some view it cynically as a ploy to drain wallets for flowers that will wilt, expensive jewelry that is only worn on special occasions, or fleeting chocolates that will be eaten in a day, as a woman, I cherish the opportunity to receive gifts of affection. Some men express skepticism, dismissing it as a marketing gimmick aimed at parting them from their hard-earned money. In such moments, I think, "Boy, I'm glad that I don't have to go home to him." Of course, we do not require a designated day to demonstrate love. Every sunrise presents an opportunity to express affection for one another. If we were to ask God, "How do you know that you love us?" I believe the answer lies in the Gospel of John, chapter fifteen, where it resonates:

"As the Father has loved me, so have I loved you. Now remain in my love. 10 If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. 11 I have told you this so that my joy may be in you and that your joy may be complete. 12 My command is this: Love each other as I have loved you. 13 Greater love has no one than this: to lay down one's life for one's friends. 14 You are my friends if you do what I command. 15 I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. 16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you. 17 This is my command: Love each other."

Friends, Love has chosen us. Love willingly laid down His life for us. Love could not bear the thought of living without us. Love paid the ultimate price to liberate us. And let me remind you, there is nothing that can sever our connection to love, because God is love, and his love reigns supreme. He extends his love to each of us, provided we embrace the truth: "For God so loved the world, that he GAVE his only begotten Son, that whoever believes in him should not perish, but have everlasting life."

As we step into February, let us purposefully share love with others, keeping in mind the one who loves us unconditionally, JesUS!

Blessings

## Independent Living Notes

The Boys in the Boat is still scheduled to play at the theatre on Monday, February 5. Showtime is at 1:00 pm, so our departure time will remain at 12:00 noon as scheduled. If you prefer to see Freud's Last Session, it should also still be playing, but the theatre only puts out showtimes for that movie a few days ahead. Currently that showtime is 1:10, so it is also doable for this trip.

We will continue our journey of Diners and Dives this month with lunch at Metro Diner. It, too, was awarded best diner by the television show Diners, Drive-ins and Dives.

A new club has formed: Mexican Train Dominoes. It's a fun game played with a special domino set. The group will play every Wednesday at 1:30 pm. Anyone who wants to play—stop in at the Cappuccino Lounge. If you have never heard of this game, you are welcome to watch them play and learn the game.

Wear your Superbowl/football gear to Happy Hour on Feb 8—join the party!

PLEASE, I am asking again....do not move the tables and chairs around and push them up against the walls in the Cappuccino Lounge. They are already getting scratched up from this constant abuse. Additionally, they are not being returned to proper set-up after use. This makes the entire room look trashy and not inviting for anyone, but especially guests and prospects. The Foundation was kind enough to donate this furniture, let's show some appreciation and respect. If it continues, we may need to lock the room and groups sign in and out, or other space may be considered for clubs.

## A Week at a Glance... Independent Living

Laurie Wilson

Sunday, February 4  
*Happy Birthday Julia Casey*  
3:00 Vespers (Fsh)  
7:00 3-13 card game (cl)

Monday, February 5  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
12:00 Movie matinee: Landmark Theatre Keystone (Possibly: The Boys in the Boat or Freud's Last Session—depending on what's still playing.)  
1:00 Needlework group (Syc lib)  
1:30 Sing along (Tsh)

Tuesday, February 6  
*Happy Birthday Keith Freeman*  
9:00 Kroger on 79th  
9:30 Arms Strong (Tsh)  
11:30 Diners and Dives: Metro Diner  
1:30 News & Views (cc)  
1:30 Scrabble (cl)  
3:30 Happy Hour (Fsh)

Wednesday, February 7  
9:30 Men's Morning (cl)  
9:30 Quick Stop (Tsh)  
1:30 Mexican Train Dominoes  
2:00 Rock Steady exercise class (Tsh)  
3:30 Wii bowling (Tsh)

Thursday, February 8  
*Happy Birthday Wayne Campbell*  
9:30 Golden Glutes (Tsh)  
10:00 ISO Coffee Classical series  
11:00 The Climb (Tsh)  
11:00 Trader Joe's/Fast Food/ Total Wine & More  
3:30 Happy Hour: Superbowl (Fsh)  
7:00 Casual Euchre: beginners & beyond (cl)

Friday, February 9  
*Happy Birthday Marilyn Blackwell*  
*Happy Birthday Eldon Everidge*  
9:00 Bargain Room open (TII)  
9:30 Fun Fitness Friday (Tsh)  
11:30 Ladies' lunch: Just Poppin'  
1:30 Mahjong (cl)  
3:30 Wii bowling (Tsh)