

## Staff Phone Directory

Receptionist—0 or 317.823.6841  
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 - 4222  
Wellness Center, Tamarack - 1051

### Transportation

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

### WVN Foundation

Erica Wilkinson, Foundation Coord. - 3460

## In Memoriam

*Kathy Hoge  
Caroline Wendt  
Mildred West*

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

A memorial gathering will be held for Betty Lafara on Saturday, April 6, at 2:00 pm in the Foundation Social Hall. All are welcome to attend.

## Denisse's Diversified Wellness

*Denisse Garcia-Martinez*

Spring is here, and these are some friendly springtime reminders. Walking outside is great to do, but make sure you are wearing supportive and comfortable shoes. Gardening is a form of exercise, as you are digging, planting, kneeling and standing. Drink plenty of water as dehydration can affect your concentration and memory. Eat two cups of fruit and vegetables every day and focus on produce that is in season. Starting a new routine this spring can be beneficial to your overall well-being.

## Are You a Coin Collector?

This coin, which is a Guardian Angel pocket coin, was donated to the Bargain Room. Although the coin has no real gold in it, it is cherished by some religious people who carry them in their pockets to bring good luck. If you would like to have this coin, please visit the Bargain Room on Fridays, 9:00 am – 12:00 pm. These coins are selling for anywhere between \$4.99-\$120 on eBay.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

March 22, 2024

## Resident Council Report 2023 – 2024

*Pat Wolfla*

We would like to share with you the many endeavors your Resident Council worked on and supported in calendar year 2023-2024. This represents our efforts to improve the quality of life and demonstrates our commitment to Westminster Village North and the residents who call it home.

The following is a list of the many projects undertaken on your behalf:

- We reviewed, updated and approved the by-laws of the Resident Council.
- We developed a survey tool looking at options for the Employee Appreciation Fund. It was distributed to residents, summarized, and the results were tabulated. No changes were recommended to the current process.

Funds were donated to the following organizations:

- \$500 to the Lawrence EMS Services as a thank you for their services to Westminster Village North.
- \$100 to New Horizon Band for their performance.
- \$440 for a new Vespers table and alter items.
- Installation of the pond aerator was supported by members of the garden club and funded by the Foundation. Change is possible!
- A beauty salon update included a new adjustable sink and décor. Although it took a while to complete

it was a big hit with the residents.

- A chair lift scale was purchased for the health center.
- Garden Club activities:
- An audit of 14 garden spaces with classifications of gardens as good, OK and poor was completed and summarized. The document was a 40-page text including many pictures of the garden spaces and their status as of May 2023.
  - The audit report was presented to independent residents for their input and approval. Residents wholeheartedly approved the audit report.
  - The report was sent to the WVN Board of Directors and the WVN Foundation Board members for their review.
  - A formal presentation was given to the WVN Foundation Board.
  - The WVN Foundation Board of Directors approved funding for an arborist to work on 50 trees in the greatest need of help. This will cover 2023 and 2024 fiscal years.
  - 600 spring bulbs were planted around the campus by the garden club members.

The Bargain Room team evaluated the need for an update to the physical space and find a location for furniture items. The Bargain Room generates between \$10,000 and \$12,000 a year, which supports the Resident Council's activities. Go Bargain Room!

We are in the process of evaluating

the quality of our banking services.

We deeply appreciate all of the support and guidance we have received from members of the garden club, Tammy Stevens (former foundation coordinator), the foundation board and many others in our quest to support and grow Westminster Village North.

We encourage all residents to attend the monthly meeting of the Resident Council. We need your ideas, support and enthusiasm to keep us on track and moving ahead.

## Cornfields and Crossroads



More photos can be seen on the Frameo outside of the Tamarack Dining Room.



## A Week at a Glance Health Center

Jamie Minder

Happy Spring!

We have started decorating for Easter in the Health Center ! Thank you to Miss Phyllis for helping!

We have started filling Easter eggs with candy and bingo bucks! Next week, you may just find some eggs hidden!

We will have our spring bake sale April 12th in the Health Center Heatherwood hallway!

Yes!! The Bistro is open Monday-Friday, you will need a credit card to purchase food, as they do not accept cash.

If you have any questions for activities, please reach out to Jamie Minder at 317-823-6841 ext. 4230.



## Brain Health

What has six faces, but does not wear makeup, has twenty-one eyes, but cannot see?

I am taken from a mine and shut up in a wooden case from which I am never released, and yet I am used by almost everybody. What am I?

## A Week at a Glance Assisted Living

Gabby Tijani

John Smith and Rosemary Albers have been nominated to run for Resident Council along with Annetta Huffman and Beverly Woerner. Voting will take place on March 27 in the Sycamore dining room during lunch. Please call extension 3530 if you will not be able to come to lunch that day so we may get your vote. Winners will be announced at the AL resident meeting on March 29.

## Foundation News

Erica Wilkinson

Wondering how to get involved in your community? Here are a few great opportunities to consider:

### Independent Living

- Reading Room
- Sycamore library volunteer- help go through materials and ensure we have a variety of quality books for our library and help check books in and out - NO EXPERIENCE NECESSARY
- Bargain Room  
Sort - Help sort donations and place items in the correct area.  
Check out - check people out at the desk with their purchases and wrap them up to go...a great way to meet your neighbors!

### Assisted Living and Health Care Center

1:1 Visitations- Some residents are more comfortable socializing one on one in their own space. A simple visit can make someone's day!

Special Events Visitor/Greeter- Simply escorting residents to the activities and making sure all residents are comfortable and engaged when they arrive at an event can make the activity much more comfortable and enjoyable.

For information, call Erica Wilkinson, Foundation Coordinator at extension 3460.

## Peaceful Reflection

Chaplain April Scott

"Love lifted Me"

I came across a quote recently that really struck a chord with me: 'Grief is love that has no place to go.' It has been on my mind a lot lately as I navigate through this season of remembering my grief. My birthday is coming up this Saturday, and it's a time of mixed emotions for me. Being born between my great grandmother's and my grandmother's birthdays—March 22 and March 27 respectively—adds another layer to the complexity. Additionally, my deceased son's birthday falls on March 25, and the following day, March 26, is my youngest daughter's birthday. It's a week filled with both celebration and solemn remembrance.

This year, celebrating my own birthday feels bittersweet as I reflect on how much I love and miss my son, as well as the significant roles my grandmothers played in my life. How will I manage the roller-coaster of emotions, blending sorrow and joy in the same space as I contemplate celebration? The quote about grief being love with no place to go resonates deeply with me and so many others who have experienced loss.

But then, I'm reminded of the Lenten season, particularly Palm Sunday, when Jesus was celebrated as he entered Jerusalem, only for sorrow to overshadow the joy shortly after. Just like grief and sorrow try to hinder our ability to celebrate and live fully, the enemies of God sought to extinguish love, to leave it with no place to go. Yet their plan failed. Love, personified in Christ, faced death but triumphed over it. Love conquered the cross, death, and the grave, ascending into heaven and granting eternal life to all who believe. Knowing that God is the lifter of my soul, I find solace in celebrating the love I have for my departed family members. It's a love that transcends death because of the resurrection power of Christ. It reminds me of one of my favorite hymns, 'I was sinking deep in sin.' If I could add a word to it, I would include 'sorrow.' The song

would then echo the truth that even in our deepest sorrows love prevails, and because He lives, we can find hope and celebrate life amidst the pain.

"I was sinking deep in sin (sorrow), far from the peaceful shore, very deeply stained within, sinking to rise no more But the master of the sea heard my despairing cry, from the waters lifted me, now safe am I. Love lifted me! Love lifted me! When nothing else could help, love lifted me. All my heart to Him I give, ever to Him I'll cling. In His blessed presence live, ever His praises sing. Love so mighty and so true merits my soul's best songs; faithful, loving service, too, to Him belongs."

"But let all who take refuge in you rejoice; let them ever sing for joy, and spread your protection over them, that those who love your name may exult in you." - Psalm 5:11  
Friends, as my birthday approaches, I find joy in the knowledge that the God of love has triumphed over all, and because of his victory, I too can rise above grief and sorrow. I will celebrate the day I entered this world with gratitude and joy. Blessings



## Independent Living Notes

Laurie Wilson

March Madness has officially begun! The first teams played on Thursday, March 21, and that means our first ice cream selections have also been determined. The first round winners are: Jamoca Almond Fudge, Peppermint, Cinnamon Apple, Tin Roof, Snickers, Strawberries & Cream, Rocky Road, Butter Pecan, Mocha, Brownie Batter, Pralines & Cream, Moose Tracks, Heath Toffee, Dule de Leche and Butter Pecan (Midwest).

If you are interested in having a great brunch, sign up for Tony's Café. It is a small diner located at 96th & Mollenkopf Road and serves a very wide variety of brunch items, from traditional breakfast, to Greek pita sandwiches, with most items under \$11. The bus will depart at 10:15 am on Thursday, March 28. Sign up on the app or call me today.

Tamarack outgoing mail: There is now an outgoing mailbox in the Tamarack mail room. I will try and pick up mail from it each day before 9:00 am and take the contents to the Tamarack lobby mailbox, which is collected by the US Postal Service. However, the timing of mail pick up by me in the mail room can't be guaranteed, and if I am away, mail may not be collected from there at all. If you have important mail that must go out right away, be sure to take it to the Tamarack lobby mailbox! The US Postal Service does not collect mail from the mail room.

Calendars will be out by Monday. Please be sure to sign up or call me right away to sign up, especially for the circus. We will be taking two buses, but this includes AL residents as well. Therefore, I will allow for 19 on the large bus as usual, and then after AL determines their number of participants, I will fill the remaining space on the small bus from our waiting list. The circus is free.

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

Laurie Wilson

Saturday, March 23

*Happy Birthday Lois Dillon!*  
1:30 Mexican Train Dominoes (cl)

Sunday, March 24

*Palm Sunday*  
3:00 Vespers (Fsh)

Monday, March 25

9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
3:00 Chimes group (2033)

Tuesday, March 26

*Happy Birthday Winnie Muddiman!*  
9:00 Grocery shopping: Meijer  
9:30 Arms Strong (Tsh)  
1:30 Scrabble (cl)  
3:30 Happy Hour (Fsh)

Wednesday, March 27

9:30 Men's Morning (cl)  
9:30 Quick Stop (Tsh)  
11:15 Lunch & Learn: Ash & Elm Cider (Fountain Square)  
1:30 Mexican Train Dominoes (cl)  
2:00 Rock Steady exercise class (Tsh)  
3:30 Church of the Nativity prayer service (Tsh)

Thursday, March 28

*Happy Birthday Dolly Ritter!*  
9:30 Golden Glutes (Tsh)  
10:15 Brunch club: Tony's Cafe  
11:00 The Climb (Tsh)  
3:30 Happy Hour (Fsh)  
5:45 Bingo (Fsh)  
7:00 Casual Euchre: beginners & beyond (cl)

Friday, March 29

*Good Friday*  
9:00 Bargain Room  
9:30 Fun Fitness Friday (Tsh)  
1:30 Mahjong (cl)  
3:30 Wine club (Fsh)