

## 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 - 3297, 3295  
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 Coord. - 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

*Irene Yacko*

Please keep her family and friends in your thoughts and prayers.

## Denisse's Diversified Wellness

*Denisse Garcia-Martinez*

I encourage residents to spend time outdoors in the warmer months. Prepare yourself to go outside by always applying sunscreen to your body. On a cloudy day, the sunrays can still affect your skin because they can penetrate through the clouds. Apply sunscreen to forgotten areas like behind your neck, ears, feet, and exposed skin on your head. Protect your eyes, too, by wearing sunglasses or a hat. Taking these precautions will prevent skin burns, unwanted sunspots, and reduce wrinkles.

## Cybersecurity

President Steve Orander and his team from Proxurve spoke to IL residents on cybersecurity and artificial intelligence this week. They provided tips to help keep you safe while online. Whether using a smart phone or computer, the number one piece of advice is to SLOW DOWN! This means think before you click on a link. Question before you assume a link or email is legitimate, and when in doubt, get the phone number from a company or utility website (not the one provided in the email) and call first to ask if the email sent was from them.

One of the key ways to determine if photos you are looking at are artificial intelligence generated—check out the eyes. Most often the eyes are looking in different directions. If so, the entire story is probably AI generated. IL residents were able to pick out AI generated photos and fake advertisements with these and other tips.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

April 12, 2024

## Two Once-in-a-Lifetime Events in 2024

You know the total eclipse was a once-in-a-lifetime event—and in fact in three lifetimes, according to Holcomb Observatory. But this spring get ready for a second once-in-a-lifetime event—although the second event may not seem so wonderful.

Two cicada broods are making a simultaneous comeback for the first time in 221 years — with trillions of insects expected to emerge across the country. The two groupings of cicadas, brood XIX and XIII, will emerge from the underground in 17 states across the country, according to Fox Weather.

As disgusting as that may seem, fear not! The insects are not harmful to people, plants or crops. They don't bite or sting, have basically no defensive response whatsoever, and they're mostly safe for pets to eat, as long as they're in their infancy when ingested. Larger adults have crunchy exoskeletons that could cause pets to choke.

The insects have black bodies measuring about 1.5 inches long, with wingspans of about 3 inches.



They may not always be seen, but you will surely hear them. The cicadas create a chorus of mating calls that can exceed 100 decibels, according to experts. To put that into perspective, that's louder than a tractor or lawnmower, and even comparable to a jet plane during takeoff! The noise of pickleball is mild in comparison at only 70 decibels.

According to Purdue University experts, most of Indiana's cicadas show up every 17 years, but there are two broods that come out in the state every 13 years.

The 13-year cicada, also known as Brood 19, has one of the largest geographical emergences, spanning 14 states. Brood 19 is also known as the Great Southern Brood and are sometimes called locusts, even though they are cicadas.

The 17-year cicada, also called Brood 13, will emerge in five Midwestern states. But, two states, Illinois and Indiana, will experience emergences from both broods, which is very rare. Brood 13 has a smaller range and are found in eastern Iowa, northern Illinois, Indiana (near Lake Michigan) and southern Wisconsin. It's sometimes called the Northern Illinois Brood. This brood last emerged in 2007.

Both broods will appear when ground temperatures reach 64 degrees about 8 inches deep into the ground. This typically begins in mid May and lasts through late June. A warm rain will often trigger the emergence.

Cicadas only live five to six weeks, however, and are mostly quiet at night.

The insects are known for shedding their exoskeletons, leaving empty molted shells on the ground—everywhere.

If you hear louder than usual hissing, and begin to notice exoskeletons on the ground, you will know the cicadas have emerged. You will have now experienced your second “once-in-a-lifetime” event in 2024. Somehow, I believe these two events this year are not the only once-in-a-lifetime events you have experienced. But maybe two in the same year? While seeing a glorious total solar eclipse is quite different than emerging cicadas, emerging cicadas, after living underground for 13 and 17 years, are another part of nature that is curious and amazing to human simplicity and logic.

## A Week at a Glance Health Center—HWD

Jamie Minder



We said "good-bye and good luck" to Health Center Activity Assistant, Samantha Ola last week as she moved on to further her career in helping people. We are very sad to see her leave, but we are so happy for her as well.

Please watch the big TVs located in all common areas for activity changes, updates and cancellations. You can always call Jamie Minder at 317-823-6841 ext. 4230 for information.

Thank you to all the residents who attended our Resident Council meeting. If you would like to attend in the future we meet at 2:30 pm on the second Thursday of each month.

## Podiatry Visit Update

The podiatry visit dates have been changed. Below is the new podiatry schedule. For questions, please contact Tammy at extension 2665.

June 17, 2024  
August 26, 2024  
November 4, 2024  
January 13, 2024

## A Week at a Glance Assisted Living

Gabby Tijani

We are excited to announce AL will have its first bake sale to benefit Alzheimer's awareness on Monday, April 22 in the Sycamore Library from 10:00 am—12:00 pm and 1:00 pm—3:30 pm. If you would like to donate any baked goods, please contact Gabby at extension 3530.

Join us for an ice cream social following bingo on Wednesday, April 17, at 2:30 pm in the Sycamore Alcove.

Pianist Barbara Frolic will be performing in the Sycamore Library on Thursday, April 18, at 2:00 pm. Please stop by to listen and have a good time.

AL residents are joining IL residents for lunch at Izakaya Japanese Hibachi restaurant on April 19. Please remember to sign up or call ext. 3530 NOT LATER than Wednesday, April 17, at 12:00 noon so that final reservations can be made.

## Bake Sales

Health Center: Friday, April 12  
10:00—12:00 & 2:00—4:00 pm

Assisted Living: Monday, April 22  
10:00—12:00 & 2:00—4:00 pm

Proceeds contribute to the Longest Day campaign in support of the Alzheimer's Association.

## Bistro

At this time the Bistro is closed. You will be notified when it reopens.

## Peaceful Reflection

Chaplain April Scott

### IRS Pay Day

Did you know that there's a fascinating story in the Bible about paying taxes? It's quite timely considering April 15th, which I fondly refer to as "I.R.S. day" (Into my Reserve Stash day) – the day when the United States Government comes knocking for its due. The Internal Revenue Service seems to have an insatiable appetite for more, tapping into what I call my Reserve Stash, demanding additional funds on top of what they've already taken throughout the year. Honestly, I feel taxed to the limit. From sales taxes to gas taxes, property taxes to local, county, and federal taxes, it seems there's no end. Just like the Capital One commercial asks, "What's in your wallet?" Well, come April 15th, mine will be filled with nothing but emptiness and a pinch of regret.

But enough of my grumbling about the burdensome taxation system we're bound to. Sometimes, I catch myself daydreaming about a tax moratorium, especially for those of us who've crossed the threshold of 60. Wouldn't it be a relief to be exempt from taxes at that point? Alas, I know it's wishful thinking. The reality is far from that idealistic notion. Taxes have been a part of civilization since ancient times – even Jesus himself paid taxes.

Yes, you heard that right – the very Creator of the universe, Jesus Christ, paid taxes. In one memorable episode, his disciples were instructed to find his "reserve stash," tucked away in the most unconventional of places – the mouth of a fish! While most folks stash their cash under mattresses, in freezers, cookie jars, or even dishwashers and washing machines (talk about cleaning dirty money, pun intended), Jesus opted for a more aquatic hiding spot.

It's a testament to the universality of the

tax burden that even the holiest figures in history weren't exempt. So, come tax season, as I reluctantly dip into my own reserves to appease the taxman, I find solace in the fact that even the Son of God once had to fish for coins to pay his dues.

Matthew 17:27 reads, "Nevertheless, lest we offend them, go to the sea, cast in a hook, and take the fish that comes up first. And when you have opened its mouth, you will find a piece of money; take that and give it to them for Me and you."

Blessings

## Thank You!

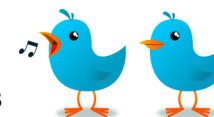
Thank you to all activity and dietary staff who put together fabulous eclipse party events for the entire community. Additionally, a special thank you to Marty Krug for volunteering her time to assist with the IL/AL party.

As you can see by the pictures, everyone came together to support an amazing phenomena! IL also had a March Madness ice cream bracket, and the winner chosen from the final four flavors: Strawberry cheesecake, Jamocha almond fudge, mint chip, and salted caramel with dark chocolate was... Jamocha Almond Fudge! Could it have been any better? Oh, yeah, if Purdue had won.

If you would like to see more pictures taken around the community during the eclipse, you will find them on the Frameo located outside of the Tamarack Dining Room. Thank you to residents Bill Voiles and Lawrence Bunting for contributing their amazing photos!

## Welcome to WVN

Bluebirds on Lincoln Trails Circle have hatched three babies on April 8, 2024.



Great news for the community!

## Independent Living Notes

Laurie Wilson

For those who had pictures taken in front of the eclipse banner in the FSH, and you would like a copy of the photo, please call me with an email address or phone number that accepts text messaging.

Students from Purdue University will be on site Saturday, April 13, at 11:00 am in the Foundation Social Hall to casually talk with you about Jovial Farms and the work the students are doing to create a hydroponic farm for Dr. Jellison. This is not a formal program, but a conversation they want to have with all of you. Garden club members are especially encouraged to attend.

Book club members: Please finish your books and return them to me not later than 9:00 am on Monday, April 22. I will be picking up the next month's selection that day, which I will give out at the meeting on Wednesday, April 24. The next book is: *Dewey: The Small-Town Library Cat Who Touched the World*.

AL residents are joining IL residents for lunch at Izakaya Japanese Hibachi restaurant on April 19. Please remember to sign up or call me at extension 1053 NOT LATER than Wednesday, April 17, at 12:00 noon so that final reservations can be made. Cancellations after this date will be charged a \$10 per-person fee.

There have been numerous last-minute cancellations for off-site trips to restaurants and other venues. This is causing problems for bus and driver selection, reservations, group fees and more. Therefore, last-minute cancellations for off-site outings may be charged a \$10 fee if your cancellation is within 48 hours of departure or event, or as noted otherwise on Touchtown. Additionally, you MUST sign up for all activities in the FSH. We have had too many residents just show up which has affected food and beverage allocation. The preferred method to sign up is Touchtown. Thank you for cooperating!

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

Laurie Wilson

Saturday, April 13  
*Happy Birthday Cathy Borg*  
1:30 Mexican Train Dominoes (cl)

Sunday, April 14  
3:00 Vespers (Fsh)  
7:00 3-13 Card game (cl)

Monday, April 15  
*Tax Day*  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
1:30 Movie matinee: Bringing Up Baby (Fsh)  
1:30 Needlework group (Syc lib)  
3:00 Chimes group (2033)

Tuesday, April 16  
9:00 Kroger on 79th  
9:30 Arms Strong (Tsh)  
1:30 News & Views (cc)  
1:30 Scrabble (cl)  
3:30 Happy Hour (Fsh)

Wednesday, April 17  
*Happy Birthday Charlene Case*  
9:30 Men's Morning (cl)  
9:30 Quick Stop (Tsh)  
10:30—2:00 Goldenaires Mass/Luncheon (Fsh)  
11:15 Ladies' lunch: Rustic Root  
1:30 Mexican Train Dominoes (cl)  
2:00 Rock Steady exercise class (Tsh)

Thursday, April 18  
*Happy Birthday Lawrence Bunting*  
9:30 Golden Glutes (Tsh)  
11:00 The Climb (Tsh)  
1:00 Wii bowling (Fsh)  
3:30 Happy Hour (Fsh)  
5:45 Bingo (Fsh)  
7:00 Casual Euchre: beginners & beyond (cl)

Friday, April 19  
9:00 Bargain room open (TII)  
9:30 Fun Fitness Friday (Tsh)  
10:00 Catholic communion service (aca)  
11:30 Around the World lunch: Izakaya Japanese Hibachi  
1:30 Mahjong (cl)