

Staff Phone Directory

Activities/Leisure Services
Laurie Wilson, IL Leisure Services Coor. – 1053
Gabby Tijuan, AL Activities Coor. – 3530
Jamie Minder, HC Activities Manager – 4230

Beauty Shop
Tamarack – 1230
Sycamore – 2777
Health Center – 3080

Business Office
Chuck Gaskins, Dir. Financial Operations – 2190
Melissa Wyatt, Resident Accounts Manager – 2920
Shawna Blanton. Resident Account Assistant – 3450

Campus Environment/Maintenance
Wilson Ojwang, Dir. Campus Environment – 2260
Sharon Taylor, Secretary/Work Orders – 2200

Chaplain
April Scott, Chaplain -- 1410

Dining Rooms
Aspen, HC – 3245
Cedar Commons, HC – 3248
Ironwood, AL – 4910
Juniper/Heatherwood, HC – 3451/3542
Sycamore, AL – 2760
Tamarack, IL - 1034
Willow Commons, HC – 3246

Executive Leadership
Shelley Rauch, Executive Director – 3500
Assistant -- 3510

Food Services
Dan Armantrout, Dir. Food Services – 3750
Annette Dowdy, AL Food Services – 3440
Thomas Balser, IL Chef – 3751
Rob Palladino, HC Food Services – 2340

Foundation
Marty Krug, Foundation Coordinator -- 3460

Health Center
Shannon Poole, Dir. Health Center Operations – 3570
Jackie Davidson, Director of Nursing -- 2830
Assistant Director of Nursing – 4490
Aspen Nurses Station – 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 Manager – 1060
Housekeeping Requests – 2300

IL/AL Nursing
Jami Blanton, Nurse Manager – 2660
Tammy Rogers, Asst. Nurse Manager, 26654
Sycamore Nurses Station – 2820, 2825
Ironwood Nurses Station -- 2170

Marketing
Laura Roman, Dir. Marketing — 2140
Marsha Soderholm, IL/AL Marketing Mgr — 2720
Tracy Pope, HC Admissions — 2840
Kevin Pruitt, Transition Coor. — 5380

Receptionist — 0

Social Services
Jill Armantrout, Social Services Manager – 5300
Gabby Pollock, Social Services Assistant – 2860

Transportation – 2160

Therapy
Stephanie Irvine, Therapy Manager – 4222, 5350

Wellness
Wellness Center, Tamarack -- 1051

In Memoriam

Kurt Von Burg

Please keep his friends and family in your thoughts.

Denisse’s Diversified Wellness

Denisse Garcia
Personal Trainer

Recently in one of my exercise classes a resident made a great point...it is okay to not do all the exercises or repetitions. If you come to class you can try doing only the odd number of repetitions and resting during the even numbers. Or you can do every other exercise and rest during the other exercises. No matter your experience, there are many ways to safely challenge your body. The exercise classes are a positive environment and residents encourage and motivate one another.

Friendly reminder that if you are a new resident or have not tried the exercise classes, you can come down and participate for one free week.

Voting Information

Rhoda Milstein

Every resident must have their current address on file with the election board in order to vote November 8th. Registering can be done by contacting Rhoda at 317-823-9388, or by going to <https://vote.indy.gov/> to obtain the form and fill it out online.

If and when applications for a ballot are received, I will place one in your mailbox. If they are not sent to me, you will need to call the election board office at 317-327-2051 to have the form mailed to you, or it can be filled out online. I hope to have more information by the end of the month.



Westminster Village North

A Publication of Westminster Village North

September 16, 2022

Kudos to our Artists!



The annual art show was held on Wednesday, September 14, in the Foundation Social Hall. There were beautiful and fun pieces from every area of our community. Residents and staff alike exhibited at the event—and guests were entertained by music and sweet treats. It was enjoyed by everyone!



Got Raffle Tickets?

Marty Krug

If you would like to get tickets for the Foundation’s 50/50 raffle, your time is running out. You can buy tickets between 1:00 and 3:00 pm on Monday the 19th and between 8:30 am and 12:30 pm on Tuesday the 20th. Tickets are one for \$5 or three for \$10. To buy your tickets call Marty at extension 3460, email her at mkrug@westminstervillage.com, or stop by her office (behind the reception desk). Winning ticket will be drawn during the Happy Hour on the 20th. Need not be present to win.

30 Days 30 Challenges!



Congratulations to our first brain challenge winner - Pam Colvin! Pam submitted several completed word searches last week! Great Job Pam !!!

Residents throughout the village are completing a brain challenge per day in support of Alzheimer’s awareness.

Assisted Living Resident Meeting

Laura Roman

The Assisted Living resident meeting will be held on Friday, September 16, at 1:00 in the Sycamore Dining Room. This is an opportunity for AL residents to learn about updates and upcoming events that are pertinent to them. There will be WVN management in attendance, along with Resident Council members.

We have not had many residents attend in the past, which makes it hard for staff to truly understand their thoughts and concerns. So we ask that you put this meeting on your calendar each month — and attend! The meeting is listed on your monthly activities calendar.

We hope to see you Friday!

Westminster Will Celebrate our 50th Anniversary on October 26!

Plans are underway for a community-wide celebration of our 50th anniversary. Held on October 26, there will be special celebrations in each level of care. A surprise special meal, entertainment and fun decorations are planned throughout the campus.

This is a huge accolade for Westminster, as there are no other communities in Indianapolis that can claim to be an independent CCRC, serving residents for 50 years!

A Week at a Glance...
Health Center

Jamie Minder

Saturday, September 17
11:00 morning visits (11-12:30)
2:00 Library cart
3:00 Jazz Tunes + adult coloring (wcl)

Sunday, September 18
9:30 Digital devotions (Ch 21)
11:30 Social visits (11:30-1)
3:00 Sunday Vesper services (fsh)

Monday, September 19
9:00 Good morning socials
10:00 Sounds + sensory (wl)
1:30 One-on-one visits
2:30 Game group (wl)
3:30 Sip + sun on the patio (wp)

Tuesday, September 20
9:00 Good morning socials
9:15 Bird care + community (hw)
10:00 Sounds + sensory (wl)
12:30 Ladies' lunch (adr)
1:30 One-on-one visits
3:00 Bingo (wcdr)
4:00 Sip + Sun on the patio (patio)
6:00 Car racing practice (Hallways)

Wednesday, September 21
9:00 Good morning socials
10:00 Sounds + sensory (wl)
11:00 The Climb movement class (aar)
1:30 One-on-one visits
2:00 Devotions with Chaplain April (wcl)
2:30 Hymns + hums (wcl)
2:45 Sip + Sun on the Patio (patio)
4:00 Adult coloring (aca)

Thursday, September 22
9:00 Good morning socials
10:00 Sounds + sensory (wl)
1:30 One-on-one visits
3:00 Fall Fest Ice Cream Social (Juniper/HW dining room)

Friday, September 23
CHARLES Birthday!
9:00 Catholic visits (all)
9:00 Good morning socials
10:00 Sounds + sensory (wl)
11:30 Fresh Friday meditation (hwa)
1:30 One-on-one visits
2:00 Bingo prize cart (all)
3:00 Ice cream cart (3-4:30) (all)

Peaceful Reflection
Chaplain April Scott

Sunday, September 11, was Patriots’ Day, a day of remembrance of those who were injured or killed in the terrorist attack at multiple locations in the United States. The whole world watched on September 11, 2001, as this unforgettable inhumane act of evil was carried out by foreign terrorists on American soil. May the souls of the American citizens who perished in the terrorist attacks rest in Heaven, and may their families be comforted in their time of grief.

September 11 is also a day designated to celebrate Grandparents’ Day. Yes, that’s right, Grandparents have their very own day to be celebrated by their grandchildren.

As I travel this weekend to see my granddaughter who lives in Cadie, Kentucky, I am reminded of the times when my grandmother, Nora, and her mother, my great grandmother, Arizona, would come from Kentucky to visit with us grandchildren.

Neither one of my grandmothers could drive, but that didn’t stop them from visiting with us children. They would travel by Greyhound bus - you know, the coach bus with the large greyhound dog as its mascot that stretched across the frame of the bus. We children would wait with anticipation when we heard the news that our grandmothers were coming.

My mother would pick-up Great Grandmother Arizona from the bus station. I remember having so much joy in my heart in the anticipation of seeing her smiling face. My reat grandmother had a beautiful spirit. When I was around her I could feel the goodness coming from her. It was like getting a whiff of sweet - smelling perfume. She would greet me and my sister with a big smile and open arms for big hugs. Plus she always had a surprise for us: a big

bag of goodies, which made the trip even more special. My grandmother,Nora (Arizona’s daughter), who is now 97 years old, kept the tradition going after the passing of Great Grandmother Arizona. Grandmother Nora would ride the Greyhound bus just as her mother did to come and visit with us children. She, too, would greet us with a big smile and lots of goodies. She, too, had a sweet spirit and was an excellent cook. We knew when she came to town that we would enjoy the best pot roast, mac and cheese, candied yams, collard greens, and golden cornbread that would fill our bellies and warm our souls from the love she put in every detail of the meal.

As I travel this weekend to see my granddaughter, I will stop and see my grandmother, Nora. I pray that she and my granddaughter will feel the incredible love that I felt when I saw my grandmother’s sweet face as a child. When I think about what my grandmothers have passed down to me I am reminded of Paul’s greeting to Timothy in 2 Timothy 1:3-5

“I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day, greatly desiring to see you, being mindful of your tears, that I may be filled with joy, when I call to remembrance, the genuine faith that is in you, which dwelt first in your grandmother Lois and your mother Eunice, and I am persuaded is in you also”

Blessings

Thank You...
Charlie Case

For your cards, good wishes, and love that you showed me and my family before, during, and after my 90th birthday party! And a special thank you to Winnie Muddiman for her piano expertise, and Bill Voiles for his quality camera work.

A Week at a Glance...
Assisted Living

Jill Armantrout

Saturday, September 17
9:00 Morning walk & stroll & gardening (Syc av)
3:00 Daily chronicles & activity pack to your door
3:30 Wii Bowling (Salc)

Sunday, September 18
Happy Birthday Janet Lain
9:00 Morning walk & stroll & gardening (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with McCordsville United Methodist Church (FSH)

Monday, September 19
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Welcome book review committee (syc lib)
1:00 (1-4) Daily chronicles & Grocery delivery
5:45 Bingo (Salc)

Tuesday, September 20
Happy Birthday Mary Davis
9:00 Morning walk & stroll & gardening (Syc av)
10:30 Bible Study/devotions w/Chaplain April (Lcl3)
11:00 Outing: Culver's fundraiser luncheon
3:30 Caregiver support group (tbr)
4:30 Culver's carry-in dinner

Wednesday, September 21
9:00 Morning walk & stroll & gardening (Syc av)
10:30 Love with labs (Syc av)
1:00 Bingo (Salc)
2:00 Movie matinee & popcorn (Syc alc)
3:00 Storyteller: Frances Whitener (Syc alc)

Thursday, September 22
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Welcome committee & ambassador meeting
3:00 Mocktail & cocktail party & music (Syc alc)
5:45 Game night (Salc)

Friday, September 23
9:00 Bargain room (tb)
9:00 Catholic Church visits/door to door (9-12)
9:00 Morning walk & stroll & gardening (Syc av)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denisse (syc lib)

Independent Living
Laurie Wilson

The Indianapolis Symphony concerts begin soon! The first of the Coffee Pops Series is on October 7. The first of the Coffee Classical Series is on October 13. If you have already purchased tickets, or plan to purchase your own tickets for the season and want to ride the bus, please contact Laurie at extension 1053 to confirm your seat. I do have a list from original sign-up date, but want to confirm before finalizing bus requirements.

The Atheneum tour is booked solid. Your ticket price will be \$12 per person, plus lunch at the Rathskeller. Please be sure to be READY when the bus arrives. We have a tight deadline to arrive for the tour. Payment has been made, therefore tickets are non-refundable for those signed up at this time.

Culver’s: If you are interested in going to Culver’s for the annual Culver’s support of WVN and our efforts to support the Alzheimer’s Association, I will drive the bus, departing at 1:30 pm on Tuesday, September 20. There is a sign-up sheet on Touchtown A percentage of the proceeds from sales at Culver’s on the 20th benefits the Alzheimer’s Association if you mention Westminster Village North. If you prefer, you can drive yourself any time during the day to the Culver’s on 56th street. Don’t forget, you must mention Westminster Village North.

Reminder: Don’t forget to attend the Share-a-Story program Monday, September 19, 1:30 pm in the FSH. Four residents, will tell stories of their life experiences. They are: Charlene Case, “May Day Celebration,” Martha Jungclaus “My Greatest Adventure,” Charlie Case, “Trip to the Holy Land,” and Kathryn Huelster, “My Embarrassing Errand.”

A Week at a Glance...
Independent Living

Laurie Wilson

Saturday, September 17
9:00 Challenge: Meditate for 30 minutes—complete on your own today

Sunday, September 18
Happy birthday Ben Strasser
9:00 Challenge: Read 3 chapters of a book - complete on your own today
3:00 Vespers (fsh)

Monday, September 19
9:00 Challenge: Draw a map of campus from memory - complete on your own today
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Share-A-Story (fsh)

Tuesday, September 20
9:00 Challenge: Solve the math problem - complete on your own today
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Caregiver support group (tbr)
3:30 Happy Hour (fsh)

Wednesday, September 21
9:00 Challenge: Draw a picture - complete on your own today
9:30 Cardio Pop (tsh)
9:45 Atheneum tour and lunch @ Rathskeller following

Thursday, September 22
Happy birthday Larry Rose
9:00 Challenge: Play a card game - complete on your own today
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
5:30 It's casino night! (fsh)

Friday, September 23
Laurie PTO
9:00 Bargain room open!
9:00 Challenge: Name 10 tree varieties on campus - complete on your own today
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)