

Staff Phone Directory

Activities/Leisure Services
Laurie Wilson, IL Leisure Services Coor. – 1053
Gabby Tijani, 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

Peaceful Reflection
Chaplain April Scott

“Friendly Friends”

The other day I was cleaning out some totes I had stored in my basement and found a picture of an old high school classmate. As I looked at the picture, it brought me fond memories of how he and I use to have so much fun talking with each other between classes. He made me laugh a lot, and he was so accepting of me and other friends who didn’t look like him. He made me feel like the world was alright in spite of the growing pains of forced integration.

We were two kids from different parts of town, different ethnicity and different culture, but we became best of friends. After high school we went our separate ways and never made contact again.

Over the years I often wondered what he had become, and how life was treating him. I sent him the picture on Facebook.

After the initial greetings we began to share with each other how we’ve been in life.

I thanked my friend for his service to our country and shared with him how sorry I was to hear about the injury he suffered while serving our country. I shared with him that I wasn’t surprised that he had become a nurse. He loved being around people and making people feel better. It was so great catching up with him, it made my heart happy to know that after many years apart that our friendship was truly genuine, which reminds me of the scripture Proverbs 18:24 “A man who has friends must himself be friendly, But there is a friend who sticks closer than a brother.” That friend is Jesus! If you have a friend that you haven’t contacted in a while it could be medicine to your soul to look them and have a little chit chat to see how they are doing.

Blessings

The Good News
COVID Update
Shelley Rauch, Executive Director
Shannon Poole Harris, HC Administrator



Finally we are excited that we have some good news to share with all residents and their families. In accordance with the CDC, CMS and the ISDH guidance, we are able to unlock all of the doors on our campus to allow entry into all buildings as of Friday, September 30. Visitors and residents will no longer have to go to the designated doors for entry and complete a screening form. Now, as long as guests are not symptomatic of COVID, have not tested positive for COVID, nor been closely and recently exposed to COVID, they may enter the building and go directly to your home. Please note: we will return to the practice of locking the exterior doors at 8:00 pm each evening, and residents will need to put in a code to enter. You may get that code from the receptionist, and for the safety of all, we ask that you not share the code with the general public.

We will also be able to eliminate masks if Marion County is not in a “red” (or high COVID case) zone. There will be signs posted on every door each Monday that will tell you the status, and provide direction regarding masks. If Marion County were to get to a “red” zone, masks would be required. **As of 9/30/22, masks are required as the county transmission rate is currently red. Updates will be made each Monday.**

The Covid 19 policy update is included in its entirety inside the newsletter this week.

We appreciate your patience as we have endured the pandemic together.

Flu/Vaccine Clinic
The flu and covid vaccine booster shots have arrived. Nursing staff will be administering them as follows:
Tuesday, October 4 — Health Center residents and staff
Wednesday and Thursday, October 5-6 — IL and AL staff. Sycamore Library. 9:00—4:30pm

Casino Night!
Laurie Wilson

IL residents, as well as a few AL residents, enjoyed Casino Night on Thursday, September 22. This was the perfect opportunity to learn the game of craps, play roulette, or sit at the black jack tables, and not have to worry about losing any money! The residents were planted at tables until well past 8 pm.



Employee Appreciation Fund
Marty Krug

The Employee Appreciation Fund (EAF) is used to give Village employees a Christmas bonus – in lieu of tipping them during the year. The campaign to raise donations for the EAF begins in early October, but you may contribute to it throughout the year. These are the top questions we get every year about the EAF:

How are the bonuses calculated for each employee? Bonuses are calculated based on the number of hours worked during the fiscal year. Over-time hours worked by hourly employees are part of that equation.

To whom should I make the check payable? Make the check payable to Westminster Village North and **write EAF in the memo line.**

To whom should I give my donation? **Do not put your check in an envelope**, but place your check directly in the box labeled Employee Appreciation Fund Contributions, which is located next to the big camera monitor at the reception desk.

Is my donation tax deductible? No, donations to the EAF are not tax deductible.

May I have my donation charged to my Village account? No, donations to the EAF must be made by check or cash (and placed in the EAF box at the reception desk).

Thanks in advance for your support of the EAF.

What’s New in the
Health Center

Jamie Minder

Thank you to The Westminster Foundation for sponsoring our Ice Cream Social last week! It was great seeing everyone come out for a good time! I know a lot of you enjoyed Michael B's live music, so we booked him for our Christmas Party in December!

There will be no Ballet Class in October.

Resident Council is Oct. 13th at 2:30pm

The Ladies Lunch has been moved to Thursday October 20th

Congratulations to Sally P. and Patrice Pittman for winning our Brain Challenge the last 2 weeks!

Starting in October: daily chronicles, daily devotions, coloring sheets and word searches can be found in each common area. These will no longer be delivered to your room. Thank you for your understanding, as we make adjustments to the calendar!



Mark Your Calendar
October 26
Westminster Village North
Celebrates 50 Years!

A Week at a Glance...
Independent Living

Gabby Tijani

Saturday, October 1
31 Days of Halloween
9:00 Morning walk & stroll (Syc av)
10:30 Naomi Dog visits door to door
2:00 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, October 2
9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers & Communion w/ Chaplain April (FSH)

Monday, October 3
Happy birthday Roy Clauson
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, October 4
9:00 Morning walk & stroll (Syc av)
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)
2:30 Fall/holiday crafts (Sar)

Wednesday, October 5
9:00 Morning walk & stroll (Syc av)
9:30 Outing: Shopping at Meijer
10:30 Love with Labs (Syc av)
1:00 Bingo (Salc)
2:00 Halloween movie matinee & fall treat (Syc alc)

Thursday, October 6
9:00 Morning walk & stroll (Syc av)
10:00 Fall/holiday crafts (Sar)
1:30 Cook's Corner & tasting (Sar)
3:00 Mocktail & cocktail party & music (Syc alc)
5:45 Game night (Salc)

Friday, October 7
Happy birthday Ray Dietiker
9:00 Bargain Room (tb)
9:00 Catholic church visits/door to door (9-12)
9:00 Morning walk & stroll (Syc av)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denisse (syc lib)

In Memoriam

Evelyn Bazan
Marcia Sombke

Please keep their families and friends in your thoughts.

Brain Exercise

Do you know what the M&M stand for on M&M candies?

Denisse’s Diversified
Wellness

Denisse Garcia

In continuation of last week's newsletter, for Active Aging Week (October 3 -9), I will be offering free services Monday through Friday. On Monday, Wednesday, and Friday, from 3 :00—4:00 pm, I will be at the Wellness Center giving free balance assessments and handing out a balance exercise worksheet. On Tuesday and Thursday from 3:00—4:00 pm, I will show you how to set up the equipment and have proper form on the resistance machines and other exercise equipment. You will also get a basic exercise plan that you can do on your own. You do not need to make an appointment to participate!

As a reminder, there will also be a CyberCycle challenge happening during the week as well. You just need to ride as many miles as you can on your own time. The CyberCycle is located in the laundry room in the lower level of Tamarack. I can show you how to use the machine, as well. If you do not have your ID information, please stop by the Wellness Center, or call extension 1051 to get you set up!

What’s in Bloom?

Dan Hibner

There’s been a change with fall. With cooler weather, the herbs are coming on. The flowers continue to very well. The yellows especially. If you are looking for herbs, please contact me at 317-832-3699 for more information.

Trunk or Treat?

Laurie Wilson

September flew by so fast and we are already thinking about Halloween. This year we are hosting a Trunk or Treat? On Wednesday, October 12, 6-7:00 pm resident and staff children and grand/ great-grand children are invited to “trick or treat” from car trunks and resident driveways who live on Presbyterian Drive.

The youngsters will not be running around door-to-door to trick or treat, but instead drive through in vehicles, beginning at the main entrance, traveling along Presbyterian drive, through the new parking lot, and out the back entrance. No one will be getting out of cars, but instead will receive treats through the windows of their cars.

Residents along Presbyterian may participate by sitting at the edge of their driveways and handing out candy through car windows. Residents who would like to participate from other cottage streets may sign up to park their cars in the lot with the trunk group. You may decorate your trunk, or not, but your participation is welcome.

There will not be any trick or treating inside the buildings on campus. Nor will children be allowed to run door-to-door to cottage homes.

If you would like to be part of this fun event for the children of our WVN family, please contact Laurie at extension 1053, or one of the HC or AL activity staff members. Some candy will be provided to give away, but please feel free to add to the mix.

We are also having a costume parade throughout the HC, Assisted Living, and Tamarack areas on Monday, October 31, beginning at 11:00 am in the HC activity room. If you would like to dress up and participate in the parade, we would love for you to join! Please sign up with your activity staff member. The parade is especially nice for our HC residents, and anyone who doesn’t get off campus, to enjoy Halloween.

Happy October
Birthdays!

- 10/1 Sue Clemens (IL)
- 10/1 Donna Antic (HC)
- 10/1 Don Hardman (IL)
- 10/2 Lillian Beavers (IL)
- 10/3 Roy Clauson (AL)
- 10/3 Rosemary Jones (HC)
- 10/3 Hattie Wilson (HC)
- 10/6 Keith Castelluccio (HC)
- 10/6 Patrice Pittman (HC)
- 10/7 Ray Dietiker (AL)
- 10/7 Katie Holle (AL)
- 10/7 Madeline Brisco (HC)
- 10/8 Ellie Lively (IL)
- 10/8 Rhoda Milstein (IL)
- 10/9 Carolyn Clemons (HC)
- 10/9 Judy Stave (HC)
- 10/10 Dorothy Ruehl (IL)
- 10/12 Pat Ertel (IL)
- 10/12 Dick Heulster (IL)
- 10/13 Theodore Locke (HC)
- 10/14 Jean Unversaw (HC)
- 10/16 Joanne Tharp (IL)
- 10/17 Helen Fry (IL)
- 10/17 Robert Waymire (HC)
- 10/21 Maria Wasnidge (IL)
- 10/21 Ralph Owens (HC)
- 10/23 Donald Rainwater (HC)
- 10/24 Helen Summerville (HC)
- 10/24 Mary Walker (HC)
- 10/26 Kit Magee (IL)
- 10/26 Jim Russell (HC)
- 10/27 Hiddy Bagwell
- 10/27 Mary Box(HC)
- 10/28 Daniel Martin (HC)
- 10/28 Iris Roland (HC)
- 10/30 Richard King (IL)
- 10/30 Bertha Strome (HC)



A special **Thank you** to Hank Wolfla for giving his presentation on the Ham radio. A fascinating topic! I know those who attended the presentation completed their 30 day challenge of “learn something new today!”

A Week at a Glance...
Independent Living

Laurie Wilson

Saturday, October 1
Happy birthday Sue Clemens!
Happy birthday Don Hardman!

Sunday, October 2
Happy 100th birthday Lillian Beavers!
3:00 Vespers (fsh)

Monday, October 3
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Sing-a-long (tsh)

Tuesday, October 4
Yom Kippur Begins
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Happy Hour (fsh)

Wednesday, October 5
Yom Kippur Ends
9-4:30 Flu/Vaccine clinic (Syc lib)
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
1:00 Grief support group w/ Chaplain April (cl)
3:00 Celebrate 100! Kit Magee & Lillian Beavers (fsh)

Thursday, October 6
9-4:30 Flu/Vaccine clinic (Syc lib)
9:30 Brunch: Big Bear Biscuits
9:30 Power Pump Thursday (tsh)
10:30 Council Meeting (tsh)
3:30 Happy Hour (fsh)

Friday, October 7
Happy 103rd birthday Ray Dietiker!
9:00 Bargain Room
Open! Closes at 10:30 am this week.
9:30 Fun Fitness Friday (tsh)
9:30 ISO Coffee Pops Series
1:30 Mahjong (cl)
2:00 Ray Dietiker's 103rd Birthday Celebration (fsh)