

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 -- Travis Campbell 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

“Let not our words defile us: mind your mouth!

My cousin came to visit me last week from Kentucky, and she and I had a wonderful time together. On one of our outings we visited the Lawrence Flea Market. We strolled through, and the aroma of popcorn and ginger cookies filled the air as joyful sounds of music played in the background. As we continued to take in the smells, sights and sounds, I took a liking to a pair of earrings and asked my cousin to spot me \$6 dollars to buy them. My cousin paid the lady for my earrings and the necklace she had purchased for herself. I complimented my cousin on the necklace. The vender lady said to me, “Wait, I have something you might like.” She pulled out a beautiful necklace, and I said to her, “I’ll take it.” I turned to my cousin for the money, and my cousin said, “I want it. Sorry cousin ,you don’t have any money to buy it.” Then she purchased the necklace for herself. I could have gotten upset and ruined the whole afternoon by saying some not-so-nice things that I would later regret, but instead I belted a big belly laugh and hugged her! My love for my cousin is priceless, and she really wanted the necklace. Her need to have the necklace outweighed her sensibility. Plus she was right, I didn’t have the money to buy it, and I have enough jewelry for ten women! By the way, my cousin wore the necklace to dinner the next night and it broke. She said to me, “That’s what I get for being selfish,” and we both laughed so hard.

What’s in a person will come out of a person when challenged with choices, which reminds me of a reading that Maria Wasnidge shared with me that Lois Ondrejake shared with her.

“You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is, whatever is inside the cup, is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It’s easy to fake it, until you get rattled. So, we have to ask ourselves, “What’s in my cup?” When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or does anger, bitterness, harsh words and reactions come out? You choose! Today let’s work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

Mark 7:15 says “There is nothing that enters a man from the outside which can defile him; but the things which come out of him; those are the things that defile a man.”

Ray Dietiker Celebrated his 103rd birthday!



Welcome to WVN

You may have seen the maintenance golf cart running around the village, in and out of trees wondering who was at the wheel.



Carl Pollock has joined the Westminster Village North family as the Campus Supervisor. He comes to us from Noblesville, although he was born and raised in New Castle.

Carl maintained his own landscaping and lawn care business for many years, until he fell off of a roof! After his recovery, he decided to self-employ as a handy man.

Owning your own business can be very stressful, so when WVN offered Carl the Campus Supervisor position he was ready to make the jump from employer to employee.

Carl is still a die-hard Colts fan, despite the less than stellar season so far. He’s pretty much a stay-at-home kind of guy.

Carl would like you to know he is happy to talk with you about your landscape and other campus concerns. If you need your hoses disconnected for winter, please contact him through email at [cpollock@westminstervillage.com](mailto:cpollock@westminstervillage.com) or contact maintenance through Sharon at 2200.

Photos by Bill Voiles



A Week at a Glance...
Health Center
Jamie Minder

Saturday, October 15
11:00 Morning visits (11-12:30)
2:30 Library cart
3:00 Jazz tunes + adult coloring (wcl)

Sunday, October 16
9:30 Digital devotions (Ch 21)
11:30 Social visits (11:30-1)
3:00 Sunday Vesper services (fsh)

Monday, October 17
Happy Birthday Bob W.
10:00 Sounds + sensory (wl)
1:30 One-on-one visits
2:30 Game group (wl)
4:00 Musical Monday (wcl)

Tuesday, October 18
9:15 Bird care + community (hw)
10:00 Sounds + sensory (wl)
1:30 One-on-one visits
3:00 Bingo (wcdcr)
6:00 Car racing practice (Hallways)

Wednesday, October 19
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)
4:00 adult coloring (All Common Areas)

Thursday, October 20
10:00 Sounds + sensory (wl)
12:00 Ladies' lunch (adr)
1:30 One-on-one visits
2:00 Don's famous popcorn
2:30 Movie in the lounge (wcl)
4:30 Bingo Prize cart (all)

Friday, October 21
9:00 Catholic visits (all)
9:30 St. Simon's Catholic communion (aar)
10:00 Sounds + sensory (wl)
11:30 Fresh Friday meditation (Willow Chapel)
1:30 One-on-one visits
3:00 Ice cream cart (3-4:30)

A Week at a Glance...
Assisted Living
Gabby Tijani

Saturday, October 15
9:00 Morning walk & stroll (Syc av)
11:30 Entertainment: Robin Harrison (Sdr)
2:00 Wii bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, October 16
9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with McCordsville United Methodist Church (fsh)

Monday, October 17
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, October 18
9:00 Morning walk & stroll (Syc av)
10:30 Bible Study/devotions w/Chaplain April (Lcl3)
2:30 Fall/holiday crafts (Sar)
3:30 Caregiver support group (tbr)

Wednesday, October 19
9:00 Morning walk & stroll (Syc av)
10:30 Love with labs (Syc av)
1:00 Bingo (Salc)
2:00 Halloween movie matinee & fall treat (Syc alc)

Thursday, October 20
9:00 Morning walk & stroll (Syc av)
10:00 Fall/holiday crafts (Sar)
2:00 Pianist: Barbara Frolpk (syc lib)
3:00 Mocktail & cocktail Party & music (Syc alc)
6:45 Outing: Warren Central show: The play that goes wrong

Friday, October 21
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
10:00 Catholic communion (aca)
1:00 Chair exercise w/personal trainer, Denisse (syc lib)

In Memoriam
Timothy Alexander
Betty Black
Ted Buckner
Nancy Wilson

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

Denisse’s Diversified Wellness
Denisse Garcia

Do you find yourself crossing your legs when you sit down? Sitting this way can lead to poor posture. It leads to your pelvis rotating and tilting. This strains your lower back and your muscles over compensate as well. The good thing is that this can be fixed by breaking this habit. If you are sitting a long time or start to get uncomfortable, instead of crossing your legs, try to take a stand or quick walk.

Thank you to everyone who participated in the Active Aging Week. I am happy to have met the residents who came down and worked with me!

What’s Blooming?
Dan Hibner

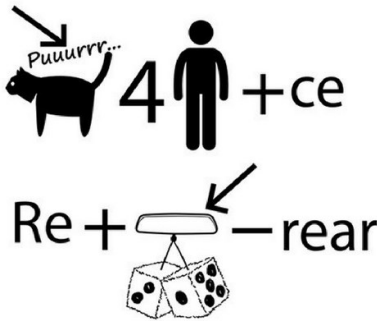
The zenias continue to have a nice show. The snapdragons are still attractive. The cosmos is doing well, and the mums are just beginning to bloom. Enjoy the flowers!

Thank You!

As you know, I was injured back in April and had been off work for 5 months. I am back now, working the evening shift customer service desk.

Thanks to everyone for the cards, prayers and concerns. I especially want to thank everyone in Aspen Commons & the Health Center therapy team. I can’t say enough how great you all were to me. The care I received was outstanding.
Sherry

Brain Exercise



Masking Update

Health Center Administrator Shannon Harris has announced that masks are now optional in Tamarack. Each week she collects information regarding the COVID rate from various sources and in our community. Based on that data, we are now in code orange, which is reflected by door signage. As a result, the masking policy has loosened in Tamarack.

You MUST continue to wear masks in the Health Center and Assisted Living areas, as there are positive cases in those areas.

Each Monday Shannon will review the data and provide updates.



Our neighbor’s dapper pumpkin at 11042 LT—submitted by Tom Ulsas

Independent Living
Notes
Laurie Wilson

This week I appeared on Indy Now, a segment on WXIN Fox 59. Normally Laura Roman appears on this segment to promote the Village, but I was happy to fill in for her while she is away. If you would like to see it, you may find it on YouTube: click or copy the link: https://youtu.be/a5mK6zDfTvo.

Sightseeing: Fall foliage. The sightseeing trip to view fall foliage will take us south to Franklin, where we will stop and have lunch at a local diner. From there we will continue sightseeing along State Road 44 into Martinsville. We will stop in Martinsville at the world famous Candy Kitchen for a special treat. Then we will follow State Rd 39 north through Beech Grove until merging with I-70, which will lead us home. It is only about 45 minutes to Franklin, and then another 30 minutes to Martinsville. From there the ride back is just slightly more than an hour. This breaks up the time on the bus, while maximizing the scenic views.

Memorial Service for Peggy Stump:

Friday, October 14
2:00 pm
Foundation Social Hall

Don’t forget to sign up for the WVN 50th Anniversary Pig Roast!

Wednesday, October 26
5:00 pm
Foundation Social Hall



A Week at a Glance...
Independent Living
Laurie Wilson

Sunday, October 16
Happy birthday Joanne Tharp
3:00 Vespers (fsh)

Monday, October 17
Happy birthday Helen Fry
9:30 Monday in motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Share-A-Story (fsh)

Tuesday, October 18
9:00 Grocery shopping: Meijer
9:30 Light lift Tuesday (tsh)
11:00 Fast food, Total Wine & More, Trader Joe's
1:30 News & Views (cc)
3:30 Caregiver support group (tbr)
3:30 Happy hour (fsh)

Wednesday, October 19
9:30 Cardio Pop (tsh)
10:30 Sightseeing: Fall foliage & lunch to follow

Thursday, October 20
9:30 Power pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Happy hour (fsh)

Friday, October 21
Happy birthday Maria Wasnidge
9:00 Bargain Room Open!
9:30 Fun fitness Friday (tsh)
10:00 Catholic communion service (aca)
1:30 Mahjong (cl)
3:30 Wine club (fsh)