

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
Shawwna 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 c, HC – 3248
Ironwood, AL – 4910
Juniper/Heatherwood, HC – 3451/3542
Sycamore, AL – 2760
Tamarack, IL - 1034
w c, 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 c – 3295, 3297
Heatherwood – 2330, 2850
Ironwood – 2170
Juniper – 2770, 2790
Sycamore – 2820, 2825
w c – 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

“Love in Action”

Last Friday I had the honor of presiding over the memorial service for our beloved Peggy Stump. During the service, I shared with her family and friends that Peggy left a legacy of love for her family in her actions. Several tables had displays of Peggy’s works of art showing off her artistic abilities. Peggy painted on just about anything that she felt needed a little color. I marveled at how she managed to paint Santa Claus faces on measuring spoons! One resident commented that she felt so welcomed in Lloyd and Peggy’s home when invited and that she was amazed at all of the crafts that are displayed in their home.

Dr. Lloyd and Peggy have six sons, and they, along with their spouses and children, were all present for the memorial service . As I sat at the dinner table with the family, my heart was joyful in knowing that Dr. Lloyd was surrounded by his legacy of his six sons and their families, as they shared memories of the matriarch and her love for them. I felt the graciousness of God toward this family as I listened to the stories that were shared. At dinner Dr. Lloyd turned to me and said, “you see all these people around this table? That’s my legacy.” In that moment I felt the pride of a strong and confident man who has helped a lot of people during his career as a doctor, which is something to be proud of - but I sensed that he is most proud of what he and Peggy poured into their sons’ and their families’ lives and the accomplishments they have lived to see in their sons, their sons’ wives and grandchildren.

When I read Peggy’s obituary I counted eleven doctors in Lloyd’s and Peggy’s immediate family. That’s a legacy to be proud! Now Peggy is resting in the arms of the Great Physician leaving behind all of her artistic work that expresses her love in action!

1John 3:16-19 shares with us how Jesus Christ left a legacy of love for us in his actions! What legacy of love will you leave behind? Verse16 - This is how we know what love is: Jesus Christ laid down his life for us, and we ought to lay down our lives for our brothers and sisters. Verse 17 - If anyone has material possessions and sees a brother or sister in need but has no pity on them, how can the love of God be in that person? Verse 18 - Dear children, let us not love with words or speech but with actions and in truth. Verse 19 - This is how we know that we belong to the truth and how we set our hearts at rest in his presence:



Welcome to WVN!
By Nancy Russell



Barbara Muggenborg moved into Tamarack 2007, and husband Stan is a resident of Heatherwood. Of the many couples residing in Westminster who live separately due to wellness issues, we all agree that this community is a blessing.

Barbara was born in Cleveland, OH, graduated from Lakewood High School, then went to Heidelberg Collage - now Heidelberg University. She majored in elementary education. A certain Stanley Muggenborg who also went to Heidelberg (where else would a guy named Muggenborg go to school?) invited her to the May Dance which was a big deal back then. We will hear more about him later. After graduation Barbara and two of her close friends decided to see the world and became stewardesses (now called flight attendants) - Barbara with American Airlines out of Chicago. Within six months of commuting back and forth from Midland, MI, to the Windy City, that dapper fellow named Stan realized this attractive, gregarious lady named Barbara would make his life complete. And they were married.

Barbara taught first grade in Olmstead Falls, OH, and loved every minute of it. She recalled one sweet

little girl asked her one day, "What is the first word we learn to read?" We are still pondering the answer to that question. Later when Barbara taught third grade in Midland, MI, where her husband worked for Dow Chemical, two troublesome boys in her class inspired her to try the noble profession of motherhood/homemaker. Soon their daughter was born.

They were transferred to Indianapolis where Stan, who with his inorganic chemistry degree from Heidelberg, became part of Dow's Consumer Products Division. Stan was affectionately referred to as "Stan the tin can man" because of his work with aerosol containers.

Stan was born in Cincinnati, OH, played football at Western Hills High School, and was recruited to play offensive tackle at Heidelberg College. He loved hunting, fishing and anything to do with the out-of-doors.

Barbara played tennis, loved to ski, and liked to surprise all of her acquaintances with birthday cards. The couple has two children and three grandchildren. Their daughter lives in England, and their son in New York.

Even though Stan copes with the consequences of an unfortunate accident, this delightful couple spends quality time together - thanks to the amenities here at Westminster. You will be inspired by their devoted hopeful optimism.

WVN’s
50th Anniversary
Celebration

Next week we celebrate the 50th anniversary of Westminster Village North! This year, we will celebrate with a pig roast!

Executive Director Shelley Rauch will toast the success of WVN and the residents and staff who have made the village so special for 50 years.

We will share memories of WVN history from Sunnyside Sanitorium through WVN today on a slide show presentation shown on the FSH television. Harriett Thomas has donated two history binders which detail the Sunnyside Sanitorium and include stories from family members. These binders will be retired to the Sycamore Library and the Tamarack Reading Room after the event.

Wednesday, October 26

- 12:00 - 1:00 Health Center pork luncheon
- 3:00 - 4:00 WVN staff dining (fsh) *(Please feel free to sit for a bit, or carry out)*
- 4:30 Assisted Living dinner and entertainment (sdr)
- 5:00 - 6:30 Independent Living dinner (fsh) *(IL note: Tamarack dining room will be closed this evening and you must sign up on Touchtown, or call Laurie at extension 1053 to attend. RSVP not later than Monday, October 24, at noon.)*

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

Saturday, October 22
11:00 Morning visits (11-12:30)
11:15 Naomi the therapy dog
2:30 Library cart
3:00 Jazz Tunes + adult coloring (wcl)

Sunday, October 23
9:30 Digital devotions (Channel 21)
11:30 Social visits (11:30-1)
3:00 Sunday Vesper services (fsh)

Monday, October 24
10:00 Sounds + sensory (wl)
1:30 One-on-one visits
2:30 Game group (wl)
4:00 Musical Monday (wcl)

Tuesday, October 25
9:15 Bird care + community (hw)
10:00 Sounds + sensory (wl)
10:00 St. Simon's Catholic Mass (aar)
10:30 Strolling guitar with Robin
1:30 One-on-one visits
3:00 Bingo (wcdr)
6:00 Car racing practice (Hallways)

Wednesday, October 26
10:00 Sounds + sensory (wl)
11:00 The Climb movement class (aar)
12:30 WVN 50th anniversary celebration (dining room)
1:30 One-on-one visits
2:00 Devotions with Chaplain April (wcl)
2:30 Hymns + hums (wcl)
4:00 Adult coloring (Common Areas)

Thursday, October 27
10:00 Sounds + sensory (wl)
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 28
9:00 Catholic visits (all)
10:00 Sounds + sensory (wl)
11:30 Fresh Friday meditation (w Chapel)
1:30 One-on-one visits
3:00 Ice cream cart (3-4:30) (all)

Thank you to everyone who came to the Trunk or Treat last Wednesday! We had so much fun! Special thank you to Letha McNeely for inviting her church family to share their trunks with us!

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

Saturday, October 22
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 23
9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with Tim Grese, Holy Cross Lutheran Church (fsh)

Monday, October 24
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, October 25
9:00 Morning walk & stroll (Syc av)
10:00 Catholic Mass (aca)
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)
11:30 Lunch outing: The Capri
2:30 Fall/Holiday Crafts (Sar)

Wednesday, October 26
9:00 Morning walk & stroll (Syc av)
1:00 Bingo (Salc)
2:00 Halloween movie matinee & fall treat (Syc alc)
4:30 WVN 50th Anniversary celebration dinner & entertainment

Thursday, October 27
9:00 Morning walk & stroll (Syc av)
10:00 Fall/Holiday Crafts (Sar)
3:00 Mocktail & Cocktail Party & Music (Syc alc)
3:00 New resident welcome party (Syc alc)
5:45 Game night (Salc)

Friday, October 28
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)

Denisse’s Diversified
Wellness
Denisse Garcia

If you put your phone or wallet in your back pocket, this article is for you. Sitting down with either of these items can lead to back pain and bad posture. It can shift one side of your hips higher than the other and lead to a long-term change in your posture. Another way this affects your body is by putting pressure on your sciatic nerve. You can reduce your wallet size or change to a front wallet, and you can put your phone in your front pocket in your jeans or shirt.

Note: Denisse will be at a training class for Rock Steady on Monday, Oct 24. Monday in motion will be lead by Laurie. There will NOT be a Climb class that day.

Landscaping
Carl Pollock

Pruning will begin the week of October 31. Once I have more info on your property, I will let you know. If you have any special requests, please contact me through email at cpollock@westminstervillage.com.

From funnymail.com

Jimmy got a parrot for Christmas. The parrot had a bad attitude and worse vocabulary. Every other word was an expletive.

Jimmy tried to change the bird’s bad behavior by constantly saying polite words, playing soft music, etc., but nothing worked. Then he yelled at the bird to stop, but the bird got worse.. He shook the bird and the bird got madder. Finally Jimmy put the parrot in the freezer. For a few moments he heard the bird swearing and squawking. Suddenly, there was absolute quiet. Jimmy opened the freezer and the parrot calmly stepped out onto Jimmy’s arm apologizing profusely. And then the bird asked: “Can I ask what the chicken did?”

Brain Exercise

I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?

Last week’s answer: *Performance review*



Independent Living
Notes
Laurie Wilson

The **Oaklandon 1st graders** will not be coming on Friday, October 28, as the grant for the program fell through. They are hoping to reschedule for some time in February.

Denisse will not be here Monday, October 24, so I will be leading the Monday in motion class. We will do one of the MODERATE paced chair exercise videos. Please join me for fun!

Coming Soon:

I have secured 12 tickets to the **United States Army Field Band and Soldiers’ Chorus** on Thursday, November 10, at 7:30 pm. There will be a sign-up sheet when the calendar is posted. Anyone may signup, but if there are more than 12, the priority will be given to our Veterans in honor of Veterans Day. The performance will be at The Center for the Performing Arts, Carmel.

Ron May (who told the stories of Ernie Pyle) will be back in November to discuss Children and War, where he shares stories of people who experienced World War II as children or teenagers.

I have scheduled a trip to the **Junior League Holiday Mart** on Friday, November 18. This holiday mart has been a favorite for many, and many have requested to return to it.

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

Sunday, October 23
3:00 Vespers (fsh)

Monday, October 24
9:30 Monday in motion **with LAURIE** (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)

Tuesday, October 25
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
3:30 Happy hour (fsh)

Wednesday, October 26
Happy 100th birthday Kit Magee
9:30 Cardio Pop (tsh)
5:00 WVN 50th anniversary celebration: pig roast (fsh)

Thursday, October 27
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Happy hour (fsh)

Friday, October 28
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 Oaklandon 1st graders program (fsh) - **cancelled**
1:30 Mahjong (cl)

Helen the Gorilla

The Louisville Zoo in Louisville, Kentucky, announced it made the tough decision to euthanize Helen on Friday, Oct. 14, because her quality of life declined for several months due to natural aging. Helen was the oldest western lowland gorilla in the U.S. She was 64.