

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
JesUS’ Love covers US

On Tuesday when I was traveling home from work, I witness something sad but beautiful at the same time. I saw a baby possum laying over a dead possum, possibly its mother. It was in the middle of the road. As the possum lay over the dead possum with his eyes staring straight ahead, the possum was giving up its life to cover the remains of the other possum. I felt sadness for the animal, for clearly it was grieving the loss. I also felt hope! Hope in witnessing love in action. An action of sacrificial love, it brought tears to my eyes to know that love is so great that even in the animal kingdom we see it on display where one animal is willing to sacrifice its life for another to show that even in death we are not alone. In that moment I had an epiphany of how that, while we were dead in our trespasses, Jesus covered US, because of his great love for US. JesUS’ action of sacrificial love for US is the reason we can live in the promise that he came to give US life and life more abundant - eternal life. Because he lives and his love covers US we are not alone when we face our tomorrows and we can face our tomorrows without fear or dread. The scripture bears witness to this great love and God’s promise of life everlasting where we will be loved forever. Friends, the best is still yet to come! So the next time you feel alone and unloved, feel JesUS’ love covering you and call a friend or a loved one and tell them about JesUS’ love covering them!

Blessings.
1 John 3:16 “By this we know love, because He laid down His life for us. And we also ought to lay down our lives for one another.”

John 15:13-14 “Greater love has no one than this, than to lay down one’s life for his friends. You are my friends if you do whatever I command you.”

John 15:12 “This is my commandment, that you love one another as I have loved you.”

Leviticus 17:11 “For the life of the flesh is in the blood: and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul.”



Welcome Travis Campbell
Laura Roman



You may have noticed a new face in the administrative offices. Travis Campbell has joined Westminster Village North as the Executive Assistant & Manager of Communications. We are thrilled to have him!

Travis was born in Indianapolis and went to Warren Central HS, where he played basketball, and also drums in the marching band. Upon graduation in 2012, Travis joined the Navy. He was at Great Lakes Naval Base for bootcamp before being transferred to Norfolk, VA, where he served at sea on the USS Forest Sherman (DDG 98). Travis was deployed in support of Operation Inherent Resolve which was an anti-piracy mission. He toured first in the Mediterranean Sea then went to the Middle East. He says he has some very interesting stories about pirates! When he returned home, he transferred to Scott Airforce Base in Illinois. It was here that his daughter was born. Travis was asked to go to Japan toward the end of his service contract – but he would have to go alone. Not wanting to leave his family behind, he ended his active duty in October 2019, and served in an Inactive Reserve status until October 14, 2022.

Travis has been married for 9 years to his beautiful wife Krissta. He has a 10 year old son named Jayden and a 3 year old daughter named Ameya. He is a family man!

When Travis ended his active duty, he became the Executive Assistant to the Vice President of BAF, an investment company. BAF decided to relocate

which was fortunate for Westminster, as this was our opportunity to hire him.

Travis is a huge Pacers fan, which began in high school when he served as a ball boy for the sports team. He joyfully admitted meeting many of his basketball idols. He is also a Patriots fan – and we have promised not to hold this against him. Travis loves horses and rodeos – and learned to ride during Covid.

He says he is passionate about helping people, which puts him in the right place with his role in customer service. He says he is happy to help on items big and small. Travis invites you to stop by his office to meet him. He is very grateful to be part of Westminster Village North – and we are grateful to have him as part of our team.

City of Lawrence PD
Halloween Jeep Parade
Laurie Wilson

Now that Trunk or Treat has passed, you might feel Halloween came and went early. But wait! The City of Lawrence Police Department has included us in their 3rd annual Halloween Jeep parade! They will be driving through the village some time around 7:00 pm on Monday, October 31.

Costume Parade

Staff and residents are invited to dress up for our Halloween Costume Parade on Monday, October 31st, beginning at 11am! **We will meet at 10:50 am** in the Aspen Activity Room and parade through the Health Center and Assisted Living and ends in the Tamarack dining room! Put on your favorite Halloween shirt, hat or full costume and join us!

WVN Celebrates
50 Years!

The entire Village celebrated the 50th anniversary of Westminster Village on October 26. The Health Center and Assisted Living areas hosted a special lunch and dinner, respectively, with games and entertainment. The Board of Directors joined Shelley Rauch and Independent Living residents for a pig roast served by staff management.

Inserted are some of the more than 200 photos taken during the events. All of them will be uploaded to Touchtown in the next week.

Many residents asked about the PowerPoint history that scrolled on the television during the IL evening celebration. Laurie will offer a full presentation in January to anyone in the Village who wants to attend.

In the meantime, there are two binders titled: *Westminster Village North History Project*, created by Harriet Thomas’ son during his school years. These have been donated to WVN. One will be kept in the Sycamore Library and the other in the Reading Room, located on the 2nd floor of Tamarack. If you would like to read one of these, please do so in one of the two areas so they remain available for everyone. You are encouraged to read the *History Project*, as it includes stories of families who had a loved one in the Sunnyside Sanatorium.

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



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

Saturday, October 29
9:00 Morning walk & stroll (Syc av)
2:00 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, October 30
9:00 Morning walk & stroll (Syc av)
3:00 Daily chronicles & activity pack to your door
3:00 Vespers with Chaplain April (FSH)

Monday, October 31
Halloween
9:00 Morning walk & stroll (Syc av)
11:30 Staff Halloween costume parade (syc dr)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Halloween costume contest & party (FSH)
5:45 Bingo (Salc)



Foundation News!
Marty Krug

We don't just do big! Many of you know the Foundation has funded many big projects around the Village over the years – the Foundation Social Hall, the Mary Newill Wellness Center, the Life Trails fitness program equipment around the Village (along with many of the sidewalks), and the 20-passenger bus used for outings. It also funded the clean-up of the Sycamore memorial garden. The Foundation also continues to help fund benevolent care for Life Occupant residents who have exhausted their personal funds. In September, the Foundation decided to go small. It stepped in to provide several smaller, fun activities around the Village, including the entertainment for the art show, Italian luncheon in Assisted Living, ice cream social in the Health Center, and bar for the Independent Living brunch.

So the next time you make a donation to the Foundation, buy a raffle ticket or poinsettia, you should feel proud of the contribution you make toward all the ways the Foundation helps the residents of WVN.

Poinsettia Sales

The Foundation is selling 6.5 inch red, white, and pink poinsettias for \$18 each. They will be in a foil cover. Orders are being taken through November 11th. Delivery will be December 1st. Order by calling Marty at extension 3460 or emailing her at mkrug@westminstervillage.com. Order forms are also available in the Tamarack mail room, at the reception desk in Tamarack, or online in Touchtown. Checks should be made payable to the Westminster Foundation.



Health Center
Laundry Claim

You may claim lost laundry on November 1, 2 and 3 from 9:00—5:30 in the health center in the Aspen Activity Room. This is only to claim your clothing that may have been misplaced in the laundry, and is not open to those who are looking to “shop.”

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.

Denisse's Diversified
Wellness
Denisse Garcia

Halloween is just around the corner and almost the time to buy discounted Halloween candy. Let me talk about popular candies and what you can do to stop from finishing an entire bag in one sitting.

The worst candy to eat, according to Nutritionist Amy Gorin, is candy corn, which has 140 calories and 28 grams of sugar for 19 pieces. The best candy to eat is Trolli gummy worms, which has 110 calories and 14 grams of sugar for 8 worms.

You can buy candy that is individually packaged to help with limiting yourself. Another option is to keep the candy in a sealed container on a top shelf to keep it out of sight. You want to eat candy slowly to help you feel satisfied earlier versus later.

Announcement:
Please join us for Vespers this Sunday, October, 27, at 3:00 p.m. when our own Rev. Benjamin Strasser will be preaching the word of God.

Recycling
Please **do not put any trash, bags of trash, or glass in the recycling bin outside!** It is strictly for paper, cardboard, Styrofoam and plastic containers. If the company finds bags of trash, or any of the other items, the entire haul is contaminated and must be thrown out! We have seen large black bags of trash inside, and those are not allowed. Please dispose of those in the regular trash.

Independent Living
Notes
Laurie Wilson

All residents are invited to join in song at each month's Sing-a-Long. The next one is on November 7 at 1:30 pm in the Tamarack Social Hall. Some songs will pay tribute to our veterans and others will be well-known hymns of praise to celebrate Thanksgiving. Please join Kathryn and Helen in making music together! Bring your choices of favorite songs for the Christmas season we can include in December.

The movie matinee, Ticket to Paradise, will be at the Regal Greenwood Park theatre. Departure will be at 11:30 am instead of 12:00 noon. Please be ready and waiting at your door for pick up 5 minutes ahead of time.

There will no longer be a caregiver support group. Please delete it from your calendar.

On November 11, at 2:00 pm there will be a pinning ceremony for our veterans throughout the Village. This ceremony is a special ceremony created by our hospice company to recognize our veterans.

Beginning in November, the ISO Coffee Pops and Classical series departure date is 10:00 am, instead of 9:30 am. Since there is no longer coffee and donuts prior to the concert, it makes sense to change the departure time.

The Shamrock Garden Club will be here on Tuesday, November 1, to create the annual Christmas tree bird feeders. The feeders are little trees strung with popcorn and other treats for the birds. They will put these together in the Tamarack Social Hall. You are invited to join them and help with the trees or just watch! The feeders will then be placed in the Ironwood garden.

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

Sunday, October 30
3:00 Vespers (fsh) Halloween

Monday, October 31
Halloween
9:30 Monday in motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
12:00 Costume parade (tdr)

Tuesday, November 1
9:00 Grocery hopping: Meijer
9:30 Light lift Tuesday (tsh)
11:30 Movie matinee: Ticket to Paradise (Theatre)
1:30 News & Views (cc)

Wednesday, November 2
9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)

Thursday, November 3
10:00 am ISO Coffee Classical series
9:30 Power pump Thursday (tsh)
10:30 Council meeting (tsh)
3:30 Happy hour (fsh)

Friday, November 4
9:00 Bargain room Open!
9:30 Fun fitness Friday (tsh)
1:30 Mahjong (cl)
1:30 Medicare advisor: All you want to know (fsh) - Each year we offer advice from professionals to talk about Medicare Part D. Please join in the FSH for information and updates for this year's enrollment. You will be able to make a personal appointment after the presentation.