

## Staff Phone Directory

### Activities/Leisure services

Laurie Wilson, IL Leisure Services Coor.— 1053  
Gabby Tijani, AL Activities Coor. — 3530  
Jamie Minder, HC Activities Mgr. — 4230

### Beauty Shop

Tamarack — 1230  
Sycamore — 2777  
Health Center — 3080

### Business Office

Chuck Gaskins, Dir. Financial Operations — 2190  
Melissa Wyatt, Resident Accounts Man.— 2920  
Dawn Martinie, Resident Account Asst. — 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, Exec. Dir. — 3500  
Travis Campbell, Ex. Asst., Mgr. of Communications—3510

### Food services

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

### Foundation

Marty Krug, Foundation Coor.-- 3460

### Health Center

Shannon Poole, Dir. Health Center Operations — 3570  
Jackie Davidson, Dir. of Nursing -- 2830  
Asst. Dir. of Nursing — 4490  
Tracy Pope, Admissions Mgr. — 2840  
Nurses Stations:  
Aspen — 3240, 3241  
Cedar Commons — 3295, 3297  
Heatherwood — 2330, 2850  
Juniper — 2770, 2790  
Willow Commons — 5320, 5410

### Housekeeping

Tammy Meadows, Housekeeping Manager — 1060  
Housekeeping Requests — 2300

### IL/AL Nursing

Jami Blanton, Nurse Mgr.— 2660  
Tammy Rogers, Asst. Nurse Mgr. — 2665  
Nurses Stations:  
Sycamore — 2820, 2825  
Ironwood -- 2170

### Marketing

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

### Receptionist — 0

### Social services

Jill Armantrout, Social Services Mgr. — 5300  
Gabby Pollock, Social Services Asst. — 2860

### Transportation — 2160

### Therapy

Stephanie Irvine, Therapy Manager — 4222, 5350

### Wellness

Wellness Center, Tamarack -- 1051

## Peaceful Reflection

Chaplain April Scott

Jesus sealed the opening that sin caused.

Well, friends, it's final! My raccoon problem has been solved. For several weeks I've been dealing with raccoons getting into my attic, disturbing my peace, and damaging my home. They were on the outside and managed to find a way inside through an unfinished roofing project of a previous contractor. I called the previous contractor several times to fix the problem without any resolution, so I had to take matters into my own hands. I called another contractor who was willing and eager to help me out. I paid a high price to shut down "hotel raccoon," but it was worth it. A peaceful mind is priceless! Friends, don't let the things of the world (outside) enter inside your place of peace (your mind). All it takes is a small opening that has been left unattended (bitterness, unforgiveness, shame, resentment, sin, worry, etc.) and before you know it, your peace is disturbed and the thing you let in causes damage to your system. There is hope if you are in need of restoration. Call on Jesus and tell Him where the opening is in your heart. He is sure to mend it.

The Lord is close to the brokenhearted and saves those who are crushed in spirit (Psalm 34:18). As Rev. Ben Strasser shared so powerfully in his message "Why are you here?" during last Sunday's Vespers, we are called to be hope in the world by letting our light shine through the life we live and the service we give. We need no small interruption that can dim our light and disturb our peace, for we are on a mission to show the world how great God's love is for His creation. His love is so great for us that He paid a high price to put a permanent seal on us for all eternity, giving us the peace that surpasses all understanding. The scripture says in II Corinthians 1:22 (Amplified Bible) It is he who has also put his seal on us [that is, he has appropriated us and certified us as his] and has given us the [Holy] Spirit in our hearts as a pledge [like a security deposit to guarantee the fulfillment of his promise of eternal life].



# Around the Village

A Publication of Westminster Village North

November 4, 2022

## Employee Appreciation Fund

John Wendt  
Martha Jungclaus

Thank you to many residents who have made a contribution to the Employee Appreciation Fund. The Resident Council expresses a sincere "Thank you!" Other than words of appreciation, this is the only way we can thank those who serve us every day.

We want to remind those who have not contributed that the deadline is November 15. While your offering is voluntary, the Resident Council suggests a \$1.00 per day per resident contribution (\$365 per year). If you are unable to give at this level, please donate what you are comfortable with. And, of course, if you can give more, the employees will appreciate it.

Please make your check payable to WVN Resident Council and write EAF in the memo line. Your donation can be placed in the employee fund boxes at:

- Receptionist desk in Tamarack
- Table outside the Sycamore nurses' station
- Specially marked mailbox in the Laurel Commons mail area

We ask that you not put your check in an envelope for efficiency's sake.

Resident gifts will be distributed to staff on December 9. The amount is calculated based on the amount of money received and the amount of hours each employee has worked.

## Daylight Savings Time Ends

Sunday, November 6, 2022, 2:00 a.m.

This means we "fall back." Turn your clock back one hour before going to sleep on Saturday, November 5. For example: If the time is currently 2:00 p.m. in the afternoon, November 5, 2022, the time on Sunday, November 6, 2022, will change to 1:00 p.m.

## Safety Tips

Travis Campbell

Just a reminder about some safety tips:

1. All medical equipment must be plugged directly into the wall outlet.
2. Only UL 1363-approved power strips are approved for use outside of the patient care vicinity for clock, radio, lamp, etc.
3. Extension cords are a violation everywhere in the Village.

It is everyone's responsibility to be observant about this very important policy. Many times family members try to help by bringing in extension cords or power strips that are not UL 1363-approved. These are in violation.

## Laundry Tip

Tammy Meadows

Please make sure every piece of laundry is marked with resident name—including each sock. Do not add resident apartment number as this is confusing when residents move through the continuum. Please use permanent markers or printed labels sewn in.

## Quality Time

Marty Krug



Does this picture look familiar? *Quality Time* hangs on a wall across from the Tamarack

reception desk. Prints of this painting, by Rosemary Lawton-Thomas, are being sold by The Westminster Foundation.

Ms. Lawton-Thomas was a prominent Indiana artist and a resident of WVN. Her career spanned more than 50 years. During that time, she was in more than seventy competitions. Her work has hung in numerous museums, universities, public buildings, and galleries.

Rosemary was a graduate of the Herron School of Art and attended Ball State University as an art major. She was a member and past president of the Indiana Artists Club, Inc. and charter and signature member of the Watercolor Society of Indiana. She was also a member and instructor at The Indianapolis Art Center, member of the Hoosier Salon, and a member of the National Museum of Women in the Arts and Washington, DC.

The prints are approximately 36" x 27" and sell for \$100. If you are interested in buying an unframed, signed, and numbered print of *Quality Time*, please contact Marty at extension 3460 or email [mkrug@westminstervillage.com](mailto:mkrug@westminstervillage.com).

## A Week at a Glance... Health Center

Jamie Minder

The Halloween parade traveled throughout the community passing out treats to residents and wishing all a happy Halloween!



## A Week at a Glance... Assisted Living

Gabby Tijani

Happy Birthday to:  
Norman Wilson, November 3

### Saturday, November 5

9:00 Morning walk & stroll (Syc av)  
10:30 Naomi dog visits door to door  
11:30 Entertainment: Robin Harrison (Sdr)  
2:00 Wii bowling (Sale)  
3:00 Daily chronicles & activity pack to your door

### Sunday, November 6

Daylight Savings Time Ends  
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, November 7

9:00 Morning walk & stroll (Syc av)  
1:00 (1-4) Daily chronicles & grocery delivery  
5:45 Bingo (Sale)

### Tuesday, November 8

9:00 Morning walk & stroll (Syc av)  
10:00 Independent resident meeting (fsh)  
10:30 Bible study/devotions w/Chaplain April (Lcl3)  
11:30 Ladies lunch outing: Fitzgerald's at the Fort  
2:30 Holiday Crafts (Sar)

### Wednesday, November 9

9:00 (9-4:00)  
Collective Goods gift sale fundraiser (aar)  
9:00 Morning walk & stroll (Syc av)  
1:00 Bingo (Sale)  
2:30 Entertainment: John Louis, On the Edge of Illusion (fsh)

### Thursday, November 10

9:00 Morning walk & stroll (Syc av)  
10:00 Holiday crafts (Sar)  
1:00 Movie matinee & refreshments (Syc alc)  
3:00 Mocktail & cocktail party & music (Syc alc)  
6:00 Entertainment: Dan Shelley (fsh)

### Friday, November 11

Veterans Day  
9:00 Bargain Room (tb)  
9:00 Catholic Church visits door to door  
9:00 Morning walk & stroll (Syc av)  
10:00 Grocery orders due  
1:00 Assisted Living resident meeting (fsh)  
2:00 Veterans day program/  
Pinning with Guardian Angel Hospice (fsh)

## In Memorium

Arlis Renner  
Kenneth Riddle  
Lois Steele  
Shirley McLaughlin  
Sally Mae Carter

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

## Denisse's Diversified Wellness

Denisse Garcia

Fall weather is here and Thanksgiving is just around the corner! This time of the year is hectic and stressful. However, this season also brings great fruits and vegetables. Cranberries, figs, spinach, kale, collard greens, cinnamon, and thyme are all foods you may find yourself eating. These are filled with antioxidants that protect your body from oxidation, which causes cell membrane breakdown and harms body function. You will keep your heart and stomach happy if you enjoy the fresh produce.

## Halloween Parade



The group photo was cut in half to accommodate the space in the newsletter.

## Happy November Birthday!

1	Fero, Ann	HC
2	Langford, Dorothy	HC
2	Freeman, Joyce Ann	IL
3	Wilson, Norman	AL
3	Orth, Doris	IL
9	Lewis, Wanda	HC
13	Ruehl, Ed	IL
14	Wendt, John	IL
16	Wilkin, Jill	IL
17	Smith, Evelyn	AL
18	Hornickel, Ronald	HC
18	Church, Shari	IL
21	Lawson, Juanita	HC
23	Brilmyer, Betty	AL
23	Casey, Robert	IL
23	Stump, Loyd	IL
24	Dyson, Mattie	HC
25	Blackwell, Merrill	IL
26	Gloria Castelluccio	HC
26	Ryan, Dot	IL
26	Schroeder, Sheila	IL
27	Sutherlin, Richard	HC
29	Flippen, Mary	HC
30	Ulsas, Tom	IL

## A new resident on campus?

Dan Hibner

You may see a robotic gardener. Details to follow. What's Blooming is on hold until next spring.

## Holiday Décor

It will begin to look a lot like Christmas on Friday, November 18, when Enflora will be here to install the holiday trees in Aspen, Laurel Commons, the Foundation Social Hall, Tamarack Dining Room and the Tamarack lobby. This is a little earlier than we may have wished and is imposed by their staffing issues. Looking at it from the positive point of view: We will have longer to enjoy the beautiful trees around the Village.

## Independent Living Notes

Laurie Wilson

Please join in song at each month's **sing-a-long with Kathryn Huelster and Helen Fry**. The next one is Monday, November 7, at 1:30 pm in 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! Share your favorite songs for the Christmas season to include in December.

Don't forget to join us on Monday, November 7, to listen to author and historian **Ron May** talk about WWII children and the lives they led. It will be held in the Foundation Social Hall at 3:30 pm.

Marketing has an outside group coming in to use the fsh on Tuesday, November 15. Happy hour for that day is cancelled. Please take **happy hour off of your calendar**. I have deleted it from the app.

**Veteran pinning ceremony:** This is a ceremony created by Guardian hospice group that works with WVN residents. They created this ceremony to recognize veterans. Veterans throughout the community will join together for this program.

**Collective Goods sale:** On Wednesday, November 9, Collective Goods will be selling items in the Aspen Activities room, ranging from books to kitchen gadgets and more. The proceeds from this sale benefit the Alzheimer's Association.

**Around the World lunch** will be Venezuelan themed this month. We will dine at Cumaco Arepa House, which is located at 96th and Allisonville. The menu includes items with shredded meats, roasted chicken, traditional soups, stuffed dough, and more! Very reasonably priced, so join us on our trip to Venezuela!

## A Week at a Glance... Independent Living

Laurie Wilson

Happy Birthday to:  
Joyce Ann Freeman, Nov 2  
Doris Orth, November 3

### Sunday, November 6

Daylight Savings Time Ends  
3:00 Vespers (fsh)

### Monday, November 7

9:00 Grocery shopping: Meijer  
9:30 Monday in Motion (tsh)  
11:00 Bible study (cl)  
11:00 The Climb (tsh)  
1:30 Sing-a-long (tsh)  
3:30 Historian & author Ron May: WWII Children (fsh)

### Tuesday, November 8

9:30 Light Lift Tuesday (tsh)  
10:00 Resident meeting (fsh)  
3:30 Happy hour (fsh)

### Wednesday, November 9

9:00—4:00  
Collective Goods gift sale fundraiser (Aspen Activity Room)  
9:30 Cardio Pop (tsh)  
11:30 Men's lunch: Ale Emporium

### Thursday, November 10

9:30 Power Pump Thursday (tsh)  
11:00 The Climb (tsh)  
3:30 Happy hour (fsh)  
6:15 US Army Field Band at The Center for Performing Arts

### Friday, November 11

Veterans Day  
9:00 Bargain room open!  
9:30 Fun Fitness Friday (tsh)  
9:30 ISO Coffee Pops series  
1:30 Mahjong (cl)  
2:00 Veteran pinning ceremony (fsh)

**Vote!**  
Election day is Tuesday,  
November 8.