

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 Balser, 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  
Ebony Sims, 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

“Look up to God”

We are entering into a season of thanksgiving and celebration. For some of us, grief will rear its ugly head to disrupt the peace and joy one feels during this time of year. How can we shut the door on this intruder and keep him from our emotions and not let him wreak havoc on our holidays? Here are some suggestions:

Don’t isolate yourself. Make an effort to attend parties and dinners if invited. Get busy sending greeting cards to family and friends. Visit your neighbors in the Village. Invite your neighbors over to fellowship with you. Call your children, grandchildren, godchildren, and godsiblings to let them know how thankful you are to have them in your life. Enlist help from God through His word. The psalmist David enlists the help of God as he looked to the hills. In Psalm 121 David surveyed the hill and he realized that he couldn’t climb the hill without help. David enlists help from the One who created heaven and earth to help him navigate the hill that was before him. For me, the hill of grief is before me, but I will call on my help! My help comes from the Lord, who made heaven and earth!

Friends, God knows the terrain of the hills we face and we don’t have to navigate it alone. Psalm 34:18 says that “The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 147:3 -“He heals the brokenhearted and binds up their wounds.” Psalm 73:26 -“My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Joshua 1:9 -“Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Romans 8:28 -“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” Matthew 5:4 -“Blessed are those who mourn, for they will be comforted.”

Friends, I am grateful for this great community that God has allowed me to serve and the blessings that you share with me through your encouraging words, smiles, hugs and kind words! What are you thankful for?



Around the Village

A Publication of Westminster Village North

November 18, 2022

Thanksgiving Around the World

**Canada**  
It may surprise you to learn that Canada’s first Thanksgiving celebration actually predates America’s—by more than 40 years. In 1578, an expedition led by the English navigator Martin Frobisher held a ceremony in what is now Nunavut, giving thanks for the safety of their fleet. This is considered the first-ever Thanksgiving celebration in North America, though in fact First Nations (the indigenous peoples of Canada) and Native Americans had been holding harvest festivals long before Europeans arrived.

**Germany**  
The German equivalent of Thanksgiving is Erntedankfest (“harvest festival of thanks”). This religious holiday often takes place on the first Sunday in October, which is often also the first Sunday following Michaelstag (Michaelmas) on September 29, different places mark the occasion on various dates in September and October. Though rural areas take the harvest festival concept more literally, churches in German cities also join in on the celebration, giving thanks for the good fortune their congregations experienced that year.

**Japan**  
Japan’s variation of Thanksgiving, Kinro Kansha no Hi (Labor Thanksgiving Day) evolved from an ancient rice harvest festival, Niinamesai, the roots of which go back as far as the seventh century A.D. During the Meiji Era (1868-1912), the date of the festival was set

as November 23, and it has remained the same since then. The modern tradition of Labor Thanksgiving Day began in 1948 as a celebration of the rights of Japan’s workers. Today, the public observes it as labor organizations lead events at which citizens are encouraged to celebrate the principles of hard work and community involvement. To mark the occasion, children often make thank-you cards for policemen, firefighters or other municipal workers.

**The Netherlands**  
It’s sometimes forgotten that of the English settlers who traveled to the New World on the Mayflower, some 40 percent spent the years 1609 to 1620 living and working in the Dutch city of Leiden. As a result, some have claimed that the Pilgrims’ first Thanksgiving celebration was actually inspired by Leiden’s annual commemoration of the breaking of the Spanish siege in 1574. In any case, the people of today’s Leiden continue to celebrate their ties with the Mayflower’s passengers by holding non-denominational church services on the fourth Thursday of November.

**Puerto Rico**  
After Puerto Rico became a territory of the United States in the late 19th century, its residents enthusiastically adopted many of the traditions of the holiday. Puerto Ricans have put their own twist on the traditional Thanksgiving Day feast: There is usually turkey—whether a roasted, seasoned pavochón or a turkey stuffed with mofongo (a mashed plantain dish)—but roast pork is also a common item on the menu, accompanied with more plantains, rice and beans.

Christmas Décor

Although it will not quite be Thanksgiving by the time you receive this newsletter, you will notice the Christmas trees have been installed in each area. As mentioned previously, we had to adjust our set up time this year.

Each area has a different theme. Assisted living, for example, has a rustic-themed tree, while Tamarack’s is a more formal theme. It is suggested you take some time to walk around the buildings, or ask your activity staff member to take you around to see the beautiful displays.

Activity staff will be busy after Thanksgiving adding more holiday décor to the Village. If you would like to assist any of them with this, please call the Activity/Leisure Services manager in one of the areas.

IL Nursing  
Jami Blanton

Nursing will be offering pneumonia shots in the near future. The shots must be ordered; therefore if you would like a pneumonia shot please contact Jami Blanton at extension 2660.

The nursing clinic in Tamarack is open weekdays from 1:00—2:00 pm.

It does not open at 12:00 pm as in the past.



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

Reminder : There will NOT be Bingo for Juniper/Heatherwood on Wednesday, November 23.

Health Center Resident Council president nominations will be in January. If you are interested in running for president, please call Jamie Minder at 4230 or let Bear Fowler know.

If you want to attend an activity, please let your aide know ahead of time so they can help you get ready and escort you to the activity.

Thank you to the staff who continue to help us escort residents to their activities! This is very much appreciated.

We hope you have a great Thanksgiving next week and are so THANKFUL for each of you!

Bake Sale!
Friday, November 18,
10:00 am—12:00 pm and 2:00 pm —4:00 pm, or until there are no more goodies!
Heatherwood Fireplace Area

You Go Girl!
Photo by Berenice Abbott

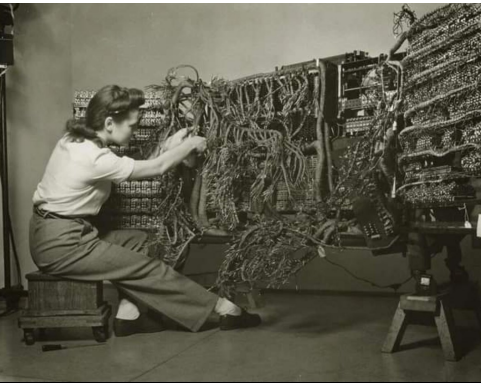


Photo of an engineer wiring an early IBM computer in 1958.

A Week at a Glance...
Assisted Living

Saturday, November 19
9:00 Morning walk & stroll (Syc av)
2:00 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, November 20
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, November 21
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Sale)

Tuesday, November 22
9:00 Morning walk & stroll (Syc av)
10:00 Catholic Mass (aca)
10:30 Bible study/devotions w/ Chaplain April (Lcl3)
1:00 Holiday reminisce/traditions social (Salc)
2:30 Holiday crafts (Sar)

Wednesday, November 23
9:00 Morning walk & stroll (Syc av)
10:00 Outing: Eiteljorg Jingle Rails & art exhibits + lunch at the Eiteljorg Cafe
1:00 Bingo (Salc)
5:30 Evening movie (Salc)

Thursday, November 24
Thanksgiving
9:00 Morning walk & stroll (Syc av)
10:00 Manicures & holiday punch & tunes (10-11:30) (Sar)
2:00 Holiday trivia, traditions and snacks (Salc)
3:15 Door to door visits

Friday, November 25
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)
1:00 Holiday decorating (1-3)

In Memoriam
Claudette Kamm
Tom Delay

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

Denisse’s Diversified Wellness
Denisse Garcia

If you struggle falling or staying asleep you are not alone, as an estimated 40% -70% of seniors have sleeping problems. Here are some tips to help. The first is to maintain a regular sleeping schedule like waking up and going to bed at the same time. Second, you want to avoid taking naps later in the evening or napping for longer than an hour. And third, you want to avoid eating big meals or caffeine before going to bed. Getting older does not mean you should have trouble sleeping. You should get an average of 8 hours of sleep and should contact your doctor if you continually have issues with rest or if it affects your daily activities.

Note: There will be no classes on November 24 & 25.

Pianos

The pianos in all areas have been tuned. Please note, we found large scratches on the top of the piano in the Foundation Social Hall. Please do not set books, bags, or anything else on any of the pianos. If you see an entertainer, or anyone else set things on top, please kindly ask a staff member to address the situation. Thank you for your cooperation.

Thanksgiving Day Buffet

Thursday, November 24
12:00 — 5:00pm
Tamarack Dining Room

- Roast turkey with gravy
- Baked ham
- Prime rib carving station
- Sweet potato salad
- Mashed potatoes with gravy
- Stuffing
- Candied sweet potatoes
- Back-of-the-stove green beans
- Glazed baby carrots
- Pumpkin pie
- Pecan pie
- Assorted desserts

Residents \$15.00 Guests \$18.00

Reservations are required for parties over five. Please call Laurie at ext. 1053 or the Tamarack dining room at ext. 1034.



Independent Living
Notes
Laurie Wilson

By popular response, the ladies will not be going to Cake Bake this year for holiday lunch. Thank you for your feedback.

The Venezuelan lunch for Around the World will be at Cumaco Arepa House, pending confirmation. It is located on 96th street.

The Health Center activities department appreciates the bake sale donations! Thank you very much.

Your Impact
Author unknown

Your impact on others is bigger than you think or that funny thing you said.

Someone still smiles when they think of the compliment you gave them.

Someone silently admires you.

The advice you give has made a difference for people.

The support and love you’ve offered others has made someone’s day.

Your input and opinions have made someone think twice.

You are not insignificant and forgotten.

Your existence makes a positive difference, whither you see it or not.

Remember:

There are two things you are in total control of in your life: your attitude and your effort!

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

Sunday, November 20
3:00 Vespers (fsh)

Monday, November 21
9:30 Monday in Motion (tsh)
10:30 Lunch & Candy Kitchen: Martinsville
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, November 22
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
3:30 Happy hour (fsh)

Wednesday, November 23
Happy Birthday Bob Casey!
Happy Birthday Loyd Stump!
9:30 Cardio Pop (tsh)
3:30 Wine club (fsh)

Thursday, November 24
Thanksgiving
Laurie PTO

Friday, November 25
Happy Birthday Merrill Blackwell!
Laurie PTO
9:00 Bargain room open!
1:30 Mahjong (cl)

Brain Teasers

Name the next word in the following sequence: Spot, tops, pots, opts.

There is a house that contains four walls, all of them facing south. The owners spot a bear in the yard. What color is it?

Which four letter word can be written forward, backward, or upside down and still be read from left to right?