

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

The Indianapolis New Horizons Band
Friday, December 9 at 3:00 pm
FSH

The New Horizons Band Indianapolis was formed in September of 1994.

A main feature of the New Horizons concept is creating an entry point for adult beginners – especially senior adults – and a re-entry point for people who have been away from active music making for many years.

The band practices two mornings a week in a local church and performs at retirement homes, senior events, and local parks. In addition, band members can attend New Horizons Institutes in places including Door County in Wisconsin; Lake Placid; Palm Springs; Chautauqua, New York; University of Dayton; and the University of Iowa.

The band continues to explore new opportunities to expand its mission. A “Swing Band,” composed of members fond of “Big Band” music is directed by Al Spangler. A “Kettle Band” performs under the leadership of Bob Wiker at Salvation Army donation areas during the Christmas holidays, helping raise money for the Army’s annual campaign.

New Horizons Music is now an international organization with more than 200 bands, orchestras, and choirs boasting more than 10,000 members worldwide. The program offers intellectual stimulation and an opportunity to socialize with fellow members who had previously relied upon the workplace to provide social interaction which has been proven vital to healthy aging. “The Band” lends individual support, concern, and assistance to each other and is a very important part of each member’s life.

Please note: IL residents will have priority seating, but other residents may attend, space permitted.



Around the Village

A Publication of Westminster Village North

November 25, 2022

Peaceful Reflection
Chaplain April Scott

What are you thankful for? Thanksgiving is the day before Black Friday and a few days before Advent. What messages are we to take from these three days?

Thanksgiving is a day of joy and celebration for all that we are thankful for throughout the year. Black Friday is a day retailers offer discounts on their merchandise for the Christmas holiday, pulling on the emotional strings of the American people to purchase gifts that will make a loved one happy.

Many families will stretch their budget beyond the limits and find themselves in a financial crisis, regretting the choices they made to make others happy and find themselves in a Black Friday slump for most of the New Year.

This year Advent happens to fall on November 27, the Sunday after Thanksgiving and Black Friday. We will light the candle of hope to symbolize the promise of God to send a child into the world to save and redeem us from sin and eternal separation that was foretold by the prophet Isaiah in Isaiah 9. As Christians, our focus is on celebrating the coming of Christ in a physical body, the coming of Christ into our hearts, and the second coming of Christ. Let us reflect and be thankful and excited about the gift of promise, Jesus Christ, who is expected to come back at any moment! We need the Prince of Peace!

Advent Prayer

This Advent, Lord, come to the manger of my heart.
Fill me with Your presence from the very start.
As I prepare for the holidays and gifts to

be given,
Remind me of the gift You gave when You sent Your Son from Heaven.
The first Christmas gift, it was the greatest gift ever.
You came as a baby born in a manger.
Wrapped like the gifts I find under my tree,
Waiting to be opened, to reveal Your love to me.
Restore to me the wonder that came with Jesus' birth,
When He left the riches of Heaven and wrapped Himself in rags of earth.
Immanuel, God with us, Your presence came that night.
And angels announced, "Into your darkness, God brings His Light."
"Do not be afraid," they said, to shepherds in the field.
Speak to my heart today, Lord, and help me to yield.
Make me like those shepherd boys, obedient to Your call.
Setting distractions and worries aside, to You I surrender them all.
Surround me with Your presence, Lord, I long to hear Your voice.
Clear my mind of countless concerns and all the holiday noise.
Slow me down this Christmas, let me not be in a rush.
In the midst of parties and planning, I want to feel Your hush.
This Christmas, Jesus, come to the manger of my heart.
Invade my soul like Bethlehem, bringing peace to every part.
Dwell within and around me, as I unwrap Your presence each day.
Keep me close to You, Lord. It's in Your wonderful Name I pray.

~Renee Swope, “The Manger of My Heart”



Holiday Open House
For WVN Residents

Many of you remember the Christmas Teas we’ve held in the past for residents, which was our holiday gift to you all. Unfortunately, we still have COVID cases and are not able to return to that tradition this year.

Instead, we will be hosting an open house on Monday, December 12, from 2:00—4:00 pm in the Foundation Social Hall.

Residents of all areas are invited to stop by for a quick refreshment and to pick up a special gift made especially for you! There will be music played by our Kensington Farms neighbor Shala Mull-holand. She is a music teacher and is very excited to play for you. Shala also hopes to bring her students to play for you in the future.

Mark your calendars now so you don’t miss this special holiday open house.

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

Health Center Bake Sale

The Bake Sale last week was a huge success ! Thank you so much to everyone who baked and stopped by to buy a goodie from our table!

Help us deck the halls of the Health Center ! We will be decorating for the Holidays next week!

Health Center Christmas party will be December 20th at 3pm!



A Week at a Glance...
Assisted Living

9:00 Morning walk & stroll (Syc av)
10:30 Naomi Dog visits door to door
2:00 Holiday decorating (2-4)

Sunday, November 27
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, November 28
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, November 29
9:00 Morning walk & stroll (Syc av)
10:30 Bible study/devotions w/ Chaplain April (Lcl3)
1:00 Entertainment: Steve Elston (FSH)
1:00 Holiday reminisce/traditions social (Salc)
2:30 Holiday crafts (Sar)

Wednesday, November 30
9:00 Morning walk & stroll (Syc av)
10:30 Love labs (Syc av)
1:00 Bingo (Salc)
2:00 Cook's corner & tasting (Sar)

Ironwood Thanksgiving Celebration



Brain Exercise
Tom can pet lions. What is the ana-grammed word?

Last week's answers: post, Polar bear: white, noon.

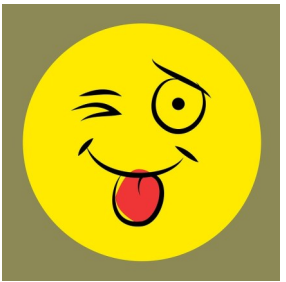
Denisse's Diversified Wellness
Denisse Garcia

I am happy to introduce RockSteady Boxing (RSB) to Westminster. This is not your typical boxing class, but a class designed for those with Parkinson's disease. Exercises used in the class focus on range of motion, balance, core strength, flexibility, posture, and gait.

The class will be an hour long with 10 minutes to warm up, 20 minutes of exercise, 20 minutes of boxing, and 10 mins of core/cool down. Unlike The Climb, RSB will only be open to those with Parkinson's. However, the class will still be free for those who live here at Westminster. Those from the community will pay \$35 a month and have access to all the exercise classes.

The class will be held Wednesdays from 2:00 pm to 3:00 pm in the Tamarack Social Hall. If you have any questions do not hesitate to call the wellness center at extension 1051.

A retired man now volunteers to entertain patients in assisted living homes and health centers. He visited WVN and brought along his portable keyboard. After telling jokes and singing songs at patients' bedsides, he said farewell and, "I hope you get better." One elderly gentleman replied, "I hope you get better, too."



Independent Living
Notes
Laurie Wilson

You will notice several holiday concerts this month. The **Lilly Choir** and **Dan Shelley** entertainment are scheduled by Assisted Living activities. Therefore, although all residents are invited to attend, Assisted Living residents will have priority seating for those two concerts. On the other hand, **New Horizons** and **Joyful Sound** will have priority seating for Independent Living residents. Please be respectful of these conditions.

Be sure to read about Denisse's new Rock Steady program for those with Parkinson's.

The **St. Simon Goldenaires** will be returning to the Village for their monthly Mass/luncheon, beginning in January. They will be here the third Wednesday of each month from 10:00 am—2:00 pm. If you are interested in joining the group, please come to the first meeting on January 18 to see what they offer.

I have scheduled a holiday **décor open house** for Tuesday, December 20, in Tamarack and Elm. If you are interested in opening up your doors from 2:00—4:00 pm so residents can view your holiday décor, please call me at extension 1053, or send an email to lwilson@westminstervillage.com. Please do not confuse this with the WVN Holiday Open House on December 12. That open house is for all of our residents hosted by the staff. More on that later.

Hosts will not be required to serve refreshments, as they will be provided for each floor. However, there are some who like to provide additional refreshments, which of course is appreciated! If you do provide refreshments, you will need to provide all of the cups, plates, napkins, etc. Leisure services will not be able to provide those to you.

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

Sunday, November 27
3:00 Vespers (fsh)

Monday, November 28
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, November 29
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
3:30 Happy Hour (fsh)

Wednesday, November 30
9:30 Cardio Pop (tsh)
11:30 Around the World lunch: Venezuela

Thursday, December 1
9:30 Power Pump Thursday (tsh)
10:30 Council meeting (tsh)
3:30 Happy hour (fsh)
7:00 Lilly Choir holiday show (FSH) - note AL residents have priority seating.

Friday, December 2
Laurie PTO
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

This Week in History

Nov 20, 1945 Nuremburg trials began
Nov 21, 1980, Millions tuned in to find out who shot J.R.
Nov 22, 1963, President John F. Kennedy was assassinated
Nov 23, 1859, Billy the Kid was born
Nov 24, 1859, Origins of Species was published - authored by Charles Darwin's
Nov 25, 1876, Us retaliates for Little Big Horn Massacre
Nov 26, 1941, FDR established modern Thanksgiving holiday