

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 Harris  
, 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

CHRISTMAS DAY  
BUFFET  
SUNDAY DECEMBER 25  
12:00 - 4:30 PM  
Tamarack Dining Room

Ham  
Roasted Turkey  
Roasted Beef Tenderloin with Sauce  
Stuffing  
Mashed Potatoes with Gravy  
Sweet Potato Mash  
Green Bean Casserole  
Creamed Corn  
Assorted Deserts  
Reservations required for parties of 5 or more.

Residents: \$13.00, Guests \$16.00

Remember to donate your unwanted shoes in the boxes around the Village.  
We are collecting until 12/16!



Around the Village

A Publication of Westminster Village North

December 09, 2022

The Holidays Can Bring on the Blues

The holidays can be a time of joy but for many it also brings on some sadness. Memories of loved ones who have passed away, not feeling well, or days gone by can also trigger depression or feelings of isolation.

Don't let the blues dampen your holiday spirit! Here are some ideas to combat them:

1. Reach out to your friends, family or neighbors. Remember you are blessed with more than 300 other residents that are part of Westminster Village North—and some may be feeling the same way.
2. Stay involved. While you may feel like hibernating in your apartment, this isolation will contribute to sadness. Go to the dining room and sit with someone you don't know—engage in conversation!
3. Stay active. Go for a walk. Participate in one of the exercise classes or use the exercise equipment. Get your endorphins flowing to improve your mood.
4. Engage in or start a new hobby. Pull out your knitting. Paint. Make that model car. Keeping your hands active also keeps your mind active.

5. Talk to your nurse. If your feelings are growing overwhelming, talk to a nurse. Call 0 and ask the operator to connect you, or talk to your nurse or aide when they check in your apartment.

Did You Know Westminster offers Rock Steady Boxing?

Individuals diagnosed with Parkinson's disease (PD) often search for the best ways to mitigate the symptoms that come with the disease.

Rock Steady Boxing is a program that incorporates boxing with stretching and is offered in the Wellness Center. Rock Steady Boxing is a unique exercise program based on training used by boxing pros and adapted to people with Parkinson's Disease. The program involves regular exercises and stretching to help with balance as well as non-contact boxing.

The classes are offered weekly in the Tamarack social hall. The class is every Wednesday at 2:00pm. Call the Wellness Center at ext. 1051 if you want to learn more!

Resident Appreciation Open House

Monday, December 12  
2:00—4:00 pm  
Foundation Social Hall

Residents are invited to join the holiday festivities on Monday, December 12, when the staff provides baked goods, refreshments, and libations at a Resident Appreciation Open House. Come enjoy the music of Shala Mullholand while visiting with staff and your neighbors. This event is open to all residents.

We hope to see you there!

Thank You Residents!  
*All of Us*

A very big **THANK YOU** to all of the residents for providing a special Christmas gift to each member of the staff. Your generosity has amazed and wowed us! We sincerely appreciate it!!

We know without each of you, we would not be here. We truly enjoy working to make your lives happier, healthier, and hopefully more bright.

We wish all of you a very merry Christmas and a happy new year!



A Week at a Glance...
Health Center

Jamie Minder

Activity highlight : Seated Ballet class



If you peek in on the Aspen Activity room on Tuesdays at 10:30am, you will see Roberta Wong instructing our Seated Ballet class. Roberta has been dancing as a professional ballerina and modern dancer for 15 years. She has received fellowships from Indy Arts Council and Indiana Arts Commission. She teaches our ladies how to love dance again and find peace while sitting in a chair. If you are interested in joining the class for the first time, let our activities team know and we will make sure to escort you there on Tuesdays at 10:30am.

Thank you so much to all the residents who helped decorate the Christmas trees this week! They are beautiful !



If you have any questions or suggestions, please call Jamie Minder at ext. 4230.

A Week at a Glance...
Assisted Living

Sunday, December 11
Happy Birthday Dean Doering
9:00 Morning walk & stroll (Syc av)
11:00 Daily chronicles & activity pack to your door
3:00 Village vespers (FSH)

Monday, December 12
9:00 Morning walk & stroll (Syc av)
9:00 Grocery shopping at Meijer
1:00 (1-4) Daily chronicles & grocery delivery
2:00 WVN resident appreciation open house (FSH)
5:45 Bingo (Syc alc)

Tuesday, December 13
9:00 Morning walk & stroll (Syc av)
10:00 Independent Resident meeting (FSH)
11:45 Sno Ball holiday luncheon has been postponed to December 21.

Wednesday, December 14
9:00 - 4:00 Collective Goods gift sale (Aspen Activity Room—HC)
9:00 Morning walk & stroll (Syc av)
1:00 Bingo (Salc)
2:00 Holiday Cook’s Corner & tasting (Sar)

Thursday, December 15
9:00 Morning walk & stroll (Syc av)
10:00 Holiday crafts & music (Sar)
10:00 Outing: Indiana Historical Society Festival of Trees w/lunch
12:00 Pianist: Barbara Frolik (Syc lib)
5:45 Game night (Salc)

Friday, December 16
Happy Birthday Ruth Beck!
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
10:00 Catholic communion (aca)
1:00 Assisted Living meeting (FSH)

Saturday, December 10
9:00 Morning walk & stroll (Syc av)
2:00 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack

Peaceful Reflection
Chaplain April Scott

“A reason to rejoice with joy”

This week I watched my grandson win his swim meet and I was full of joy! I yelled, “Go, go, go!” all the way down the lane to cheer him on and when he won the meet I had this big smile on my face, beaming with pride and joy that my grandson won!

I wonder what brings you joy. For some, joy is hard to experience during this season of anticipation, reflection and celebration. Some of us will reflect on those who will not be at the dinner table this year and we will feel the sorrow of missing them.

I have challenged myself to remember the things that bring me joy so that I can navigate the Advent/Christmas season with abundances of joy and peace. When I think about the people that are still here with me, and I think about how those people bring me joy, the spirit of heaviness and sadness begins to lift. Especially when I think about the goodness of God and how he has blessed me throughout my life, my soul rejoices. When I think about how God loved us so much that he wrapped himself in human flesh to give us peace with him and within, I’m overwhelmed by his great love, and again I rejoice. Friends, bring up the memories that bring you joy and think on those things and the joy of God’s love for you, and I promise you will have reason to rejoice with joy!

Advent Week 3—Prayer for Joy
Hope Bollinger

This third week of Advent lets us remember that the good news of Jesus’ birth has the power to bring us great joy this Christmas season. Our joy isn’t dependent on what is going on in our life, in our world, or the people that we are with. It doesn’t depend on the gifts we give or the gifts we find under the tree. No earthly thing can ever give us complete joy. Our joy comes from You. That joy that flooded the hearts of the shepherds, the angels, the wise men, the hosts of heaven, and Mary and Joseph is the joy that still has the power to overwhelm our hearts with rejoicing.

Father, you offer that same joy to us now if we know you and recognize Jesus as our Savior and Lord. You gave us a reason to celebrate when you gave us the unspeakable gift of Jesus Christ. You came to dwell

among us. You went to Calvary’s cross for us. You overcame death and rose from the dead for us. You forgive our sins and give us eternal life when we believe in you. Our joy is encompassed in our Savior, King Jesus. Flood our hearts with joy this Advent season as we reflect on the good news of Jesus’ birth. In Jesus name we pray.

Denisse’s Diversified Wellness
Denisse Garcia

This winter you can spend your indoor time being productive by decluttering your space. Having too much clutter can affect your quality of life and lead to higher stress levels. It may seem like a daunting task to accomplish so you want to start small and create goals. For example, you can start with 5 minutes a day, get rid of one item a day, or fill up one trash bag of things you want to donate as fast as you can.

When it comes to choosing what to let go of, you can write a list of essential things you need in your life. Whatever did not make it onto your list donate. Another way to look at decluttering is to think about an item and see if it brings you happiness. Finally, changing your perspective on decluttering can help. Think of deciding what you want to keep vs what you want to get rid of. When you have less, you can appreciate what you do have and come home to a healthy environment.

Thanks Paula!



Dan Armantrout thanking Paula Carpenter for 49 years of loyal service to the Village.

Independent Living
Notes
Laurie Wilson

I’m Back! Thanks for all your good wishes to get well. And thank you to the marketing team and residents who filled in for me and decorated for the holidays around Tamarack.

There will be a Saturday night sing-a-long in the Foundation Social Hall at 7:00 pm. Laura Roman will monitor this event so that you are able to be in this space. The plan is to sing holiday songs. Please feel free to join the group—even if you can’t sing, but want to sit and listen to others sing.

Resident meeting: The resident meeting is an opportunity for you to hear directly from the Executive Director and other key staff, regarding the happenings around the village.

Be sure to attend the resident appreciation holiday open house on Monday between 2:00—4:00 pm. in the Foundation Social Hall. There will be homemade treats for each resident. Mix and mingle for a bit while you listen to a special guest, Shala Mullholand from Kensington play holiday music on the piano. Our gift to you.

There is no happy hour on Tuesday, December 13, but we will be back in full swing on Thursday with cocktails. Be sure to wear your ugly sweater—or your nice holiday sweater.

Collective Goods, formerly Books R Us, will be here on Wednesday, December 14, 9:00 am—4:00 pm in the Aspen Activity room. They sell books, gadgets, toys and other great finds. The proceeds will benefit the Health Center resident Christmas gift program.

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

Saturday, December 10
7:00 Saturday Night Holiday Sing-Along (FSH)

Sunday, December 11
3:00 Vespers (fsh)

Monday, December 12
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
2:00 WVN resident appreciation open house (FSH)

Tuesday, December 13
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (FSH)
3:30 No happy hour today

Wednesday, December 14
9:00-4:00 Collective Goods gift sale (Aspen Activity Room, HC)
9:30 Cardio Pop (tsh)
11:15 Ladies lunch: Sullivan’s
2:00 Rock Steady exercise class (tsh)

Thursday, December 15
9:30 Power Pump Thursday (tsh)
11:00 Fast food, Total Wine, Trader Joe’s
11:00 The Climb
3:30 Ugly Sweater Happy Hour (FSH)

Friday, December 16
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 Catholic communion service (Aspen Activity Room, HC)
1:30 Mahjong (cl)