

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
Amy Morgan, 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

In Memoriam

James Russell
Bertha Strome
Raymond Sturm

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

Christmas Day Buffet

Sunday, December 25
12:00 - 4:30 pm
Tamarack Dining Room

Residents: \$15.00, Guests \$18.00
Reservations are required for parties of 5 or more. Please call Laurie at ext. 1053.

Foundation News

Marty Krug

After Santa - The Tax Man Cometh
Christmas is just around the corner, and tax season will be here before we know (or want) it. Looking for ways to reduce your taxable income while supporting a good cause? The Westminster Foundation is a 501(c)(3) non-profit organization. Contributions to the Foundation are tax-deductible. Interested in supporting the Foundation? Donations by check can be dropped off at the Foundation box located at the Tamarack reception desk. Donations by credit card can be made through the Foundation page on the WVN website at <https://www.westminstervillage.com/about/westminster-foundation/>.

Ringin in the New Year
Want a chance to ring in the New Year with a little extra cash in your pocket? The last Foundation 50/50 raffle of 2022 is now underway. Tickets can be purchased through December 27th. The winner will be announced during the New Year’s Happy Hour in the Foundation Social Hall on the 29th. As always, tickets are \$5 each or three for \$10 and can be purchased by contacting Marty at extension 3460 or dropping by her office. Tickets will also be available for purchase during IL Happy Hours through December 27th. Raffle is open to all residents and staff. Need not be present to win.



Around the Village

A Publication of Westminster Village North

December 16, 2022

Laura Roman Retirement Open House December 22 3:00 pm

There will be an open house on Thursday, December 22, at 3:00 pm in the Foundation Social Hall to recognize Laura’s retirement. Residents, family and friends are invited to attend. Laura will retire on December 30 after serving as Director of Marketing for 9 years.



Laura’s replacement, Amy Morgan, has begun transitioning into the role and will begin working at the Village full time on January 3. Please welcome Amy!



Residents enjoyed the New Horizons Band Indianapolis on Friday, December 9. New Horizons includes 67 band members playing everything from washboards to tubas. They were amazing!



Covid — Code Red

Covid cases in Marion county continue to escalate in numbers, which has caused officials to move from code orange status to code red. For this reason, masks are mandatory in the health center and assisted living areas at all times. No exceptions. If you plan to visit a friend in either of these areas, you must wear a mask.

As of this writing, we have had a couple of cases in IL. While masks are not required for residents living in IL, they are strongly encouraged.

Please continue to practice safe measures by washing your hands, wearing a mask and social distancing when possible.

Shoe Donations

Remember—through Sunday, December 18, we are collecting shoes for individuals in need. Donations boxes have been placed around the community. The shoes will be picked up by representatives from Changing Footprints, a not-for-profit organization that provides shoes to individuals who need them throughout the state, the United States, and even the world. Clean your closets and make a donation!

Resident Appreciation Open House

The staff showed their appreciation to the residents on Monday with home-made treats at an Open House



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

Please see your activities staff to learn more about activities in the Health Center.



We lost a very dear resident this week on Heatherwood. Bertha "Irene" Strome celebrated her 106th birthday in October! She loved playing bingo, opening up mail from family and friends, working on her word searches and the morning sun coming through her window. Our condolences to her family. She will be missed by all !

Save the Date!
Retirement Party for
Miss Annette Dowdy
December 28
1:00—3:00pm
Foundation Social Hall

More information to come.

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

Saturday, December 17
9:00 Morning walk & stroll (Syc av)
2:00 Wii bowling (Salc)
3:00 Daily chronicles & activity pack to your door
Sunday, December 18
Christmas spirit week
Christmas jewelry day
9:00 Morning walk & stroll (Syc av)
11:00 Daily chronicles & activity pack to your door
3:00 The Village Church vespers service (fsh)

Monday, December 19
Hanukkah
Christmas sweater day
Happy birthday Jean Smith
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
1:30 Holiday games, photo op & treats (syc lib)
5:45 Bingo (Salc)

Tuesday, December 20
Christmas sock day
9:00 Morning walk & stroll (Syc av)
1:00 Holiday sing-a-long (syc lib)
2:00 Holiday reminisce/tradition social (Salc)

Wednesday, December 21
Holiday dinner (tpdr)
Christmas costume day
9:00 Morning walk & stroll (Syc av)
10:30 Bible study/devotions w/Chap April (Lc13) NOTE CHANGE IN SCHEDULE

1:00 Bingo (Salc)
2:00 Holiday cook's corner & tasting (Sar)
5:30 Outing: Tour of local holiday lights

Thursday, December 22
Christmas lights—Christmas hat day
9:00 Morning walk & stroll (Syc av)
10:00 Holiday crafts & music (Sar)
1:00 Movie matinee & refreshments (Syc alc)
2:00 New resident welcome party (Syc alc)

Friday, December 23
Christmas color day: Red & Green
Happy birthday Anne Zukel
9:00 Bargain room open (tb)
9:00 Catholic Church visits/door to door
9:00 Morning walk & stroll (Syc av)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denisse (syc lib)

Peaceful Reflection
Chaplain April Scott

“Generosity Reciprocated”

Last Friday, the employees of Westminster Village received Christmas bonuses for their service from the residents who gave to the employee Christmas fund. I want to personally thank each resident for their generosity and thank those who wanted to give but due to their own budget constraints could not.

As I reflected on the gift I received and the generosity of the residents, I wondered what sacrifices some had to make to give a gift of love to us. The great Picasso, in his early days as an artist living in a small apartment in Paris, had to burn a large amount of his precious art work to keep him and his roommate warm. Picasso gave up what he treasured to keep him and his friend from dying during the fierce Parisian winter. What a great sacrifice.

Jesus gave up his home in glory to enter into the portrait he painted to save us from sin’s destruction and eternal death. Jesus entered the world as a vulnerable baby, trusting humans to give to him the necessities a child needs for development until He became a full-grown man. He would then give up his very life to be sacrificed for our sake because he thought we were worth saving. I call this generosity reciprocated.

Friends, if you have not received and accepted the Christmas gift from God, now is the time. The best part of God’s gift giving is that it doesn’t cost you anything and it is available for all! Jesus already paid for the gift with his life! When we accept God’s gift, we are acknowledging and thanking God for his generosity! Bring your whole self to the King and receive his gift of eternal life through his son, Jesus Christ!

“Joy to the World the Lord has come!
Let earth receive her King, let every heart prepare Him room.”

John 3:16 “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

Denisse’s Diversified Wellness
Denisse Garcia

The most popular exercise class that I offer is our Monday in Motion class. This class is 30 minutes of seated stretching. It is great for all ages and physical abilities. Come join our Monday class free of charge if you have not tried it before.

Here are 10 reasons why you should be stretching everyday:

- Decrease pain and stiffness
- Reduce your chances of injury
- Improve blood flow
- Increase your range of motion
- Decrease stress
- Better your posture
- Improve muscle function
- Increase balance
- Reduce lactic acid build up
- Enhance your quality of life

Santa Surprise!

Ellie Stanley was surprised and most delighted to see Santa in the halls of Sycamore!



Independent Living
Notes
Laurie Wilson

If you missed the New Horizons band, you missed a great one. Don’t miss the Joyful Sound Handbell Choir on Monday evening in the Foundation Social Hall. They will begin playing at 6:30 pm.

Joyful Sound is a community handbell choir in Greenwood and Indianapolis, Indiana, that was formed in 1999 under the direction of June Hannah. It’s mission is “to promote the art of English handbell ringing through performance, education, and community outreach.”

There was not enough interest in a holiday open house for apartments in IL, and therefore, it has been cancelled.

The holiday lights tour will take us to 96th street where we will tour a neighborhood FULL of amazing light displays for the holidays! I visited the neighborhood again this year, along with others in Indy, and find this to be a must see! No matter what seat you have on the bus, you will see wonderful displays.

Since Marylyn Blackwell is not feeling well, there is no Thursday night Euchre game until further notice.

Happy hour is cancelled on Thursday, December 22, so that we may bid farewell to Laura Roman. Please stop by the Foundation Social Hall between 3:00—4:00 pm to wish her well in retirement.



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

Sunday, December 18
3:00 Vespers (fsh)

Monday, December 19
Hanukkah
9:30 Monday in Motion (tsh)
10:30 Jingle Rails & lunch
11:00 Bible study (cl)
11:00 The Climb (tsh)
6:30 Joyful Sound handbell concert (fsh)

Tuesday, December 20
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Happy hour (fsh)

Wednesday, December 21
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
2:00 Rock Steady exercise class (tsh)
3:30 Holiday wine club (fsh)

Thursday, December 22
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:00 Laura’s retirement open house
5:45 Holiday lights tour

Friday, December 23
Laurie PTO
9:00 Bargain room open!
1:30 Mahjong (cl)

Ugly Sweater Happy Hour Winners

