

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

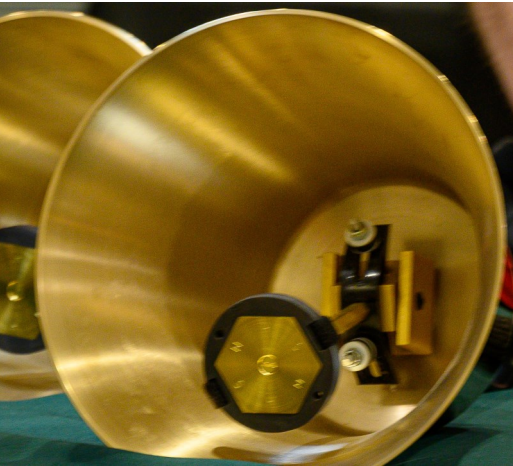
Wellness
Wellness Center, Tamarack -- 1051

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 the Tamarack dining room at ext. 1034.

Joyful Sound Handbell Choir

You may have seen handbells in your church service, but probably nothing like this! Residents enjoyed a 14-piece handbell choir, with the largest bells weighing 14 pounds! Lawrence Bunting was able to get in on the act and play the sleigh bells during one tune.



Around the Village

A Publication of Westminster Village North

December 23, 2022

Annette Dowdy Retires After 20 Years at WVN

Dan Armantrout



Annette was hired as a part time dishwasher on 8/12/02 to “get out of McDonalds.”. She was working full time for the Lawrence School District at that

time

Within a couple weeks we found out she could cook and she started doing that on weekends for WVN. In September of 2005 she added relief supervisor to her repertoire and in July of 2009 she left the school system and came on full time to WVN in a cook position.

She was promoted to FT Assisted Living Supervisor in September of 2012 and has remained in that position ever since

Annette has always been extremely dependable and versatile in her many roles at WVN. She has been a comfort to families going thru loss of a loved one by singing hymns and other songs. She has often serenaded the residents in the dining room with her beautiful voice.

WVN is losing a wonderful employee and an even better person.



Christmas Around The Village

Residents and staff alike have enjoyed Christmas celebrations. In Assisted Living, residents were serenaded by the Great Revival Gospel group and enjoyed door prizes provided by the family of late resident Betty Tipton. In the Health Center, Santa came to visit and there was a walking Christmas tree!



A Week at a Glance...
Health Center

Jamie Minder

Saturday, December 24
Christmas Eve
11:00 Morning visits (11-12:30)
4:00 Holiday coloring/carols (wcl)

Sunday, December 25
Christmas
9:30 Digital Devotions (Channel 21)
11:30 Social visits (11:30-1)
3:00 Sunday Vesper services (fsh)

Monday, December 26
10:00 Sounds + Sensory (wl)
1:30 One-on-one visits
2:30 Game Group (wl)
4:00 Musical Monday (wcl)

Tuesday, December 27
10:00 Sounds/sensory (wl)
10:00 St.Simon's Catholic Mass (aar)
10:30 Bird care/community (hw)
10:30 Strolling guitar with Robin
1:30 One-on-one visits
3:00 Bingo (wcdR)
6:00 Car Racing practice (Hallways)

Wednesday, December 28
10:00 Sounds/sensory (wl)
11:00 The Climb Movement class (aar)
1:30 One-on-one visits
2:30 Hymns + Hums (wcl)
4:00 Adult coloring (All Common Areas)

Thursday, December 29
10:00 Sounds/sensory (wl)
1:30 One-on-one visits
2:00 Don's Famous Popcorn
2:30 Holiday Movie (wcl)
4:30 Bingo prize cart (all)

Friday, December 30
9:00 Catholic visits (all)
10:00 Sounds/sensory (wl)
11:30 Fresh Friday Meditation (Willow Chapel)
1:30 One-on-one visits
3:00 Ice cream cart (3-4:30) (all)

A Week at a Glance...
Assisted Living

Gabby Tijana

Saturday, December 24
Christmas Eve
9:00 Morning walk & stroll (Syc av)
10:30 Naomi dog visits door to door
3:00 Daily chronicles & activity pack to your door

Sunday, December 25
Christmas Day
Kwanzaa
9:00 Morning walk & stroll (Syc av)
11:00 Daily chronicles & activity pack to your door
3:00 Vespers Service (FSH)

Monday, December 26
9:00 Morning walk & stroll (Syc av)
1:00 (1-4) Daily chronicles & grocery delivery
5:45 Bingo (Salc)

Tuesday, December 27
9:00 Morning walk & stroll (Syc av)
10:00 Catholic Mass (aca)
10:30 Bible study/devotions w/Chaplain April (Lcl3)
3:00 Holiday reminisce/tradition social (Salc)

Wednesday, December 28
9:00 Morning walk & stroll (Syc av)
1:00 Bingo (Salc)
2:00 Holiday Cook's Corner & tasting (Sar)

Thursday, December 29
9:00 Morning walk & stroll (Syc av)
10:00 Holiday Crafts & music (Sar)
1:00 Movie matinee & refreshments (Syc alc)
3:00 Holiday Mocktail, egg nog & Cocktail Party & music (Syc alc)
5:45 Game night (Salc)

Friday, December 30
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)

Peaceful Reflection
Chaplain April Scott

“Amazing Love Sent from Above”

Merry Christmas to all! I am so filled with joy this Christmas from the cards I received from my independent Bible study friends. The cards were so beautiful and the words of kindness and encouragement written inside of them where heartfelt. I received a poems from Charlie and Charlene Case—some Bible study friends. I asked Charlene if I could share the poem with the rest of my Village friends. Charlie Case wrote a beautiful reminder of the meaning of Christmas: Enjoy!

“A Merry CHRISTmas Story”
By: C.R. Case, 2022

It’s CHRISTmas Time again; Let’s Have a Jolly Time, Recalling Happy Times With Your Loved Ones and Mine. Decorated Trees, Full Stockings and Pretty Packages Below, The Warmth Of The Fireplace: Outside, A Thick Blanket of Snow.

The Sounds And Aromas of CHRISTmas Bring Memories Galore, Family Greetings Of Loved Ones, Getting Together Once More. Catching Up On Times Gone By with Recollections Of The Past, Making New Memories And Bonding That Will For Ever Last.

A Neat Pair Of Black Boots And a New Winter Jacket, Brought So Much Joy, It Caused Such A Racket. Off To CHRISTmas Dinner; Table Filled With Food, Offering A Loving Prayer to Set The CHRISTmas Mood.

Then To Church To Call To Mind The CHRIST Childs’ Miracle Birth, Remembering The Gifts of Frankincense, Gold And Myrrh. Blessed By The Tenderness We Receive From Heaven Above, We Pass-On To Our Treasured Ones...The Gift Of Our Love.

A Special Reading:
Isaiah 7:14

“Therefore the Lord Himself will give you a sign: Behold, the Virgin shall conceive and bear a Son, and shall call His name Immanuel.” (God with Us)
What Amazing Love sent from above!!!

Denisse’s Diversified
Wellness

Denisse Garcia

If you missed our Monday in Motion stretching class, here are some tips to keep in mind when you stretch independently.

Hold each stretch for 10 to 30 seconds and repeat until you complete a full minute.

Warm up first before your stretch.

This could be a light walk or just getting ready in the morning

Do not bounce but instead hold a constant stretch to the muscle. Bouncing can cause tears to muscles.

Aim for symmetry. You want to make sure both sides are equally as flexible.

Avoid aiming for pain when you stretch. It is okay for the stretch to be uncomfortable but it should not be painful.

Do not hold your breath when you stretch.



Independent Living
Notes

Laurie Wilson

Going into the new year I hope to add a few new things on occasion. The more things I add to the calendar means I am less able to keep a regular activity schedule, so be sure to check your calendar. I will try to keep activities on a regular schedule, but may have to move things around to allow for additional programs.

As you see here at the Village, staffing shortages continue, including in dietary. This is also the case in restaurants and other places off campus. If you sign up for an off-site activity, especially a restaurant, you are asked to please be patient. Service is already slower when a large group is involved, but with staffing shortages, it can compound the problem.

You have a choice to go or not on an outing. If you choose to participate, make sure you have nothing else scheduled for a few hours. There could be slow service, traffic problems, or even delays caused by other means. I can’t tell you how many restaurants no longer serve lunch, or if they do, don’t accept groups because they don’t have staff.

Whether it is here or at a restaurant off site, please don’t complain for delayed service. Those who are working are doing their best. They are showing up to work! They may be waiting other tables, checking people in and out, tending the bar, and so much more that usually requires more staff. Both here at the Village and off site, service is still very important, but without proper staffing levels, it is a challenge. Complaining is really not going to help when servers have so many tables to manage.. Our servers are young and would appreciate an extra shot of patience and smiles are a great way to keep them.

A Week at a Glance...
Independent Living

Laurie Wilson

Saturday, December 24
Christmas Eve

Sunday, December 25
Christmas Day
3:00 Vespers (fsh)
Kwanzaa

Monday, December 26
Laurie PTO
11:00 Bible Study (cl)
11:00 The Climb (tsh)

Tuesday, December 27
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
3:30 Happy Hour (fsh)

Wednesday, December 28
9:30 Cardio Pop (tsh)
11:30 Around the World Lunch: Dubai
2:00 Rock Steady exercise class (tsh)

Thursday, December 29
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 New Year's celebration @ happy hour (fsh)

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