

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
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

Dorothea Lloyd

Please keep her family and friends in your thoughts and prayers.

Mary’s Salon

Mary sends her thanks and appreciation for the understanding and patience you all have given her while out sick. Although she was in for a couple of hours this week, she is still trying to regain her energy. She hopes to be back in full swing with her regulars next week. She will call each of you to confirm your appointments.

Take Time for a Chuckle

I like having conversations with kids. Grownups never ask me what my third favorite reptile is.

A retired man now volunteers to entertain patients in assisted living homes and hospitals. He visited one hospital in Brooklyn 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.”

Three old guys are out walking. The first one says, “Windy, isn’t it?” The second one says, “No, it’s Thursday!” The third one says, “So am I. Let’s go get a beer.”

When you’re 20 and you drop something, you pick it up. When you’re 80 and you drop something, you decide you don’t need it anymore.

I’m not hard of hearing... I’ve just heard enough.

Speaking to her 93-year-old grandfather, a young woman asked, “Grandpa, what were your good old days?” Grandpa’s reply? “When I wasn’t good, and I wasn’t old.”



Harrison Center for the Arts

Laurie Wilson

Newfields, formerly the Indianapolis Museum of Art, is a beautiful museum with amazing art and special exhibits. But there are many other places in Indianapolis with amazing artwork. In fact, Indianapolis is becoming a top destination for artists and patrons of art alike.

Harrison Center seeks to be a catalyst for renewal in the city of Indianapolis by fostering awareness, appreciation, and community for arts and culture. Further, The Harrison Center is a force for equitable cultural development in Indianapolis and an advocate for community arts, education, and inclusive programming across the United States. Its goal is to address community problems with cultural solutions: art, music, education, and grassroots activism. It cultivates emerging artists and patrons by fostering accessible gallery experiences so everyone can participate.

Additionally, Hoosier stories and icons are coming alive around Indianapolis thanks to big new public art installations. This fall alone saw the fruition of multiyear plans to show major moments in Indiana basketball and entertainment, a tribute mural to Madam C.J. Walker at the Indianapolis airport, and a 14,000-square-foot piece made from recyclable cups.

But that's just the start. The first half of 2023 will deliver massive

Around the Village

A Publication of Westminster Village North

December 30, 2022

sculptures and a mural of a literary legend downtown. All together, they'll give passers-by new images to stop and ponder for years to come.

IL residents will have the opportunity to tour Harrison Center for the Arts in January. This will be the first of a series of unique art tours around Indy and central Indiana scheduled by Leisure Services in 2023.

Thank you

I want to thank everyone who came to my retirement open house, as well as those who were not able to, but who called me or thought of me that day. It was humbling and I am grateful.

As I reflect on nine years with the Village, I realize I am grateful for the many wonderful relationships I’ve developed. Prospects become residents and they and their families become special friends. I have not forgotten the trust you put in me when you came to the Village, and I hope I treated you with respect and kindness, and that I was able to enrich your life in some way.

My retirement plans include spending more time at my lake cottage, and participating in some not-for-profit boards. I’m certain I will also work part time, doing something. I hope that our paths cross at some time in the future.

Thank you to everyone at Westminster Village North for making this a perfect work home!

Very Fondly,
Laura Roman

Westminster Village North Recognized in 2022 Community Choice Awards

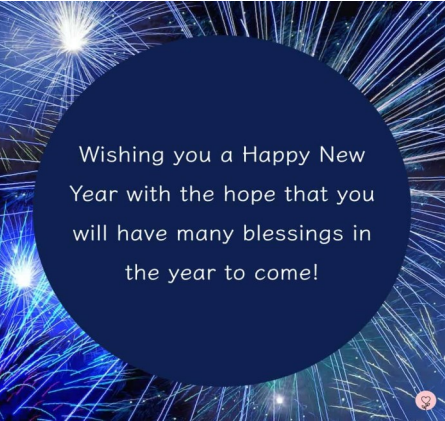
Laura Roman

Recently we learned that Westminster Village North was voted the “Best Nursing Home” in the Indianapolis Star 2022 Community Choice Awards.

The Community Choice Awards poll the public to select the best businesses and organizations in various areas. Phase 1 is the nomination phase, where the public submits their recommendations. Phase 2 is the voting round. The top five nominees in each of the 150+ categories are voted on by the public.

Phase 3 is the announcement in a special insert in the Indianapolis Star, which actually came out in November.

We are very proud to have been selected as the top nursing home. Other finalists included Bethany Village and Green House Cottages of Carmel.



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

We hope everyone had a great Christmas and enjoyed the Health Center Christmas party last week! We would like to thank all the staff, residents and our community for helping and donating money to ensure all our residents had a Christmas present under the tree !

Special THANK YOU to:

Lawrence Lions Club for donating \$400 towards our Secret Santa fundraiser!

Bear Fowler and Letha McNeely for spending hours working our bake sale tables!

Outlook Christian Church Watkins Life Group for donating \$700 to Health Center Activities!

Anonymous staff donation of \$200 to our Secret Santa fundraiser!

Anonymous IL resident donations!

Ted Buckner's family who donated several gifts to share with residents!

Workforce Chaplains donation of \$100 to our Secret Santa fundraiser!

Our wonderful staff bakers who donated treats for our bake sales!

Health Center activities staff for staying late, working extra weekends, and being here no matter what it took in December!

Special Note:

Due to our recent increase in Covid cases in our Health Center, all **group activities have been paused** for the next several weeks. Check the unit TVs for updates. Call Jamie Minder, Activity Manager, for questions at ext. 4230

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

Sunday, January 1
New Year's Day
Happy birthday Norma Sanders
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, January 2
9:00 Morning walk & stroll (Syc av)
9:00 Outing: shopping at Walmart (96th St.)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Movie matinee & popcorn (Lcl2)

Tuesday, January 3
9:00 Morning walk & stroll (Syc av)
9:45 Morning Yoga stretch (syc lib)
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)
1:00 Karaoke (Syc alc)
2:00 Reminisce "The Good old days"
5:45 Bingo (Salc)

Wednesday, January 4
9:00 Morning walk & stroll (Syc av)
10:00 Jewelry making & crafts (syc ar)
1:00 Bingo (Salc)
2:00 Cook's Corner & tasting (Sar)
4:00 Aviary clean and bird sensory

Thursday, January 5
9:00 Morning walk & stroll (Syc av)
9:45 Morning Yoga stretch (syc lib)
10:00 Crafts & music (Sar)
1:00 Movie matinee & refreshments (Syc alc)
3:00 Mocktail & cocktail party & music (Syc alc)
5:45 Game night (Salc)

Friday, January 6
9:00 Bargain room open (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 Movie matinee & popcorn (Lcl2)

Peaceful Reflection
Chaplain April Scott

Dear God,

Thank you that you make all things new. Thank you for all that you’ve allowed into our lives this past year, the good along with the hard things, which have reminded us how much we need you and rely on your presence filling us every single day. We pray for your Spirit to lead us each step of this new year. We ask that you will guide our decisions and turn our hearts to deeply desire you above all else. We ask that you will open doors needing to be opened and close the ones needing to be shut tight. We ask that you would help us release our grip on the things to which you’ve said “no,” “not yet,” or “wait.” We ask for help to pursue you first, above every dream and desire you’ve put within our hearts.

Amen
Written by Debbie McDaniel

January Birthdays

January 02	Judy Woodward	HC
January 03	Barbara Weber	IL
January 06	Susan Myer	IL
January 08	Ellen Thorn	AL
January 09	Emma Clemons	HC
January 11	Alice Woodford	HC
January 13	Jane Wood	IL
January 14	Hazel Barney	AL
January 16	Evelyn Miles	HC
January 18	Irene Yacko	IL
January 19	Carolyn Jones	IL
January 21	Mary Ellen Bryant	IL
January 23	Alice Dial	IL
January 25	Sarah Calder	AL
January 26	Sue Sanders”	AL
January 27	Bear Fowler	HC
January 29	Lynn Caldwell	AL
January 29	Joyce Munro	HC
January 30	Linda Gross	AL
January 31	Betty Jordan	HC

Brain Exercise

A cowboy gallops into town on Monday, stays for two days, and leaves town on Monday. How is this possible?

Denisse’s Diversified Wellness

Denisse Garcia

Time flies and the new year will be here just before we know it. As we know, many people set achievements or changes they would like to make at the beginning of the year. These resolutions may not be accomplished, or even will be forgotten, by the time summer comes around. One reason this might be is because of a lack of planning. I will introduce the S.M.A.R.T. goals to help you achieve any goals that you can use to attain your new year's resolutions.

Specific: You want to be specific with your goal. Try to think about who, what, and why.

Measurable: How will you know you achieved your goal? What metrics will you use?

Achievable: Do you have the tools/skills to achieve your goal? Is it realistic?

Relevant: Is the goal relatable to your wants and needs? Is it worthwhile?

Timely: When do you want to achieve this goal by? When will you start? I will use the S.M.A.R.T. method to improve my goal of wanting to sit less this year. For example, I will stand up every hour for 8 minutes each hour for six weeks to improve my physical health.

A fond Farewell to Annette Dowdy



Independent Living
Notes
Laurie Wilson

Denisse will not be here on Monday, January 2 and therefore has asked me to fill in with the **Metro Active chair exercises** to Motown hits. This is the same YouTube video we have followed at other times during her absence. Please join me!

Kathryn Huelster has requested her **sing-a-long** be changed this month to Monday, January 9, at 1:30 pm. Therefore, there will not be a sing-a-long on January 2.

North United Methodist Church has numerous displays of nativity scenes in their church that I am told are quite impressive. We will visit the church to look at these displays on Wednesday, January 4. The church is located at 38th and Meridian, and is impressive in itself. This is not a formal tour, but we will visit at our own pace. Sign up on the app or call me at extension 1053 to sign up for you.

Men’s morning is on Thursday next week instead of Wednesday.

The **cottager dinners** return beginning in January. They will take place the 1st Wednesday of every other month at 5:00 pm in the Foundation Social Hall. The menu will be buffet style, but served by me and Marty in January so there is less possibility of transferring germs. Additionally, dietary does not have the extra staff to serve both the dining room and cottager dinner. I am not aware of the price at this time, as Chef Thomas is on vacation. I will send a message out next week when he returns and I have the information.

IL dietary meetings also return every other month beginning in January. Normally this would be the first Thursday, but in January it will be held on the 19th, at 1:30 pm in the FSH.

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

Friday, December 30
Happy birthday Larimore Wickett

Sunday, January 1
New Year's Day
3:00 Vespers (fsh)

Monday, January 2
9:30 Monday in Motion with Laurie and the YouTube video Metro Active with Motown hits
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:30 Sing-a-long: (tsh) - postponed until Monday, January 9

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

Wednesday, January 4
9:30 Cardio Pop (tsh)
12:45 North United Methodist Church Nativity displays
2:00 Rock Steady exercise class (tsh)
5:00 Cottager dinner (fsh)

Thursday, January 5
9:30 Men's morning (cl)
9:30 Power Pump Thursday (tsh)
10:30 Council meeting (tsh)
3:30 Happy hour (fsh)

Friday, January 6
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)

Note: the decorators will be removing Christmas decorations on Saturday, January 7. It’s probably a great time for all of us to remove our holiday décor.