

## 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  
AL Food services — 3440  
Thomas Balsler, 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

Jody Black  
Tonya Richardson

### Therapy

Stephanie Irvine, Therapy Manager — 4222, 5350

### Wellness

Wellness Center, Tamarack -- 1051

## Love of Reading



Tamarack resident Fred McCarthy was recently visited by a young woman whose life he influenced more than 20 years ago. Molly Bolger was a first grader at St. Lawrence school, where Fred volunteered to read to first, second and third grade students weekly. Each week, Fred went from grade to grade, showing picture books to younger students and reading classic children's chapter books to the older grades.

Years later, when Molly was graduating from 8<sup>th</sup> grade, she was asked of her best memory of St. Lawrence school. Molly didn't hesitate to answer, "Mr. McCarthy reading to us." At her graduation ceremony in 2011, Fred was surprised to learn that an award was created in his name. The "Mr. McCarthy Love of Reading Award" has been given to a worthy student each year since.

Molly is now a speech therapist, living in Austin, Texas, but gets back to Indianapolis a couple of times a year to visit her family. When she is in town, she makes sure to visit the man who influenced her those many years ago, Fred McCarthy. This year was no different, and Molly visited Fred on Friday. Their friendship and respect for each other is heartwarming!



# Around the Village

A Publication of Westminster Village North

January 6, 2023

## Welcome to WVN!

*Nancy L. Russell*

Folks, you must meet "Mr. Nebraska" aka Steve Leichenauer who lives in Elm 157. If you have not already done so, he is easily recognized by his bright red Nebraska attire. This sweet gentleman told me there were only one or two times he didn't wear a Nebraska shirt - one was his dear wife's memorial service.



Steve came to Elm after spending three weeks regaining strength in Aspen. He fondly remembers Jason, Stephany and Jill - our dear, attentive Social Worker. They also took care of his late wife and remembered his devotion to her.

Born in (where else) Lincoln, Nebraska, he traveled a bit because his father was in the military. First to the Philippine Islands, then to South Dakota before returning to Nebraska to graduate high school. What else does a "military brat" do but join the Army. Basic training was in Fort Lenard Wood, MO Personnel School, then Fort Benjamin Harrison for Pay Specialist School. Steve traveled to various bases in the States as well as Korea, Italy, Germany and Turkey. He retired at Fort Bliss, TX after 22 years of service.

An extraordinarily large, homemade, wooden flag stands on an easel in his living room honoring Master Sergeant Steve Leichenauer. This

exceptional piece of art was created by a friend of his daughter. Steve has 3 biological children and 3 children that "came with" his wife. He doesn't call them "step" children because he has always loved them as his own. He also has a "special angel on earth" who lives near his home in Fortville. This wonderful lady watches over him day and night.

After retirement from active duty, Steve returned to Fort Benjamin Harrison where he worked in the Defense and Accounting Center for 19 years before retiring again.

In addition to his 6 children, he is proud of his 16 grandchildren and 4 great grandchildren. He is a canasta player and enjoys board games. He was active in Boy Scouts, the Masons, Scottish Rite, Shriners, and Eastern Star.

One word of warning, if you call this fun-loving guy when Nebraska is playing football on TV, he won't answer the phone. Check the TV guide first!

## A Fond Farewell

Laura Roman holds a darling reindeer planter gifted to her by Westminster Village North, in appreciation upon her retirement.



Everyone wishes her well!

## Welcome Amy to our WVN Team!

For the past 20 years, Amy has worked in the healthcare industry. Most recently, she managed the Marketing and Admissions department at Otterbein Franklin Senior Life in Franklin, Indiana. She's excited to join the team at Westminster Village North and looks forward to meeting the great residents who call this community their home.



In her spare time, Amy loves to travel, teach Zumba classes, and loves spending time with her large family. She and her husband Josh have a total of 6 children, including 2 sons and 4 daughters, ranging in age from 9-22 years old. Coaching soccer has been a huge part of Amy's life and she has coached her kids throughout the years.

Amy grew up in Springfield, Ohio and came to Indiana to study Marketing at Anderson University and to be a part of Anderson's first female soccer team. She and her husband Josh, live just a few miles away from Westminster Village North in the Cumberland area. Amy is thrilled to have the shortest commute she's had in her entire career.

## A Week at a Glance... Health Center

*Jamie Minder*

### Saturday, January 7

11:00 Morning visits (11-12:30)  
11:30 Around the Village  
2:30 Library cart

### Sunday, January 8

9:30 Digital devotions (Channel 21)  
11:30 Social visits (11:30-1)

### Monday, January 9

*Happy Birthday Emma C!*  
9:30 Daily chronicles (door to door)  
10:00 Morning 1:1 socials  
3:00 Check-in chats

### Tuesday, January 10

9:30 Daily chronicles (door to door)  
10:00 Morning 1:1 socials  
10:30 Strolling guitar with Robin  
1:30 Brain game challenges  
3:00 Check-in chats  
6:00 Evening 1:1 socials

### Wednesday, January 11

9:30 Daily chronicles (door to door)  
10:00 Morning 1:1 socials  
11:00 Movement minutes  
2:00 Door to door devotions  
3:00 Check-in chats

### Thursday, January 12

9:30 Daily chronicles (door to door)  
10:00 Morning 1:1 socials  
1:30 Brain game challenges  
2:00 Don's famous popcorn  
2:30 Resident Council (door to door)  
3:00 Check-in chats

### Friday, January 13

9:30 Daily chronicles (door to door)  
10:00 Morning 1:1 socials  
11:30 Mindful minutes  
3:00 Ice cream cart (3-4:30) (all)

## A Week at a Glance... Assisted Living

*Gabby Tijani*

### Saturday, January 7

9:00 Morning walk & stroll (Syc av)  
10:30 Naomi dog visits door to door  
2:00 Wii Bowling (Salc)  
3:00 Daily chronicles & activity pack to your door

### Sunday, January 8

*Happy birthday Ellen Thorn*  
9:00 Morning walk & stroll (Syc av)  
11:00 Daily chronicles & activity pack to your door  
3:00 Vespers service (fsh)

### Monday, January 9

9:00 Morning walk & stroll (Syc av)  
1:00 (1-4) Daily chronicles & grocery delivery  
1:00 Movie matinee & popcorn (Lcl2)

### Tuesday, January 10

9:00 Morning walk & stroll (Syc av)  
10:00 Independent resident meeting (fsh)  
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)  
1:00 Karaoke (Syc alc)  
2:00 Reminisce "The good old days"  
5:00 Outing: Flix Brew-House (movie)

### Wednesday, January 11

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 12

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 13

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 Assisted Living resident meeting (fsh)  
1:00 Movie matinee & popcorn (Lcl2)

## Peaceful Reflection

*Chaplain April Scott*

“Fishing Bait”

Happy New You Friends! Can Jesus count on you in 2023! Jesus can count on me in 2023! January 6th is the day of Epiphany.

As I sat in the dark anticipating what I would write about in this week’s newsletter as the Village lights were being restored due to a transformer outage, I had an Epiphany. As Christians we celebrate Epiphany, known as “Three Kings Day.” The story of the Wise men is told in the Gospel of Matthew the second chapter. Matthew 2:1-2 says “Wise men from the East came to Jerusalem saying, Where is He who has been born King of the Jews? For we have seen His star in the East and have come to worship Him.” God drew the wise men to Jesus using His Star a bright light in the sky, which would lead the wise men to Jesus, King of the Jews, not just of the Jews but the entire world.

As Christians, beginning a New Year, how do we draw people to Christ as God drew the wise men to Christ using a bright light in the sky? As I thought about this question I had an epiphany. Fishermen use bait to drawn fish. As Christians we have to become bait to draw people to Christ. What kind of bait are people attracted too? The Prophet Jeremiah can share with us what kind of bait people are attracted to.

Jeremiah 31:3 says, “ The Lord hath appeared of old unto me, saying, Yea, I have loved thee with an everlasting love: therefore, with lovingkindness have I drawn thee. Friends, people are attracted to loving kindness.

The apostle Paul also shares with us what people may be attracted to, in his letter to the Christians in Colossae. Colossians 3:12-17 says, “ Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. (13) Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. (14) And over all these virtues put on love, which binds them all together in perfect unity. (15) Let the peace

of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. (16) Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. (17) And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

Finally friends, Matthew shares with us words from Jesus’ Sermon on the Mount saying “You are the light of the world. A city that is set on a hill cannot be hidden. Let your light so shine before men, that they may see your good works and glorify your Father in Heaven.”

Friends, just as God drew the wise men to Jesus by a light in the sky, so shall we drawn people by the life we live and by the light we give. Jesus can count on me in 2023! Can He count on you in 2023 to be the light that men and women will see to draw them closer to Thee our Savior and King?

## In Memoriam

*Genevee Brosher*

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

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*There will be a Celebration of Life for Jim Russell on Saturday, February 4, 2:00 pm at the Living Streams Community Church.*

*Living Streams is located at the corner of Pendleton Pike and Carroll Road, next to Meijer.*

*Residents and staff are invited to attend. Please create carpools, as there will not be bus service.*

## Brain Exercise

You can find it in Mercury, Earth, Mars, Jupiter, and Saturn, but not in Venus or Neptune. What is it?

*Last week’s answer: The horse is named Monday.*

## Independent Living Notes

*Laurie Wilson*

**Beginning euchre club** will resume their Saturday night games starting January 14, at 7:00 pm. If you are interested in learning to play, or would like to assist beginners in a casual environment, please join the group in the Cappuccino Lounge.

Reminder: **Sing-a-long with Kathryn Huelster** will be held on Monday, Jan 9, at 1:30 pm in the Tamarack Social Hall.

Our craft this month is **diamond painting**. We will make the charms we had planned to make months ago that had to be postponed.

## Bargain Room

The Bargain Room sales ended well in 2022! The sales total for December was \$1353.38. The total sales in 2022 was \$15,420.00!

Reminder: Sales from the Bargain Room go to the Resident Council, which then funds special items that will benefit residents of the village. In the past, these items have included popcorn machines, hoier lifts, televisions, and more!

## Denisse’s Diversified Wellness

*Denisse Garcia*

Fun Fitness class will no longer vary week to week in activity. I am deciding to turn the class into a balance and core-focused class. The core consists of many more muscles besides your abdominals such as the back, spine, and pelvis. Having a stable core affects your day-to-day life, such as your balance. We will work on these components throughout this class to improve your balance.

## A Week at a Glance... Independent Living

*Laurie Wilson*

### Tuesday, January 3

*Happy Birthday Barbara Weber*

### Friday, January 6

*Happy Birthday Sue Myer*

### Sunday, January 8

3:00 Vespers (fsh)

### Monday, January 9

9:00 Grocery Shopping: Meijer  
9:30 Monday in Motion (tsh)  
11:00 Bible study (cl)  
11:00 The Climb (tsh)  
11:30 Bazbeaux's pizza  
1:30 Sing-a-long (tsh)

### Tuesday, January 10

9:30 Light Lift Tuesday (tsh)  
10:00 Resident meeting (fsh)  
3:30 Happy hour (fsh)

### Wednesday, January 11

9:30 Cardio Pop (tsh)  
12:15 Harrison Center for the Arts tour  
2:00 Rock Steady exercise class (tsh)

### Thursday, January 12

9:30 Power Pump Thursday (tsh)  
11:00 The Climb (tsh)  
3:30 Happy hour (fsh)

### Friday, January 13

*Happy Birthday Jane Wood*

9:00 Bargain Room open!  
9:30 Fun Fitness Friday—**focusing on balance and core exercises** (tsh)  
1:30 Mahjong (cl)

For those interested in the YMCA, Larry Rose provided the following information:

YMCA  
5736 Lee Rd, Indianapolis, IN 46216  
317.547.9622

Call for a schedule of classes.