

Staff Phone Directory

AL & HC Activities

Jill Armantrout, AL Activities Mgr. - 5300
Gabby Tijani, AL Activities Coord. - 3530
Jamie Minder, HC Activities Mgr. - 4230

Beauty Shops

Tamarack - 1230
Sycamore - 2777
Health Center - 3080

Business Office

Chuck Gaskins, Dir. Financial Operations - 2190
Melissa Wyatt, Resident Accounts Mgr. - 2920
Dawn Martine, Resident Accounts Asst. - 3450

Campus Environment/Maintenance

Wilson Ojwang, Dir. Campus Environment - 2260
Sharon Taylor, Secretary/Work Orders - 2200

Chaplain

April Scott, Chaplain - 1410

Dining Rooms

Tamarack, IL - 1034
Sycamore, AL - 2760
Ironwood, AL - 4910
Aspen, HC - 3245
Cedar Commons, HC - 3248
Juniper/Heatherwood, HC - 3451/3542
Willow Commons, HC - 3246

Executive Leadership

Shelley Rauch, Executive Director - 3500
Travis Campbell, Executive Asst. - 3510

Food services

Dan Armantrout, Dir. Food services - 3750
Thomas Balsler, IL Chef - 3751
AL Food services - 3440
Rob Palladino, HC Food services - 2340

Foundation

Marty Krug, Foundation Coord. - 3460

Health Center

Shannon Poole, Dir. HC Operations - 3570
Jackie Davidson, Director of Nursing - 2830
Assistant Director of Nursing - 4490
Aspen Nurses Station - 3240, 3241
Cedar Commons - 3295, 3297
Heatherwood - 2330, 2850
Ironwood - 2170
Juniper - 2770, 2790
Sycamore - 2820, 2825
Willow Commons - 5320, 5410

Housekeeping

Tammy Meadows, Housekeeping Mgr. - 1060
Housekeeping Requests - 2300

IL/AL Nursing

Jami Blanton, Nurse Mgr. - 2660
Tammy Rogers, Asst. Nurse Mgr. - 2665
Sycamore Nurses Station - 2820, 2825
Ironwood Nurses Station - 2170

Marketing/Leisure Services

Amy Morgan, Dir. Marketing - 2140
Marsha Soderholm, IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, IL Leisure Services Coord. - 1053
Kevin Pruitt, Transition Coord. - 5380

Receptionist — 0

Social services

Jill Armantrout, Social services Manager - 5300
Gabby Pollock, Social services Assistant - 2860

Transportation — 2160

Jody Black, Driver
Tonya Richardson, Driver

Therapy

Stephanie Irvine, Therapy Manager - 4222, 5350

Wellness

Wellness Center, Tamarack - 1051
Denisse Garcia, Classes/Trainer

Happy February Birthdays

February 1	Delores Sombke	AL
February 2	Janice Strain	HC
February 4	Julia Casey	IL
February 6	Keith Freeman	IL
February 6	Dora John	HC
February 8	Patricia Swain	HC
February 8	Monica Leusky	HC
February 9	Robert Borg	HC
February 9	Eldon Everidge	IL
February 9	Marylyn Blackwell	IL
February 10	Christine Zuber	HC
February 11	Kathy Hoge	IL
February 17	Donald Barney	AL
February 19	Marie Mitchel	HC
February 19	Anna Wilson	HC
February 20	Geneva Meadows	HC
February 21	Robert Gandy	HC
February 21	Barb Gheris	IL
February 22	Bill Voiles	IL
February 23	Beverly Maddox	HC
February 23	Annetta Huffman	AL
February 23	Suzanne Aldridge	AL
February 24	William Baker	HC
February 25	Martha Dawson	IL
February 26	John Hall	HC
February 26	Donna Thompson	HC
February 28	Virginia Defourneaux	IL
February 28	Norman Nixon	IL
February 28	William Lord	IL
February 28	Barbara Muggenborg	IL
February 29	Caroline Wendt	IL

Denisse's Diversified Wellness

Denisse Garcia

Did you know the most significant muscle in the human body is the gluteus maximus (GM)? This butt muscle is vital in daily living to help you walk and support your trunk. However, many people suffer from dormant GM. This can be for many reasons, such as sitting for a prolonged period of time, having improper posture in general, or the body using other muscles to compensate. A habit that you can change to help your glutes is when sitting down you can slightly bend at the hips first and slowly sit down. Next week I will talk about exercises you can do on your own.



Around the Village

A Publication of Westminster Village North

January 27, 2023

Top good dogs for seniors who want a furry companion

Submitted by Amy Morgan

There are several factors that weigh in when selecting a dog: energy levels, size of the dog, age of the dog, the dog's temperament and the grooming requirements for the dog. Some breeds have certain combinations of traits that make them popular choices for retirees. Here are the top companion dogs for older adults:

Poodle. Poodles are known for their intellect and their highly trainable nature. They are sweet, gentle and loving animals. Poodles do need a daily walk but are otherwise content to play or just lie on the couch. They don't shed, but they do need to be groomed every month or so.

Cavalier King Charles Spaniel. These quiet, small dogs make some of the best lap dogs. They love to snuggle and they get along great with adults, children and other pets. They are active and playful but they are also intelligent and easy to train. This breed loves to chase things. You'll need a long leash or a fenced yard.

Boston Terrier. Boston Terriers are adaptable, friendly, mild-tempered dogs whose favorite activity is sitting peacefully with their owners. They don't bark much, which makes them well-suited to apartment living.

Maltese. The Maltese is the quintessential lap dog. Bright, gentle and playful, these dogs get along well with other pets. They don't need a lot of outdoor exercise but do like going for short walks and running around the house. They don't shed, but they do require bathing and brushing daily.

Pembroke Welsh Corgi. These high-energy dogs are big on pleasing their owners. They have a protective nature and make good watch dogs. However, they can be prone to barking.

Beagle. Beagles are energetic, sociable animals who love to play. They are friendly, fun, easy going dogs who consider every person to be their best buddy. It's important to have a securely fenced yard and supervise these dogs as they are scent-driven.

Pomeranian. Pomeranians are smart, lively and affectionate. They are curious and love attention. Poms are proud and aren't naturally inclined to take direction from others, but firm, gentle leadership can train them not to be unruly. They should be brushed a couple times a week to keep their fluffy coats healthy and shiny.

Chihuahua. These tiny dogs are full of personality. Lively and spunky, chihuahuas are loyal companions who love to sit on laps. They are ideal for apartment living but will need to be trained to deal with strangers and children. Chihuahuas do not like the cold weather. Fortunately, they can often fill their exercise needs indoors.

Coming Soon: WVN Market



The annual WVN market has been a big hit among residents and staff over the years. Unfortunately, like so many other things, it was halted during COVID. We are excited to announce the return of the market this spring! It will be held on Wednesday, April 19, 2:00—4:00 pm.

The WVN Market is an opportunity for residents and staff to showcase and/or sell their handcrafted items. The market is open to residents, staff, family & friends, but not the general public. Items displayed/sold in the past range from paintings, handmade cards, jewelry, quilts, woodworks, soaps, and so much more!

If you would like to showcase and/or sell your items at the market, you can sign up with Laurie Wilson at extension 1053, or via email: lwilson@westminstervillage.com. There is no cost to participate. All items must be handcrafted.

A Week at a Glance... Health Center

Jamie Minder

Our **Seated Ballet Class** had a record number of participants this week! Thank you to everyone who tried something different!

Resident Council will be held Thursday Feb. 9th at 2:30pm in Aspen Activity Room.

Happy Birthday to the following residents :
Betty Jordan 1/31
Janice Strain 2/2
Joyce Monroe 1/29

Bingo Winners this week:
Mary S. , Jean H. , Patrice P. , Anna W. , Judy S. , Debbie M. , Betty J. , Letha M. , Bear F. , Stan M. , Helen S. , Delia M. , Flo M.



In Memoriam

Fred Jungclaus

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

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, January 28

9:00 Morning walk & stroll (Syc av)
10:30 Naomi dog visits door to door
11:30 Entertainment: Robin Harrison (Sdr)
3:00 Daily chronicles & activity pack to your door

Sunday, January 29

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

Monday, January 30

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

Tuesday, January 31

9:00 Morning walk & stroll (Syc av)
9:45 Morning yoga stretch (syc lib)
10:30 Bible study/devotions with Chaplain April (Lcl3)
1:00 Karaoke (Syc alc)
2:00 Reminisce "The Good Old Days"
5:45 Bingo (Salc)

Caregiver Support

Caregiver support group will not meet again until further notice. Jill hopes to restart the program in April. Look for news on this in coming months.

Peaceful Reflection

Chaplain April Scott

Avatar Part 2

Well friends, I did it! Yes, I spent three hours and twenty-five minutes watching the Avatar movie. My curiosity got the best of me. I had to go and see what all the hype was about. I must say, the storyline was so engaging that it didn't seem like I had spent more than three hours in the movie theater.

The plot was intriguing, exploring an array of emotions. The cinematography exposed the beauty of other worldly nature within the universe. The humanoids were kind, peaceful, beautiful people who lived a serene lifestyle centered on their God, family and their community. They were one with their God, their environment and all species that lived within the environment. Perhaps the reason that Pandora is so beautiful and peaceful is because the humanoids honor their God and their environment. They understand that they are caretakers of their environment, and in turn the environment will take care of them. They understand the balance of power between them and their God. They understand the responsibility of family and community raising children to be healthy in mind, body and spirit, which creates the fertile grounds for a healthy community.

The humanoids get it. It amazes me that the humanoids, although fictitious, exhibit a way of life in which the Holy Scriptures teach humans how their Creator wants them to live here on earth.

I believe this idealistic life that the film director portrayed in the humanoids, is reflective of the life humans should

be exhibiting here on earth. We should take notice and pick up our Bible (**Basic Instructions Before Leaving Earth**) and read the story of creation found in the book of Genesis. It is in this book that God called Adam and Eve to be caretakers of the environment, of themselves, and of their family. Understand that the Creator God created us to be in communion with Him.

The Life Force that created all that exists in this world and the world to come has put in our hearts how to live. Hebrews 10:16 says, "This is the new covenant I will make with my people on that day, says the LORD: I will put my laws in their hearts, and write them on their minds." Maybe we need a heart check-up! Just read your Bible and it will diagnose any abnormalities. Psalm 51:10 says "Create in me a clean heart, O God and renew a right spirit within me."

By the way, if you want to read about more fascinating stories, as I suggested in my last article, check out the story about the talking horse found in Numbers 22: 21-39. This horse was talking way before Mister Ed, from the 1961 Mister Ed show! Blessings.

Facebook

Are you on Facebook? If so, please be sure to "like" our Westminster Village Facebook page! We are adding exciting new things and pictures of all the great events happening around the Village! In addition, you can also see spotlights on our staff members and residents! As a result of increasing the interest of our Facebook page, we are reaching more people daily and are bringing in new prospects to our community! If you need assistance with getting on Facebook, please feel free to reach out to Marketing Director, Amy Morgan at extension 2140 or Laurie Wilson at extension 1053.

Independent Living Notes

Laurie Wilson

A knitting and crochet group has been added to the February calendar. If you would like to get together and chat while you knit your next pair of booties, or crochet a beautiful sweater, plan on attending Monday, February 20, at 1:00 pm in the Tamarack Creative Commons room (3006).

We have definite reservations for **Devour Indy at Peterson's** restaurant. The prix fixe Devour Indy menu includes an appetizer, entrée and dessert for \$49 (plus tax and gratuity) per person, with no substitutions. The first and second course have 4 items each from which to choose, with a choice between two desserts for the final course. Sign up on the Touchtown app or call me at extension 1053. Space is running out. If you would like to see the pre-fixe menu, visit <https://www.devourindy.com/restaurants/petersons-restaurant/>.

The **DeBrand Chocolate factory** is located in Fort Wayne, Indiana. We will travel there for a tour on Monday, February 6. A box lunch will be provided on the bus. The cost for the tour is \$10, with a \$10 rebate on purchases of \$20 or more. This has always been a great tour and should be even more exciting since they are preparing for Valentine's day.

Don't miss the **Superbowl Game Day party** on Friday, February 10, 1:00—4:00 pm in the Foundation Social Hall! In addition to traditional games, we will have some "made up" games to add to the fun! There will be lots of tailgating food during the afternoon. Come have some Super fun!

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, January 29

3:00 Vespers (fsh)

Monday, January 30

9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Documentary: Inside the Mind of a Cat (fsh)

Tuesday, January 31

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
11:30 Around the world lunch: Thailand
3:30 Happy hour (fsh)

Wednesday, February 1

9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)
2:00 Rock Steady exercise class (tsh)

Thursday, February 2

Groundhog Day
9:30 Power Pump Thursday (tsh)
10:00 ISO Coffee Classical series
10:30 Council meeting (tsh)
3:30 Happy hour (fsh)
5:00 Devour Indy: Peterson's restaurant

Friday, February 3

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

PLEASE MOVE Wine Club to Wednesday, February 22, instead of Thursday, February 23, on your calendars.