

## 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

## Denisse's Diversified Wellness

*Denisse Garcia*

A great way to celebrate National Women's History month is to watch the Women's March Madness tournament. In March 2021, some disparities were revealed between the women's and men's tournaments. Since then, the NCAA has improved the conditions of the women's tournament and viewership has also increased. This year Notre Dame and IU are in the tournament. IU is a number one seed for the first time ever. IU's first game is Saturday at 11:30 am (ESPN2) and Notre Dame plays on Friday at 3:30 pm (ESPN2). For Purdue fans, if they beat St. Johns on March 16, they will be in the tourney and first round play will be Saturday, March 18, 4:00 pm (ESPN).

## In Honor of Millie Lemen

*Submitted by Charlene Case*

This month is Women's History month. The accomplishments of women in our society are being celebrated. Here at Westminster Village North, I would like to salute Professor Millie Lemen, PhD, for her tireless efforts to establish women's sports, both at Indiana State University and across Indiana. In her endeavors with like-minded people, including then Senator Birch Bayh, a fledgling program was established. It took a while, but look where women's sports are today. Indiana is now represented in high schools, college level and professional sports. Thank you, Millie!

## Thank You!

Many of you have seen the whimsical tablecloths displayed in the Foundation Social Hall and have commented how fun they are to have as part of the decor. The Resident Council has donated \$2,000.00 to purchase another 6 styles to be used for holidays or seasons throughout the year. This donation is very generous and much appreciated. Thank you!!



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

March 17, 2023

## Happy St Patrick's Day! Did you Know?

Although St. Patrick's Day originated as an Irish holiday commemorating Ireland's patron saint, Patrick was actually born in Britain. He first went to Ireland as a kidnapped slave and only later returned as a bishop and missionary.

The four-leaf clover is a popular symbol of St. Patrick's Day, but the symbol's origin is from a legend about Saint Patrick using a shamrock with three not four, leaves to explain the Christian doctrine of the Trinity.

The oldest known St. Patrick's Day parade was in 1601, in a Spanish colony at the site of what is now St. Augustine, Florida.

In 1967, an Irish-American from Shamrock, Texas, wrote the mayor of Dublin asking to borrow Ireland's famous Blarney Stone for display in Shamrock's St. Patrick's Day parade. Dublin's mayor declined but sent the Texan a small piece of granite to be the Blarney Stone's "twin."

Few saints are as tied to a given nation as St. Patrick is to Ireland. St. Patrick's Day commemorates the date of Saint Patrick's death. According to legend, Patrick was 122 years old when he died.

Every year, in honor of St. Patrick's Day, the Sydney Opera House, the Eiffel Tower, and the Giza Pyramids are all illuminated with green lights.

The color originally associated with Saint Patrick was actually blue. It wasn't until St. Patrick's Day became a secular celebration of all things Irish that green became the holiday's dominant color.

Leprechauns are commonly associated with St. Patrick's Day; however, these fairy-type creatures come from Celtic folktales rather than Irish or Christian lore.

Corned beef and cabbage combination is actually Irish-American rather than Irish in origin.

In addition to Ireland, Saint Patrick is also the patron saint of Nigeria and Boston, and of paralegals and engineers.

The St. Patrick's Day parade in Hot Springs, Arkansas, is one of the world's shortest, covering only 98 feet.

The first Ronald McDonald House was built through a fundraising partnership between the Philadelphia Eagles and McDonald's famous mint-flavored "shamrock shakes," which are only sold around St. Patrick's Day.

Up until the latter half of the 1900s, St. Patrick's Day in Ireland was much more somber than its American counterpart. Most people attended Mass and watched a military parade, but the one thing they didn't do was go to bars, which were all closed for the day.

Seventeenth-century celebrations of St. Patrick's Day in Ireland were often brought to a close with the final tradition of placing a shamrock in a glass of whiskey before downing it.

## SOCIAL WORK BREAKS BARRIERS

Westminster Village North is celebrating National Social Worker's month. If any of our residents have a background in the social work field, you are cordially invited to our Social Worker appreciation luncheon! The luncheon will take place in the Tamarack dining room on Friday, March 31, at 12:00 pm.

Please contact Amy at extension 2140 if you would like to attend

## Attention! WVN Market Date Change

Since we opened up our Foundation Social Hall to outside groups again, we must change the date of the WVN Market from April 19 to May 10 to accommodate a standing group reservation.

Since this is a new date, please re-confirm you will be participating by emailing [lwilson@westminstervillage.com](mailto:lwilson@westminstervillage.com) or leave a message at extension 1053.

WVN Market  
Wednesday, May 10  
2:00—4:00 pm  
Foundation Social Hall

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

*Jamie Minder*

Congratulations to three of our residents: Vonda M. , Chrissy Z. and Betty D.! These ladies attended the most activities during our friendship week March 6-10!

Beginning in April, "Movie + Popcorn" will be every Thursday starting at 2:30 pm in Willow Commons lounge! The popcorn will no longer be delivered to your room! We would love for you to join us for a movie!

We will be adding another Bingo Game on Fridays at 2:30 pm in the Juniper/ Heatherwood dining room, beginning in April! All hallways will be invited!

Bingo Winners :

Anna Marie D., Delia M. , Betty J., Bear F., Millie W., Pam R., Anne Z., Jean H., Patrice P., Greg B. , Madeline B. , Mary S., Debbie M. , Alene S., Beefy G.

Happy Birthday to the following residents:

Donald H. 3/21

Bev Sipes 3/22

Judy F. 3/24

Willie S. 3/25

If you have any questions, please call Jamie Minder, Activities Manager, at 4230

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

*Gabby Tijani*

Saturday, March 18

2:30 Wii bowling (Salc)

3:00 Daily chronicles & activity pack to your door

Sunday, March 19

11:00 Daily chronicles & activity pack to your door

1:00 Outing: Piano Works recital

3:00 Vespers (fsh)

Monday, March 20

*Spring Break Week*

1:00 (1-4) Daily chronicles & grocery delivery

1:00 Movie matinee & popcorn (Lcl2)

Tuesday, March 21

9:15 Morning chair yoga (syc lib)

10:30 (10-11:30) Apt visits

10:30 Bible study with Chaplain April (Lcl3)

1:30 Karaoke (Lcl2)

2:30 Pillow stories craft (syc ar)

5:45 Game night (Salc)

Wednesday, March 22

*Beginning of Ramadan*

9:15 Morning walk & stroll (Syc av)

10:00 Arts & crafts & jewelry making (syc ar)

1:00 Bingo (Salc)

2:00 Cook's corner & food for thought (Sar)

2:30 Spring break luau party (syc lib)

4:00 Aviary clean and bird sensory

Thursday, March 23

9:15 Morning walk & stroll (Syc av)

10:00 Travel club: Spring into Spain (Salc)

1:15 Garden planning/projects

3:00 Monthly meet & greet: meet new neighbors & celebrate birthdays (Syc alc)

5:45 Bingo (Salc)

Friday, March 24

9:00 Bargain room (tb)

9:00 Catholic church visits/door to door (9-12)

10:00 Grocery orders due

1:00 Chair exercise (syc lib)

2:00 Movie matinee & popcorn (Lcl2)

## Peaceful Reflection

*Chaplain April Scott*

“Green with Envy”

Today is St. Patrick Day. As I think about the Patron Saint of Ireland, I long to visit the ancestral grounds in which my great grandmother, Emma Jane Wickliff Merchant’s father and mother were born and the ancestral grounds of my late husband’s family. As a young child I dreamed of visiting the lush green island to tour St. Patrick’s Cathedral and other famous landmarks. Someday I will make it a reality. Visiting Ireland is at the top of my bucket list for sure.

St. Patrick’s Day is celebrated worldwide, and the day happens to be celebrated during the Lenten season. Legend has it that St. Patrick was kidnapped from his home in Britain and was brought to Ireland to be enslaved. One day St. Patrick was visited by a spiritual being that gave him details about his escape back to Britain. St. Patrick followed the plans given him and boarded a ship that would carry him back home. After returning home he had a desire to return to Ireland as a missionary to bring the Gospel to the Celtic people. It was reported that St. Patrick would use a shamrock (young clover/ wood sorrel) as a metaphor to explain the trinity to his new converts. St. Patrick’s Day started out as a feast day to celebrate the Christian work of the Patron Saint of Ireland. Nowadays not so much. It seems as if St. Patrick’s Day has been deconstructed to reflect a day to color water green, get wasted on green Guinness beer with your friends who are dressed as little green leprechaun mascots, topping the evening off with shared rides home in an Uber, hoping that you don’t hurl the green goblins that are playing tug-of-war in your stomach before you reach your front door.

It seems as if I’m green with envy (pun intended) for not being invited to join in the fun. Well, perhaps just a tiny bit. Nevertheless, let us not forget the real

meaning of the celebration and wear our green three-leaf clover attire to honor the great St. Patrick. If someone asks you why you are wearing a symbol of a three-leaf clover, take the opportunity to tell them the Gospel story of Jesus Christ, the Holy One. He is the saint of our salvation, the one who covers us in the color of deep blood red, the color of redemption, the color that the angels use to color the water in Revelation 16:3 ESV. “The second angel poured out his bowl into the sea, and it became like the blood of a corpse.” Friends, there is nothing new under the sun. They were coloring the water back in the Biblical days!

Blessings

## Resident Council Elections

The Resident Council ballots have been sent out for Independent Living council elections. Please be sure to mark your ballots and turn them into the reception desk ballot box, or the ballot box located in the mail room, not later than Saturday, April 1 - No fooling!

## The “Right” Kind of Snow

Bill Voiles captured this photo from his balcony in Tamarack. He says this is the “right” kind of snow because it covers the trees and grass, but leaves the streets clear. If you want to see more of Bill’s work, stroll around the second and third floor of Tamarack and look at the framed photos he has placed on many of the apartment shelves.



## Independent Living Notes

*Laurie Wilson*

Be sure you have marked your calendar for Spotlight on a Resident: Tom Ulsas. He will give his presentation on Monday, March 27, at 1:30 pm in the Foundation Social Hall. The spotlight programs have been very interesting! If you would like to add your name to the list to be spotlighted, please call me at ext. 1053.

The Sycamore Library is in need of a volunteer. The Resident Council is looking for someone to maintain the library for a six-month commitment. This means accepting or rejecting new books, sorting and organizing the books, ensuring the area is kept tidy and books are put away at least twice a week. If you are willing to volunteer for this, please contact Martha Jungclaus at 765-343-2716.

Several board games have been found in hidden-away places. They have been placed in the Cappuccino Lounge. Speaking of the Cappuccino Lounge, if you are interested in organizing and cleaning out the counter behind the bar, that would be very helpful. Please contact me at extension 1053 for more information.

Puzzles: We continue to have puzzles donated regularly and are very limited in storage space for them. Once a puzzle is completed and taken apart, please place the 300-500 piece puzzles in a box under the table to be donated to Assisted Living, the Health Center, or the Bargain room. Puzzles found without all of the pieces need to be thrown away immediately. Thank you.

If you are either a beginning Euchre player, or have never played but would like to learn, please contact Geri Melvin at 3033. Geri hosts a beginners Euchre group that meets Saturday evenings at 7:00 pm (except the third Saturday of the month). This is a friendly game, meant just to have fun and learn the game at a slow pace.

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

*Laurie Wilson*

Saturday, March 18

1:30 Bridge (cl)

7:00 Sing-a-long (tsh)

Sunday, March 19

1:30 pm Share-a-Story group invites you to listen to stories told by three resident-friends here in the Tamarack Social Hall. Please call Sara Impaggiazzo if you plan to attend at 952-564-7308. Note: this is not the formal, quarterly presentation given in the Foundation Social Hall.

3:00 Vespers (fsh)

Monday, March 20

9:30 Monday in Motion (tsh)

11:00 Bible Study (cl)

11:00 The Climb (tsh)

1:30 Needlework group (3006)

3:00 Chimes group (2033)

Tuesday, March 21

9:00 Grocery shopping: Meijer

9:30 Light Lift Tuesday (tsh)

1:30 News & Views (cc)

3:30 Happy hour (fsh)

Wednesday, March 22

*Beginning of Ramadan*

*Happy birthday Dick Coryell*

9:30 Cardio Pop (tsh)

9:30 Men's morning (cl)

2:00 Rock Steady exercise class (tsh)

11:30 Ladies' lunch: Rustic Root

Thursday, March 23

*Happy birthday Lois Dillon*

9:30 Power Pump Thursday (tsh)

11:00 The Climb (tsh)

3:30 Happy hour (fsh)

Friday, March 24

9:00 Bargain room open!

9:30 Fun Fitness Friday (tsh)

1:30 Mahjong (cl)

2:00 Quarterly birthday party (fsh)