

## 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  
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  
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*

In continuation to Parkinson's Awareness Month, I will discuss the underrepresented women who are diagnosed. Women face more hurdles to get diagnoses verified. One reason this could be is that women experience different symptoms compared to men. They minimize their symptoms or reduce the severity of them. Women receive a lower quality of medical care and often do not seek out specialists like a neurologist. A way to improve care for women with PD is to focus more research on women and advocate for their well-being.

## Scams in 2023

Online and phone scams are getting more sophisticated every year. With enough information and vigilance, you'll be able to recognize new scams that you've never seen before.

Here are the most common red flags:

A strong sense of urgency.  
Threats or scare tactics.  
Asking for sensitive information.  
Insisting on nontraditional payment methods.

Directing you to click on a link or fill in a code that you have not requested.

New scams include voice cloning! If you receive an urgent or unusual call from a loved one, or anyone you know, make sure you ask a question that only that person would know the answer to in order to be sure it is not an artificially cloned voice. These types of scams affect everyone. It doesn't matter how expert or novice you are with the technology.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

April 14, 2023

## Car parade

*Laurie Wilson*

Do you recognize these pictures? If so, you remember the WVN car parade!

The WVN car parade is an event held at the Village in May, as part of our Indy 500 month! Residents and staff from each area of the Village build these cardboard cars, which are then showcased by their team designers on a parade route throughout the community.

This year the parade will be held on Friday, May 5, 2:00 –3:00 pm. We want you to participate!! Grab a few friends, come up with a theme, then design and build your car. The cars are all made from scrap cardboard and things you would find in the art rooms or at home. There is nothing high-tech about them, although they could be if you can do it! The cars have been anywhere from approximately 8-14 feet long.

Grandfathers, why not build a car with your grandson or granddaughter. What a great way to bridge a generation—building a car. Ladies, you are not off the hook. We once had a group of ladies who built a small car with a "paint job" comprising artwork from adult coloring books. See the first picture.

The parade is one of the highlights of the year for all residents and staff. Please join the fun. Talk to your Leisure Services/Activity Manager for more information.



## Masking at WVN

*Shannon Harris*  
*Health Center Administrator*

I wanted to share a little bit of information as to why we are still masking in our buildings. President Biden signed a bill Monday, April 10, ending the Public Health Emergency for the USA. Unfortunately, that does not mean many things will change for us.

We are still governed by the most stringent regulations and those come from the Indiana Department of Health (IDOH). IDOH has not loosened any regulations at this time.

As required, we look at the country transmission rate for COVID on a weekly basis for Marion County, Indiana. (I look at the rate every Monday.) If the rate is below a certain threshold for consecutive weeks, it is up to the facility to determine their "risk."

Shelley and I discuss this topic on a weekly basis. We have determined that for the safety of our staff and residents, at this point we will continue to require masking in our licensed buildings. If the masking requirement changes for WVN, you will be informed immediately.

Thank you for your continued support to ensure we keep our community as safe and healthy as possible.

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

Jamie Minder

Our Ladies Lunch is April 20th in the Aspen Dining Room. Please RSVP by calling Jamie at 4230 if you'd like to attend. The menu is Arby's sandwiches, fries and dessert!

Don't forget to join us for Bingo Friday at 2:30pm in the Juniper/Heatherwood dining room!

### Bingo Winners:

Pam R., Anne Z., Millie W., Betty J., Delia M., Flo M., Shirley T., Wanda L., Judy W., Anna W., Bear F., Chrissy Z., Patrice P., Greg B.

Happy Birthday to Joann Armantrout on April 30th!

## WVN MARKET

Thursday, May 25

Please let Laurie Wilson know if you would like to showcase your talent. Call extension 1053, or email [lwilson@westminstervillage.com](mailto:lwilson@westminstervillage.com). This is open to residents and staff!

## Fun Fact

The two most popular spices in the world are pepper and mustard! Salt is a mineral, not a spice.



Instead of the John I call my bathroom the Jim!  
That way it sounds better when I say I go to the Jim first thing every morning!!!

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

Gabby Tijani

Saturday, April 15  
*Happy Birthday Bill Crays*

2:30 Wii bowling (Salc)  
3:00 Daily chronicles & activity pack to your door

Sunday, April 16

11:00 Daily chronicles & activity pack to your door  
3:00 Vespers service (fsh)

Monday, April 17

1:00 (1-4) Daily chronicles & grocery delivery  
1:00 Movie Matinee & popcorn (Lcl2)

Tuesday, April 18

9:15 Morning Chair Yoga (syc lib)  
10:30 (10-11:30) Apartment visits and one-on-one social  
10:30 Bible study with Chaplain April (Lcl3)  
1:30 Karaoke (Lcl2)  
5:45 Game night (Salc)

Wednesday, April 19

9:15 Morning walk & stroll (Syc av)  
10:00 Arts & crafts (syc ar)  
1:00 Bingo (Salc)  
2:30 Wine Wednesday (Syc alc)  
4:00 Aviary clean and bird sensory

Thursday, April 20

9:15 Morning walk & stroll (Syc av)  
10:00 Travel club: Spring into Spain (Salc)  
1:15 Garden club  
2:00 Cook's Corner & food for thought (Sar)  
5:45 Bingo (Salc)

Friday, April 21

9:00 Bargain room open (tb)  
9:00 Catholic Church visits door-to-door (9-12)  
10:00 Grocery orders due  
10:00 Catholic Communion (aca)  
1:00 Chair exercise w/personal trainer, Denisse (syc lib)  
2:00 Movie matinee & popcorn (Lcl2)

## Peaceful Reflection

Chaplain April Scott

"Jesus has risen. Now what?"

We started out the Holy season with 40 days of self reflection and self sacrificing as we observed the season of Lent, leading up to Easter, which is the "superbowl of the Christian faith," as one Christian remarked. Jesus is risen. Now what? is the question I contemplated the Monday after Easter Sunday. After the resurrection was celebrated on Easter Sunday, it seems as if we went back to our normal routine of living. Jesus' resurrection is meant for us to go forward. In other words, Jesus's finish line is our beginning line. Some of Jesus last words that He spoke out from the cross were "It is finished." In essences Jesus was saying that everything that His Father wanted Him to do on earth was completed! But we know according to the scriptures that after the resurrection Jesus remained on the earth for 40 days before ascending to heaven, revealing himself first to Mary and then to his disciples. Jesus was still working after he rose in his glorified immortal body. Jesus met the disciples at the sea of Galilee as the disciples were fishing. Jesus said to them, "Children have you any food?" They answered him, "No." Jesus told them to cast their net on the right side of the boat and miraculously the disciples drew in a multitude of fish. Jesus makes a fire and hangs out with his disciples having a fish fry for breakfast. At the fish fry Jesus restores and commissions Peter to take care of the sheep (God's people). You know, Peter the disciple who denied Jesus three times before the cock crowed. Jesus also tells the disciples that they have a new job titled "The Great Commission." He gives them the job description which is as follows: "Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to obey everything I have commanded you. And surely, I am with you always, to the very end of the age." (Matthew 28:19-20).

Jesus did many other signs in the presence of his disciples which are not written in this book, according to the Gospel of John.

Friends, Jesus' finish line is our beginning line! We should be rejuvenated by the hope that His resurrection gives us. We should be inspired by the meaning of His resurrection, so inspired that we will clasp hold of the baton (His holy word/the Gospel) that he gave us and run with vigor just like the disciples did as Mary ran to share the news with the disciples that Jesus was no longer in the tomb, for He lives. 2 Corinthians 4:1 says "Therefore, since we have this ministry, just as we received mercy [from God, granting us salvation, opportunities, and blessings], we do not get discouraged nor lose our motivation."

Friends, let us finish the race well in doing the work of the Great Commission! Therefore, "Let us not grow weary in well-doing, for in due time we will reap a harvest if we do not give up. (Galatians 6:9) "Therefore, we do not lose heart. Though our outer self is wasting away, yet our inner self is being renewed day by day." (2 Corinthians 4:16) Friends, The Great Commission is a marathon not a sprint! Let the race begin at Jesus' finish line! Jesus has risen. What's next? Inviting others to run the race with us!

Blessings!

## In Memoriam

Lois Fisler  
Donna Patton

Please keep their families and friends in your thoughts and prayers.

## Piano Tuning

Jon Porter will be here the first week of May to tune the pianos throughout the Village. Our pianos are tuned twice a year, in May and November. This service is paid for by the WVN Resident Council.

## Independent Living Notes

Laurie Wilson

I have updated the photos requested on Touchtown. If anyone else wants an updated photo, please let Kevin or me know right away.

I am ready to print an updated resident directory. Please note: I will include the cottagers (Freemans & Olson) moving into Tamarack in the next few months as Tamarack residents, so the directory will be accurate once they move.

The English restaurant selected for Around the World lunch will be the Red Lion Grog House. Established in October 2009, The Red Lion Grog House is located in Indiana's first historic commercial district, Fountain Square, in the G.C. Murphy building, est. 1884. They have an extensive menu of both traditional English items and American fare. There are more than 100 beers and wines, including 12 beers on tap. Grog is a drink comprising watered beer and rum. Dare to try it!

Don't forget to attend the Airforce quartet on Saturday evening at 7:00 pm in the Foundation Social Hall.

The Wii bowling group has been enjoying games these past few weeks. If you would like to join the group, please just show up at the designated time. You do not have to be athletic. In fact, you can bowl seated! Wii bowling is a fun way to spend an hour of your day.

There will be a taco and tour event on April 26, which is for marketing prospects. IL residents may attend if they bring a prospect friend. Amy will send you more info by mail.

Foundation donors: If you have not yet responded to the invitation you received inviting you to the Foundation Donor party on May 3, please make sure you do not later than April 16.

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

Laurie Wilson

Saturday, April 15  
7:00 AirForce Quartet (fsh)

Sunday, April 16  
3:00 Vespers (fsh)

Monday, April 17  
*Happy Birthday Charlene Case*  
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)  
3:00 Wii bowling (fsh)

Tuesday, April 18  
*Tax Day*  
*Happy Birthday Lawrence Bunting*  
9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (tsh)  
11:30 Men's lunch: Chatham Tap  
1:30 News & Views (cc)  
3:30 Happy hour (fsh)

Wednesday, April 19  
9:30 Cardio Pop (tsh)  
9:30 Men's morning (cl)  
10:30 Goldenaires Mass/Luncheon (10:30-2) (fsh)  
11:00 Ladies' lunch: Cobblestone  
2:00 Rock Steady exercise class (tsh)

Thursday, April 20  
9:30 Power Pump Thursday (tsh)  
10:00 ISO Coffee Classical series  
11:00 The Climb (tsh)  
3:30 Happy hour (fsh)

Friday, April 21  
9:00 Bargain room open!  
9:30 Fun Fitness Friday (tsh)  
10:00 Auburn Cord Dusenber museum & lunch  
10:00 Catholic Communion service (aca)  
1:30 Mahjong (cl)