

## 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  
 Lang O'Mera, Accounts Payable Specialist - 2910  
 Melissa Wyatt, Resident Accounts Mgr. - 2920  
 Dawn Martine, 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

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  
 Tiffany Aquino, Executive Asst. - 3510

### Food Services

Dan Armantrout, Dir. Food Services - 3750  
 Thomas Balsler, IL Chef - 3751  
 Estelana Fairley, AL Dietary Supervisor - 3440  
 Rob Palladino, HC Food Services - 2340

### Health Center

Shannon Poole, Dir. HC Operations - 3570  
 Tracy Pope, HC Admissions - 2840  
 Jackie Davidson, Director of Nursing - 2830  
 Ebony Sims, 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

Amy Morgan, Dir. Marketing - 2140  
 IL/AL Marketing Mgr. - 2720  
 Tracy Pope, HC Admissions - 2840  
 Laurie Wilson, 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  
 Peggy Long, Memory Care Coordinator- 3296

### Therapy & Wellness

Stephanie Irvine, Therapy Manager - 4222  
 Wellness Center, Tamarack - 1051

### Transportation

Jody Black, Driver - 2160  
 Tonya Richardson, Driver - 2160

### WVN Foundation

Marty Krug, Foundation Coord. - 3460

## In Memoriam

*Keith Castelluccio  
 John Collins  
 Joan Wenrick  
 Billy Williams*

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

## Denisse's Diversified Wellness

*Denisse Garcia*

I would like to invite residents who have not done so to stop by and join our exercise classes. I hold a class Monday through Friday at 9:30 located in the Tamarack Social Hall. The classes vary in scope and are 30 minutes long. You are able to try all the classes once for FREE to see if you would be interested in joining. There is a monthly fee of \$35 for the 9:30 exercise classes. We also have free exercise classes for residents: The Climb and Rock Steady Boxing. Both of these classes for those with Parkinson's disease, however anyone can come. If you can come to the free exercise classes you will be able to workout 3 times a week! If you have any questions feel free to stop by the Wellness Center or dial extension 1051.

## WVN Craft Market

**Wednesday, May 10, 2023**  
**2:00—4:00 pm**  
**Foundation Social Hall**

**All residents and staff are welcome to browse and shop!**

The craft market is next Wednesday, May 10, beginning at 2:00 pm. Those displaying and/or selling items may begin setting up after 11:00 am. Please call Laurie at extension 1053 for final details.



Westminster  
 Village North

# Around the Village

A Publication of Westminster Village North

May 5, 2023

## Welcome to WVN

*Nancy L. Russell*

Joyce King in Elm 157 has led such an interesting, exciting life it is difficult to know what to include in her story. She was born in Cincinnati, OH. After high school graduation, she went to Wingate University near Charlotte, NC, and majored in English. Her intent from the beginning was to be a writer, and what a writer she became.



The best man in her sister's wedding became Joyce's husband. (I thought that happened only in Hallmark movies!) They had 2 children who blessed them with 2 grandchildren. When her daughter and son were in their pre-teens, Joyce became a technical writer for ATT. And would you believe at one time Barry Lively, our fabulous cottager, was Joyce's boss? Since that time, she, Barry and Ellie have been "joined at the hip."

Joyce authored technical manuals for telephones, computers, and any other piece of equipment associated with ATT. There was a time when she needed to design an instructional manual that was appropriate for the mind of an engineer and also understandable for the complete novice. Now that is a challenge! (I can see the day when Joyce will be writing these articles instead of me!)

After ATT went by the wayside, Joyce became an independent contractor that created instructional design models for hospitals, businesses and industrial companies. She was very successful and highly motivated, but at the same time she taught horse-back riding, as well as jumping, and was active in the dog rescue business. She smiled when she told the story of fostering a German shepherd who on day one produced 10 puppies on her kitchen floor! She was particularly interested in white shepherds, and in fact, secured Brody, who is no longer with us, for the Livelys.

When she retired from her technical writing career, she began writing children's books for Amazon. She wants to impress upon young people the appreciation of animals. "A Pretty Red Bird" was written for early readers. "Robby the Robin," Mary the Marten," and Barry the Black Bear" appeal to older children.

In addition to being a Lively "family member" who has travelled together with the Livelys all over the southwest, camped, and visited California, Joyce enjoys photography. She is a member of Faith Presbyterian Church, a Stephen Minister, and continues her dog rescue mission.

Joyce's aunt and uncle lived at Westminster, and since she was "adopted" by the Livelys, she was predestined to live here. And we are very glad she was. This unique lady is not just savvy with technology, she likes change and is a risk taker. These characteristics will not only move us

forward but will serve as a role model for the Westminster family.

Let's welcome this inspirational, trend setter and trail blazer! She is indeed one of a kind!

## Happy May Birthdays!

Rosalie Stricker	May 1
Rozella Stewart	May 1
Florence McNiece	May 2
Annette Martin	May 4
Hank Wolfla	May 4
Deborah McKinney	May 5
Delia McGowan	May 7
Merle Ritter	May 8
Ruth Munro	May 8
Jack Levy	May 12
Beverly Sauerheber	May 12
Ray Hiatt	May 13
Mary Conway	May 14
Susan McNeil	May 14
Rosemarie Albers	May 15
Tom Fisher	May 15
Bob Russell	May 17
Helen Olson	May 18
Betty Lutz	May 23
Pauline Nixon	May 23
Mark Hershman	May 23
Wilbur Davis	May 24
Jack Compton	May 24
Lois Ondrejack	May 24
Carol Groh	May 25
June lawata	May 27
Norma Shoemaker	May 28
Vonda Moeller	May 29
Phyllis Darling	May 29
Mary Sutherlin	May 30

## Foundation Donor Appreciation

The Westminster Foundation held its first donor appreciation event in the Foundation Social Hall on Thursday, May 3. Foundation board president Jack Jackson recognized the former and current Foundation Board and WVN board members who were in attendance. Tom Ulsas, who rolled off the board in December 2022, was presented an award for his service on the board. Jack also recognized Carolyn Hardman and Dan Hibner for their outstanding work on the Social Hall fundraising campaign.

Marty Krug was presented a plaque in advance of her retirement on June 29 at midnight she says, that says "Never underestimate the difference you've made and the lives you've touched." She was also honored with quotes of kind words and appreciation from staff and friends here at the Village.

Guests enjoyed delicious appetizers, an open bar that included a signature cocktail created just for this event, and a silent auction. Among items in the silent auction were original art by Martha Jungclaus, jewelry by Laurie Wilson, gift certificates for local restaurants, and two bottles of fine wine. It's safe to say that a good time was had by all.



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

*Gabby Tijani*

Saturday, May 6

10:30 Naomi dog visits door to door  
2:00 Travel club (syc alcove)  
3:00 Daily chronicles & activity pack to your door  
3:00 Wii Bowling (salc)

Sunday, May 7

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

Monday, May 8

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

Tuesday, May 9

9:15 Morning chair Yoga (syc lib)  
10:00 Independent resident meeting cancelled this month (fsh)  
10:00-11:30 Apartment visits/one-on-one social  
10:30 Bible Study & devotions with Chaplain April (Lcl3)  
1:30 Sing-a-long  
2:30 Pillow stories craft (syc ar)  
5:45 Game night (salc)

Wednesday, May 10

9:15 Morning walk & stroll (syc av)  
10:00 Art with Jocelynn (syc alc)  
1:00 Bingo (salc)  
2:30 Wine Wednesday (syc alc)  
4:00 Aviary clean and bird sensory

Thursday, May 11

9:15 Morning walk & stroll (syc av)  
10:30 WVN Council meeting (open to all) (tsh)  
12:00 Mother's Day luncheon & entertainment  
1:15 Golf card game  
2:00 Cook's corner & food for thought (Sar)  
6:00 Entertainment: Dan Shelley (Silver Dan) (fsh)

Friday, May 12

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

## Peaceful Reflection

*Chaplain April Scott*

"The Complexity of Love"

As I was driving to work on Tuesday morning, I passed a car on the side of the road that looked like it was in a hit and run accident. As I got closer to the scene there were two police officers checking out the car. I glanced at the scene and saw what looked like a man lying lifeless on the back seat. His body was hanging half-way out of the car. All I could remember seeing was his black clothes, black shoes, and bright white socks. Immediately a feeling of gloom came over me. I became very sad and overwhelmed at what I saw, almost to the point of pulling over my car to gather myself. So many "what if" thoughts ran through my mind. I just couldn't shake what I saw! I begin to pray immediately for the person in the car and the person's family and our communities. It seems as if violence is all around us and the spirit of hate is prevailing everywhere. The local news channels bear witness to the consequences of hate daily. Dr. Jeremiah says, "Across our country, an unprecedented spiritual famine is causing an epidemic of emaciated hearts."

I asked the question of myself, "Where is love?" As I tried to console myself, I arrived at work and began reading a poem which helped me to process what I was feeling. This poem expresses the complexity of love, written by Kahlil Gibran, in his book called "The Prophet." "Then said Almitra, speak to us of Love. And he raised his head and looked upon the people, and there fell a stillness upon them. And with a great voice he said: When Love beckons to you, follow him, though his ways are hard and steep. And when his wings enfold you yield to him. Though the sword hidden among his pinions may wound you. And when he speaks to you believe in him, Though his voice may shatter your dreams as the north wind lays waste the garden.

For even as love crowns you so shall he crucify you. Even as he is for your growth

so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, So shall he descend to your roots and shake them in their clinging to the earth.

Like sheaves of corn, he gathers you into himself. He threshes you to make you naked. He sifts you to free you from your husks, He grinds you to whiteness. He kneads you until you are pliant; And then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast.

All these things shall love do unto you that you may know the secrets of your heart, and in that knowledge become a fragment of Life's heart. But if in your fear you would seek only love's peace and love's pleasure, Then it is better for you that you cover your nakedness and pass out of love's threshing-floor, Into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears. Love gives naught but itself and takes naught but from itself. Love possesses not nor would it be possessed; For love is sufficient unto love. When you love you should not say, "God is in my heart," but rather, "I am in the heart of God." And think not you can direct the course of love, for love, if it finds you worthy, directs your course.

Love has no other desire but to fulfil itself. But if you love and must needs have desires, let these be your desires: To melt and be like a running brook that sings its melody to the night. To know the pain of too much tenderness. To be wounded by your own understanding of love; and to bleed willingly and joyfully. To wake at dawn with a winged heart to give thanks for another day of loving; To rest at the noon hour to meditate love's ecstasy; To return home at eventide with gratitude; and then to sleep with a prayer for the beloved in your heart and a song of praise upon your lips." Friends, Love is always present even in the pains of life!

Blessings!

## Independent Living Notes

*Laurie Wilson*

Are you a Master Mason? If so, Bill Fry would like to get together with you and other Masons over lunch! Please call Bill at 3031.

For those living in Tamarack and Elm, you may leave your trash outside your door after 7:00 pm for pick up. Please do not put it out sooner, as we want to keep the halls clean and fresh, as well as attractive for our residents and prospects.

The Health Center activities team is looking for IL residents who might enjoy reading to hospice patients. If this sounds like something you would like to do, please call Jamie Minder at extension 4230.

WVN Market: The craft market is next Wednesday, May 10, beginning at 2:00 pm. Those displaying and/or selling items may begin setting up after 11:00 am. Participant vendors please note: you can only expect one table, though we will try to accommodate a larger table for those with large displays. Those tables are very limited in number, however. Plan for a regular table, but bring more in case you are able to have a larger table.

Ladies lunch will be held at Stone Creek restaurant at the Town Center in Noblesville. ????

Five bluebirds hatched in the Herr bluebird house.



*Photos by Carl Herr*

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

*Laurie Wilson*

Happy Birthday (May 4)  
*Hank Wolfla*  
*Annette Martin*

Saturday, May 6  
1:30 Bridge (cl)

Sunday, May 7  
3:00 Vespers (fsh)

Monday, May 8  
*Happy birthday Merle Ritter*  
*Happy birthday Ruth Munro*  
9:00 Grocery shopping: Meijer  
9:30 Monday in Motion (tsh)  
11:00 Bible Study (cl)  
11:00 The Climb (tsh)  
1:00 Wii bowling (fsh)  
3:00 Chimes Group (2033)

Tuesday, May 9  
9:30 Light Lift Tuesday (tsh)  
11:00 Ladies lunch:  
3:30 Happy Hour (fsh)

Wednesday, May 10  
9:30 Cardio Pop (tsh)  
2:00 Rock Steady exercise class (tsh)  
2:00 WVN Craft Market (fsh)

Thursday, May 11  
9:30 Power Pump Thursday (tsh)  
11:00 The Climb (tsh)  
3:30 Happy Hour (fsh)  
6:00 Music: Dan Shelley (fsh)

Friday, May 12  
*Happy Birthday Jack Levy*  
9:00 Bargain Room Open!  
9:30 Fun Fitness Friday (tsh)  
1:30 Mahjong (cl)  
2:00 Mother's Day Tea (fsh)