

## 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  
Leslie Snyder 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 Harris, Dir. HC Operations - 3570  
Tracy Pope, HC Admissions - 2840  
Jackie Davidson, Director of Nursing - 2830  
Ebony Sims, Assistant Director of Nursing - 4490

### Nurses Stations

Aspen -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  
Meliyah Harris 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 - 4222Wellness Center, Tamarack - 1051

### Transportation

Willa Lawson, Driver - 2160

### WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

## In Memoriam

*Thelma Hall  
Mary White*

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

## Denisse's Diversified Wellness

*Denisse Garcia*

This August is National Wellness Month here is a list of things you can try to take care of your mind and body.

- Get a therapeutic massage
- Get a pedicure or manicure
- Use a planner to schedule in time for yourself
- Buy fresh cut flowers
- Eat your favorite meal
- Declutter 10 items
- Take a nap
- Practice progressive muscle relaxation
- Volunteer in your community
- Sit outside and watch the clouds
- Write a list of compliments about yourself

## Marketing Update

*Amy Morgan*

Ann Hanson and I will be on Fox 59's Indy Now show Monday, August 21, from 10 am-11 am.

Chef Thomas will be live on Facebook on August 31, at 1:00 pm for a cooking demo.

Be sure to watch us on the Westminster Village North Facebook page.



Westminster  
Village North

## The Westminster Foundation

*Laurie Wilson*

The Westminster Foundation was formed in 1982 and was created to perpetuate the WVN mission, which is to provide excellence in residential and health care services for senior adults in a secure home environment that enhances their mental, physical and spiritual well-being. Most residents are aware of, and some have benefited from, the Foundation's core mission of funding confidential benevolent care.

The Foundation goals are to:

- fund the cost for life occupancy residents whose funds have been wholly or partially exhausted;
- provide funds for special religious, musical, social, artistic, educational, recreational and health care programs, projects and facilities;
- provide funds for research into the social, economic, psychological, religious, spiritual and health care problems of seniors;
- foster and promote educational programs and facilities especially designed to aid persons in living happier, productive and more useful lives in their senior years.

Around the Village are visible signs of the Foundation's support. A 20-passenger bus, Life Trails® equipment around the main loop, the Mary Newill Wellness Center, improved sidewalks around the Village, and of course, the Foundation Social Hall – all made possible by the Foundation.

# Around the Village

A Publication of Westminster Village North

August 18, 2023

## Happy to Join WVN

*Leslie Snyder  
Executive Assistant to Shelley Rauch*

I am a wife of twenty-three years to my college sweetheart! We have two children: Jackson, 20, a full-time welder here in Indianapolis, and Olivia, 18, a college freshman at Taylor University, studying elementary education. We live in Fishers, IN.

I was born in Indianapolis and raised most of my life in Noblesville, IN. I attended Noblesville High School and went to college at Bob Jones University. Most of my family is here in the Indianapolis area. My husband is from Baltimore, MD, and Greenville, SC. We lived in Greenville when we were first married and moved back here when we had our son - living near grandma was a MUST!

My family and I attend church at I-Town in Fishers, IN. We spend our free time with family, taking care of our 1 ½ year old lab, Gus, who is a very active and anxious pet! My husband and I enjoy cooking dinner together, motorcycle rides, concerts, trying to grow beautiful flower beds in the Indiana climate, hoping they don't get eaten up by all the bunnies, and traveling.

My biggest accomplishment in life is my children and the family we have been blessed to create. I have spent the last eight years working in an elementary school special education department as an Instructional assistant. Previously, I worked in an Assisted and Independent Living community.

I am excited to now be here at WVN and have received a very warm welcome from residents and staff!

There is sometimes confusion regarding the Westminster Foundation and the Resident Council, especially when it comes to funding special projects. Both entities have donated funds for special projects or items that required additional funding, such as WVN departmental requested items that were not previously budgeted for by WVN.

Since the beginning of 2022, the Westminster Foundation has proudly sponsored the following:

Sycamore Memorial Garden  
Repair Life Trail Equipment  
Entertainment for AL art show  
Italian Lunch AL  
Ice cream social HC  
Brunch Bar IL  
Pond Fountain & Electrical  
Candelabras  
FSH table covers

The initial amount of money allotted to the Westminster Foundation Ideas Committee in 2022 was \$20,000.00. After the above expenditures, there still remains approximately \$8350.00. In May of 2023, the Westminster Foundation allocated an additional \$20,000.00 to the committee, bringing the total of funds currently available to approximately \$28,350.00.

The nine-person Foundation Board includes five resident members: Tom Kaercher, Carolyn Hardman, Martha Jungclaus, Jack Levy, and Tom Fisher. If you have any questions regarding the Foundation, you may talk to one of them, or Foundation Coordinator Tammy Stevens. Tammy can be reached at extension 3460 on Tuesdays and Thursdays.

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

Jamie Minder

If you are new to our Health Center, Welcome! Our Health Center consists of 5 different neighborhood units, including:

Willow Commons, Juniper Commons, Heatherwood Commons, Cedar Commons and Aspen Commons.

The Health Center Activity programming can be found on the calendar in your room. Please call Jamie at 4230 if you need a new calendar.

Join your new Resident Council President, Letha McNeely, the last week of August in Heatherwood Commons to make birthday cards for residents! Ask your activity staff for details.

Ladies' Lunch is planned for August 24, at 12:00 pm, in the Aspen Dining Room. Join the group!



Cottager Jennifer Steele has a little bird family growing inside her front porch plant. There are five eggs preparing to

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

Gabby Tijani



Last week AL had the pleasure of eating ice cream at Libby's in Fortville. On Aug. 22, at 5:45 pm, game night will feature Jeopardy. Please join us in the Sycamore Alcove to challenge your mind!

In preparation for the upcoming art show, Jocelynn will help you make collages on August 23 at 10:00am in the Sycamore Alcove.

On Aug. 24, at 3:00 pm, we will celebrate August birthdays and new residents. We ask our AL council representatives and longtime residents to come and share your knowledge of the village. Please join us for cake and fellowship in the Sycamore Alcove. On Aug. 25 at 1:00 pm, Denisse, from the Wellness Center, will teach chair exercises in the Sycamore Library. This class is open to anyone and is free. Come out and get those muscles moving!

We will end the week with a visit from Naomi the dog on the 26th. Our therapy dog will be coming door to door. If you are a dog lover, please notify Gabby Tijani at ext. 3530 to add you to the visit list.

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### AL Resident Meeting

Residents requested signage be placed outside of the Foundation Social Hall to notify those passing by if there is a private event.

Watch for signage with upcoming staff time off.

Outgoing mail: We are at the mercy of the postal carrier to pick up the mail timely. If you need mail taken to the post office quickly, please notify Gabby at ext. 3530.

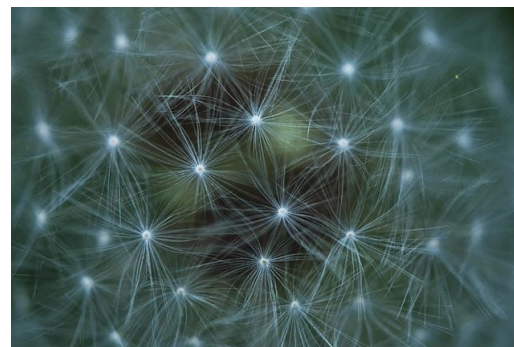
## Housekeeping

Window cleaning around campus began on Thursday, August 17. The first to see windows cleaned are cottage and duplex homes. Screens will be removed and cleaned as part of the process. The cleaning team is knocking on the cottage doors to provide service, so please allow them to do the work. If you are not home, it will be noted to revisit your home at a later time.

Following the cottage home window cleaning, the team will move to Tamarack, followed by Laurel Commons, and then the Health Center. Work should be complete by Thursday, August 24, weather permitting.

## Brain Teaser

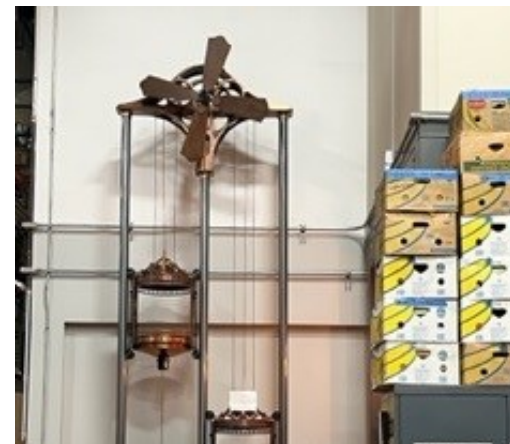
Pictures aren't what they seem. Can you identify what items are in these pictures?



## Antique Fan Museum

You may have lived in Indy all of your life and never heard of the Antique Fan Museum, located in Zionsville. The museum, which is housed in the headquarters of Fanimation, a fan design business, is said by the Antique Fan Collectors Association to be "The most comprehensive collection of air moving devices in the world."

IL residents visited the free museum and were totally impressed with the thousands of antique fans, including every single fan GE has ever made. Additionally, there is a nostalgic fan many who lived on the east side back (somewhere around 71st and Shadeland?) in the 60s or 70s might remember: The Loft restaura-



rant dumbwaiter fan, pictured below. Today, there are more than 2000 antique ceiling and desk fans, representing more than 140 manufacturers located in the museum.

## Independent Living Notes

Laurie Wilson

The Hanson family invites you to celebrate Ann's 90th birthday on Saturday, August 26, at 2:00 pm in the Foundation Social Hall. Sign up on the Touchtown app or call Laurie at extension 1053.

Nursing services in Independent Living are during clinic hours only, unless you have an emergency. If you have a non-emergency concern, such as a blood pressure check, feeling under the weather, or you want to turn in lab paperwork, etc., you may visit the nursing clinic daily between 1:00—2:00 pm. Please do not call to schedule an appointment at another time and do not track down or stop a nurse, including Jami and Tammy, for these services. If you have an emergency, such as a fall, please call 911, contact reception, and/or call Jami at extension 2660, or Tammy at extension 2665. In Tamarack, you must dial 1911 to reach the 911 operator.

New IL resident directories should be out later this week. (The copier machine has to be serviced before they can be printed). Included in the directory will be a map of the cottage homes, identifying the residents living in each cottage. Due to the continual change in Tamarack residents, it is not practical to label the residents living in each apartment. Therefore, although a map of Tamarack will be included, it will not identify residents in the apartments.

Yuletide tickets are going on sale next week. I plan to purchase a block for IL residents. If you would like to attend this concert on December 20, at 2:00 pm, please sign up on the app or call me and leave a message if I am not in my office. Ticket prices are said to begin at \$38 but are not yet posted for that performance.

The Garden Club will be presenting their findings and recommendations to all IL residents on Thursday, August 24 at 10:00 am in the Foundation Social Hall. You are encouraged to attend and provide input.

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

Laurie Wilson

Saturday, August 19  
7:00 Sing-a-long (Tsh)

Sunday, August 20  
3:00 Vespers (fsh)

Monday, August 21  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (cl)  
11:00 The Climb (Tsh)  
1:30 Downsizing presentation (fsh)  
1:30 Needlework group (3006)  
3:00 Chimes group (2033)

Tuesday, August 22  
*Happy birthday Karen Rose*  
9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (Tsh)  
10:00 Life Trail exercise group (door 3)  
1:30 Scrabble (cl)  
3:30 Happy Hour (fsh)

Wednesday, August 23  
9:30 Cardio Pop (Tsh)  
11:15 Men's Lunch:  
Aristocrat Pub  
2:00 Rock Steady exercise class (Tsh)  
3:30 Wii bowling (fsh)

Thursday, August 24  
9:30 Power Pump Thursday (Tsh)  
11:00 The Climb (Tsh)  
3:30 Happy Hour (fsh)  
7:00 Thursday Night Euchre (cl)

Friday, August 25  
*Happy birthday Ann Hanson*  
9:00 Bargain room open!  
9:30 Fun Fitness Friday (Tsh)  
1:30 Mahjong (cl)  
3:30 Wine Club (fsh)