

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 - 4222
Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, FT Driver - 2160
Les McConnell, PT Driver
Gary Roraus, PT driver

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

For those thinking about exercising for the first time or returning to exercise, it is important to build up your workout regimen slowly. This is to prevent any excessive soreness or injuries. If your plan is to improve endurance, start with five minutes and increase your time each week by a minute or two until you reach 30 minutes 5-6 days a week. When it comes to strength training, start with a light weight doing 5-8 repetitions until you can do each exercise for 3 sets and 10 -15 repetitions. Then you can increase your weight as needed. For any questions or help getting started do not hesitate to call extension 1051 or stop by the wellness center!

Monarch News

Dan Hibner

Finally, the first week of September, I have found three monarch caterpillars on *ascletias tuberosa*. Some years they prefer this particular milkweed. Two or three years ago I had several Monarchs mature on this particular milkweed. I have captivated three of these caterpillars and placed them in a container with live milkweed. Please check your milkweeds carefully. If you find any caterpillars and want me to raise them, we will release them early fall. Probably late September or early October.

Its great to know the Monarchs are passing through here and laying enough eggs for the next generation. These are the migrators. Stay in touch!

Happy Grandparents Day!!

Sunday, September 10

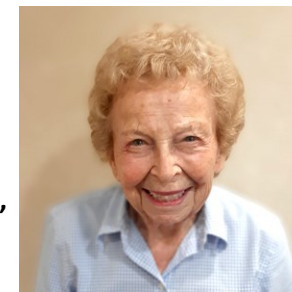
Thank you to all the grandparents for your love and support to our younger generations.



Westminster
Village North

Welcome to WVN!

Nancy L. Russell



When Florence Roberts stepped into her forever home in Tamarack 1011, it had been eloquently furnished and exquisitely decorated by her daughter and granddaughter. She was delighted!

This pretty little lady was born in Indianapolis, grew up in Indianapolis, graduated from Howe High School in Indianapolis, and has worked in Indianapolis. Her first position was at Rost Jewelers. Then, along with Westminster's own Ruth Munro and Diane Kaercher, she worked in a high-end gift shop located at 82nd and Dean Road. Yes, they even sold Waterford crystal! Diane and Ruth were also neighbors, and this threesome, along with their husbands, had cookouts, lunch outings, and in general had a steadfast friendship that now continues here at Westminster.

Her son lives here in Indianapolis, and her "interior decorating" daughter now lives in Atlanta. She has two grandchildren and one great-grandchild.

Florence came to us from a condo in Spruce Knoll. That condo, she remembers, sold one day before she listed it. I assume it looked as

Around the Village

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awesome as her apartment does now, thus the quick sale.

Florence has travelled extensively in England because her son-in-law was an airline pilot stationed there. She is also quite a knitter! Someone approached her in our dining room exclaiming, "You are that girl in high school who always wore those gorgeous sweaters you had knitted yourself!" Florence can't remember who that was, but wishes that person will make herself known again so they can chat. And, by the way, Florence produced her yarn and needles that somehow made the move to WVN!

This spry little lady laments that she may have gained a pound or two, and she wants to get moving. Our cuisine is just too tasty! Will someone please help her get acquainted with the exercise programs offered by Denisse?

What a delightful addition this new resident is to our growing family.

HC Bake Sale



The Health Center will have a bake sale on Friday, September 29, in Heatherwood Commons to raise money for our new HC resident fund.

Please help us raise money for residents in need, as well as to help purchase Christmas gifts for ALL HC residents.

WVN Annual Art Show



Wednesday, September 13
1:00—4:00 pm
Foundation Social Hall

This annual event enables residents and staff to show off their amazing artwork. Everyone is invited to stroll through the show and see the many different mediums used, especially by our residents. If you have not seen this show previously, you will not want to miss it! They are all truly talented!

If you are interested in displaying your own artwork, please call Gabby at extension 3530.

Wow!!

Thanks to the Cedar garden crew for helping grow these huge zucchini!!



Casino Night

Independent Living will host the 2nd annual Casino Night, this year sponsored by the Westminster Foundation. The event will take place on Thursday, September 28, 6:00—9:00 pm in the Foundation Social Hall.

The event will offer Craps, Roulette and four Blackjack tables without any money needed! If you would like to learn to play Craps, this is your chance. AMS entertainment provides professional dealers who are more than happy to teach you the games.

Residents from all areas are welcome to attend if you are able to get to the event on your own. There will be a time limit to play at the tables to ensure everyone has an opportunity.

Leisure Services will award prizes through a drawing, but you do not need to be present to win. Mark your calendars now. We look forward to an exciting evening of casino fun!

Thank You!!

The Westminster Foundation has purchased a device for the Foundation Social Hall that will enable us to show movies and presentations on both televisions at the same time! For example, when Leisure Services shows Oppenheimer this fall, we will be able to do that with both televisions showing the movie simultaneously, making it easier to view no matter where you sit in the room. It is these little things that can make a difference in resident experiences here at the Village.

The Westminster Foundation has been very generous with activities in all areas, and we appreciate the generosity and support you consistently provide! Thank You!!

If you would like to donate to the Foundation, please call Tammy at extension 3460.

A Week at a Glance...

Assisted Living

Gabby Tijani

Help us kick off National Assisted Living Week on Sunday, September 10, at 2:00 pm with a special performance by The Light Quartet. This will be right before Vespers. All are welcome. Thank you to the Foundation for sponsoring this event!

Chaplain Worth will be back on September 10 to provide the sermon for Vespers.

Gather to enjoy an ice cream social with ice cream from Sundaes on Monday, September 11, at 2:00 pm in the Sycamore Alcove.

On Tuesday, September 12, at 6:00 pm in the Foundation Social Hall, AL is hosting a family night with trivia, prizes and refreshments. Come on down to show off your knowledge.

On Wednesday, September 13, from 1-4 pm, the annual art show will feature art from staff, the health center, AL and IL. This will be held in the Foundation Social Hall. Light refreshments and music will be provided.

On Thursday, September 14, at 11 am we will have a catered luncheon by Kinsey's, a local Italian restaurant. Thank you to the Foundation for sponsoring this event. This will be held in the Foundation Social Hall. **The Sycamore Dining Room will be closed for the usual lunchtime meal.** Later on that evening, at 6:00 pm, Dan Shelley, aka Silver Dan, will be here to sing the classics.

To end Assisted Living Week, on the 15th at 2:00 p.m. we will have a cooking demonstration & sampling by Chef Thomas. This will be immediately following the Assisted living meeting at 1:00 p.m.

Peaceful Reflection

Chaplain April Scott

“Faith over Fear”

On Sunday I will be traveling to Jamaica to celebrate my friend's 60th birthday. I want to be excited about the trip, but there are so many unknowns that cause me to have some fear. I want the weather to be perfect, but we are traveling during hurricane season. I want all the flights to be on time, but they rarely are. I want to avoid Covid, but I will have to wear a mask and we know how uncomfortable they are.

Friends, I found myself worrying unnecessarily. I had to exercise my faith muscles. I had to conquer my fear by invoking my faith. Faith over fear is my way of letting go of the unknowns which caused me to worry. In other words, I had to let go of control and release myself into the hands of the One who is always in total control. God is the lifeguard that is on duty 24/7. I have decided that it is better to walk by faith and not by sight. Plus, I cannot see the future, so there is no point in worrying about what I cannot see. We must learn to take one day at a time no matter the challenges or obstacles we face because frankly, that is all we can manage sometimes. In the meantime, I have gathered holy scriptures from the book of the One who can see beyond what I can see. God's word is a lamp unto our feet and light unto our path which illuminates our direction, guiding us into the path of righteousness.

Friends, the next time you are worried about something here is something to help you exercise your faith over fear! God's holy word! These affirmation verses of faith are powerful tools to replace fear with trust in God's promises. Here are some Bible verses that you can use as affirmations to combat fear and bolster your faith:

Isaiah 41:10 (NIV): "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."
2 Timothy 1:7 (NIV): "For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."
Psalm 56:3 (NIV): "When I am afraid, I put my trust in you."
Psalm 34:4 (NIV): "I sought the Lord, and he answered me; he delivered me from all my fears."

Deuteronomy 31:6 (NIV): "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."

Psalm 23:4 (NIV): "Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

1 John 4:18 (NIV): "There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love."

Philippians 4:6-7 (NIV): "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Blessings!

September 10 Vespers
Chaplain Worth Hartman/Richard Perry

September 11 IL Bible Study
Maria Wasnidge (Resident)

September 12 AL Bible Study
Helen Reynolds (Resident)

September 12 Cedar Devotion
Pastor Debra Taylor (From the Caring Place)

September 13 Willow Devotion
Carol Buckley (From the Caring Place)

September 14 Ironwood Devotion
Christian coloring handouts to be given out by AL staff

September 14 Heatherwood Devotion
Spiritual Eldercare Devotion service on YouTube/Christian coloring handouts

September 17 Vespers
Pastor Daniel Payton/McCordsville United Methodist Church

Independent Living

Notes

Laurie Wilson

Thank you all for the kind birthday cards, posts, wishes –and song:)

Calling all artists! The annual art show is next week and we want YOU to display your beautiful work. If you have a painting or two, a collection of cards, needle work, etc. please call Gabby in AL activities to secure your spot! Her extension is 3530.

The Dietary meeting will be held in the Tamarack Social Hall this month to accommodate for AL week. The meeting is Thursday, September 21, at 1:30 pm. This is your opportunity to share you dietary thoughts, whether menu ideas, compliments/concerns, etc. with Dietary Director Dan and Chef Thomas.

Last call for Yuletide. If you are interested in going to Yuletide, a Christmas show put on by the Indianapolis Symphony Orchestra, please sign up on the app now! Tickets are approximately \$62.00—\$88.00 per person for main floor back—main floor center. These are not guaranteed, as seats are selling quickly. I will purchase tickets by the end of next week. Once tickets are purchased, if your name is on the sign-up sheet, or you have reserved through me personally, you will be responsible for payment regardless if you cancel or weather prohibits the outing. I will select the best tickets possible within the range stated, depending on availability.

There appears to be interest in starting a new bridge club. Call Laurie at extension 1053, if you would like to join the group.

We are also looking for casual euchre players. This is a more relaxed group of players, from beginners to more experienced players, who just play for the fun of the game.

A Week at a Glance...

Independent Living

Laurie Wilson

Sunday, September 10
Happy Grandparents Day!
3:00 Vespers (fsh)

Monday, September 11
Happy Birthday Charlie Case
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
3:00 Chimes group (2033)

Tuesday, September 12
Happy Birthday Steve Leichenauer
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
10:00 Resident meeting (fsh)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, September 13
Happy Birthday Kathryn Huelster
9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
1:00 WVN Art Show (fsh)
2:00 Rock Steady class (Tsh)
3:00 Caregiver Support Group (jpd)

Thursday, September 14
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
11:00 Trader Joe's/fast food/Total Wine & More
3:30 Happy Hour (fsh)
6:00 Dan Shelley—music sponsored by AL Activities
7:00 Thursday night Euchre (cl)

Friday, September 15
Happy Birthday Harry Thompson
9:00 Bargain room open (tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
10:00 Catholic Communion service (aca)
1:30 Mahjong (cl)