

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
Anita Sutton, 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

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
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

In Memoriam

*June Iwata
Dorothy Ruehl*

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

A service for Dorothy Ruehl will be held Saturday, November 18 at 2:00 pm in the Foundation Social Hall. You are invited to attend.

Denisse's Diversified Wellness

Denisse Garcia

The core exercises I have included this week are perfect to do in bed or on the ground. It is important to know that our core is not just our abdominal muscles, but our back and spine stabilizers. Over time these muscles can weaken from inactivity or improper posture. That is why when doing these exercises it is important to maintain a neutral position with your back and limit excessive movement to build up your muscles. Do these movements slowly and do not hold your breath. When done properly these exercises can lead to a decrease in back pain, improve posture, and prevent falls. Next week, I will provide a stretching routine.

SHARE-A-STORY

Kathryn Huelster

Do you know that some fellow residents love to tell stories to one another? Yes, there is a just such a group, OPEN TO ANY RESIDENT who would like to know your friends here at WVN a little better. We will come together this following Sunday afternoon at 1:30 pm in the Tamarack Social Hall. You are cordially invited to come and listen and laugh and enjoy some stories you've never heard before! Maybe you'll even think of a personal story you are willing for others to know about YOU! Hope to see new faces. Thank you!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

November 17, 2023

Welcome to WVN!

Nancy L. Russell

Ladies and gentlemen, we have another "true blue" Hoosier among us. Jane Cullar in T1018 was born and raised in Decatur, IN, just

south of Fort Wayne. She grew up on a farm and still owns the family farm. Most of us who spent our early years in rural America become quite resourceful. And Jane proved to be a shining example, as she made her own clothes. But we laughed and confessed that neither one of us ever learned how to successfully milk a cow!

Jane remembers attending an elementary school that met the needs of three grades - first, second, and third in one room with one teacher! Can you imagine that! Talk about juggling and keeping all three balls in the air! The school did consolidate, and she ended up having a "huge" graduation class of 29 students!

It was on to Purdue University for Jane where she met her late husband. The love was real, because he stayed at Purdue to get a degree in electrical engineering and she left after two years to transfer to I.U. South Bend. (I wonder who they cheered for in the I.U. vs. Purdue games?) They married after Jane earned a degree in elementary education. The couple had two children and now have four

grandchildren.

The family lived in South Bend for 20 years. Mr. Cullar worked at Bendix, and Jane was active in their children's education. She was also a den mother.

Jane and her late husband spent the next 20 years in Kokomo where he worked at Delco, the General Motors company. And that is how she met our Judy Lumbert. They were neighbors! Judy was the manager of the Social Security office in Kokomo. Small world, isn't it?

Since her daughter lives here in Indianapolis, as well as a granddaughter and grandson, and since she knew Judy, Westminster was chosen as Jane's forever home. She likes to read the newspaper on her computer. Jane really enjoys streaming old English mysteries. One of her favorite books is "Adventures of a Small Town Minister" by Gulley. Jane believes the real-life humorous anecdotes of this Quaker pastor surpass funny fiction.

If you visit Jane's pretty apartment you will see the gorgeous crewel embroidered pillows on the couch that she skillfully created. She likes to do counted cross-stitch as well.

Jane is a quiet, creative, humble addition to our diverse family. Her daughter is a speech therapist in one of our Marion County schools, and her granddaughter teaches in one of our IPS inner city schools. They carry on Jane's love of teaching and learning. That is Jane's admirable legacy. What a gift!



The Newsletter will not be published next week due to the Thanksgiving holiday. Enjoy the holiday with your family and friends.

Thank YOU!

On behalf of the entire Village, we thank you, Phyllis Darling, for the tireless and sometimes thankless work you have done in the Bargain Room! You have been a great organizer, solid leader, and most of all, an appreciated asset to the Bargain Room. You will be missed!

Phyllis has retired from the Bargain Room after 10 years! She was barely unpacked when asked to join the team. Once Barbara Wood retired from the leadership role, Phyllis stepped in and continued to ensure it was successful for the Resident Council—and ultimately for the Village.

With the passing of Carl Herr, who also was a tremendous asset to the Bargain Room, the Bargain Room needs more volunteers. Please contact a member of the Resident Council if you are interested in helping out.

A Week at a Glance... Health Center

Jamie Minder

Unfortunately the Health Center is still on COVID restrictions for three units. Therefore, Catholic communion service is canceled for Friday, November 17.

We did have a guest ballerina show our ballerina class some graceful moves on Willow Commons this week. In the meantime, puzzles are always



available in the Health Center Common areas. Keep your mind active—help put together a puzzle!



Farewell

Tammy Meadows

My last day here at this beautiful campus was Wednesday, November 15. It has been such a pleasure getting to know you ALL and most importantly to serve you. We have made so much progress in environmental services in my 1-1/2 years here. Thank you all for making me feel welcome.

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, November 18

2:00 Traveling activity cart delivering daily chronicles & activity pack to your door
3:00 Bingo (Salc)

Sunday, November 19

2:00 Traveling activity cart delivering daily chronicles & activity pack to your door
3:00 Vespers (Fsh)

Monday, November 20

11:00 Lunch Outing: Giordano's (sign up in the book across from the nurse's station)
1:00 (1-4) Daily chronicles, activity pack & mail delivery
2:00 Movie matinee & caramel apples (Lcl2)

Tuesday, November 21

9:15 Chair Yoga (Syc lib)
10:30 (10-11:30) Apartment visits/one-on-one social
10:30 Bible study/devotions (Lcl3)
1:00 Grocery delivery
1:30 Sing-a-long to songs of the 50's (Salc)
5:45 Game night (Salc)

Wednesday, November 22

9:15 Morning walk & stroll (Syc av)
10:00 Arts & crafts class (Syc alc)
1:00 Bingo (Salc)
3:00 Monthly Meet & Greet: meet new neighbors & celebrate birthdays (Syc alc)
4:00 Aviary clean and bird sensory. Watch a bird bath & discussion about birds.

Thursday, November 23

Thanksgiving
9:15 Morning outdoor walk & stroll (Syc av)
10:00 Men's coffee and trivia.
1:00 Group games. Let's play Don't Break the Ice, Name That Tune or Hangman
2:00 Cooks Corner (SAR) Who wants to make spring roll bowls? We will!
5:45 Bingo (Salc)

Friday, November 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 w/ personal trainer Denisse (syc lib). Free and open to all!
2:00 Movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

“A Close Encounter Almost Missed”

The other day while I was at lunch, I met a man down by the pond in the park. After setting up his fishing poles, the man settled into his lawn chair to watch over his catch, and in that instant, I could not help but feel a sense of sadness for him. On the one hand, he appeared lonely, while on the other, he seemed to be at peace. I asked myself how loneliness and peacefulness can exist in the same space.

The Holy Spirit nudged me to strike up a conversation with him, but the rational side of me said, “You don’t even know this person. He might think you are off your rocker.” But the Holy Spirit said you need to get to know this person. I made the decision to ignore what the Spirit was telling me, and I came back to work, only to sit in my car and debate whether I should go back and do as the Spirit guided me to do. As I was sitting in my car thinking that I have twenty-five minutes left until my lunch break is over and I could go back and do as the Spirit led me to do, I received a text from my daughter that said, “If you are reading this it’s never too late.” I immediately started my car and went back to the pond to see if the man was still fishing. As I pulled up, he was putting his fishing rods in the car. I nervously struck up a conversation with him, and he shared with me that fishing gives him peace. He shared that his wife died almost two years ago and that he comes to the pond to find peace instead of being lonely and bored at home. I shared with the man God’s love for him and that God is with him to help him through the lonely time of grief. We said our goodbyes and I drove back to work.

As I was driving back to work, all I could think about was how I would have missed an opportunity to witness God’s love to this individual and to be in communion with him as a care partner,

providing a space to share his story as he journeys through the terrain of grief. Jesus understood the impact of journeying with his disciples who were grieving as he journeyed with them on the road to Emmaus. The story is told in the Gospel of Luke 24:13-35. This Biblical story told in the Gospel of Luke, viewed through the lens of grief, reflects the emotional journey of individuals grappling with loss, disappointment, and the gradual process of healing. The two travelers on the road to Emmaus were in a state of mourning and confusion following the crucifixion of Jesus, someone they had hoped would bring redemption to Israel. Their downcast faces and the recounting of shattered expectations convey the deep sorrow and disillusionment they were experiencing.

The unrecognized presence of Jesus walking with them symbolizes the way grief can obscure our perception and prevent us from recognizing sources of comfort and understanding. Jesus engaged them in conversation, allowing them to express their feelings and providing a space for their grief to be shared. This interaction mirrors the therapeutic value of expressing one’s emotions and the role of companionship in the grieving process.

The revelation of Jesus’ identity through the breaking of bread serves as a metaphor for the transformative and healing power that can come from shared moments of connection and understanding. In their moment of recognition, the travelers’ sorrow turned to joy, illustrating the possibility of finding solace and meaning in the midst of grief.

Friends, the next time the Holy Spirit nudges you to strike up a conversation with a total stranger, remember you just might be the hope they need to journey on!

Blessings

Independent Living Notes

Laurie Wilson

Catholic communion service is canceled for Friday, November 17.

Laurie will lead exercise classes on Monday and Wednesday next week—join us for some fun. The remaining exercise classes with Denisse are cancelled for the week.

The Chimes group is looking for two new people to join. This group is led by Lawrence Bunting, and together they have produced beautiful chimes music for us. We look forward to the concert in December! Please call Lawrence at 317.690.0697 to learn more.

Quirks of Touchtown. While Touchtown is a fabulous tool of communication and information, it does have a few little quirks. One is when an activity says closed. That simply means the date has come for the activity. If it is a concert, or movie, or anything like that in the Foundation Social Hall—you are still welcome to join—without signing up! If there is a hard end date to sign up for something, I will mention it several times in the newsletter—and on the activity description. Hope this clarifies for you.

Thanksgiving Day Buffet

Tamarack Dining Room
12:00—4:30 pm
Residents \$10 Guests \$13

Tossed salad
Roasted turkey
Baked ham
Poached fresh salmon
Mashed potatoes w/gravy
Candied sweet potatoes
Stuffing
Back of the stove green beans
Super sweet corn
Dinner rolls
Assorted desserts

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, November 18
7:00 Sing-a-long (Tsh)

Sunday, November 19
3:00 Vespers (fsh)

Monday, November 20
9:30 Monday in Motion with LAURIE (Tsh)
11:00 Bible Study (cl)
11:00 The Climb (Tsh)
1:30 Needlework group (3006)
1:30 Quarterly birthday celebration (fsh)
3:00 Chimes group (2033)

Tuesday, November 21
9:00 Kroger on 79th
10:00 Life Trail exercise group (door 3)
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, November 22
9:30 Cardio Pop with LAURIE (Tsh)
1:45 SoChatti Chocolate—**cancelled**
2:00 Rock Steady exercise class (Tsh)

Thursday, November 23
Thanksgiving
Laurie PTO

Friday, November 24
Laurie PTO
9:00 Bargain Room open (Tamarack lower level)
1:30 Mahjong (cl)