

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
John Turrentine, 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
Julie Pine, Sales Manager - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, Leisure Services Coord. - 1053
Kevin Pruitt, PT 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 - 2161
Gary Roraus, PT driver - 2161

WVN Foundation

Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

Next week the temperatures will be in the single digits or even below zero. It is important to wear multiple layers and to cover your fingers, ears, and face. Make sure you are completely dry and moisturized before you go outside. If you use a cane, replace the rubber tip before it goes smooth. Wear shoes or boots with non-skid soles and good traction to prevent falls.

Bargain Room Now Open

The Bargain Room ladies have worked very hard to update the Bargain Room. They have rearranged shelving and cleaned up the entire room to make it more welcoming and shopper friendly.

The Bargain Room is now open beginning Friday, January 12, every Friday from 9:00 am—12:00 pm.

Community Choice Award Celebration

Friday, January 19
3:30 pm

Foundation Social Hall

Join us for food and drinks to celebrate this recognition from the Indianapolis community!

All are welcome to attend!

Brain Health

Anagram: Rearrange all of the letters to discover the related phrase.

Considerate

Dad Joke: What did one plate whisper to the other plate? Dinner is on me!

Fun fact: The largest snowflake to ever fall was 15 inches wide and 8 inches thick in Fort Keogh, Montana, in 1887 according to the World Record Academy.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

January 12, 2024

Arms Strong 2024

Laurie Wilson



Personal trainer Denisse Garcia has added new exercise classes for 2024 which enable people to concentrate on one area at a time rather than whole-body exercise. As one of the millions of people who made the resolution to get fit this year, I decided to check out her classes (when time allows) and report back to all of you.

Today's class, Arms Strong, was all about strengthening arm muscles. The first five minutes of "warm-up" was hard for me. I know I'm not in shape, but oh my! We hadn't even picked up the weights yet. I noticed the residents plowing through just fine. Then we picked up the weights. I selected 3lb weights for each hand. Residents had anywhere between 1-3lb weights, while Denisse used 5lb weights. She introduced a series of curls and lifts with a twist. For the group it was just strenuous enough not to overdue, but not easy either. I found the weight portion to be a great workout. In fact, I could do more. There was enough change in movements to not overdue but still feel the burn. She did break up the arm routines for a moment with a few bicycle legs and leg stretch exercises to give the arms a rest. Don't get me wrong, the muscles in my legs were worked out.

Everyone in the class was able to follow along well. They felt the burn, but I didn't see anyone quit. In fact, the opposite. They really seemed to enjoy the class, as did I. While exercising, Denisse shared a bit about her trip to the final Colts game with family, including all they ate—which was a lot! This helped us not to focus on the exercise itself so much and make the class more fun.

For those who do not regularly exercise, I strongly encourage you to do so!! There is no pressure with Denisse and it is well worth it. I'm sure I will feel the burn in my arms tomorrow, but I can see the fun residents had while exercising. The time went by so quickly...except the one 30 second routine I thought would never end. It's a start (along with my dance routines I do at home) to reach my goals for 2024. I appreciate the class allowing me to join them this week. Great job!

Greetings from the Health Center!

Shannon Harris

As we continue to see a spike in flu-like and respiratory illnesses, please remember that FLU, COVID and RSV are very real viruses that have been diagnosed to those within our campus. The protocols of protecting yourself haven't changed.

1. WASH YOUR HANDS often.
2. SOCIALLY DISTANCE where you are able.
3. WEAR A MASK when asked.
4. WEAR A MASK when you are not feeling well.
5. WEAR A MASK when you are around those who have a vulnerability to illnesses (like those in the health center).

If you are not feeling well, please reach out to a nurse to be tested.

Through this winter season we will see the requirements change for masks and isolation depending on what virus you have.

Please be patient and please be kind when you are asked to follow protocols. In the end, they are designed to keep all of us as healthy as possible.

If you have any questions, please don't hesitate to contact me or a nurse in your area. We appreciate you choosing Westminster Village North. You are the most wonderful part of our community!

A Week at a Glance Health Center

Jamie Minder

Thank you to our independent residents who donated time, money and/or gifts to our Health Center Christmas gift fund. We provided gifts for more than 120 residents. THANK YOU SO MUCH FOR YOUR KINDNESS!



We plan to have a New Year's Ladies Lunch celebration on January 18 at noon.

For updates and cancellations - please watch the TVs in each common area or call Jamie Minder at 4230.

A Week at a Glance Assisted Living

Gabby Tijani

Saturday, January 13
1:00 Bingo (Salc)
2:00 Traveling activity cart

Sunday, January 14
2:00 Traveling activity cart
3:00 Vespers service (fsh)

Monday, January 15
Martin Luther King Jr. Day
9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits/one-on-one social
10:00 Bible study/devotions (fsh)
1:00 Grocery delivery
2:00 Movie matinee & treats (Syc alc)
3:00 Daily chronicles

Tuesday, January 16
9:15 Morning Chair Yoga (syc lib)
10:00 Coffee & Conversation with Chaplain April (Syc alc)
10:30 Apartment visits/one-on-one social
1:30 Sing-along
3:00 Creative Arts (Sar)
6:00 Entertainment: Rhatatat (fsh)

Wednesday, January 17
9:15 Morning walk & stroll (Syc av)
10:00 Crafts & cocoa (Syc alc)
11:00 Lunch outing: Mi Tenampa Mexican restaurant
1:00 Bingo (Salc)
2:30 Wine & beer tasting (Syc alc)
4:00 Aviary clean and bird sensory

Thursday, January 18
9:15 Morning walk & stroll (Syc av)
10:00 Book club/book reading (Syc alc)
10:00 Men's coffee and trivia
1:00 Cook's Corner & food for thought (Sar)
2:00 Independent resident meeting (open to all) (fsh)
5:45 Bingo (Salc)

Friday, January 19
9:00 Catholic church visits door-to-door (9-12)
9:15 Morning walk & stroll (Syc av)
10:00 Grocery orders due
10:00 Catholic communion (aca)
1:00 Assisted Living resident meeting (fsh)
1:00 Chair exercise w/personal trainer, Denisse (syc lib)
2:00 Movie matinee & treats (Syc alc)

Peaceful Reflection

Chaplin April Scott

"Right Living is Right Loving"

As we commemorate Martin Luther King Jr. Day on January 15, 2024, we are reminded of the profound impact this civil rights leader had on the fight for equality and justice. One scripture that resonates with the principles championed by Dr. King is found in the book of Micah, specifically Micah 6:8. This verse encapsulates a timeless message that aligns with King's vision for a more just and compassionate society.

Micah 6:8 states, "He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God." This scripture encapsulates a divine blueprint for righteous living, and its relevance echoes through the corridors of history, including the inspiring legacy of Dr. Martin Luther King Jr. Dr. King tirelessly advocated for justice, challenging the systemic racism that plagued the United States during the civil rights movement. He urged individuals to rise against injustice and to actively participate in dismantling discriminatory practices. King's powerful speeches, peaceful protests, and unwavering commitment to justice became a beacon for those seeking a society built on fairness and equality.

The call to love mercy in Micah 6:8 resonates with King's emphasis on nonviolent resistance. Despite facing adversity, violence, and hatred, King encouraged his followers to respond with love and

mercy. His philosophy of nonviolent civil disobedience sought not only justice but also reconciliation and understanding. By embracing mercy, Dr. King paved the way for healing and unity in the face of deep-rooted societal wounds.

Micah's directive to walk humbly with God aligns with Dr. King's recognition of a higher moral authority that transcends human prejudices. King understood the importance of humility in the pursuit of justice, acknowledging that the struggle for civil rights was part of a broader, spiritual journey. This humility fostered a sense of interconnectedness and collective responsibility among those who joined the fight for equality.

As we honor Martin Luther King Jr. on this special day, let us reflect on Micah 6:8 and its timeless call to action. King's life and legacy mirror the divine principles of acting justly, loving mercy, and walking humbly with God. May we draw inspiration from both scripture and the courage of leaders like Dr. King and others as we continue the journey towards a society where justice, mercy, and humility prevail. For the scripture says in 1st John 4:8 "He who does not love does not know God, for God is love." Friends, let us do what God requires of us according to Micah 6:8 out of love for God and our neighbor, for when we do, God's Kingdom is visible to the world, and we are right living because we are right loving.

Blessings.

Independent Living Notes

The podiatrist has not reached back out with a corrected schedule as of yet. Plan on them being here Monday, January 15. Please call Tammy Rogers to schedule an appointment. Her extension is 2665.

Ann Hanson sends her appreciation and thanks to all of those who have supported her after the death of both her husband, Ray, and dog, Zoey.

There will be a sing-along on Saturday, January 20, at 7:00 pm in the Tamarack Social Hall. The Saturday evening sing-alongs will take place the third Saturday of each month.

Movie matinee: Oppenheimer. We will show the first half, which will be 1-1/2 hours long, on Monday, January 15, at 1:00 pm. Part 2 will be shown the following week.

Men's lunch: C.R. Heroes. This family pub is known for the "best ribs and best tenderloin in Indiana." Many say you must also have a pretzel. Her ingredients are fresh, never frozen and all items are made from scratch. It is located on 96th street near Mud Creek. The interior is decorated with memorabilia honoring heroes of all kinds, from local firefighters and police officers to superheroes. Sign up on the app or call me to sign you up!

I have had some great feedback and suggestions for on-site activities from the book club ladies. If you have suggestions, please let me know so I can research and get some new things on the calendars this year. By the way, the ladies want to know: Where are the men for Book Club? Join us next month for the first book.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, January 13
Happy Birthday Jane Wood
Sunday, January 14
3:00 Vespers (fsh)

Monday, January 15
Martin Luther King Jr. Day
Happy Birthday Marilyn Drew
9:30 Monday in Motion (Tsh)
11:00 Bible Study (fsh)
11:00 The Climb (Tsh)
1:00 Movie matinee:
Oppenheimer - Part 1 (fsh)
1:30 Needlework group (Syc lib)
3:00 Chimes group (2033)

Tuesday, January 16
9:00 Kroger on 79th
9:30 Arms Strong (Tsh)
11:30 Men's lunch: C.R. Heroes
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)
9:30 Men's Morning (cl)

Wednesday, January 17
Happy Birthday Evelyn Bolling
9:30 Quick Stop (Tsh)
10:30 Goldenaires
Mass/Luncheon (10:30-2) (fsh)
2:00 Rock Steady exercise class (Tsh)
3:00 Book Club (cl)

Thursday, January 18
9:30 Golden Glutes (Tsh)
11:00 The Climb (Tsh)
1:00 Wii bowling (fsh)
3:30 Happy Hour (fsh)

Friday, January 19
Happy Birthday Carolyn Jones
9:00 Bargain Room open (tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
10:00 Catholic communion (aca)
1:30 Mahjong (cl)
3:30 "Community Choice Award" celebration (Tsh)