

Staff Phone Directory

Receptionist—0
Dial off campus 9-area code-number
Emergencies: Dial 9-9-1-1

Activities - AL & HC

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

Campus Environment - Housekeeping

Dena Lira, Housekeeping Mgr. - 1060
Housekeeping Requests - 2300

Chaplain
April Scott- 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

IL/AL Nursing

Jami Blanton, Nurse Mgr. - 2660
Tammy Rogers, Asst. Nurse Mgr. - 2665
Sycamore Nurses Station - 2820, 2825
Ironwood Nurses Station - 2170

Marketing & Leisure Services

Amy Morgan, Dir. Marketing - 2140
Julie Pine, IL/AL Sales Manager - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, Leisure Services - 1053
Kevin Pruitt, PT Transition Coord. - 5380

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

In Memoriam

Bear Fowler
Patricia Swain

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

A Celebration of Life will be held for Anne Zukel on Tuesday, January 30, at 2:00 pm in the Foundation Social Hall. There will be music, food and beverages. All are welcome to attend.

Denisse's Diversified Wellness

Denisse Garcia

If you are new to Westminster or exercise, this upcoming week is a great time to check out the exercise programs offered here. There are the 9:30 morning classes, and each weekday is a different exercise. You can try all of the exercise classes with a one-week free trial. I offer The Climb, an exercise class for those with Parkinson's, free at Westminster. Rock Steady Boxing is another free Parkinson's-focused class. If you have a family member or friend interested in the classes, they are more than welcome to come, as the program is open to the outside community.

Common Areas

Our common areas are available to reserve for private family get-togethers, card groups, sports watching, and other activities. In fact, they are being used quite often. If you or a family member use a common area for an activity or private event, please be sure to return the room back to it's proper setup. Do not leave chairs and tables pushed in corners, as this damages walls and furniture. Please wipe tables when you are finished, as well as chair seats. These areas should remain "show ready" around the Village.

If you would like to reserve common space, please contact Laurie at extension



Westminster
Village North

Around the Village

A Publication of Westminster Village North

January 19, 2024

Welcome to WVN

Dina Lira has joined the WVN family as the Environmental Services Manager. She comes to us from Southern California, by way of Angola, IN.



Dina has two daughters, Camile and Christina. She and Camile live in downtown Indy while Camile completes her doctorate's degree in physical therapy.

Dina is a huge basketball fan! Go Pacers! She enjoys the Colts as well, but basketball is her talk.

Dina has been in housekeeping for many years and looks forward to working with everyone here. She is excited to have some new hires and will build a fabulous team and a strong cleaning routine for the Village.

Dina has learned the Health Center layout pretty well now, and as a result she averages more than 8,000 steps per day. Please welcome Dina when you see her walking the halls.

Bargain Room Open

The Bargain Room is now open again on Fridays, 9:00 am—12:00 pm. Furniture can be viewed by checking out the Frameos located in the Tamarack mail room or the HC Admin Hall. Also, you may contact Maria at extension 1017 to be shown furniture in person.

Activity Professionals Week

January 22-26

Activity professionals are an integral part of the retirement living community. They are responsible to ensure your life is filled with fun and meaningful activities. Activity professionals are the foundation of person-centered, person-directed care and quality of life. It's a fact that individualized activities support a person's goals, priorities and preferences and improve their quality of life.

WVN activity team members are dedicated, hard-working, and always hoping you find something each day to make you smile. They are always searching for the next fun and/or educational program for our residents.

"Thank you to all of our Health Center Activity Assistants for all their hard work. When you see them next week, tell them how much you appreciate their kindness!"
- Jamie Minder

Thank you Gabby and Ayannia! I enjoy working with you when our programs cross.

- Laurie Wilson

If you have suggestions for activities in your area, please contact your activities manager, or for IL residents you may put a note in the Leisure Services suggestion box located in the mail room.

Seniors

Submitted by William Voiles

The ability to speak several languages is an asset, but the ability to keep your mouth shut in any language is priceless.

Be decisive. Right or wrong, make a decision. The road is paved with flat squirrels who couldn't make a decision.

When I get a headache I take two aspirin and keep away from children just like the bottle says.

Just once, I want the prompt for username and password to say, "close enough."

Becoming an adult is the dumbest thing I've ever done.

If you see me talking to myself, just move along. I'm self-employed.

We're having a meeting but "your call is very important to us. Please enjoy this 40-minute flute solo."

Does anyone else have a plastic bag full of plastic bags, or is it just me?

I hate it when I can't figure out how to operate the iPad and my tech support guy is asleep. He's 5 and it's past his bedtime.

Today's 3-year-olds can switch on laptops and open their favorite apps. When I was 3, I ate mud.

A Week at a Glance Health Center

Jamie Minder

Don't forget to join Denisse Garcia, our Personal Trainer, for a weekly exercise class called "Games + Groovin," Wednesdays at 11:00 am in the Willow Lounge.



Our Ladies Lunch will now be quarterly instead of monthly.

Get Social! We have welcomed a lot of new neighbors to the Health Center - We encourage everyone to eat their meals in the dining rooms to meet new people!

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 20
1:00 Bingo (Salc)
2:00 Traveling activity cart

Sunday, January 21
Happy Birthday Mary Bryant
2:00 Traveling activity cart
3:00 Vespers service (Fsh)

Monday, January 22
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 23
9:15 Morning chair yoga (syc lib)
10:00 Catholic Mass (aca)
10:00 Coffee & conversation with Chaplain April (Syc alc)
10:30 Apartment visits/one-on-one social
1:30 Winter Reminisce (Syc alc)
3:00 Creative arts (Sar)
5:45 Game night (Salc)

Wednesday, January 24
9:15 Morning walk & stroll (Syc av)
10:00 Crafts & cocoa (Syc alc)
1:00 Bingo (Salc)
2:30 Wine & beer tasting Wednesday (Syc alc)
4:00 Aviary clean and bird sensory

Thursday, January 25
Happy Birthday Sarah Calder
9:15 Morning walk & stroll (Syc av)
10:00 Book club/book reading (Syc alc)
11:00 Lunch outing: Bernie's Place
1:00 Group games (Syc alc)
2:00 Cook's Corner & food for thought (Sar)
5:45 Bingo (Salc)

Friday, January 26
Happy Birthday Norma Sanders
9:00 Catholic church visits/door to door (9-12)
9:15 Morning walk & stroll (Syc av)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denisse (syc lib)
2:00 Movie matinee & treats (Syc alc)

Peaceful Reflection

Chaplin April Scott

You are chosen for beautiful things!
Friends, I have been immersing myself in a song called "Chosen" with the simple yet powerful lyrics, "You are chosen for beautiful things." As I basked in the beauty of this song, it brought to mind another song by King David, specifically Psalm 16:6, where he expresses, "The lines have fallen for me in a pleasant place; indeed, I have a beautiful inheritance. "Combining the lyrics of both songs fills me with an overwhelming joy, realizing that we are chosen for a beautiful inheritance and destined for beautiful things. Gratitude wells up within me as I thank God for his love and the exquisite inheritance, he has prepared for us, his children. John also writes about the beauty of heaven, but the most profound beauty lies in the fact that we will spend our eternal lives with the Creator of all existence—all because of His boundless love for us!

Revelation 22:1-5, Revelation 21:21-25
Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city; also, on either side of the river, the tree of life with its twelve kinds of fruit, yielding its fruit each month. The leaves of the tree were for the healing of the nations. No longer will there be anything accursed, but the throne of God and of the Lamb will be in it, and his servants will worship him. They will see his face, and his name will be on their foreheads. And night will be no more. They will need no light of lamp or sun, for the Lord God will be their light, and they will reign forever and ever.

And the twelve gates were twelve pearls, each of the gates made of a single pearl, and the street of the city was pure gold, transparent as glass. And I saw no temple in the city, for its temple is the Lord God the Almighty

and the Lamb. And the city has no need of sun or moon to shine on it, for the glory of God gives it light, and its lamp is the Lamb. By its light will the nations walk, and the kings of the earth will bring their glory into it, and its gates will never be shut by day—and there will be no night there.
1 Peter 1:4 says, "...to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you."

Have you made your reservation by accepting the beautiful gift of eternal life through Jesus Christ? If you haven't, let me share with you the information you will need to make your reservation at the most beautiful place that exists and remember you are chosen for beautiful things, a beautiful inheritance! Just read the links below to RSVP.

John 3:16 - For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.
Romans 10:9 - That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved.

Yay!

It's Cookie Time!!



Mary Gillespie's granddaughter, Aria, will be selling Girl Scout cookies for Troop 5493 again this year at Westminster Village. She will be stationed outside of the Tamarack dining room on Monday, January 29, at 4:00 pm. Be sure to bring cash or check when you go to the dining room for dinner. Cookies are \$6 per box this year.

Independent Living Notes

Podiatry visits: The following are the corrected dates for podiatry visits. **You must schedule your visit 2 weeks in advance with Tammy Rogers**, at extension 2665. You will not be able to schedule same day appointments.

Monday, March 25, 2024
Monday, June 3, 2024
Monday, August 12, 2024
Monday, October 21, 2024
Monday, December 30, 2024

Chimes will resume on February 12.

Dryer vent cleaning: Dryer Vent Solutions was here on Wednesday, January 10. However, they were unable to get to all the apts. They will be back on Monday, January 22 to finish the apartments. Apartments still needing service include: 2001 thru 2014 and 2031 thru 2033. Please be prepared to let them in for service.

There will be no Happy Hour on Tuesday, January 30. Instead there will be a Celebration of Life for Anne Zukel at 2:00 pm in the FSH. Beverages, including beer and wine, will be served with food.

The Oppenheimer (Hollywood version) movie will be shown on March 4. The first part will be shown from 10:30 am—12:00 pm. Break for lunch and then see part 2 from 2:00 pm—3:30 pm. I apologize for the error (although I hope you found it interesting).

Are you interested in a Nickel Plate train ride on April 2? The theme is Murder on the Big Top Express at a cost of about \$52 per person. The ride is 1-1/2 hours, beginning at 11:00 am. If you are interested, sign up on the app now. You will not be held accountable until I provide a deadline for final sign up and/or cancellation date.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, January 20
7:00 pm Sing-along (Tsh)

Sunday, January 21
3:00 Vespers (fsh)

Monday, January 22
9:30 Monday in Motion (Tsh)
11:00 Bible Study (fsh)
11:00 The Climb (Tsh)
1:00 Movie matinee: **Cancelled**

Tuesday, January 23
Happy Birthday Alice Dial
9:00 Grocery shopping: Meijer
9:30 Arms Strong (Tsh)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, January 24
9:30 Quick Stop (Tsh)
11:30 Bernie's Place: Lawrence High School restaurant
2:00 Rock Steady exercise class (Tsh)

Thursday, January 25
Laurie PTO
9:30 Golden Glutes (Tsh)
11:00 The Climb (Tsh)
3:30 Happy Hour (fsh)

Friday, January 26
Laurie PTO
9:00 Bargain Room **open** (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)

Let's Play!

If you would like to play the Mexican Train game during the day, please call Geri Melvin at extension 3033.

