

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

In Memoriam

Sally Pedersen
Mary Shake

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

Denisse's Diversified Wellness

Denisse Garcia

New Year is a great time to start healthy habits. Reflect on your current habits whether they are good or bad. Focus on one behavior at a time. When creating an action plan you can use the SMART criteria. SMART stands for Specific, Measurable, Achievable, Relevant, and Time-bound. The following is an example using this method so you can use it for your own goals:

New habit: Eating Healthier

Specific: I will only eat fast food once a month, decrease my cholesterol by eating fresh produce, and not eat past 8 pm.

Measurable: I will track my meals with a food journal or food tracker app.

Achievable: I will only eat fast food twice a month and decrease my cholesterol by eating fresh produce. I will track my progress through a food journal.

Relevant: I will only eat fast food twice a month and decrease my cholesterol by eating fresh produce. I will track my progress through a food journal. Doing so will increase my quality of life.

Time-bound: To lower my cholesterol, I will only eat fast food twice a month and increase my intake of fresh produce. I will write down what I eat every day for 6 weeks to keep track of my progress.



Westminster
Village North

Touchtown 2024

Laurie Wilson

In mid-January Touchtown will launch significant enhancements to improve user experience, particularly in navigation and communication within the platform. This means you will have easier access to all of the info on your Touchtown app. For example, it will look more like your home page on your phone, where you can click at the bottom to easily see activities, dining, etc., without having to keep going back and forth within the app.



Today's Activities

Once the change takes place, I will host a seminar for everyone to describe the changes. If you do not already have the app, it is highly suggested you get it and stay in touch with what's happening—especially in Independent Living! Call me at extension 1053 for more information or to help you get the app on your device.

Around the Village

A Publication of Westminster Village North

January 5, 2024



Community Choice Award Winner!

The IndyStar compiles a list of the best Indianapolis has to offer by putting it to the people. From beauty and health to wine and spirits, top employees to entertainment and leisure, there were 161 winners in 2023. Each year, the Best Things – Indianapolis Community's Choice Awards recognizes more than 450 businesses and organizations. The awards program starts with public nominations, and from the top five nominees in each category, the voting round selects the finalists and winners. Westminster Village North won in 2 categories!!

WVN was the winner in the 2023 Community Choice Awards for both best Assisted/Senior Living and best Nursing Home (skilled nursing) categories.

To celebrate, we will be hosting a party on Friday, January 19, at 3:30 pm in the Foundation Social Hall. (Note: the IL calendar says Tsh, but it is Fsh.) Please join us! And thank you to all who submitted WVN as their top choice. This truly is a wonderful, family-oriented community. We appreciate all of you choosing Westminster Village North as home!

Welcome to WVN

Julie Pine officially joined the WVN family on Tuesday, January 2, as the Independent and Assisted Living Sales Manager.



Julie came to the Village from Robin Run, where she was in the same sales role. She is looking forward to being a part of the tight-knit community the Village offers. Please welcome Julie as you see her in the halls.

Movin' into 2024

Amy Morgan

2023 was a great year for the Village! We were blessed with many new residents that have all been a great addition to our community. I am always grateful for your enthusiasm to meet our prospective residents on our tours. I personally want to say "Thank You" to each and every one of you for making 2023 a successful year! Onward and upward to 2024!

A Week at a Glance Willow Commons

Jamie Minder

Saturday, January 6
9:00 Morning movie matinee (wcl)
11:15 Naomi the therapy dog
1:00 Around the Village newsletter - to your door
2:00 1:1 Social visits
3:00 Puzzles (wcl)

Sunday, January 7
9:30 Digital devotions (Channel 21)
1:00 1:1 Social visits
12:00 Vespers (Social Hall)

Monday, January 8
9:15 Music & Movement (hw)
9:30 Art expression (hw)
10:45 Storytelling (hw)
1:00 1:1 Social visits
1:30 Bingo prize cart (your room)
2:30 Dominoes (Juniper dining room)

Tuesday, January 9
9:15 Music & Movement (Willow Lounge)
9:30 Art expression (wcl)
10:30 Seated ballet class (wcl)
1:00 1:1 Social visits
3:00 Bingo (wcdr)
6:15 Adult Coloring (Willow Lounge)

Wednesday, January 10
9:15 Music & Movement (hw)
9:30 Art expression (hw)
10:45 Storytelling (hw)
11:00 Games + Grooving (Willow Activities Room)
1:00 1:1 Social visits
2:00 Devotions with Chaplain April (wcl)
3:00 Movie matinee (wcl)

Thursday, January, 11
9:15 Music & Movement (hw)
9:30 Art expression (hw)
2:30 Resident Council (adr)
2:30 Dominoes (Juniper Dining Room)
6:15 Adult coloring (Willow Lounge)

Friday, January 12
9:00 Catholic visits (Your Room)
9:15 Music & Movement (Willow Lounge)
9:30 Art expression (wcl)
10:15 The Art of Coloring (wcl)
1:00 1:1 Social visits
2:30 Bingo (Juniper/Heatherwood dining room)

A Week at a Glance Assisted Living

Gabby Tijani

Saturday, January 6
10:30 Naomi Dog visits door to door
1:00 Bingo (Salc)
2:00 Traveling activity cart

Sunday, January 7
3:00 Vespers service (fsh)

Monday, January 8
Happy Birthday Ellen Thorn
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 9
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 Winter reminisce (Syc alc)
3:00 Creative arts (Sar)
5:45 Game night (Salc)

Wednesday, January 10
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)
3:00 Caregiver support group (jpd)
4:00 Aviary clean and bird sensory

Thursday, January 11
9:15 Morning walk & stroll (Syc av)
10:00 Book club book reading (Syc alc)
1:00 Group games (Syc alc)
1:00 Lunch outing: Moo & Lou Frozen Treats and More
2:00 Cook's corner & food for thought (Sar)
5:45 Bingo (Salc)

Friday, January 12
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

“Love more in 2024”

Friends, in my last article I shared with you that my new slogan for the new year was to “Love God and my neighbor more in 2024.” Well friends, it did not take long before I was challenged by this slogan. On Monday, January 1, 2024, I received a frightening phone call from my daughter. My daughter was crying uncontrollably as she shared with me that one of her close friends had been murdered, along with a companion who was with her. I had to take a deep breath to calm myself as I tried to console my daughter, but the flood of tears came streaming down my face. How could this be? How could this happen to such a wonderful young lady who had so much going for her and the man she was with who swore an oath to protect lives from fire. These are the questions that I had asked myself as I was trying to make sense of what had happened.

I asked God why. Why he? Why such senseless acts of violence that took two people’s lives? Of course, I was lamenting to God as I continued to try and make sense of this tragedy. I began to think about Jesus weeping for his friend Lazarus. In that moment, I felt Jesus weeping for us, weeping for the victims’ families and friends, weeping for humanity, weeping for a mother who has to live with the heart-wrenching pain of the tragic twist of fate that one son kills the other son on the very first day of a new year. It is a modern-day Cain and Abel narrative. Oh the pain Adam and Eve must have felt as they tried to console one another, having no human support system in place to help them with the pain of grief. God was the first responder and support they needed to help them get through such tragedy. Perhaps that is why God instituted the law of loving Him with all your heart, mind, soul, and strength and loving your neighbor as oneself.

God, the Holy Spirit, is the first responder in tragic moments in our lives ,weeping with us, being with us when life doesn’t make sense, guiding us along new paths as we experience a new normal in our lives. Our neighbor is the human agency that God has put in place to support us as we cope with loss and grief and the daily challenges of life. Remember the story of the good Samaritan and how in that life-and-death situation the Samaritan comes to his neighbor’s aid and takes care of him until he can take care of himself? It was not the holy men (the priest and the Levite) who came to the battered man’s rescue. It was the neighbor who loved the battered man as himself that provided care.

In my moments of grief and sorrow on Monday, a neighbor came to my aid. A co-worker asked if she could give me a hug as I tried to hold back the tears of the news I had just received. She hugged me as if she were hugging me on God’s behalf. Another co-worker shared how sorry she felt for me and my daughter, and offered to take me home if I could not drive and said to me that she would be praying for me and my family. It was neighbors/co-workers that became the support I needed, as I received the sad news.

Just when I was questioning my new year’s slogan considering the tragedy, I regained confidence in my new slogan as the Holy Spirit and my neighbors/co-workers helped me get through January 1, 2024, a day of great sorrow. The Psalmist says that weeping may last through the night, but joy comes with the morning. I want to thank my neighbors/coworkers for your moments of support for me! Friends, love God, and your neighbor too. You never know when He will use you!

Blessings

Independent Living Notes

Reminder: Next week’s scheduled resident meeting has been moved to Thursday, January 18, at 2:00 pm in the Foundation Social Hall. Shelley has invited board members to attend. Happy Hour will follow the meeting.

Diners, Drive-ins and Dives is a new theme each month. We will dine at some of the traditional and historic diners in central Indiana. The Steer In is one such diner with a long history here. It has been serving loyal customers since 1960! Please note these diners don’t typically take reservations. While Steer In is aware we are coming, we may need to split up tables, but they will accommodate as best as possible. Please be patient. It will be a fun experience.

There will be a sing along on Saturday, January 20, at 7:00 pm in the Tamarack Social Hall with pianist Winnie Muddiman. The Saturday sing alongs occur the third Saturday of each month at 7:00 pm. Anyone is welcome to join.

Beginning Sunday, January 7, at 7:00 pm and every other Sunday, there will be a 3-13 card game in the Cappuccino Lounge. Please see Sue Myer if you are interested in learning and/or playing this game.

Hello to all residents!! We will join together for our Monday afternoon monthly sing along this coming Monday, January 8, at 1:30 pm in the Tamarack Social Hall for an hour of making music together. Helen Fry, pianist, and I welcome all you new residents to participate – it’s just for fun, and you don’t have to read music. We will provide you with lyrics. All you have to do is come, or you can sign up first on Touchtown. Won’t you please join us?
- Kathryn Huelster

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, January 6
Happy Birthday, Sue Myer

Sunday, January 7
3:00 Vespers (fsh)

Monday, January 8
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (Tsh)
11:00 Bible study (fsh)
11:00 The Climb (Tsh)
11:30 Diners, Drive-ins and Dives: Steer In
1:30 Sing along: (Tsh)
3:00 Chimes group (2033)

Tuesday, January 9
Happy Birthday Judy Plimpton
9:30 Arms Strong (Tsh)
10:00 Resident Meeting (fsh) - **moved to January 18, at 2:00 pm**
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, January 10
9:30 Quick Stop (Tsh)
11:30 Ladies' lunch: Kopper Kettle
2:00 Rock Steady exercise class (Tsh)
3:00 Caregiver support group (jpd)
3:30 Book club: initial meeting (cl)

Thursday, January 11
Happy Birthday Barbara Campbell
9:30 Golden Glutes (Tsh)
11:00 The Climb (Tsh)
11:00 Trader Joe's/Fast Food/Total Wine & More
3:30 Happy Hour (fsh)

Friday, January 12
9:00 Bargain Room closed (tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
9:30 ISO Coffee Pops series
1:30 Mahjong (cl)