

Staff Phone Directory

Receptionist—0 or 317.823.6841
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

Erica Wilkinson, Foundation Coord. - 3460

In Memoriam

Mary walker

Please keep her family and friends in your thoughts and prayers.

Denisse's Diversified Wellness

The human foot is a complicated structure with 26 bones, 33 joints, and 29 muscles. All these work together to bear weight, balance, and walk. Common foot problems that occur as we age are plantar fasciitis, bunions, neuropathy, and hammer toe. Having any of these can lead to foot pain, which affects how you walk, increases sedentary habits, and can increase falling.

There are common foot exercises that can help with these conditions. When you do these exercises take your shoes and socks off and sit in a chair where your feet are placed flat on the ground. Toe curls is an exercise great for strengthening the bottom of your foot. You can place a tissue or washcloth and try to grip it with your toes. Toe-tapping is the action of lifting your toes off of the ground and placing them back down. Toe spreads are great to combat your foot being cramped in your shoes. Finally, using a firm ball to roll on the bottom of your foot is good for stretching and massaging tight muscles.

Assisted Living Notes

Please turn in your nominations to Gabby for election to Resident Council by March 8. Voting will be held on March 15 between 11:30 am -1:00 pm in the Sycamore dining room.

Join us in welcoming new residents on March 5, at 1:00 pm in the Sycamore Library for a meet and greet.

Bingo on March 7 at 5:45 pm is open to everyone!!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

March 1, 2024

Welcome to WVN!

Nancy L. Russell

Guess what, friends? We have another "Irish-American" in our midst! Mike Boyle in T 1015 tells me his parents emigrated from Ireland. Our dear Helen Olson is delighted! She has even given Mike some Irish memorabilia to adorn his shelf for St. Patrick's Day.



Born in Indianapolis, Mike graduated from Cathedral High School and then went to Marian University to get a degree in accounting. His first short-lived position as an accountant was with the Indianapolis Star newspaper where he met and married his late first wife. They had three girls and one boy. Sadly, she passed way at the age of 40. Eight years later he married his second wife. He is very proud of his 14 grandchildren and nine great grandchildren.

After several months at the Star, Mike was hired by Ford Motor Company here in Indy to be their accounting supervisor. He was there for 20 years. He attended Butler University pursuing a master's degree during his tenure there; however, he was transferred to their main company in Dearborn, MI, to be the North American Accounting Supervisor for Transmissions and Chassis. He retired after 15 years.

But Mike was not ready for the rocking chair yet. He took a position as an office manager for a law firm in Birmingham, MI, for the next two years.

They moved to Sarasota, FL, to spend their retirement years until his second wife passed away. Always the consummate family man, Mike moved back to Indianapolis to be surrounded by children and grandchildren.

Mike is a gentleman of deep faith. He served St. Simon as a communion minister, volunteered to sort clothes for the poor at St. Vincent DePaul, and served lunch at the Fatima Retirement House.

So why did this outstanding individual choose Westminster? It was close to his home, which is now up for sale; it was close to his multiple family members; and interestingly enough, it was close to McDonalds on Fall Creek and 79th, where he is a vital part of a men's coffee club. It is also close to his beloved St. Simon.

Mike was quite a golfer in his day. He also loves to read mysteries.

His friendship ambassador, James Stroud, shares Army stories with Mike, who was in the Reserves for eight years.

Be prepared folks, this mild-mannered, soft-spoken, man of God will charm your socks off! We are truly blessed to have him in our

Happy March Birthdays!

Borchelt, Alvin	Mar 03
Hershman, Nancy	Mar 03
Kiser, Margaret	Mar 03
Ricks, Stanley	Mar 03
Swain, Richard	Mar 04
West, Mildred	Mar 07
Sturm, Mary	Mar 09
Matson, Lyle	Mar 11
Ratliff, Margaret	Mar 11
Smith, John	Mar 11
Bowman, Sandra	Mar 12
Hoff, Marilyn	Mar 12
Leveresen, Leroy	Mar 12
Siler, Arlene	Mar 13
Taylor, Sandra	Mar 15
Wingo, Norma	Mar 17
Bell-Stevenson, Caro	Mar 18
Kinnett, Pauline	Mar 20
Langhammer, Clement	Mar 21
Coryell, Richard	Mar 22
Dillon, Lois	Mar 23
Foreman, Judith	Mar 24
Stephens, Willie	Mar 25
Muddiman, Winifred	Mar 26
Ritter, Dolly	Mar 28
Rush, Nancy	Mar 29

A Week at a Glance Health Center

Jamie Minder

Saturday, March 2
9:00 Morning Movie Matinee (wcl)
11:15 Naomi the therapy dog
1:00 WVN Newsletter to your door
2:00 1:1 Social visits

Sunday, March 3
9:30 Digital devotions (Channel 21)
1:00 1:1 Social visits
3:00 Sunday Vesper services (FSH)

Monday, march 4
Happy Birthday Papa Swain!
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 (Jdr)
4:00 Polish those NAILS! (wcl)

Tuesday, March 5
9:15 Music & Movement (hw)
9:30 Art expression (hw)
10:30 Seated ballet class (hw)
10:45 Storytelling (hw)
1:00 1:1 Social visits
5:30 Live dinner music (Juniper/
Heatherwood dining room)

Wednesday, March 6
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
3:00 Bingo (Juniper Dining Room)

Thursday, March 7
9:15 Music & Movement (hw)
9:30 Art Expression (hw)
10:45 Storytelling (hw)
2:30 Dominoes (Jdr)
6:30 Crafting Corner (wcl)

Friday, March 8
9:00 Catholic visits (YourRoom)
9:15 Music & Movement (hw)
9:30 Art Expression (hw)
10:45 Storytelling (hw)
1:00 1:1 Social visits
2:30 Bingo (Juniper/Heatherwood
dining room)

A Week at a Glance Assisted Living

Gabby Tijani

Saturday, March 2
1:00 Bingo (Salc)
Happy Birthday Alvin Borchelt

Sunday, March 3
3:00 Vespers service (FSH)

Monday, March 4
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 (Salc)
3:00 Daily chronicles & popcorn to your
door

Tuesday, March 5
9:15 Morning Chair Yoga (Syc lib)
9:30 Outing: shopping at Walmart
10:00 Coffee & conversation with
Chaplain April (Salc)
10:00 Traveling activity cart
1:00 Monthly Meet & Greet: Meet
new neighbors & learn more about Assist-
ed Living (Salc)
3:00 Crafts & cocoa (Sar)
5:45 Game night (Salc)

Wednesday, March 6
9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits/one-on-one social
1:00 Bingo (Salc)
3:00 Wine & beer tasting (Salc)
4:00 Aviary clean and bird sensory

Thursday, March 7
9:15 Morning walk & stroll (Syc av)
10:00 Trivia/ group games (Salc)
1:00 Movie Matinee (Salc)
2:00 Cook's corner & food for thought
(Sar)
5:45 Bingo (FSH)

Friday, March 8
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)
2:30 Creative Arts (Sar)

Peaceful Reflection

Chaplin April Scott

“Wonder-Full Women”

On March 8, we commemorate Interna-
tional Women's Day, an annual ob-
servance dedicated to celebrating the
social, economic, cultural, and political
achievements of women worldwide. It
serves as a poignant reminder of the in-
valuable contributions women make to
society and emphasizes the ongoing pur-
suit of gender equality. As we reflect on
the number of ways women have ad-
vanced their countries and communities,
I am reminded of a recent discussion
with members of our Monday Bible
study class.

We are currently exploring the book of
Ruth. We've recognized the necessity of
delving into the book of Judges to grasp
the backdrop against which Ruth's narra-
tive unfolds. The book of Judges, cen-
tered on the theme of judgeship, intro-
duces us to one remarkable woman
named Deborah, whose story resonates
profoundly with the themes of Interna-
tional Women's Day.

Deborah, revered as a prophetess, judge,
and military strategist in ancient Israel,
exemplifies wisdom, courage, and lead-
ership. Her narrative encapsulates essen-
tial aspects relevant to the ethos of In-
ternational Women's Day. In a time
marked by conflict and turmoil, Deborah
emerged as a beacon of leadership, defy-
ing societal norms within a patriarchal
context to command respect for her dis-
cernment and authority. Her elevation to
prominence underscores women's capac-
ity to lead and effect transformative
change.

Deborah's valor as a military leader is
equally noteworthy. Fearlessly guiding
Israel into battle against oppressors, she
galvanized her people to fight for free-
dom and independence. Her resolute
commitment to justice exemplifies the

spirit of resilience and determination hon-
ored on International Women's Day.

The biblical account of Deborah under-
scores the profound contributions women
have made to society throughout history.
Her leadership and wisdom were instru-
mental in shaping a better future for the
people of Israel, serving as a testament to
the enduring power of women's agency
and influence.

In contemporary times, we encounter
numerous women akin to Deborah who
embody traits of leadership, courage, and
empowerment across diverse fields and
endeavors. These modern-day
"Deborahs" inspire us with their advoca-
cy, resilience, and unwavering commit-
ment to effecting positive change. Con-
sider figures such as Harriet Tubman, whose
tireless efforts in the Underground Rail-
road facilitated freedom for countless en-
slaved individuals, or Judge Ruth Bader
Ginsburg, whose legal acumen and advoca-
cacy advanced gender equality and civil
rights.

Reflect on Vice President Kamala Harris,
the first female Vice President of the Unit-
ed States, and Stacey Abrams, a trailblaz-
ing political leader and voting rights activ-
ist. Contemplate the legacies of Malala
Yousafzai, a Pakistani education advocate,
Angela Merkel, the former Chancellor of
Germany, Ellen Johnson Sirleaf, the for-
mer President of Liberia, and Greta Thun-
berg, a Swedish environmental activist,
each contributing in unique ways to glob-
al progress and social justice.

As we honor the legacy of Deborah and
the countless women who continue to
shape our world, let us celebrate their
achievements and reaffirm our commit-
ment to advancing gender equality and
justice for all.

Remember Micah 6:8 (NLT) “No, O peo-
ple, the Lord has told you what is good,
and this is what he requires of you: to do
what is right, to love mercy, and to walk
humbly with your God.
Blessings

Independent Living Notes

There are two tickets available for the
ISO Coffee Classical concert on
Thursday, March 7. The bus departs at
10:00 am and will return around 12:30
pm. Please contact me if you would
like the tickets.

Cottagers, if you plan to attend the
cottager dinner on Wednesday, Please
sign up immediately so the chef can
prepare properly. For our newer
cottage residents, this dinner is a
special buffet for cottage residents
only. It enables you to get to know
your cottage neighbors a little more
intimately. If you do not yet have
Touchtown, please call me at extension
1053 to make your reservation.

Assisted living activities will host Bingo
every Thursday evening at 5:45 pm.
You are invited to join them in the
Foundation Social Hall.

Ladies: we will take our monthly lunch
club to the newly renovated Stutz
building, which is home to Café
Patachou. Although you may have
dined at one of the other Café
Patachous around town, this will be an
opportunity to see how the Stutz
building has once again been
transformed. They do not accept
reservations, but they expect we will
be able to dine with no problem. Sign
up on Touchtown, or call me at
extension 1053. The luncheon is Friday,
March 8, departing at 11:15 am.

March Madness: We will be playing our
own March Madness game featuring
ice cream! Instead of sports teams, we
will choose between 64 flavors of ice
cream to determine the ultimate best
ice cream flavor! I will be creating the
initial bracket for the 64 flavors. Look
for more information next week.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, March 2
1:30 Mexican Train Dominoes (cl)

Sunday, March 3
Happy Birthday Nancy Hershmann
Happy Birthday Margaret Kiser
3:00 Vespers (Fsh)
7:00 3-13 card game (cl)

Monday, March 4
9:30 Monday in Motion (Tsh)
10:30 Movie Matinee:
Oppenheimer (Part 1) (Fsh)
11:00 Bible study (Fsh)
11:00 The Climb (Tsh)
1:00 Needlework group (Syc lib)
2:00 Movie Matinee:
Oppenheimer (Part 2) (Fsh)
3:00 Chimes group (2033)

Tuesday, March 5
9:00 Kroger on 79th
9:30 Arms Strong (Tsh)
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (Fsh)

Wednesday, March 6
9:30 Quick Stop (Tsh)
11:30 Men's Lunch: Ft. Ben Pub
1:30 Mexican Train Dominoes (cl)
2:00 Rock Steady exercise class (Tsh)
5:00 Cottager dinner (Fsh)

Thursday, March 7
9:30 Golden Glutes (Tsh)
10:00 ISO Coffee Classical Series
11:00 Trader Joe's/Fast Food/Total
Wine & More
3:30 Happy Hour (Fsh)
5:45 BINGO (Fsh)
7:00 Casual Euchre: beginners &
beyond (cl)

Friday, March 8
9:00 Bargain Room open
(Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
11:15 Ladies' Lunch: Cafe Patachou
at the Stutz Bldg.
1:30 Mahjong (cl)