

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

Betty Lafara
Mary Ann Williams

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

A memorial service will be held for Betty on Saturday, April 6, at 2:00 pm in the Foundation Social Hall. All are welcome to attend.

Denisse's Diversified Wellness

Denisse Garcia-Martinez

Improper posture can cause difficulty breathing, neck and back pain, and increase the risk of falling. The most common is stooped posture which is having rounded

shoulders and a forward head. On one hand, a rounded posture often leads to tight chest, abdomen, and glute muscles. On the other hand, it causes your back, neck, and lower back muscles to be overstretched. To correct this, you will need to stretch the front of your body and strengthen your back.

Stooped Posture



Stretches include cat-cow, neck stretches, child pose, and standing with your back up against a wall. Strengthening exercises can include shoulder retractions, back rows, and doing snow angels on the wall.

AL Resident Council Nominations

The WVN Resident Council is in the process of electing its new members. Currently for Assisted Living, Annetta Huffman and Beverly Woerner have been nominated to represent AL. If you would like to be considered, or would like to nominate someone else for AL, please submit your nominations to Gabby not later than March 18. Voting will take place in the Sycamore dining room on March 27.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

March 15, 2024

Welcome to WVN!

Nancy L. Russell

Yes, Barbara Mead moved into T 3032 in December, and we are just getting around to telling you all about this incredible



lady. Barbara has serious health challenges which she is addressing with her care providers. This week we were finally able to sit down to leisurely and comfortably chat.

Born in Akron, OH, Barbara was reared in southern Indiana and ultimately landed in Indianapolis, where she graduated high school in Broad Ripple. While in high school she was active in their journalism program. As a reporter she interviewed famous personalities that came to town. Her writing interests prevailed when she attended Butler University, and some of her articles appeared in the Indianapolis Star.

Being the middle daughter between her older and younger sisters, Barbara was the more physical of the three. It is no wonder that as she pursued her academic interests she ultimately chose physical education and health as her major. She earned her B.A. at the University of Evansville and taught physical education at Harper Elementary. It was on to I.U. Bloomington for a master's degree and to Purdue for two PhD majors: psychology and motor development. She taught at Purdue for seven years and finally retired as

professor emeritus from the University of Tennessee after 26 years of service. At the college level to both undergraduate and graduate students, Barbara taught motor development, pedagogy (the art of teaching) and play theory. You name a sport, and this talented lady has probably taught it.

Throughout her tenure as a teacher, Barbara's proven theory was "observational learning or modeling behavior helps students master the subject matter." Her research specifically for her dissertation was the mechanics of the overhand throw. This innovative professor developed programs to teach preschoolers how to throw a ball so they would not need to unlearn bad habits only to re-learn the correct way later in life.

To illustrate her versatility, she is also a bird/critter enthusiast. She even mastered the art of getting blue birds to respond to a whistle and eat food from her out-stretched motionless hand! She really wants to meet our blue bird lovers here at WVN. Barbara belongs to several animal help organizations: National Audubon Society, Helping Pets of Ukraine, and Best Friends Animal Society, to name a few.

Don't be intimidated by all of her degrees and remarkable scholarly achievements. Barbara is a warm, friendly individual who is interested in people. She moved to Westminster to be near her sister, and we are very glad she did. You

Bargain Room

Ruth Iliff has announced she is retiring from the Bargain Room. Ruth has worked in the Bargain Room for at least 10 years! Her contributions have been most valuable. Thank you, Ruth!!

The Bargain Room is in great need of volunteers. It is a Resident Council-run program with the purpose of raising money for the WVN community needs. There are many opportunities to assist with the Bargain Room, including sorting, cleaning, etc. Cottagers are encouraged to volunteer, as currently only Tamarack/Elm residents are operating the Bargain Room. Please call Maria at 1017 for more information.

In the meantime, **the Bargain Room will be closed on Friday, March 22, due to the resident meeting that day.**

Thank You!

Dear staff and residents,

Thank you for the many beautiful birthday cards and your loving written thoughts. Blessings and joy to all.

Ginny Defourneaux

Thank you to Aniah Powell for the top-notch service she gave to the Ginny Defourneaux birthday party. We appreciated your great service and professionalism.

Annette Martin & Linda Horvath

A Week at a Glance Health Center

Jamie Minder

Thank you to everyone who came to our Health Center Shamrock Social to watch our magic show!



A Week at a Glance Assisted Living

Gabby Tijani

Saturday, March 16
1:00 Bingo (Salc)

Sunday, March 17
St. Patrick's Day
Selection Sunday
3:00 Vespers (FSH)

Monday, March 18
9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits/one-on-one social
10:00 Bible study/devotions (FSH)
11:00 Lunch outing: Chicken Salad Chick
1:00 Grocery delivery
2:00 Movie matinee (Salc)
3:00 Daily chronicles & popcorn to your door

Tuesday, March 19
9:15 Morning Chair Yoga (syc lib)
10:00 Coffee & conversations with Chaplain April (Salc)
10:00 Traveling activity cart
2:00 March Madness brackets & milkshakes (Salc)
3:00 Crafts & Cocoa (Sar)
6:30 Cornfields & Crossroads Band (FSH)

Wednesday, March 20
Happy Birthday Pauline Kinnett
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 21
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 22
9:00—12:00 Catholic Church visits door to door
9:15 Morning walk & stroll (Syc av)
10:00 Grocery orders due
10:00 Independent resident meeting: auditor presentation (Fsh)
1:00 Chair exercise w/personal trainer, Denise (syc lib)
2:30 Creative Arts (Sar)

Peaceful Reflection

Chaplain April Scott

"Giving Up to Go Up"

The other day I was at a friend's house, and we watched the movie "The Revenant" starring Leonardo DiCaprio. The movie is about a frontiersman on a fur trading expedition in the 1820s who fights for survival after being mauled by a bear and left for dead by members of his own hunting team. I was a little uneasy when my friend shared that it was a great movie. I translated this as meaning lots of violence and extremely action packed, and these are movies of which I am least interested. The movie's violence was so intense that half-way through the movie I asked my friend to turn it off. Emotionally, I could no longer witness the violence of man's inhumanity against man.

As I sit down to reflect on the significance of St. Patrick's Day, I find myself drawn to unexpected parallels between this celebration, the harrowing journey depicted in "The Revenant," and the life of Jesus Christ. While these may seem like dissimilar threads, they intertwine in a narrative of resilience, redemption, and faith.

St. Patrick's Day is often associated with festivities, parades, and the wearing of green. Yet at its core, it commemorates the life of St. Patrick, who was kidnapped in his youth, enduring tremendous trials and tribulations in spreading the message of Christianity throughout Ireland. His story, much like the journey of Hugh Glass in "The Revenant," is one of survival against the odds, guided by an unwavering faith.

In "The Revenant," we witness the main character, Hugh Glass's, relentless pursuit of survival amidst the unforgiving wilderness. Betrayed and left for dead by his companions, he embarks on a perilous journey of vengeance and redemption. His resilience in the face of seemingly insurmountable challenges mirrors the fortitude of St. Patrick as he navigated the treacherous landscapes of Ireland, facing opposition and persecution.

But what strikes me most is the parallel between these narratives and the life of Jesus Christ. Both St. Patrick and Hugh Glass endured suffering and hardship, mir-

roring the trials faced by Jesus during his earthly ministry, and just like in the movie "The Passion of Christ," I could not watch the suffering that Jesus endured at the hands of others while being abandoned by his disciples. Unlike the character Hugh Glass, Jesus endured the pain and suffering of the cross to redeem his believers and to destroy the enemies of his enemies, (Satan, sin and death). Jesus did not die and then rise to life again to seek revenge against those who crucified him. Jesus came down from his throne to earth and embraced suffering with a sense of purpose, driven by a higher calling. In this season of Lent, what are you willing to suffer through? What part of self are you willing to give up for God to transform? Matthew 16:24-26 in the message translation says then Jesus went to work on his disciples. "Anyone who intends to come with me has to let me lead. You're not in the driver's seat; I am. Don't run from suffering; embrace it. Follow me and I'll show you how. Self-help is no help at all. Self-sacrifice is the way, my way, to finding yourself, your true self. What kind of deal is it to get everything you want but lose yourself? What could you ever trade your soul for?"

Blessings

Ambassador Appreciation

WVN honored more than 40 resident ambassadors at a luncheon on Wednesday, March 13. Although the program has been in existence for many years, this group of ambassadors have served the community since 2020.

The ambassador program is an important part of the transition process for new residents entering the community. They are selected based on similar personalities, interests, and perhaps living situation. Ambassadors assist new residents in navigating the daily activities, show them around campus and introduce them to staff, offer to dine with them and perhaps introduce them to other residents with similar backgrounds and interests to help them assimilate quickly.

If you would like to become an Ambassador, please contact Nancy L. Russell at 3003.

Independent Living Notes

Be sure to fill out your March Madness ice cream brackets and return them to me by March 20. The first round begins March 21.

Join AL residents for the Cornfields & Crossroads performance on Tuesday, March 19, at 6:30 pm in the Foundation Social Hall. The band features Darryl Duety, one of our maintenance technicians.

Even if you think you know the safety procedures you should follow during a fire or tornado, it is advised that all of you go the safety meeting on Tuesday, March 19. Leslie will present the procedures you should follow during drills and actual emergencies. Too many times during drills, residents ignore them. This is a dangerous mindset. The "inconvenience" may cost someone a life. All of your questions will be answered, and you will feel better about the plans in place for emergencies.

The Herron Galleries have served as a vibrant site for the of exploration of contemporary art. They host free exhibitions at Eskenazi Hall on the IUPUI campus. The three exhibition galleries are all located on the main floor with easy access. This is a great opportunity to explore dynamic curatorial projects and public programming. Sign up today to visit the Herron Art Galleries!

Another exciting trip is to the Harris Sugar Bush Maple Farm on Friday, March 22. Maple collection season is January—March. The Harris Sugar Bush farm will have just collected its syrup. The owners will tell you their story while seated in an old cabin-like atmosphere. Their shop is open with many delicious products, including maple pecan topping for your ice cream! We have been there before—it's worth the trip.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, March 16
1:30 Mexican Train Dominoes (cl)
7:00 Sing-along (Tsh)

Sunday, March 17
St. Patrick's Day
Happy Birthday Jeanie Wingo
3:00 March Madness: Selection Sunday!
3:00 Vespers (Fsh)
7:00 3-13 Card game (cl)

Monday, March 18
Laurie PTO
9:30 Monday in Motion (Tsh)
11:00 Bible study (Fsh)
11:00 The Climb (Tsh)
1:30 Needlework group (Syc lib)
3:00 Chimes group (2033)

Tuesday, March 19
9:00 Kroger on 79th
9:30 Arms Strong (Tsh)
1:30 News & Views (cc)
1:30 Scrabble (cl)
1:30 WVN safety meeting (Fsh)
3:30 Happy Hour (Fsh)
6:30 Cornfields & Crossroads Band (Fsh)

Wednesday, March 20
9:30 Quick Stop (Tsh)
10:30 Goldenaires Mass/luncheon (10:30-2) (Fsh)
1:00 Herron Art Galleries
1:30 Mexican Train Dominoes (cl)
2:00 Rock Steady exercise class (Tsh)

Thursday, March 21
9:30 Golden Glutes (Tsh)
11:00 The Climb (Tsh)
1:30 Book Club (cl)
3:30 Happy Hour (Fsh)
5:45 Bingo (Fsh)
7:00 Casual Euchre: Beginners & beyond (cl)

Friday, March 22
9:00 Bargain Room CLOSED (TII)
9:30 Fun Fitness Friday (Tsh)
10:00 Resident meeting: auditor presentation (Fsh)
11:30 Harris Sugar Bush Maple Farm
1:30 Mahjong (cl)