

## 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 Coord. - 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

*Wilbur Davis*

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

## Denisse's Diversified Wellness

*Denisse Garcia-Martinez*

Thursday, April 11, is World Parkinson's Day, and a way you can show your support is to participate in Stand Up to Parkinson's. The mission is to show that exercise can slow the progression of the disease. This year the organization wants to reach 2,000,000 sit-to-stands in 24 hours.

A sit-to-stand is the movement you do when you are seated in a chair and stand up. It is a great form of exercise and essential to daily living. Join us on April 11t, at 11 a.m. when our Climb class will spend some time performing sit-to-stands, or you can do these on your own at home. I will record the number of sit-to-stands in class. You can call the wellness center, extension 1051, to leave your number, or log it yourself on the organization's website. The website is [www.standuptoparkinsons.com](http://www.standuptoparkinsons.com).

## IL residents visited Holcomb Observatory at Butler University

As a precursor to the total eclipse event, IL residents learned some fascinating insights on eclipses and their occurrences.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

April 5, 2024

## BHI News for Residents

*Incorporating the BHI Operating Model into Westminster Village North*

As promised in earlier communications, we'd like to keep you up to date on notable changes taking place following the affiliation. On April 5, a new operating model will be introduced into licensed areas of the community. While you may not notice any differences, staff members working in these areas will see changes.

In the first weeks since welcoming Westminster Village North to the BHI Family of Communities, members of our operations team have done a thorough review of the staffing in licensed areas. As with most senior communities, WVN has found staffing to be a challenge. Also, as with many other communities, numerous agency staff are being used. This is not optimal for either residents or staff. Constant changes in staff create a lack of continuity, which can diminish quality of care. Additionally, team members may find it harder to work with people who are not familiar with the community culture and standards of care.

For these and other reasons, BHI does not use contracted staffing in any of our communities. Our strategically developed operating model has enabled BHI to eliminate contracted staffing while providing high quality, more consistent care. This creates environments where both residents and staff thrive. The numbers demonstrate success:

- In Indiana, all but one of our communities are five-star rated.
- There are only 22 open positions

across the five Indiana communities, out of over 1,000 total positions.

- A recent survey shows an improving level of employee engagement of 76.04 with 32% highly or extremely engaged.

- Employee retention has improved. There is less turnover, which increases quality.
- Compensation for team members is higher when money does not need to be spent on contracted staffing.
- Overall resident satisfaction is 86.61 satisfied/very satisfied when considering all aspects of their community.

On April 5, we will begin a phased implementation of the BHI operating model at Westminster Village North. WVN administration and nursing leaders observed our operations and have a clear understanding of the efficiency, quality and high level of customer service gained through this model.

The stepped approach allows team members to gain a comfort level before moving to the next phase. There will be ongoing evaluation of our progress, and adjustments will be made accordingly. Because this new model will feel different for staff, a great deal of support will be provided. In addition to the central office operations team, there will be peer support from other BHI communities. These are individuals who work successfully within this operating model and understand the dynamics of change. It's important to note that most changes will involve reallocation of some team members and reassignment of various roles.

We appreciate your understanding

and any needed flexibility as your trusted team negotiates change. The results will provide ongoing benefits for both residents and staff members.

## Total Eclipse

*Laurie Wilson*

Don't miss the Total Eclipse Party on Monday, April 2, from 2:00—4:00 pm in the Foundation Social Hall. We will also be tasting the final four ice cream flavors of our March Madness ice cream tournament!

Indianapolis will experience its first total eclipse in 819 years! The next one visible in Indy is in the year 2153. The eclipse begins at 1:50 pm and ends at 4:23 pm, with totality lasting from 3:06 pm to 3:10 pm. **You will need to wear protective glasses to look directly at the sun during the entire eclipse phases, EXCEPT during totality (3:06—3:10 pm).** If you are walking over to the FSH, keep that in mind.

Weather permitting, we will venture outside from the FSH at 2:45 pm to view the eclipse. Leisure Services will provide protective glasses for residents and staff, up to 150 pairs. If you would like your pair of glasses prior to 2:00 pm, please contact Laurie at extension 1053.

There will be special cocktails and mocktails, games and educational trivia. Prizes will be given away. So plan to have some fun—even if it turns out cloudy, there is much to do and celebrate. IL residents, please sign up on the app! If you do not use the Touchtown app, then please call me to add your name to the list.

## A Purple Martin Colony For Our Village

*Dr. Dan Drew*

The purple martin house on Lincoln Trail Circle has become a familiar fixture to many residents of WVN. Dr. Dan Hibner, a successful martin landlord in his old South Carolina neighborhood, has not yet found the right combination of tricks to get a colony established here at Westminster Village. Quite by coincidence, I (the other Dr. Dan) found the discovery of Dr. Hibner's rig to be a very nostalgic event. For back in the 90's, I had found the right combination and became landlord to a hundred-plus martins right here in Indy.

My family left Indy for Florida 15 years ago. The colony was taken over by a neighbor, Tom Triol, who enjoyed the hobby and the martins for several years but had to disassemble the colony when an injury required him to move. The buyers did not want the martins, nor the equipment, but Tom did, and he put all those top-of-the-line gourds, tackle and landlording equipment into storage with no plan. He was certain, however, that he would come across someone who would put it to its proper place in the Indiana landscape.

Upon taking up residence at WVN, I contacted my old friend and fellow landlord, Tom Triol. It seems "magic" happened. The equipment was all available and has since been delivered to WVN for use at the Lincoln Trail Circle site.

Meanwhile in the actual bird world, millions of those wonderfully beneficial purple martins have left their winter home in Brazil and are due to complete their 5,000 mile return to Indiana in mid April. Their cousins, the tree swallows are already here.

Your two resident Dr. Dans have done additional research and will be collaborating with Tom Triol and local volunteers to lure martins to WVN. New tricks and equipment are in play. Stay tuned to see what might happen at the local martin residence under the watchful eyes of the two Dr. Dans and Tom Triol. We will soon be needing volunteer "bird watchers" and will be putting out benches for them.

## The Longest Day

*Laurie Wilson*

According to the Alzheimer's Association, for the first time "there are treatments that can change the course of Alzheimer's." While this is exciting news and a great step forward, the work of the Alzheimer's Association is not complete.

The Longest Day® is the day with the most light – the summer solstice. On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's through a fundraising activity of their choice. "The funds raised advance the care, support and research efforts of the Alzheimer's Association®."

WVN is joining the BHI team and our new sister communities by participating in the Longest Day®. We are creating fundraising events in the next few months that will raise money for our WVN team to contribute to the Alzheimer's Association Longest Day® program.

I have created our own WVN page through The Longest Day® program website. Note: Although the page is entitled Laurie Wilson, it is a Westminster Village North page. The link to the page is: [http://act.alz.org/site/TR?fr\\_id=17194&pg=personal&px=23578489](http://act.alz.org/site/TR?fr_id=17194&pg=personal&px=23578489). If you would like to see how much we have raised toward our goal of \$1600, or donate directly, please visit the page.

I am also going to add personal stories in the My Story section of the page. If you have a story they would like to share about you or someone you know or cared for with Alzheimer's or dementia, please send me your story to share on the web page.

Please look for more information on this program and our fundraising events in future newsletters and on Touchtown.

## Peaceful Reflection

*Chaplain April Scott*

"The Son of God blotted out the darkness of Sin."

The celestial dance of the heavens has always captivated humanity, evoking a sense of awe and wonder at the mysterious alignment of celestial bodies in the vast expanse of space. This cosmic choreography holds a profound significance, echoing themes of light and darkness, alignment, and divine intervention.

In the upcoming celestial event, the moon's path will intersect with that of the sun and the earth, casting a shadow over our planet in a moment of total darkness. It's a remarkable phenomenon, reminiscent of the intricate dance of creation itself.

In the realm of scripture, Jesus is often referred to as the "Bright Morning Star," a celestial metaphor that speaks to his divine radiance and unparalleled glory. The sun in our solar system, stands as the brightest of stars, illuminating our world with its life-giving light. Similarly, Jesus, the Son of God, shines as the brightest luminary in God's heavenly kingdom, bringing light and life to all who embrace him.

On the day of Jesus' crucifixion, a profound alignment took place—not merely of celestial bodies but of divine purpose and human destiny. As Jesus, the Bright Morning Star, was nailed to the cross, darkness descended upon the earth. Yet, this darkness was more than a mere eclipse; it symbolized the weight of sin and the separation from God that humanity had brought upon itself. However, in the midst of this darkness, the light of Christ shone brightly, piercing through the shadows of sin and death. His sacrificial love blotted out the darkness forever, offering redemption and reconciliation to all who would align themselves with him.

The gospel of Matthew recounts how darkness covered the land from the sixth

hour until the ninth hour—a profound moment of cosmic alignment, perhaps mirrored by the eclipse itself. Yet, even in the darkest hour, the light of Christ remained undimmed, offering hope and salvation to all who would embrace him. As followers of Christ, we are called to align ourselves with the light of his love, allowing it to illuminate our lives and dispel the darkness of sin. Though trials and tribulations may momentarily eclipse our faith, the light of God's presence within us will continue to shine forever, guiding us through the darkest of nights and leading us into the eternal dawn of his kingdom.

Matthew 5:6 says, "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven." Friends, let the world see your light!  
Blessings

## A Week at a Glance Assisted Living

Annetta Huffman and Beverly Woerner have been elected to serve on the Resident Council as representatives for Assisted Living. Congratulations!

AL has an outing to Applebee's on Tuesday, April 9. Please remember to sign up in the binder across from the nurses' station.

## Bake Sales

*The money raised from these sales will benefit the Alzheimer's Association through our participation in The Longest Day® program.*

Health Center: Monday, April 22, 10:00 am—12:00 noon and 2:00– 4:00 pm

Assisted Living and IL: Friday, April 12 10:00 am—12:00 noon and 2:00– 4:00 pm

We would appreciate volunteers to make baked goods for these sales. Please call your activity manager if you would like to bake goods.

## Independent Living Notes

*Laurie Wilson*

What is Proxurve? And what is the presentation? Proxurve is a company that specializes in cybersecurity. Mary Jean Orander's son, Steve, is president of Proxurve and has agreed to have his team give a presentation on cybersecurity and how it affects all of you. Cybersecurity is used to protect your personally identifiable information, such as your social security number, health care records, banking information, etc. Proxurve will share with you the threats and simple ways to protect yourself while using your smart devices. There will be plenty of time to ask questions to help you clarify any confusion you might have regarding cybersecurity. Be sure to join us for this presentation on Wednesday, April 10, at 3:30 pm in the Foundation Social Hall. Sign up on the Touchtown app.

Students from Purdue University will be here on Saturday, April 13, at 11:00 am in the Foundation Social Hall to discuss some of the hydroponic farming they are doing with Dr. Jellison. Dr. Jellison is WVN's Assisted Living medical doctor. She has been providing fresh vegetables from her farm to employees and residents free for several months now, which you may have seen out for the taking. In fact, if you want some veggies from her farm, she usually brings them on Tuesdays—just ask me where they are located each week. In the meantime, the students are anxious to talk to you. This is part of an ongoing project that is really quite fascinating. The garden club may find the conversations with the students particularly interesting. Please meet the students!

## A Week at a Glance... Independent Living

*Laurie Wilson*

Saturday, April 6  
1:30 Mexican Train Dominoes (cl)  
2:00 Memorial gathering: Lafara (Fsh)

Sunday, April 7  
3:00 Church service (Fsh)

Monday, April 8  
*Happy Birthday Dan Hibner*  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
2:00 Solar eclipse/March Madness championship party (Fsh)  
3:00 Chimes group (2033)

Tuesday, April 9  
9:00 Grocery shopping: Meijer  
9:30 Arms Strong (Tsh)  
1:30 Scrabble (cl)  
3:30 Happy Hour (Fsh)

Wednesday, April 10  
*Happy Birthday Geri Melvin*  
9:30 Quick Stop (Tsh)  
1:30 Mexican Train Dominoes (cl)  
2:00 Rock Steady exercise class (Tsh)  
3:00 Caregiver support group (jpd)  
3:30 Proxurve presentation: cybersecurity (Fsh)

Thursday, April 11  
*Happy Birthday Steve Koepper*  
*Happy Birthday Herman Adams*  
9:30 Golden Glutes (Tsh)  
11:00 The Climb (Tsh)  
2:00 Dietary meeting (Fsh)  
3:30 Happy Hour (Fsh)  
5:45 BINGO (Fsh)  
7:00 Casual Euchre: beginners & beyond (cl)

Friday, April 12  
*Happy Birthday Lyanne Perkins*  
*Happy Birthday Dian Weller*  
9:00 Bargain Room open (Tamarack lower level)  
9:30 Fun Fitness Friday (Tsh)  
1:30 Mahjong (cl)  
3:00 Wii bowling (Fsh)