

## 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 Asst. - 3530  
Jamie Minder, HC Activities Mgr. - 4230

### Beauty Shops

Tamarack - 1230  
Sycamore - 2777  
Health Center - 3080

### Business Office

Dawn Martine, Resident Account Asst. -  
BHI Central Office - 317.708.6938  
Billing@westminstervillage.com  
Insurance@bhiseniorliving.org  
John Turrentine, Accounts Payable  
Specialist - 2910

### Campus Environment-Maintenance

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

Kevin Ward, Executive Director - 3500  
Leslie Snyder Executive Asst. - 3510

### Food Services

Dan Armantrout, Dir. Food Services - 3750  
David Siegler, Sr. Executive Chef -3440  
Estelana Fairley, HC Dietary Mgr. - 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 - 3297, 3295  
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  
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

*Rafaela Rodriquez*

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

## Denisse's Diversified Wellness

*Denisse Garcia-Martinez*

Did you know if you are pre-diabetic or have type 2 diabetes you can reverse it with changes in diet and exercise? According to a research article in the Lancet Medical Journal, those who followed an intensive diet and exercise plan for a year lost an average of 26 lbs. and 61% of the group had regular blood sugar levels. The other group followed a medical plan of drugs to regulate blood sugar, cholesterol, and blood pressure. A downside is that most will continue to use these drugs indefinitely to maintain healthy blood levels. This comes to show one of the ways how exercise is truly medicine.

## Foundation News

*Erica Wilkinson*

The Foundation is excited to announce we have two new members of the Golden Oak Society:

Rosemarie Albers  
Nancy Withington

We can't thank you enough for your generous support of the Westminster community! Foundation donations directly support needed improvements all over the village, including the exciting new projects that will begin immediately in Juniper and Willow! The Foundation has funded a renovation project to update and replant the patios and garden areas around Juniper and Willow Commons. Residents will soon enjoy even more of the beautiful outdoor space that Westminster has to offer.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

July 5, 2024

## Welcome to WVN

*By Nancy L. Russell*

Lucy Newton, our newest resident who lives in T2010 and will be relocating to 6228 Whitewater after her home sells, was born here in Indianapolis and has lived in Irvington her entire life. Most of us felt leaving our former homes was traumatic. Lucy has lived in her home since the 5th grade. She describes leaving that dwelling as a "wrenching experience!"



Even though she is currently living with unpacked boxes, she is enjoying herself at Westminster. Lucy was very complimentary of her friendship ambassador, Debbie Cook, as she told me how helpful Debbie has been.

After graduating from Howe High School, Lucy attended Ball State University, where her father was a voice instructor. She said, "I learned to play pool in the Student Union at Ball State." She didn't mention the academic courses she took. I don't know if she ever challenged Minnesota Fats, but with a mischievous grin Lucy admitted that she became "quite good!" Readers beware if she suggests a meeting in our "pool hall."

For the next 25 years, Lucy worked with radiologists and lawyers while she was enrolled at IUPUI, where she earned a degree in English literature. Even though she loved the time she spent in healthcare, the legal system became her final career. She began as a legal assistant but soon advanced to a

paralegal, which she still practices online in her apartment. In fact, all of the employees with the law firm for whom Lucy works do so remotely.

This remarkable lady also went to Indiana Business College - the same school her mother attended. She explained that when the radiologist looked at an X-ray, he would dictate what he saw as she typed what he was saying. While also viewing the film and seeing what the physician was describing, she typed 100 words per minute. I had to confess that at age 18 my top speed at the typewriter was one-half that! Of course, her shorthand expertise helped - not only with medicine but the legal profession as well.

Lucy is a master gardener. Her balcony contains some of her beloved plants. She plans to plant a vegetable garden when she moves to her cottage, as well as perennials such as hostas and daylilies - her specialty. This dedicated botanist belongs to two daylily clubs. When you share a meal with her, ask about her daylily "cultivars."

In addition to her love of gardening and growing things, this amazing lady sings. I mentioned that her father was a voice instructor at Ball State - well, his daughter was his prize pupil. She still takes voice lessons. Lucy has sung with our Symphonic Choir among other notable groups in Indianapolis. She works online during the day but hopes to join our singers on the weekends.

Lucy attends All Souls Unitarian Church along with John Wendt, Judy Lumbert and Ginny Defourneaux. They are one of the reasons she chose Westminster. What a unique, gifted, talented lady we've fortunately added to our WVN family!

## CareMerge

*Laurie Wilson*

I am very excited to announce that on September 1, WVN will be switching from Uniguest (formerly TouchTown) to CareMerge.

CareMerge is a resident engagement platform (app) similar to Touchtown but with some much greater capabilities and features to enhance communication and provide the opportunity to share more detailed information. It also includes a user friendly voice component for those who either have poor eyesight or just prefer voice interaction. Additionally, it will not be limited to IL residents, allowing for greater communication throughout the Village and with family members. Although I am not yet sure of the specifics for WVN, I do believe this is going to be of great value for everyone.

Staff will be learning more and undergoing training on CareMerge beginning in the next couple of weeks.

## A Week at a Glance Health Center

*Jamie Minder*

Saturday, July 6  
9:00 Morning movie matinee (hw)  
11:15 Naomi the therapy Dog  
11:30 Adult coloring + puzzles (hw)  
1:00 Around the Village Newsletter -  
to your door  
2:00 1:1 Social visits

Sunday, July 7  
9:30 Digital Devotions (Channel 21)  
1:00 1:1 Social visits  
3:00 Village church (Social Hall)

Monday, July 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)  
3:00 Reminiscing + Remembering (hw)

Tuesday, July 9  
9:30 Art Expression (hw)  
10:30 Seated ballet class (wcl)  
10:45 Storytelling (hw)  
1:00 1:1 Social visits  
2:30 Polish those NAILS! (hw)  
5:30 Live dinner music (Juniper/Hwd)

Thursday, July 11  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Games + Grooving (hw)  
1:00 1:1 Social visits  
3:00 Bingo (Juniper Dining Room)

Friday, July 12  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Devotions with Chaplain April  
(hw)  
1:00 1:1 Social visits  
2:30 Resident Council (adr)  
3:00 Reminiscing + Remembering (hw)  
3:00 Sounds + Sensory (hw)  
6:30 Crafting Corner (wcl)  
9:00 Catholic visits (Your Room)  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Soak up the sun (Hwd Patio)  
1:00 1:1 Social visits  
2:30 Bingo (Juniper/Hwd dining room)

## A Week at a Glance Assisted Living

*Gabby Tijani*

Saturday, July 6  
1:00 Bingo (syc lib)

Sunday, July 7  
3:00 Church service (FSH)

Monday, July 8  
9:15 Morning walk, stroll & gardening  
(Syc av)  
10:00 Apartment visits/one-on-one so-  
cial  
10:00 Bible study/Devotions (FSH)  
1:00 Weekly news & discussion (syc  
lib)  
3:00 Movie matinee: Quiz Lady (Fsh))  
5:45 Bingo (FSH)

Tuesday, July 9  
9:15 Morning Chair Yoga (syc lib)  
10:00 Coffee & conversation w/  
Chaplain April (syc lib)  
10:00 Traveling activity cart  
3:00 Crafts (Sar)

Thursday, July 11  
*Happy Birthday: Barbara Coovert*  
9:15 Morning walk, stroll & gardening  
(Syc av)  
10:00 Apartment visits/one-on-one so-  
cial  
1:00 Group games/puzzles (syc lib)  
3:00 AL Monthly Happy Hour &  
birthday celebration (syc lib)  
4:00 Aviary clean and bird sensory  
5:30 Caregiver support group (acl)

Friday, July 12  
9:15 Morning walk, stroll & gardening  
(Syc av)  
10:00 Travel cart & popcorn (Salc)  
1:00 Movie matinee (syc lib)  
3:00 Cooking demo & tasting (Sar)  
6:00 Entertainment: Silver Dan (FSH)  
9:00 Bargain Room open (TII)  
9:15 Morning walk & stroll & gardening  
(Syc av)  
1:00 Assisted Living resident meeting  
(FSH)  
1:00 Chair exercise w/personal  
trainer, Denisse (syc lib)  
2:30 Creative Arts (Sar)

## Peaceful Reflection

*Chaplain April Scott*

True Freedom is not Cheap!  
As we celebrate Independence Day, I am reminded not only of our nation's hard-won freedom but also of the deeper spiritual freedom we have in Christ. Galatians 5:1 resonates in my heart: "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery."

Independence Day, marked on the Fourth of July, commemorates the courageous declaration of independence by the American colonies. It was a bold stand against oppression, proclaiming the right to freedom and self-governance. The celebrations with fireworks, parades, and gatherings remind us of the sacrifices made and the enduring principles of liberty and justice. Reflecting on this day of national pride, I am struck by the great theologian, Dietrich Bonhoeffer's, distinction between cheap grace and costly grace. Bonhoeffer, in his book "The Cost of Discipleship," warns against cheap grace, which he describes as grace without discipleship, forgiveness without repentance, and freedom without sacrifice.

In our celebration of national independence, it's easy to equate freedom with mere privilege—a cheap grace of sorts. Amidst the brilliance of fireworks and the allure of hamburgers and hotdogs, it's easy for us to overlook the sacrifices made by those who fought for our liberties or to forget the ongoing struggles for justice. Similarly, in our spiritual lives we can fall into the trap of cheap grace by embracing forgiveness without transformation or claiming freedom without the commitment to follow Christ wholeheartedly.

Costly grace, as Bonhoeffer describes, is the gospel that must be sought again and again, the gift that must be asked for,

and the call that demands our entire lives. It is the true freedom we find in Christ—a freedom that calls us to take up our cross, follow Jesus, and live out his teachings of love, justice, and compassion in the world.

As I celebrate Independence Day and reflect on the teachings of scripture and Bonhoeffer, I am challenged to embrace costly grace in all aspects of my life. It is a call to stand firm in the freedom Christ has won for me, to reject the allure of cheap grace, and to live with courage and conviction.

This Independence Day, may we not only celebrate our nation's freedom but also renew our commitment to live out the costly grace of Christ. Let us stand firm in the truths of Galatians 5:1, cherishing our freedom in Christ and striving to be agents of justice, love, and transformation in our beloved community and beyond.

Blessings

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## A quote from Conjectures of a Guilty Bystander

By Thomas Merton

In a time of drastic change, one can be too preoccupied with what is ending, or too obsessed with what seems to be beginning. In either case, one loses touch with the present and with its obscure but dynamic possibilities.

You do not need to know what is happening, or exactly where it is all going.

What you need is to recognize the possibilities and challenges offered by the present moment, and embrace them with courage, faith, and hope.

In such an event, courage is the authentic form taken by love.

## Independent Living Notes

*Laurie Wilson*

Kevin Ward will be on vacation July 5-15, returning July 16. Therefore the resident meeting scheduled for July 9 has been moved to July 18, at 10:30 am in the Foundation Social Hall. Please adjust your calendars.

*Quiz Lady:* The Monday afternoon movie will be *Quiz Lady*. If you like game shows, you will love this movie. I watched the entire movie last weekend and thought it was funny. I *was* surprised how funny Karl thought it was...so guys, come watch too!

The *Circle City Brass Quintet* will be playing during the Thursday Happy Hour. Please come out and listen to the band and have a cocktail or mocktail with friends.

*Add to your calendar: July 15, Facts about Wax with Snacks!*

Interested in becoming a community scientist? Westminster Village is partnering with Indiana University School of Medicine on a research project to explore hearing loss and dementia by looking at ear wax in seniors. You are invited to participate in their activity Wax with Snacks! This will be a Bingo event on Monday, July 15, at 3:00 pm in the Foundation Social Hall. Get to know the researchers, learn about the project, and have some fun! If after learning about the project you want to participate in the study, you will be able to sign up with them to further participate privately in this important project. This is a great way to help researchers without donating money, but just a little bit of time! Please help them out! Sign up on Uni or call me at extension 1053.

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

*Laurie Wilson*

Saturday, July 6  
1:30 Mexican Train dominoes (cl)

Sunday, July 7  
3:00 Vespers (Fsh)  
7:00 3-13 Card game (cl)

Monday, July 8  
9:00 Grocery shopping: Meijer  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
1:00 Wii bowling (Fsh)  
3:00 Movie matinee: Quiz Lady (Fsh)  
5:45 Bingo (Fsh)

Tuesday, July 9  
9:30 Arms Strong (Tsh)  
10:30 Resident meeting with Kevin Ward **moved to July 18** (Fsh)  
3:30 Happy Hour (Fsh)

Wednesday, July 10  
9:30 Quick Stop (Tsh)  
12:15 Indians baseball game vs  
Columbus  
1:30 Mexican Train dominoes (cl)  
2:00 Rock Steady exercise class (Tsh)  
5:30 Caregiver support group (acl)

Thursday, July 11  
9:30 Golden Glutes (Tsh)  
10:30 Resident Council meeting (Fsh)  
11:00 The Climb (Tsh)  
3:30 Happy Hour (Fsh)  
3:30 The Circle City Brass Quintet at  
Happy Hour (Fsh)  
5:45 Bingo (Fsh)  
7:00 Casual Euchre: Beginners  
& beyond (cl)

Friday, July 12  
9:00 Bargain Room open (tII)  
9:30 Fun Fitness Friday (Tsh)  
11:00 Castleton United Methodist  
Church fish fry  
1:30 Mahjong (cl)