

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
Melissa Wyatt, Resident Accounts Mgr. - 2920
Dawn Martine, Resident Accounts 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
Travis Campbell, Executive Asst. - 3510

Food services

Dan Armantrout, Dir. Food services - 3750
Thomas Balsler, IL Chef - 3751
AL Food services - 3440
Rob Palladino, HC Food services - 2340

Foundation

Marty Krug, Foundation Coord. - 3460

Health Center

Shannon Poole, Dir. HC Operations - 3570
Jackie Davidson, Director of Nursing - 2830
Assistant Director of Nursing - 4490
Aspen Nurses Station - 3240, 3241
Cedar Commons - 3295, 3297
Heatherwood - 2330, 2850
Ironwood - 2170
Juniper - 2770, 2790
Sycamore - 2820, 2825
Willow Commons - 5320, 5410

Housekeeping

Tammy Meadows, 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/Leisure Services

Amy Morgan, Dir. Marketing - 2140
Marsha Soderholm, IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, IL Leisure Services Coord. - 1053
Kevin Pruitt, Transition Coord. - 5380

Receptionist — 0

Social services

Jill Armantrout, Social services Manager - 5300
Gabby Pollock, Social services Assistant - 2860

Transportation — 2160

Jody Black, Driver
Tonya Richardson, Driver

Therapy

Stephanie Irvine, Therapy Manager - 4222, 5350

Wellness

Wellness Center, Tamarack - 1051
Denisse Garcia, Classes/Trainer

Denisse's Diversified Wellness

Denisse Garcia

Included in today's newsletter is an insert with 3 exercises you can do at home to help activate your glute muscles. Once you have the proper form down, you can begin to make the exercises harder.

For example with the glute bridge, you can add a band around the knees to make sure you are activating your glutes the entire time. You may also do a single-leg glute bridge. You can modify the squat by holding a weight close to your chest or dumbbells by your side as you squat. You could also find different height chairs and see how low you can sit down and get up from the other chairs.

The third exercise is a side-laying leg lift, you can add a resistance band around your ankles or knees, and you can also add leg weights to increase resistance.

Finally, if you have any questions or would like more instruction on how to do the exercises correctly, you can stop by the wellness center or call me at extension 1051.

Celebration of Life

Martha Jungclaus invites you to attend
a
Celebration of Life
for Fred Jungclaus
on
Saturday, February 18, 2:00—4:00 pm
in the
Foundation Social Hall

Refreshments will be available



Westminster
Village North

Around the Village

A Publication of Westminster Village North

February 3, 2023

It's Girl Scout Cookie Time!

January is typically the month we take down the festive holiday decorations and set in for freezing cold temperatures. But by the end of the month we know that just around the corner is February 1, and that means it is Girl Scout Cookie time! This year we have two young ladies from two different troops selling Girl Scout cookies at the Village.

On Monday, February 6, 4:00—5:00 pm, Alison Kirk from Girl Scout Troop 1810, will be selling cookies outside of the Tamarack dining room. She will also provide a cookie list and order form so that those in Assisted Living can order cookies to be delivered at another time. Alison is the granddaughter of resident Steve Leichenhauer.

Mary Gillespie's granddaughter Aria, will also be selling Girl Scout cookies. She is from Troop 5493 and will be selling cookies outside of the Tamarack dining room on Tuesday, February 7, from 4:00-5:00 pm. Then she will go to the Health Center at 5:00 pm and sell from the Aspen Activities room.

Please support these ladies and our Girl Scouts of America. Cookies are \$6 a box this year.

Let's Create a Chime Choir

Lawrence Bunting



Cottagers Lawrence and Carolyn Bunting have a four-octave set of hand chimes just waiting to be played.

Do you love music? Do you like making music? Let's create a Westminster Village North chime choir and have fun while making music.

No experience needed! You do not read music? No problem. Can you count to four multiple times? Then you can be part of the choir. You can even ring hand chimes while sitting down. Contact your activity manager or Laurie Wilson at extension 1053 if you are interested in joining the group.

Perfect Finds!

Even the "Bargain Ladies" can't resist some treasures found in the Bargain room. This statue is a perfect imitation of Phyllis Darling. A lady, wearing glasses,



sitting at the slot machine, ready to drop her nickel (or quarter), hoping for the lucky spin. If you know Phyllis, need I say more?



A Week at a Glance... Health Center

Jamie Minder

Men's Super Bowl Social will be held in the Willow Lounge February 10, at 2:30 pm. Wings! Pizza! Games! Football!

Health Center Residents are throwing Activity Assistant, Jenae Harder, a baby shower on February 14, at 3 pm in the Juniper/ Heatherwood dining room! All are welcome!

Ladies lunch will be February 23, at 12:00 pm in the Aspen dining room! Pizza, salad and sweets are on the menu!

Happy Birthday to the following residents :
Chrissy Z. 2/10
Bob B. 2/9
Pat S. 2/8
Monica L. 2/8
Dora J. 2/6

Bingo Winners:
Mary S. , Jean H. , Anna W. , Debbie M. , Emma C. , Patrice P. , Stan M. , Bear F. , Shirley T. , Anne Z. , Flo M. , Letha M.

COVID Update

There has been one Assisted Living employee test positive for COVID on Wednesday, February 1.

It is required to continue to wear masks in the Assisted Living and Health Center areas.

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, February 4

9:00 Morning walk & stroll (Syc av)
10:30 Naomi dog visits door to door
2:00 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, February 5

9:00 Morning walk & stroll (Syc av)
11:00 Daily chronicles & activity pack to your door
3:00 Vespers (fsh)

Monday, February 6

9:00 Morning walk & stroll (Syc av)
1:00-4:00 Daily chronicles & grocery delivery
1:00 Video shorts, movie matinee & popcorn (Lcl2)

Tuesday, February 7

9:00 Morning walk & stroll (Syc av)
9:45 Morning Yoga stretch (syc lib)
10:30-11:30) Apartment visits/one-on-one social
10:30 Bible study/devotions w/Chaplain April (Lcl3)
1:00 Karaoke (Syc alc)
2:00 Reminisce "The good old days"
5:45 Game night (Salc)

Wednesday, February 8

9:00 Morning walk & stroll (Syc av)
10:00 Arts & crafts & jewelry making (syc ar)
1:00 Bingo (Salc)
2:00 Cook's corner & food for thought (Sar)
4:00 Aviary clean and bird sensory

Thursday, February 9

9:00 Morning walk & stroll (Syc av)
10:00 Cranium crunchers & tea (Sar)
1:00 Movie matinee & refreshments (Syc alc)
3:00 Mocktail & cocktail party with music (Syc alc)
5:45 Bingo (Salc)

Friday, February 10

9:00 Bargain room open (tb)
9:00 Catholic Church visits door to door (9-12)
9:00 Morning walk & stroll (Syc av)
10:00 Grocery orders due
10:30 Outing: Lunch at Capri Italian restaurant
1:00 Chair exercise with personal trainer, Denisse (syc lib)
1:00 Video shorts, movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

S.I.N.

Friends, lets talk about the little nasty three-letter word that you rarely hear about these days, and that word is SIN. You might be saying to yourself, "I know about the word SIN and why do we need to talk about it?" Hold tight for a moment as I explain what these three letters mean and what they represent.

We have all heard the word SIN at some point in our lives, even if you are not a Christian. For those who are Christians, there are written codes, such as the ten commandments, found in the book of Exodus that outline the parameters of how one ought to live in order not to sin against God.

When we miss the mark (sin) God is gracious to forgive us of our sin. God's word says in Micah 7:18-19 (in the Message translation)

Where is the god who can compare with you—

*wiping the slate clean of guilt,
Turning a blind eye, a deaf ear,
to the past sins of your purged and precious people?*

*You don't nurse your anger and don't stay angry long,
for mercy is your specialty. That's what you love most.*

And compassion is on its way to us.

*You'll stamp out our wrongdoing.
You'll sink our sins
to the bottom of the ocean.*

Friends, when we sin and ask God to forgive us of our sin, God forgives us and He forgets the sin. We don't forgive ourselves and we don't forget the sin. When we don't forgive ourselves

and we don't forget the sin, we are creating a bigger monster, which is S.I.N. We become our own self inflicted nemesis which produces pride.

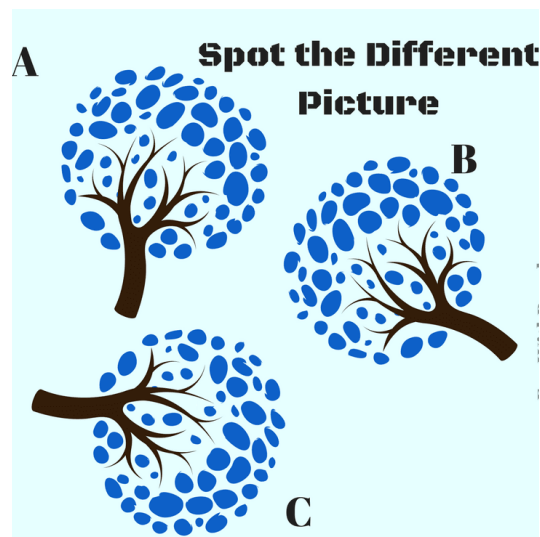
We live in this state of "I'm not worthy to be forgiven. My transgressions are way too many to be forgiven. I'm a bad person. I'm not good enough to be forgiven." STOP beating up on yourself! This behavior only feeds the monster S.I.N (self inflicted nemesis). WE ARE ALL SINNERS SAVED BY GOD'S GRACE. WHEN GOD FORGIVES, HE FORGETS. LET'S PRACTICE GOD'S GRACE FOR OURSELVES AND OTHERS AND GET RID OF THAT S.I.N (SELF INFLICTED NEMESIS) MONSTER!

Blessings!

Marketing

The marketing campaign on the Westminster Village North Facebook page is getting lots of attention. Be sure to check Facebook every day for more employee spotlights, marketing videos and resident testimonials. This week included a testimonial from Steve Leichenhauer, a video tour by Marsha Soderholm, and an employee spotlight on Carl Pollock.

Brain Exercise



Independent Living Notes

Laurie Wilson

Don't forget to sign up and come to the Super Bowl party, which will be held on Friday, February 10, from 1:00—4:00 pm in the Foundation Social Hall. Come for the entire time, or stop by for an hour. There will be unique, fun, games, a Super Bowl pool square board, food, prizes and open bar. It's a tailgate party.

Be sure to change the wine club date on your calendar from Thursday, February 23, to Wednesday, February 22, at 3:30 pm.

As part of our exploring the arts, we will take a trip to the Indianapolis Art Center to see the annual student art show on Friday, February 24. The 85th annual student show, in Memory of Judy Christofolis, is the largest juried exhibition of work made by the students of the Indianapolis Art Center. Each year more than 400 works are submitted and only some of the works are selected by the judges to be displayed.

Couples should have received invitations to the "Love you to Pizzas" party on Friday, February 17. You may either sign up on Touchtown or call me at extension 1053 to reserve your space. This party is open to all couples in the Village.

There is still not a definitive time for the movie *80 for Brady* on Monday, February 13. As soon as I know, it will be posted. I expect we will depart around noon.

If you exit the Foundation Social Hall from the patio doors, please be sure the doors close tightly.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, February 4

Happy birthday Julia Casey
2:00 Celebration of Life: Jim Russell (Living Streams Community Church)

Sunday, February 5

3:00 Vespers (fsh)

Monday, February 6

Happy birthday Keith Freeman
9:30 Monday in Motion (tsh)
10:30 DeBrand chocolate factory tour (Ft. Wayne)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Sing-a-long: (tsh)
4:00 Girl Scout cookie sale (Tamarack dining room lobby)

Tuesday, February 7

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc 3006)
3:30 Happy hour (fsh)
4:00 Girl Scout cookie sale (Tamarack dining room lobby)

Wednesday, February 8

9:30 Cardio Pop (tsh)
11:30 Ladies' lunch: O'Charley's
2:00 Rock Steady exercise class (tsh)

Thursday, February 9

Happy birthday Eldon Everidge
Happy birthday Marylyn Blackwell
9:30 Power Pump Thursday (tsh)
11:00 Fast food, Total Wine and Trader Joe's
11:00 The Climb (tsh)
3:30 Happy hour (fsh)

Friday, February 10

9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 ISO Coffee Pops series
1:00 Superbowl game day party (1-4 pm) (fsh)
1:30 Mahjong (fsh)