

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
Lang O'Mera, 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

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
Executive Asst. - 3510

Food Services

Dan Armantrout, Dir. Food Services - 3750
Thomas Balsler, IL Chef - 3751
Estelana Fairley, AL Dietary Supervisor - 3440
Rob Palladino, HC Food Services - 2340

Health Center

Shannon Poole, 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

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

Amy Morgan, Dir. Marketing - 2140
IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, 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
Peggy Long, Memory Care Coordinator- 3296

Therapy & Wellness

Stephanie Irvine, Therapy Manager - 4222
Wellness Center, Tamarack - 1051

Transportation

Jody Black, Driver - 2160
Willa Lawson, Driver - 2160

WVN Foundation

Marty Krug, Foundation Coord. - 3460

In Memoriam

Janet Lain

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

Denisse's Diversified Wellness

Denisse Garcia

If you are a new resident or have yet to try the exercise classes offered here, you can try them all once for free. I am specifically talking about the classes offered at 9:30 Monday through Friday in the Tamarack Social Hall. Each day the classes are different from stretching, cardio, and balance exercises. All exercises can be modified or progressed. After your free trial, the classes are \$35 a month, and sign up for classes is on the 15th of each month. Come down and join us!

Flower watering

As a reminder, the grounds crew at Westminster Village North is not responsible for watering personal flower beds or flowers at our cottages or ranch homes. If you are going to be out of town, please plan accordingly with a neighbor or a friend to water your flowers. Thank you!

All are Invited
to a

Celebration of Life

for

Ray Dietiker

Saturday, June 10
2:00 pm

Foundation Social Hall

Ray had lived at WVN for many years before passing away just a few months shy of his 104th birthday.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

June 9, 2023

Note from the CFO

Beginning Friday, June 23, there will be a 3% charge for the use of credit cards toward any monthly rent or service fee payments. This charge will not affect any purchases made at the Bistro or dining services. This is not an unusual policy, as businesses across the country are implementing, and have implemented, usage fees for quite some time now. Please reach out to Chuck Gaskins at ext. 2190 for any questions.

Father's Day Video...

Calling all Dads! Westminster Village is searching for your best "Dad" jokes for an upcoming video. If you have a great "dad" joke to add to our Father's day Video, please reach out to Amy Morgan at extension 2140.

Father's Day Buffet

Sunday, June 18

12:00—5:00 pm

Tamarack Dining Room

Cucumber Tomato Salad

Prime Rib

Fried Chicken

Fried Catfish

Mashed Potatoes & Gravy

Macaroni & Cheese

Back Of The Stove Green Beans

Super Sweet Corn

Assorted Dessert

A Change in Transportation

You may have been taken to appointments by driver Tonya Richardson. Tonya has moved to the Health Center activities team. They are lucky to have her, as she really enjoys working and interacting with the residents in the Health Center! Please welcome Willa Lawson into transportation as our newest driver. Willa is also CDL qualified, which provides more flexibility in transportation.

Transportation is offered at a much discounted rate to get you to and from appointments, the airport, retailers, and more. If your medical appointment is scheduled on a Monday or Tuesday at Community North Hospital, then transportation is free of charge those days. You must call Jody or Willa to schedule your transportation needs, and should do so as far in advance as possible. If you wait until the last minute, there is no guarantee your transportation need can be accommodated, possibly causing you to reschedule a medical appointment.

There is no tipping drivers for their service. They are employees of WVN and may not accept any tips. They, like all employees, will receive a gift from the Employee Appreciation Fund at the end of the year, which is offered by the WVN residents and families as an expression of thank you to all employees.

Flag Day



During the opening sequence (about 22 seconds in) of first-season episodes of "Gilligan's Island," the U.S. flag can be seen flying at half-staff off in the distance. According to a 1994 audio book co-authored by Russell Johnson, who played the Professor, this is because the show's pilot episode finished filming on Nov. 22, 1963 — the same day President Kennedy was assassinated.

Old Glory was actually the nickname of a specific U.S. flag, namely, the one owned by sea captain William Driver. He was previously given the flag by the women in his hometown of Salem, Mass., but he only named it Old Glory upon seeing it flying on his ship's mast in 1831. The name later went on to become synonymous with any American flag.

Despite the harsh temperatures and conditions of the moon's atmosphere, five of the six flags that were planted during the Apollo missions are still believed to be standing. According to Buzz Aldrin, the one that fell was blown over by the exhaust from Apollo 11 during its liftoff from the moon's surface.

Flag Day isn't technically a federal holiday, and it's not a state holiday outside of Pennsylvania and New York. Furthermore, New York's official observance of Flag Day isn't June 14 (when it's commonly celebrated), but rather the second Sunday in June.

A Week at a Glance...

Health Center

Jamie Minder

Look at your calendars for the June Activity Events:

Bingo - Every Friday, 2:30 pm Juniper/ Heatherwood Dining Room

Father's Day Tailgate Party - June 15th at 2:30 pm in Juniper Courtyard

Catholic Mass - June 27th at 10am in Aspen Activity Room

Summer Luau - June 21st at 2:30 pm in Juniper Courtyard

Ladies Lunch - June 29th at 12 in Aspen Dining Room

Thank you for joining us for Resident Council! All residents are welcome to attend to hear updates from our management team! Resident Council is the second Thursday of each month!

Do you live in Willow Commons and enjoy gardening? We are looking for a garden leader to help us take care of our flowers! Contact Jamie at 4230!

Happy Birthday to Bob Antic 6/14 , Greg Boyer 6/15 , Sally Pederson 6/16



A Week at a Glance...

Assisted Living

Gabby Tijani

AL residents will be heading to the Indianapolis Motor Speedway on June 13.

United Healthcare is sponsoring donuts, to honor men, on June 14, 10:00 am—12:00 pm, in the Sycamore Alcove.

A Fathers Day Luncheon & entertainment will be June 15, at 11:30 am. Pianist Barbara Frolic will be play at 2:00 pm in the Sycamore. Please feel free to come listen!

On June 16 AL residents will be going to the Greenfield Strawberry Festival, departing at 1:30 pm. Please let your activities team know if you would like to go on this trip.

Expand into Mystery

Dan Hibner

“Photographic artist David Chandler will lead a retreat contemplating “wind paintings” and taking nature photos in a wooded setting.” The purpose of the retreat is to “live into the gift of the present moment by learning to see anew the divine beauty of creation.” There will be exercises led by Rev. Cathy Scott, who studied at the Thich Nhat Nanh. She will also introduce you to shinrin-yoku (forest bathing), which is a meditative walk through the woods.

The retreat will take place on Saturday, June 17, 2023, from 10:00 am to 3:00 pm. It will be held at the Church of Nativity, located at 7300 Lantern Road, Indianapolis.

Several residents are planning to attend this retreat. Transportation is not provided by WVN. If you are interested, lea contact me, Dan Hibner, at 317.832.699. There is a flyer with more information posted in the mail room.

Peaceful Reflection

Chaplain April Scott

Wave the Banner of Christ

June 14th is Flag Day. Flag day is a national observance in the United States that celebrates the adoption and symbolism of the American flag. Flag day serves as an occasion to reflect on the significance of the flag and its representation of the nation's history, principles, and ideals. The American flag is a symbol of our identity, unity, and values.

Patriotism and pride shine brightly on Flag day. Flag day is an opportunity for Americans to display their patriotism and express pride in our country. Many communities organize parades, ceremonies, and events to honor our flag and show respect for our nation. The colors of red, white, and blue, fifty stars representing our fifty states, and thirteen stripes, representing the thirteen original colonies, will wave gracefully in the air as we celebrate our American heritage on Flag day.

Speaking of flags, did you know that there is a Christian flag? The Christian flag was created in 1907 and its colors are red, white, and blue as well. “Each of the colors used in the Christian flag has a symbolic meaning. Red stands for sacrifice and represents the teaching of the blood Jesus Christ shed on the cross to redeem the world. Blue stands for fidelity, or faithfulness and loyalty. White stands for purity and peace. These virtues relate to the Christian Bible and represent values that Christians are called on to strive for and pursue. Christians believe that Christ’s blood, when he died on the cross, redeemed the world, creating purity and peace for those who believe in him. Thus, the bible calls Christians to honor and uphold the teachings of scripture with faithfulness and loyalty through any trials or blessings.”

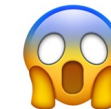
The difference between the American flag and the Christians flag is that the Christian flag is universal, and it can be displayed in other parts of the world to represent that Jesus was the banner for all! Isaiah 5:26

says, “And he will lift up a banner to the nations from afar, and will whistle unto them from the end of the earth: and, behold, they shall come with speed, swiftly. Isaiah 11:10 says, “Then in that day the nations will resort to the root of Jesse, who will stand as a signal for the peoples; And his resting place will be glorious.”

Friends, that banner is Jesus Christ. He was lifted high on Golgotha Hill as a sign to the entire world that “God so love the world that he gave his only begotten son, that whosoever believe in Him shall not parish but have eternal life.” Jesus Christ conquered sin and death to reconcile us back to God, all because of his great love for us. Friends, wave the banner of Christ in your life to show the world that you have been set free by the blood of the Lamb! Blessings

Rooting for the Home Team!

Marcy Hankins and Ann Hanson are just two of the fifteen IL residents who attended the Indianapolis Indians baseball game this week. Perfect weather, great game, unfortunate loss. We did see, however, something unique! A batter struck the ball and split his bat in half lengthwise, which shot like a rocket past the pitcher! Glad it wasn't a few inches closer to the pitcher.



Independent Living

Notes

Laurie Wilson

The men's lunch will be at BJ's restaurant just North of I-69 in Noblesville. Be sure to sign up on the app, or call me to add your name to the list.

If you are interested in going to Total Wine & More, Trader Joe's and catching a quick bit on the way, we are going on Tuesday, June 13, departing at 11:00 am. Call me if you want to go with us.

Please remember that handicap parking spaces should only be used if you have a handicap parking tag. If you do not have one, please do not park in the spaces. If you do have a handicap parking tag, make sure it is visible.

Grocery shopping + Banking: The grocery trip each week is a great service to I residents. We are in and out in an hour. I also go to the Huntington bank once a week, on grocery shopping days. If you need to get cash or make a deposit, sign up on the grocery trip to go to the bank. Or, if you just need to make a deposit, I can do that for you. Please have your deposit to me by 9:00 am each Monday.

If you have recently moved in and do not yet have Touchtown on your smart phone, tablet or computer, please call me at extension to set up a time to walk you through installation and training. It only takes 15 minutes! Very simple to learn!!

Alert! Sing-a-Long is comin' up this Monday to celebrate the glorious month of June . We'll sing some fun songs together. There will be some pleasant hymns, too. Kathryn and Helen look forward to seeing you at 1:30 in Tamarack Social Hall. Come join us, won't you?

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, June 10
1:30 Bridge (cl)

Sunday, June 11
3:00 Vespers (fsh)

Monday, June 12
Happy birthday Donna Kennedy
Happy birthday Gloria Todd
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:00 1-hour Wii bowling (fsh)
3:00 Chimes group (2033)

Tuesday, June 13
Happy birthday Judy Lumbert
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh) - **has moved to June 20**
11:00 Life Trail exercise group (door 3)
3:30 Happy hour (fsh)

Wednesday, June 14
Flag Day
Happy birthday Fred McCarthy
9:30 Cardio Pop (tsh)
11:30 Men's lunch
2:00 Rock Steady exercise class (tsh)

Thursday, June 15
Happy birthday Joan Ulsas
9:30 Power Pump Thursday (tsh)
10:00 Father-daughter brunch (fsh) - **cancelled**
11:00 The Climb (tsh)
3:30 Happy hour (fsh)

Friday, June 16
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 Catholic Communion service (aca)
12:00 Movie out: About My Father
1:30 Mahjong (cl)