

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 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

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 - 4222Wellness Center, Tamarack - 1051

Transportation

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

WVN Foundation

Marty Krug, Foundation Coord. - 3460

In Memoriam

Etta Lindley

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

Denisse's Diversified Wellness

Denisse Garcia

Do you notice yourself not being able to turn your head without moving your shoulders? You may have shoulder and neck stiffness. There are many simple stretches you can do every day to reduce tension. You can tilt your head forward and backward trying to bring your chin up towards the ceiling and your chin to your chest. Next, tilt your head towards your one shoulder and then towards the other shoulder. Make sure to keep your shoulders down for this one. Lastly, turning your head to the right until you feel a stretch in your neck and to the same towards the left. Hold each stretch for 15 seconds and repeat up to 10 times. You should do these exercises twice a day to see improvements.

Young people have theirs, now Seniors have their own texting codes:

Submitted by William Voiles

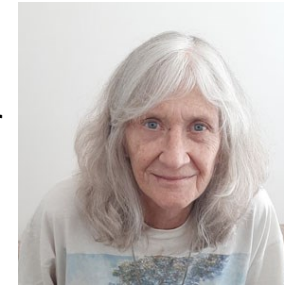
- * ATD- At the Doctor's
- * BFF - Best Friends Funeral
- * BTW- Bring the Wheelchair
- * BYOT - Bring Your Own Teeth
- * CBM- Covered by Medicare
- * CUATSC- See You at the Senior Center
- * DWI- Driving While Incontinent
- * FWIW - Forgot Where I Was
- * GGPBL- Gotta Go, Pacemaker Battery Low
- * GHA - Got Heartburn Again
- * HGBM - Had Good Bowel Movement
- * LMDO- Laughing My Dentures Out
- * LOL- Living on Lipitor



Westminster
Village North

Welcome to WVN

Nancy L. Russell



Ladies and gentlemen of Westminster let's put out our welcome mats for yet another "honest to goodness"

Hoosier. Jennifer Steele at 11131 Presbyterian Drive was born in Fort Wayne, IN, but came to Indianapolis as a baby with her family and never took up residence anywhere else. She graduated from Lawrence Central and went to Butler University to earn a degree in radio and TV. She then worked at Channel 6 in sales for 11 years. She knew the late Howard Caldwell and was delighted to learn that Lynn, his wife, lives with us in Laurel.

This talented enterprising lady built an office leasing business from the ground up. It was a successful endeavor. After 11 years Jennifer sold her thriving company.

She received a master's degree in adult education from I.U. and began a doctoral program in radiology online with a professor in Kansas. She was working with the radiology department at I.U. while pursuing this advanced degree and achieved what academics call an ABD - all but dissertation. With her comprehensive knowledge of the field, she was the person who assured educational compliance with all of the

Around the Village

A Publication of Westminster Village North

June 16, 2023

rules and regulations of the radiological governing body. She performed this oversight for the many hospitals under the Indiana University governance. To say the least, this was a most admirable accomplishment. Who needs a dissertation?

Jennifer loves to travel. She has visited all of the continents - including Antarctica and Africa. Prior to her back injury, she played golf and tennis, and loved bike riding. In general, she liked all participating sports. I believe this lady has a competitive spirit.

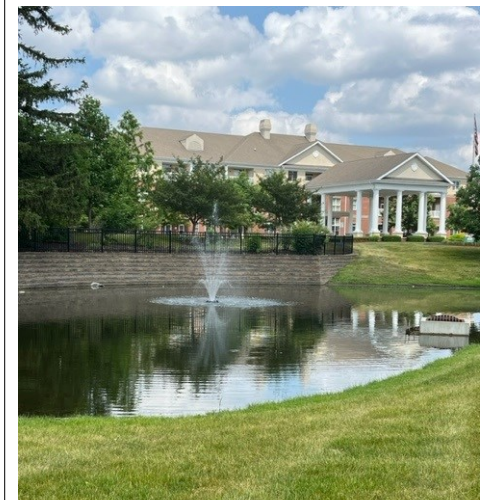
She enjoys reading mysteries, especially those written by Grisham, Patterson, and Cornwell. And as soon as a fence is installed in her gorgeous back yard, she will be joined by a "devilish" 20-month-old white shepherd and a more mature, sedate white Great Pyrenees.

This incomparable lady loves life, loves people, loves white dogs, loves the Church of the Nativity, and already loves Westminster. We are truly honored to have her in our family.

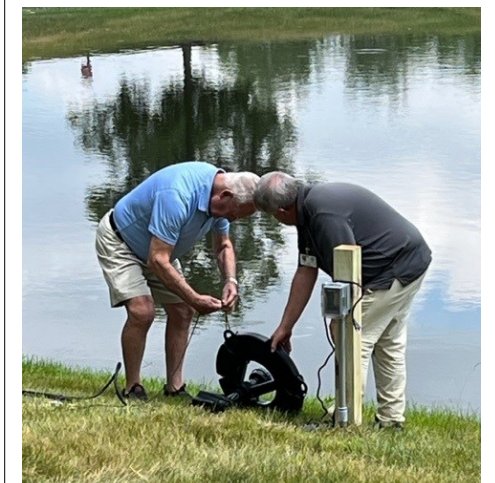
We wish all of the fathers here at Westminster Village a very happy Father's Day.



Beautiful Addition



Maintenance team member Carl Pollock and resident and Foundation Board member Tom Kaercher installed a water fountain in the front entrance pond on Wednesday, June 13. The fountain was the brain child of the Resident Council and funded by the Westminster Foundation. At night the fountain lights up for a beautiful effect on the entrance to WVN. Thank you to all, including Tom Ulsas, Dick Huelster and Tom Kaercher for the many hours spent researching and working with outside vendors to see this project come to fruition.



A Week at a Glance...

Assisted Living

Gabby Tijani



Westminster Foundation

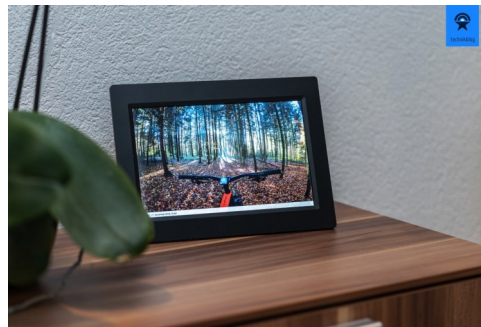
Hello everyone! My name is Tammy Stevens, and I have received the honor of filling Marty Krug's position as the Westminster Foundation Coordinator when she retires on June 29th. I've been asked to share some things about myself, so here I go!



I "retired" from corporate America in 2002 and chose to return to Indy from Phoenix after 20 years of amazing outdoor experiences such as rafting Grand Canyon (3 times!), kayaking, backpacking and hiking throughout the West. In Arizona, I learned to appreciate the natural world, and returned to Indiana with a new appreciation of our native hardwood forests and our amazing seasons. I had the privilege of working for Keep Indianapolis Beautiful for 9 years, and I've been a member of the Indiana Native Plant Society for over 10 years. I spend a lot of my time gardening and protecting Indiana's lovely native habitats, swimming at my local YMCA and practicing Yoga. I have two lab rescues that love forest walks as much as I do.

I am excited to meet everyone and look forward to hearing your ideas of how the Foundation can better serve this amazing community.

It's a Frameo!



You might notice a few new objects around the Village that look like small, flatscreen televisions. Those are called Frameos. What is a Frameo? A Frameo is a digital screen that holds photos and videos, which then loop constantly for 24/7 viewing. A code can be sent to others to add pictures or videos to the Frameo, which makes it a shared digital photo album.

There are three Frameos in the Village. The first is located outside of the Tamarack dining room, in the lobby area. This Frameo will have pictures of the Leisure Services activities and events. Please do not move this Frameo. It is on a stand and must remain plugged in at all times. You may turn it for easier viewing if needed.

The other two Frameos, which will be located in the Tamarack Mail Room & HC Bistro will be used as supplements to the Bargain Room.

There has been a change in the way furniture will be sold through the Bargain room. Furniture, and special offerings, will be photographed and sent to the two Frameos. Staff and residents/families will be able to see what furniture items, and perhaps special sale items, are for sale. If you see a piece of furniture you would like to consider purchasing, then you may call Phyllis Darling, ext. 1004, or Maria Wasnidge, ext. 1017, to arrange for you to inspect the item in person. These items will not be located in the Bargain Room.

Peaceful Reflection

Chaplain April Scott

"Happy Father's Day"

Friends, let us face the truth of the matter, fathers are short changed when it comes to celebrating them on their special day! This Sunday, June 18, we will celebrate fathers for what they mean to us. Fathers are the cornerstone of families.

I grew up in an unconventional family. My father did not live in the house with me, but I had a wonderful relationship with my father. My father was an older father. When I was ten years old my father was sixty-five years old and had retired from General Electric after working thirty-five years. I enjoyed spending the weekends with my father. My father and I would go to G.C. Murphy's and I would take a seat in the booth across from the lunch counter. My father would sit at the lunch counter where all the older guys congregated to tell stories about the world of retirement, and of course, stories about local government and how things have changed since the olden days. I would just people watch while I drank my milkshake and ate my burger and fries. Oh, how I miss those days with my father. Things seemed so simple and easy when I was with him. I trusted my father to protect me, provide for me, comfort me, and be the peace that I needed.

My father died when I was twenty years old - two weeks after my wedding day. It seemed as if my world had fallen apart. My safety net was gone. The calm I had was abruptly disturbed. My life had changed. How would I go on without my Sam! My father knew that I would be all right, for I had married and now there was another man in my life to carry the torch lighting the way. I was very blessed to have a father who loved me unconditionally, and I loved him unconditionally. He taught me so many

life lessons in such a brief time and I am grateful for the time God allowed us to be together. My father will hold a special place in my heart forever. There is nothing like a father's love! Which reminds me of the unconditional love that Father God has for all his children.

When Jesus taught his disciples to pray, he starts the prayer with "Our Father, who art in heaven, hallowed be thy name."

The "our Father" phrase acknowledges God as a father figure, emphasizing a personal and familial relationship with Him. It recognizes God as the loving and caring father of all believers. Father God protects, provides for and comforts his children even when our own parent forsakes us! The Psalmist says it this way in Psalm 27:10: "Even if my father and mother abandon me, the Lord will hold me close. The "Who art in heaven" phrase acknowledges that God's dwelling place is in heaven, the realm beyond the earthly realm. It recognizes his transcendence and heavenly nature. Although God's dwelling place is beyond the earthly realm, the scripture says, "The Lord is near to all who call on him, to all who call on him in truth." Psalm 145:18: "Hallowed be thy name." "Hallowed" means holy, revered, or sacred. This phrase expresses a desire for God's name to be honored, respected, and revered. It acknowledges God's holiness and the importance of his name.

Friends, let us celebrate Father's Day with loving reverence for those men who have made a difference in our lives, and if you can't think of anyone, give reverence to Father God, the One who created you, the One who knitted you in your mother's womb! He is worth celebrating.

Independent Living

Notes

Laurie Wilson

Reminder: Grocery shopping will be on Monday next week.

Resident meeting is scheduled for Tuesday, June 20, at 10:00 am in the Foundation Social Hall.

We will not be going to Farmhouse Brunchery on Tuesday, June 20, due to the change in the resident meeting, but instead we will go "Around the World" for lunch to Mamma's Korean BBQ. Departure is 11:30 am.

Since only a few people signed up for the Kentucky Derby museum, that has been cancelled. **Instead, we will go to the Garage Food Hall!**

Garage Food Hall: The Garage Food Hall, which is located in the old Coca Cola building on Mass Ave., now part of the Bottleworks District, is nominated for #1 food hall in the country in USA TODAY 10Best Readers' Choice Awards! Currently it is ranked 2nd. The Garage Food Hall is "a community of all things food, drink and all things Indy." Within the Garage, you will find J's Lobster & Fish Market, which apparently serves THE BEST lobster rolls, Lick Ice cream, The Harbour, which serves British style fish & chips, Pig Pen BBQ, and so many more unique dining experiences. In fact, this will become a destination for some of our future Around the World lunches. In addition to international food options, you could also try a special cocktail made at Hard Truth Distillery, or sip a glass of wine at the Great Legs Wine Bar. Take some time after lunch to stroll around and see some of the unique artifacts left from the Coca Cola days.

Don't miss the Garage Food Hall! Sign up on the app or call me at 1053 to add your name to the sign up list.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, June 17
Happy Birthday Evelyn Blood
7:00 Sing-a-long (tsh)

Sunday, June 18
Father's Day
3:00 Vespers (fsh)

Monday, June 19
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
1:30 Needlework group (3006)
3:00 Celebration of Life for Emily Holland (fsh)
3:00 Chimes group (2033)

Tuesday, June 20
Happy Birthday James Stroud
10:00 Resident meeting (fsh)
9:30 Light Lift Tuesday (tsh)
11:30 Around the World lunch: **Korea**
10:00 Life Trail exercise group (door 3)
1:30 News & Views (cc)
3:30 Happy hour (fsh)

Wednesday, June 21
9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)
10:30 Goldenaires Mass/Luncheon (10:30-2) (fsh)
2:00 Rock Steady exercise class (tsh)
3:25 Wine club (fsh)

Thursday, June 22
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
1:00 Quarterly birthday party (Apr-Jun) (fsh)
3:30 Happy hour (fsh)

Friday, June 23
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
11:30 Garage Food Hall
1:30 Mahjong (cl)