

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 - 4222
 Wellness Center, Tamarack - 1051

Transportation

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

WVN Foundation

Marty Krug, Foundation Coord. - 3460

Denisse's Diversified Wellness

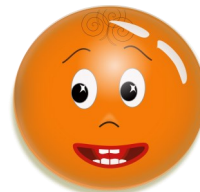
Denisse Garcia

This upcoming Fourth of July, start your morning with a bang and join me for a free exercise class at 9:30 am. That day is Light Lift Tuesday and we will use dumbbells for the arm exercises, standing leg exercises, and seated core exercises. Class is held in the Tamarack Social Hall in the basement and is only a half hour long.

Happy July Birthdays!

Compton, Jewel	July 2
Caffey, Charmain	July 2
Alexander, Serafina	July 2
Carlley, Charlotte	July 2
Tinsley, Virginia	July 3
Stroud, Darcy	July 3
Russell, Nancy	July 3
Stanley, Eleanor	July 4
Schneider, Margaret	July 6
Tomsic, Mary Rose	July 6
Fraser, Deanne	July 7
Giannini, Robert	July 8
Hall, Ghee	July 8
Williams, Sharon	July 9
Coovert, Barbara	July 10
Watson, Elizabeth	July 10
Taylor, Lucretia	July 13
Dotson, Anna	July 15
Jones, Jeannine	July 15
Rosebrock, Margaret	July 18
Nierste, Norris	July 18
Yee, James	July 19
Impagliazzo, Sara	July 21
Glass, Helen	July 23
Braun, Andrea	July 24
Campbell, William	July 28
Orander, Mary Jean	July 29
Jiskra, Gloria	July 30
Reed, Janet	July 31

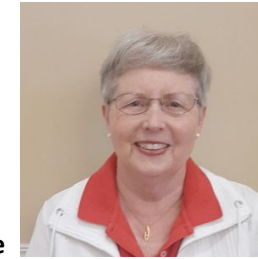
When does a brain become afraid? When it loses its nerve.



Westminster Village North

Welcome to WVN

Nancy L. Russell



We have yet another gal in our midst who flourished in the real world as a result of her firm foundation. Debbie Cook, in Tamarack

2006, grew up in rural Wayne County near Cambridge City, IN. She had never been outside of that county until she won a public speaking contest through her activity in 4H. The grand prize was a trip to Washington, D.C.

After graduating high school, Debbie went to Purdue University where she majored in foods and nutrition in the Department of Home Economics. Her first job was in public relations for the dairy industry located in Columbus, Ohio. One of her first PR moves was to prepare and serve breakfast to the mayor. She then organized a milking contest between Ohio's governor and the Columbus mayor at the Ohio State Fair. How's that for a first job performance as a young graduate of Purdue?

Around the Village

A Publication of Westminster Village North

June 30, 2023

were extremely popular in school because there was always ice cream in their mother's refrigerator.

After spending time in Wheaton, IL, at Fantasy Flavors tasting and photographing the containers for flavored ice cream, she moved to Indianapolis to work for Universal Flavors. This company developed tasteful compounds for other foods such as popcorn. Debbie needed to research those flavor-enhancing substances that could withstand the heat.

Her career expanded when she realized her three daughters needed pathways for their future occupations. So Debbie went to IUPUI to take courses in financial planning. She became a Certified Financial Planner. Debbie worked at banks as a stockbroker, selling municipal bonds, and also in the trust departments before going into business for herself. By the time she retired as a CFP, she was advising 100 families who benefitted from her financial guidance and direction.

Her first marriage failed, but at a new Years Eve Party in 2001, she met Ron Cook, a CPA (certified public accountant). As you can imagine, they talked the same language and soon entered into a very happy marriage. Unfortunately, Ron died in 2020.

All three of Debbie's girls graduated from Purdue. In testimony there is a Purdue parking garage sign outside Debbie's apartment door. She has 6 grandchildren, and I imagine each has a 529 from their grandmother to hopefully go to Purdue!

To take her mind off the stock market, this extraordinary lady hand stitches greeting cards. She said at Christmas time she would create more than 100 of them to send to clients, friends, and family. Now she and our dear, talented Shari Church are

into paper crafting cards. She also plays euchre and would like to start a "hand and foot" game if enough people are interested.

This gifted, energetic, organized, positive-thinking, attractive lady will soon be active here at Westminster. And you will be so grateful that she is a part of our WVN family.



The Pennsylvania Evening Post was the first newspaper to print the Declaration of Independence. It came out in the newspaper on July 6, 1776, for everyone to see after a local printer named John Dunlap produced copies of the declaration's manuscript.

An estimated 2.5 million people lived in the nation in July 1776.

The Liberty Bell rings 13 times every Independence Day to honor the 13 original states.

U.S. soldiers got a special treat on the 4th of July in 1778. George Washington helped the troops celebrate by allowing them a double ration of rum, according to Live Science.

Receptionists

As you know, our customer service desk is operational 24/7. This means we have many faces working the desk, with the overnight hours filled by agency staff.

We are working on getting photos of the WVN employee receptionists published in the newsletter, as well as permanently placed on the Touchtown app. The Human Resources Director has been quite busy transferring payroll systems this month., which is a huge task. Once that process is complete, she will provide pictures and short bios of each of our receptionists, to be published.

So long, farewell, auf Wiedersehen, adieu

Photos by William Voiles

For the last ten years, many of my co-workers have endured my humming. I tend to hum the last song I've heard. I hope you are now humming one of my favorite goodbye songs! It's actually hard to hum if you aren't happy, but that's not been a problem for me while working at the Village. I've enjoyed almost every day of my ten years here (the COVID shut-down tested my happy level). From receptionist, to HR assistant, to Foundation Coordinator (and Laurie's sidekick), I've loved every job I've had at WVN and enjoyed my interactions with the wonderful residents here. You will be missed. Take care. Goodbye



A Week at a Glance...

Assisted Living

Gabby Tijani

Saturday, July 1

10:30 Naomi dog visits door to door
2:00 Travel club (syc alcove)
3:00 Daily chronicles & activity pack to your door
3:00 Wii Bowling (Salc)

Sunday, July 2

11:00 Daily chronicles & activity pack to your door
3:00 Vespers service (fsh)

Monday, July 3

1:00 (1-4) Daily chronicles & grocery delivery
1:00 Manly puzzles
2:00 Movie matinee & cool treats (Lcl2)

Tuesday, July 4

Independence Day
Happy Birthday Ellie Stanley
9:15 Morning Chair Yoga (syc lib)
10:30 (10-11:30) Apartment visits/one on one social
10:30 Bible Study/devotions w/ Chaplain April (Lcl3)
11:30 Entertainment: Robin Harrison (Sdr)
2:00 4th of July party & Ice cream social (Syc alc)
5:45 Game night (Salc)

Wednesday, July 5

9:15 Morning walk & stroll (Syc av)
10:00 Art with Jocelynn (Syc alc)
1:00 Bingo (Salc)
2:30 Wine Wednesday (Syc alc)
4:00 Aviary clean and bird sensory

Thursday, July 6

9:30 Outing: Shopping at Walmart
1:15 Golf card game
2:00 Cook's Corner & food for thought (Sar)
5:45 Bingo (Salc)

Friday, July 7

9:00 Bargain room open (tb)
9:00 Catholic church visits/door to door (9-12)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denisse (syc lib)
2:00 Movie Matinee & cool treats (Lcl2)

Peaceful Reflection

Chaplain April Scott

"We all are Free"

The Fourth of July commemorates the day in 1776 when the thirteen American colonies declared their independence from British rule. The values that guided the founding fathers in their quest for independence were shaped by their Christian beliefs, emphasizing individual liberty, justice, and the pursuit of truth. These principles mirror the teachings of Jesus Christ, who preached about the liberation of the human spirit and the inherent dignity of every individual. As the fireworks light up the night sky and the aroma of barbecues fills the air, Americans across the country gather to celebrate the Fourth of July—a day synonymous with freedom, independence, and the birth of a nation. While this day holds profound historical significance, it also provides an opportunity for Christians to reflect on the theme of Christian independence.

'Christians' speaks of a different kind of independence, one that goes beyond the political realm. Christianity emphasizes that we who are believers have freedom from sin, guilt, and the chains of spiritual bondage. Christ's sacrifice on the cross is seen as the ultimate act of liberation, providing believers with the opportunity for redemption and reconciliation with God. As Christ's followers we celebrate the Fourth of July not only as citizens of a free nation but also as individuals experiencing the freedom found in our faith. Throughout American history, the belief that the nation is under the providence of God has been a driving force. From the words inscribed on currency to the oaths taken by public officials, the acknowledgment of divine guidance has been deeply ingrained in American culture. Christians see the Fourth of July as an occasion to express gratitude for the blessings bestowed upon the nation and to seek God's continued guidance and protection.

Christian independence is not a license for self-centeredness but a call to live out the teachings of Christ. The freedom found in

Christianity empowers us to love our neighbors, serve our communities, and work for justice and equality. The Fourth of July becomes an opportunity to renew the commitment to upholding the values of compassion, selflessness, and sacrificial love that Jesus taught.

While we celebrate the historical achievements of independence, we also look forward with hope. As followers of Christ, we anticipate the ultimate fulfillment of freedom in the kingdom of God. This hope fuels our pursuit of justice, peace, and equality in our society as we strive to create a world that is aligned with the values of the kingdom of God.

Galatians 5:1 (NIV):

"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."

Bargain Room

There is now an operational Frameo device located in the Administration Hall of the Health Center. This Frameo will also be used for Bargain Room furniture sales. If there is an item you would like to see in person, please contact Maria Wasnidge at 1017 or Phyllis Darling at 1004.

The Bargain Room will be having a two-day garage sale in the Tamarack carports July 21-22 from 9:00 am—12:00 pm each day. If you purchase an item during the sale, you will need to take your precious find home over the weekend. All leftover items will be donated to charity on the following Monday. Please look for more information in coming newsletters.

Wii Bowling Game

Leisure Services is looking for a Wii Bowling game disc. The Wii bowling group is growing and it would be nice to have a second game going at the same time. The Wii Bowling game hardware is not needed, just the game disc. If you have one to donate, please call Laurie at 1053.

Independent Living

Notes

Laurie Wilson

Beginning in July, a Thursday night euchre club will be playing at 7:00 pm on every Thursday. Whether you are a beginner, or strategic player, you are invited to join the group. For questions about the group, please contact Geri Melvin at 3033.

The New Horizons band that will be playing on July 5, in honor of Independence Day, is a 50-60 piece band. They played at Christmas time last year. Jon Porter, our piano tuner is a member of this band! Don't miss it, but please sign up on the app or call me to register you for attendance.

You are invited to attend the anniversary party for Bill and Helen Fry, celebrating 65 years! The party will be held on Saturday, July 8, at 2:00 pm in the Foundation Social hall.

Crispus Attucks museum tour: Crispus Attucks was Indianapolis' first segregated high school built for African-Americans in 1927. The Crispus Attucks Museum is housed inside of the Crispus Attucks Medical Magnet High School and has memorabilia from the first all-black high school in Indiana. It was named after Crispus Attucks, a black man who was the first American to die in the Boston Massacre in 1770, a precursor to the American Revolutionary War. In 1986, the school converted from a high school to junior high school. Sign up for the tour today.

Normally the cottager dinner is held the first Wednesday of every other month. However, the New Horizons Band was scheduled 8 months ago, prior to returning to the normal cottage dinner schedule. Therefore the dinner this month will be held on Monday, July 10, at 5:00 pm in the Foundation Social Hall. Cottagers must sign up to attend.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, July 1

1:30 Bridge (cl)

Sunday, July 2

Happy birthday Char Carley
3:00 Vespers (fsh)

Monday, July 3

Happy birthday Ginny Tinsley
Happy birthday Darcy Stroud
Happy birthday Nancy Russell
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:00 Needlework group (3006)

Tuesday, July 4

Independence Day
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Life Trail exercise group (door 3)
1:30 News & Views (cc)
3:30 Happy Hour (fsh)

Wednesday, July 5

9:30 Men's morning (cl)
2:00 Rock Steady exercise class (tsh)
3:00 New Horizons Band of Indiana (fsh)

Thursday, July 6

9:30 Power Pump Thursday (tsh)
10:00 Crispus Attucks museum
10:30 Council meeting (tsh)
3:30 Happy Hour (fsh)
7:00 pm Thursday night Euchre (cl)

Friday, July 7

9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
1:30 Mahjong (cl)
1:30 Touchtown training (fsh)
3:00 Wii bowling (fsh)