

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
Leslie Snyder 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
Meliyah Harris 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

Willa Lawson, Driver - 2160

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

Spending time outdoors in green spaces can decrease mental fatigue, boost cognition, and improve our relaxation, according to the article written by Mathew P. White in Scientific Reports. However, we spend most of our time indoors. So why not add plants inside our homes? Besides adding style, houseplants can have similar benefits to spending time outdoors. Indoor plants may also remove pollution inside your home, according to some research. Some great beginner friendly houseplants are pothos, peace lily, zz plant, and many more!

Resident Meeting

Executive Director Shelley Rauch announced Leslie Snyder will join the WVN family on Monday, August 14, as the new Executive Assistant to Shelley, and Manager of Communications, which oversees reception.

For Your Safety!

Over the years there have occasionally been unwanted visitors on the campus. From solicitors, to motorists taking a shortcut to avoid a lengthy train stop, anyone can wander onto the property. WVN does have a no solicitation policy and there is a sign at the entrance stating No Solicitation. Cottagers, if you see anyone suspicious on campus, whether it is a solicitor going door-to-door around the cottages, or a suspicious character wandering around, and that person makes you feel uncomfortable, please call 911 to get the police out to WVN. After you call 911, please call the receptionist, no matter day or night, and ask her to ensure the Executive Director and Campus Environment Director are notified of the situation.



Westminster
Village North

"WVN Habitrail™" Memorialized

Photo by Amy Morgan



In November, 2022, WVN celebrated it's 50th anniversary. For the past year however, Joyce Ann Freeman has been working on an art piece commissioned by Leisure Services to present to Executive Director Shelley Rauch to commemorate the anniversary. Joyce Ann completed this cross-stitched project, an above-ground tunnel that led to I Building (Ironwood) many years ago. WVN had several of these building connectors to protect people from the elements, although due to extreme heat and cold, they were not practical for continued use. Because of the look of these tunnels, they were nicknamed named habitrails™ or gerbeltrails.



The untold number of hours and amazing detail that Joyce Ann captured in this cross-stitched piece of art, which she created from a PHOTO!, is deeply appreciated! It is anticipated the art will be hung either in the main lobby of Tamarack, or perhaps the Foundation Social Hall.

Thank you Joyce Ann Freeman!!

Around the Village

A Publication of Westminster Village North

August 11, 2023

Annual walk to the Pond

*Top photo by John Wendt
Bottom photos by Tammy Stevens*



Every year it seems, momma duck builds a nest and lays her eggs in the Tamarack Courtyard. Unfortunately, when the ducklings hatch, they can't fly out because they can't fly over the three-story building. The maintenance team has always been on the lookout for them to lead them to safety. This year Carl Pollock led momma and her ducklings out of the courtyard, through the Tamarack lobby, and down to the pond to begin their life as a "duck dynasty."



Health Center Residents Enjoy Ballet



The Health Center residents enjoy a seated ballet class every Tuesday at 10:30 am. Professional ballerina Roberta teaches the class, which includes classic movements and brief discussions on what each person is feeling that day. This class has been taught for more than a year now, and is still a highlight in HC activities.

Just Sayin'

Santa Claus has the right idea. Visit people just once a year! Victor Borge

The secret of a good sermon is to have a good beginning and a good ending.; and to have the two as close together as possible. George Burns

I was married by a judge. I should have asked for a jury. Groucho Marx

Be careful about reading health books. You might die of a misprint.

Mark Twain

Cell Phone Etiquette

Jill Armantrout

Did you know that 98% of people age 60 or older own a mobile phone and four out of five have a smart phone? (Statistics from theseniorlist.com).

Recently, there has been some discussion about whether to “ban” cell phone usage in the Assisted Living dining room or during structured activities. The pros and cons have been discussed at several resident meetings. Two polls have been taken. The first poll results: 8 residents said no, 30 said yes and 2 didn’t have an opinion. The second poll results: 17 said no, 25 said yes and 7 said that it was fine in an emergency situation only.

Because this is considered your home, we want to be mindful of the wishes of all. Cell phones can become disruptive within an environment at times. We will not “ban” phone usage in public spaces, but we do ask that you are respectful to your peers.

Phone etiquette for everyone, regardless of where you live:

1. Be mindful of the volume of your phone. Turn it to low or vibrate only during an activity or while dining.
2. When able, excuse yourself from the table or room to answer a call.
3. If it is not an emergency or an important call, let it go to voicemail and call the person back.
4. If you choose to take the call, avoid speaking loudly so others can hear your conversation. Again, preferably ask caller to please hold and excuse yourself before engaging in conversation.
5. Avoid watching videos with sound on your smart phones during meals.
6. If you feel disrupted by someone else taking a call, please do not engage in an argument over the occurrence.

A Week at a Glance...

Assisted Living

Gabby Tijani

Saturday, August 12

2:00 Travel Club (syc alcove)
3:00 Daily chronicles & activity pack to your door
3:00 Wii Bowling (Salc)

Sunday, August 13

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

Monday, August 14

Happy birthday Barbara Moore
Chaplain April on PTO
11:00 Lunch outing: McAlister's Deli
1:00 (1-4) Daily chronicles
2:00 Movie matinee & cool treats (Lcl2)

Tuesday, August 15

Chaplain April on PTO
9:15 Morning Chair Yoga (syc lib)
10:30 (10-11:30) Apartment visits and one-on-one social
10:30 Bible study/devotions (Lcl3)
1:00 Grocery delivery
1:30 Sing-a-long
5:45 Game night (Salc)

Wednesday, August 16

Chaplain April on PTO
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, August 17

Chaplain April on PTO
9:15 Morning walk & stroll (Syc av)
10:00 Garden club
1:15 Golf card game
2:00 Pianist: Barbara Frolik (syc lib)
5:45 Bingo (Salc)

Friday, August 18

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

Peaceful Reflection

Chaplain April Scott

“You are Unforgettable to God.”

Friends, have you ever felt like God has forgotten you or that He is slow in answering a prayer? I am here to tell you that you are Unforgettable! Around this time last year, I received a phone call from a lady who wanted me to pray for her friends who were in the Health Center. The woman gave me her name, which I recognized immediately and asked if she knew a young man that had the same last name. She said, “that’s my son.” I told the woman how I knew her son and that he completed construction work for me more than twenty years ago. The woman shared with me a family concern and asked for prayers. I said a prayer for the woman on the phone and hung up. That evening, and for weeks, I prayed and cried out to God to answer the woman’s prayer. Finally, after weeks of praying, I put the matter totally into God’s hands believing that He would answer the prayer in time.

Two weeks ago I was in the Health Center praying for another person. I asked the person what she would like for me to pray for and she said that she wanted me to pray for her friend’s husband, _____. I asked the person, “would ____ happen to be his wife?” She said, “yes.” I told the person that I knew the family, but I did not go into detail. What the person did not know is that her friend is the same person for whom I have been praying for more than a year ago. I began to pray for the person’s prayer request and left the room.

Later that afternoon I received a text from the person that I had been praying for more than a year ago, sharing with me that the woman I had prayed for earlier that morning (her friend) texted her and shared with her that she had met me and that I had prayed for her and her husband. Then, in the text she

shared with me that God had answered the prayer we had prayed for more than a year ago (that very same day) and sent me a picture to confirm the miracle!

Friends, I felt overwhelmed with joy as the tears rolled down my face! God had not forgotten this family, God had not forgotten how I had prayed for their concerns, God had not forgotten the urgency of their matter! God had not forgotten the heart felt prayers of this woman! Friends, we are simply unforgettable to God! The scriptures confirm that we are unforgettable to God.

Isaiah 49:16 “See, I have written your name on the palms of my hands. Always in my mind is a picture of Jerusalem’s walls in ruins.”

John 10:14 “I am the Good Shepherd. I know My own and My own know Me.”

Jeremiah 29:11 “For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Luke 12:7 “God knows how many hairs you have on your head. Do not be afraid. You are worth more than many small birds.” (NLV)

Psalms 139: 1-3 “O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways.”

In the words of Dr. David Jeremiah “Sometimes we feel God has forgotten us, especially when some particular prayer remains unanswered. But you are unforgettable to Him. He is still listening and planning good things for you. Be encouraged!”

Blessings!

Note: Chaplain April will be on PTO August 14-17.

Independent Living

Notes

Laurie Wilson

Welcome baskets are needed! If you received a welcome basket and no longer need or want it, please return it to the reception desk to be recycled for future new residents. If you have any large basket you want to donate for welcome baskets, they too would be appreciated.

Don’t be late. Whether you attend an activity on site, such as card games, board games, exercise class, etc., or off site, such as shopping at the grocery, or being picked up for off site excursion, please don’t be late! Card and board games start promptly at the scheduled time on the calendar and should not be disrupted. If you arrive late and the game has already begun, you may sit and quietly watch, but don’t expect to be included until or unless a new game is started when the other has finished. Even if you are only a few minutes late! Don’t ask to make an exception, as this puts others in an awkward position. If you are going on a bus trip, please be ready at the scheduled time. Time is a factor for making reservations for off site dining and tours. Being late is causing unnecessary stress to others. Some residents do not want to participate in activities due to disruptions or special treatment expected for those who arrive late to an activity.

So to help you remember to be on time, it is suggested you highlight the activities you want to participate in and then tape the calendar to your front door—or somewhere you will see it often. If you spend time watching television, put the calendar on a stand next to the TV so you see it while watching your shows. You can see brightly highlighted activities from a distance and know you planned to participate. If you have a watch, clock, or even kitchen timer, and know how to set a timer, set it fifteen minutes prior to the start of an activity or bus pickup. When the alarm goes off—head out the door. Better early than late. If you do not have an alarm, ask a friend to remind you fifteen minutes ahead of time.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, August 12

Happy birthday Ingeborg Lachenmann
Happy birthday Lynn Palenik
1:30 Bridge (cl)

Sunday, August 13

3:00 Vespers (fsh)

Monday, August 14

9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
3:30 Wii bowling (fsh)

Tuesday, August 15

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
11:30 Dollar Store (new location)
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, August 16

9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
10:30 Goldenaires Mass/ Luncheon (10:30-2) (fsh)
12:30 Antique Fan Museum
2:00 Rock Steady exercise class (Tsh)

Thursday, August 17

9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
11:00 Trader Joe's/Fast Food/ Total Wine & More
3:30 Happy Hour (fsh)
7:00 Thursday night Euchre (cl)

Friday, August 18

9:00 Bargain room open!
9:30 Fun Fitness Friday (Tsh)
10:00 Catholic Communion service (aca)
11:00 Ladies' Lunch: Ruby Tuesday
1:30 Mahjong (cl)
3:30 Wii bowling (fsh)