

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 - 4222Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, Driver - 2160

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

Be present in the moment and do things one at a time. If you know you are going to have a busy day, take time to create a game plan. Make a to-do list and set a time to do only one thing at a time. Do not worry about how many things you must do for the day, as this only creates stress and leads to unproductiveness. Think about what the next thing is on your to-do list and focus on only that. You may find that being present orientated allows you to be quick and efficient.

VOTING

To check your registration, and for all voting questions visit: Indianavoters.IN.gov. To obtain an application for an absentee ballot, call the Election Board at 317-327-5200. Please leave your name and address so one can be mailed to you when they become available. This can also be printed when obtained from the website. **Registration closes October 10. Requests for absentee ballots closes October 26.** This information and assistance can also be obtained by calling Rhoda at 317-823-9388.

Butterflies

Dan Hibner

The butterflies are passing through now. If you want to watch them, they are very prevalent at Lincoln Trails Circle, predominantly on the zinnias.

The four varieties you will see include: monarchs, black swallowtails (pictured), Eastern yellow swallowtails and a smaller painted lady, which is a beautiful black with orange and white.



The best times to see the butterflies are between 10:00 am and 2:00 pm.



Westminster
Village North

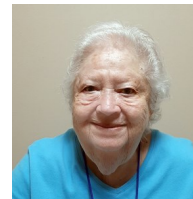
Around the Village

A Publication of Westminster Village North

September 1, 2023

Welcome to WVN!

Nancy L. Russell



Friends, you are in for a monumental treat when you meet Evelyn Bolling, our new resident in Elm 160. She was born in Manila, Philippines. The circumstances are a bit complicated. I will try to make a long story short.

After the Spanish American War, Evelyn's father's uncle started a company in Manila. He ultimately asked her father, who lived in Germany, to run the business - Diehl Anderson Coconut Company. It was bought and sold several times, but the product of this business was ultimately called Baker's Coconut.

Evelyn's mother, who is of Danish descent but lived in the United States, was a nurse. She and her adventuresome nurse friend decided they wanted to see the world - starting out with the Philippines. That's where her parents met and married. Evelyn was born.

Fast forward to World War II. Japan invaded and bombed the Philippines. At age 14, our Evelyn, her family, all U.S., British, and Canadian citizens were relegated to a Japanese prison camp for thirty-seven very long months. Even though this took place many, many years ago, there were still tears welling up in her eyes as she recalled the horror of it all. Manila was second only to Prague as the most destroyed city during this terrible war.

Evelyn graduated high school in Manila and then came to the U.S. She graduated from Stephens College in Columbia, MO, with a degree in business. Back in the Philippines, she managed the office for a company that shipped playground equipment and farm tools. Later, she was hired by the U.S. Educational Foundation to assist Fulbright Scholars who came to the Philippines to study anthropology.

During the Korean War, the man who was to become Evelyn's (now late) husband, a graduate from I.U. with a major in journalism, was sent to Manila as a Naval Seaman. They met at the Officer's Club. Bill Bolling was assigned to the Admiral and worked with the USO tours. He met Raymond Burr among other notables.

Eventually the couple moved back to Indiana and had two children who have blessed them with two grandchildren. Evelyn's "job" of which she is most proud is her volunteer position with the Girl Scouts. She managed their cookie sales for more than thirty years. She worked for the John Deere Distribution Center and Walker Research for a paycheck, but nothing compares with her service to the Girl Scouts.

Evelyn is a photographer. She has a closet full of her prized possessions. She also loves to travel and has visited all fifty states. She has also visited all of the Canadian Provinces, and every continent.

Would you believe her dear mother lived right across the hall in apartment 158 when it was Sycamore? She has also written an unpublished book for her family.

A more diverse, intriguing lady will be difficult to find. She is now living in our midst to share her stories and experiences. Westminster could not be more blessed!

From the Lawrence Mayor and Chamber of Commerce

Mayor Collier and the Lawrence Chamber held their quarterly meeting here at the Village on Wednesday, August 30. The purpose was to update the members of the chamber on the economic development of Lawrence.

There are a number of plans in the works, including the revitalization of the "Trades District." This district is located just East of I-465, on the North side of Pendleton Pike, to just a block or so past Franklin. The revitalization goal is to make Pendleton Pike look like 56th street, including pretty medians, new businesses, restored areas, etc.

The other interesting point made was the redesignation of a school in the current government building just North of Sunnyside elementary. Though you have seen progress via the paved parking lots, this project will not be complete until approximately 2028. Work has to be completed on the new government center, which will be built on 56th street first. The government center will be a one-stop shop for conducting government business in Lawrence.

A Week at a Glance... Health Center

Jamie Minder

Happy September!

Who is ready for FALL? Our Activities Team is planning a FALL FEST Sept. 21st from 3-4pm in the Juniper/ Heatherwood dining room. We will have music, Fall treats and fun!

Do you like ART? We have our Annual Art Show Sept. 13 in the Founddation Social Hall from 1-4 pm!

Resident Council meeting has been moved to Sept. 7, at 2:30 pm in the Aspen dining room. Please contact HC Resident Council President, Letha McNeely at 3305 for any questions.

Our Dominos game group is always open to anyone who wants to play! We meet in the Juniper dining room on Mondays and Thursdays at 2:30 pm.

Please remember that this newsletter you hold is for our entire village, which consists of several different areas of care. Assisted Living, Independent Living, Health Center and Aspen Rehab. If you have any questions, please contact Jamie Minder at 4230.

Welcome to the village, Phyllis Gillespie and Barbara Chilcote!

Peek-a-Boo!

This might have freaked me out a little, but Bill Voiles got a great photo of his new friend peeking in his window one early morning.



A Week at a Glance... Assisted Living

Unfortunately as we still have positive cases in Assisted Living, so we will continue to ask that residents DO NOT come out of their apartments or go into different buildings for another week. AL will not have communal dining or activities for another week.

Happy September Birthdays!

There were a few birthdays missing from the original list. Therefore, please use this list to wish happy birthday to your friends and neighbors.

Fogg, Joan	September 1
Van Paris, Nona	September 1
Wolfla, Patricia	September 3
Reynolds, Helen	September 6
Gill, Doris	September 6
Tichenor, Shirley	September 7
Norris, Barbara	September 7
Lively, Barry	September 7
Everidge, Mary	September 8
Blake, Robert	September 8
Crays, Mary	September 9
Cadwell, Ronald	September 10
Case, Charles	September 11
Leichenauer, Steve	September 12
Matson, Lenorann	September 12
Huelster, Kathryn	September 13
Thompson, Harry	September 15
Buckley, Lee	September 15
Strasser, Ben	September 18
Davis, Mary	September 20
Rose, Larry	September 22
Williams, Charles	September 23
Coryell, Marilyn	September 26
Williams, Mary Ann	September 28
Brubaker, Kathleen	September 29
Lipse, Sheila	September 29

Peaceful Reflection

Chaplain April Scott

“Sabbath Day A Weekly Rest Day”

Friends, I cannot believe it is September already! Time really does fly when you get older or as the saying goes, “time really flies when you are having fun!” In either case, time does not slow down. It keeps ticking toward the future. Perhaps that is why we have designated a day out of the year to rest from our labor. The first Monday in September is observed as a federal holiday to honor and celebrate the American Labor Movement and the workers for their labor. Several people stake claim to have started this celebration of labor, but none can really take credit for this day of rest.

Ecclesiastes 1:9 states “History merely repeats itself. It has all been done before. Nothing under the sun is truly new.” (New Living Translation).

In the book of Genesis, God instituted a day of rest to celebrate and to recognize all His Labor and the future labor of humanity. The day is called “Sabbath Day” and it is observed once a week, whereas Labor Day is celebrated only once a year. Many of us find it easy to celebrate Labor Day, which comes around once a year, but find it hard to celebrate the Sabbath, which comes once a week.

When I was a child, I remember that my mother made sure that the Sabbath day was celebrated in our household once a week. On Sundays we could not do any work. We could not do laundry, clean the house, iron clothes (I don’t think people really iron anymore from the looks of things) etc. Sunday (our Sabbath) was a day that was dedicated to the Lord and a day we rest.

Nowadays, it seems as though family time and Sabbath resting on Sundays have been hijacked by soccer practice, little league football practice, swim practice, bowling leagues, NFL football games, grocery shopping, housecleaning, mowing the lawn etc. People even drive differently on Sundays.

We have allowed our Sabbath, our day of rest to be filled with business and work. No wonder we are so tired when Monday comes! Some people justified this hijacking by saying, “I will rest when I retire.” That doesn’t sound like a plan to me. I do not want to give up my right now rest days to store up later rest days. I want to spend my retirement enjoying the fruits of my labor, doing the things I love to do and then rest.

How about we take back our Sabbath and begin to say “no” to everything that is trying to steal our precious time of rest?

Psalm 128:2 says “You will enjoy the fruit of your labor. How joyful and prosperous you will be!”

Genesis 2:2 says “On the seventh day God had finished his work of creation, so he rested from all his work.”

Leviticus 23:3 says “You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for holy assembly. It is the Lord’s Sabbath day, and it must be observed wherever you live.”

Friends, encourage your family members who are still working that they can celebrate Labor Day once a week by observing the Sabbath, let us not wait an entire year to celebrate rest from labor!

Blessings!

Note: There will be no Vespers on Sunday, September 3. There will be no Bible study on Monday, September 4.

In Memoriam

Patrick Chesebrough
Jean Unversaw
Donald Wagoner
Mary White

Please keep their families and friends in your thoughts and prayers.

Independent Living Notes

Laurie Wilson

Many of you have asked about seeing Oppenheimer. Oppenheimer should be streaming by November, perhaps late October. I will show it here (in 2 parts) as soon as it becomes available. All areas of the Village will be welcome to watch.

Reminder: Indianapolis Symphony Orchestra Coffee Series’ seasons begin this month with Coffee Classical. If you want to attend, please purchase your tickets online, via phone, or ask me for assistance. ISO Coffee Pops series begins next month. Once you purchase your tickets, please sign up on the app or let me know you want to ride the bus.

There will be no Vespers on Sunday, September 3. There will be no Bible study on Monday, September 4.

Dolly Ritter sends her sincere thanks and appreciation to all who sent cards and prayed for her during surgery and for a speedy recovery.

To all IL residents, and especially NEW residents! Come to our monthly Sing-a-Long, and join us in just having a good time singing together. We meet this next Monday, September 4 in the Tamarack Social Hall at 1:30 pm for an hour of songs honoring our country. You will each have all the lyrics and a chance to be together with old and new friends on this Labor Day. We hope to see you there! Kathryn Huelster and Helen Fry

The group had a fun time at the Sugar Factory! Evelyn Blood managed to drink this entire peach mango concoction!



A Week at a Glance... Independent Living

Laurie Wilson

Happy Birthday (missed) Dru Knarr - August 30
Happy Birthday (missed) Tom Kaercher - August 31

Sunday, September 3
Happy Birthday Pat Wolfla
3:00 Vespers (fsh) - **Cancelled**

Monday, September 4
Labor Day
Happy Birthday Laurie Laurie PTO
9:30 Monday in Motion (Tsh)
11:00 Bible Study (cl) - **Cancelled**
11:00 The Climb (Tsh)
1:00 Needlework group (3006)
1:30 Sing-a-long: (Tsh)
3:00 Chimes group (2033)

Tuesday, September 5
9:00 Grocery Shopping: Meijer
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)
6:00 AL & IL Bingo Night (fsh)

Wednesday, September 6
9:30 Cardio Pop (Tsh)
1:00 Wii bowling (fsh)
2:00 Rock Steady exercise class (Tsh)
5:00 Cottager Dinner (fsh)

Thursday, September 7
Happy Birthday Barry Lively
9:30 Power Pump Thursday (Tsh)
10:15 Newfields Art Museum - free entrance
10:30 Council Meeting (Tsh)
3:30 Happy Hour (fsh)
7:00 Thursday Night Euchre (cl)

Friday, September 8
9:00 Bargain Room open (TLL)
9:30 Fun Fitness Friday (Tsh)
12:15 Ladies' Lunch: Twigs & Tea
1:30 Mahjong (cl)