

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
Melissa Wyatt, Resident Accounts Mgr. - 2920
Dawn Martine, Resident Accounts Asst. - 3450
John Turrentine, Accounts Payable Ext. 2910

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
Lana Fairley AL Food services -3440
Anita Sutton, HC Food services -2340

Foundation

Tammy Stevens, Foundation Coord. - 3460
Health Center
Shannon Harris, Dir. HC Operations - 3570
Jackie Davidson, Director of Nursing - 2830
Ebony Sims Asst Director of Nursing - 4490
Aspen Nurses Station -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/Leisure Services

Amy Morgan, Dir. Marketing - 2140
IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, IL 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

Transportation – 2160

Therapy

Stephanie Irvine, Therapy Manager - 4222, 5350

Wellness

Wellness Center, Tamarack - 1051
Denisse Garcia, Classes/Trainer

Denisse's Diversified Wellness

Denisse Garcia

Being forgetful can be part of aging, but there are a variety of techniques that can be used to combat changes in mental health and cognition. [Here are some tips according to the National Institute on Aging:](#)

- Use tools like calendars, sticky notes, to-do lists, and plan tasks
- Keep everyday items like your purse, phone, keys, or glasses in the same place every day
- Get enough (6-8 hours) sleep each night
- Follow a daily routine
- Spend time with friends and family

However, if you notice having trouble doing everyday activities (like using your phone, having conversations, or taking care of yourself like eating poorly or lack of safety awareness) you can talk to your doctor to determine whether or not your behavior is normal.

Vote

Election day is Tuesday, November 7th

Voter Location: Lawrence Education and Community Center, 6501 Sunnyside (next to the Sunnyside Elementary School)

For more information, please call:
Election Board Phone: 317-327-5100
RHODA #: 317-823-9388

Early Voting:

Weekdays:
Oct. 30th-Nov. 3rd, 11:00am-6:00 pm

Weekends:

October 28th-29th, 11:00 am-6pm
November 4th-5th, 11:00am-6pm

The deadline to request an absentee ballot application is October 26th.

Please allow up to 145 days for the U.S. Post Office to receive your ballot. WVN is in Precinct # 41, Congressional District # 7, Senate District # 31



Westminster
Village North

Meet our new Residents, Daniel and Marilyn Drew



Heads up, Westminster! We now have not only two Nancy Russells, who are both nurses, we now have two Dr. Dans who are both medical doctors! Yes, Dr. Daniel Drew and his lovely wife, Marilyn, have moved into 11215 Presbyterian Drive. (I plan to call Dr. Hibner Dr. Dan and address Dr. Drew as Dr. Daniel to differentiate the two...just as people refer to me as the tall Nancy Russell to set me apart from the less tall, wonderful, shorter Nancy Russell.)

Marilyn was born in Ravenna, OH, near Akron. Her family moved to Indianapolis when she was in the 8th grade. She graduated from St. Mary's Academy and met her now husband when she was a senior. It was on to Kentucky State University in 1965 where Marilyn and her brother were the only Caucasian students in what was then an all-African American college. Integration was just beginning at that time. I'm certain that Marilyn could write a book about her experiences. She left college life to be Dr. Daniel's wife. She then became a member of the noblest of professions - wife, mother to four children, and homemaker.

This beautiful lady is a swimmer. In fact, while the family was in Jasper, IN, Marilyn created a swimming school and shared that she taught 2,000 people how to swim! Another little-known fact about this remarkable lady: she met and worked with Mother Teresa in the World Hunger Program while in Calcutta. She served in the home for the dying as well as the orphanages. Again, she could probably write another book about her memories.

Around the Village

A Publication of Westminster Village North

October 20, 2023



Weekend Buffet

October 20TH, 21ST, 22ND & 23RD
\$7.00
12pm -6:00pm

Buffet Menu:

TOSSED SALAD
FRIED CHICKEN
SMOKED SAUSAGE
BREADED COD
BEEF STEW
MASHED POTATO & GRAVY
CREAMED CORN
ASPARAGUS
APPLE PIE
CHOCOLATE CAKE
NSA BLUEBERRY PIE



We have received the most recent Covid vaccine. If you wish to receive the new vaccine, please reach out to Jami Blanton at extension 2660 and leave her a voicemail or you can sign up in the Mail Room.

Tune in to Fox 59's IndyNow show on Friday, October 21st, from 10am-11am to watch resident Evelyn Blood and Director of Marketing, Amy Morgan, promote our great community!

Treat and Tour Event
Thursday, October 26th from 11am-1pm (fsh)

If you know someone who may be interested in calling Westminster Village North home, please feel free to invite them and join them! Lunch is provided! Contact Amy Morgan for more information at ext. 2140

Dr. Daniel was born in Speedway, IN, and no, he is not a race fan. At age 14, he went to Brunnerdale Seminary in Canton, OH, to study to become a priest. After he graduated, he attended St. Joseph's Seminary and then did an about face to Marian University here in Indianapolis to earn a degree in Latin studies. It was then on to Indiana University School of Medicine and an internship at St. Vincent's.

Uncle Sam needed his services and stationed him and his family in Germany for the next 3 years. After defending our country, the family moved to Jasper, IN where Dr. Daniel served the community for 20 years as their family physician. Luckily, he spoke fluent German as a result of one his high school classes and his stint in Germany. As we all know, the Jasper area is noted for its German population.

Both Marilyn and Dr. Daniel are, in their own words, "exercise fanatics." They both swim, walk, and ride bikes. They have participated in marathons including the ones in Chicago and Moscow! We can see by looking at them that they are physically fit.

Dr. Daniel has sung in world-renowned choirs as a tenor. His current quest in addition to studying Psalms, is focusing on mindfulness and the worthiness of silence.

While retired in Ft. Myers, FL, the couple reacquainted with Dr. Daniel's stepbrother, Mike Blackwell. Mike piqued their interest in retirement communities and thus Westminster. Thank you, Mike and Margaret, for being diligent advocates and friendship ambassadors for this amazing couple.

The Drews are still working via their computers in the physical and drug-testing business. Dr. Daniel speculated that his name is on the little black DOT card that truckers carry as they travel the roads today.

A Week at a Glance... Health Center

Jamie Minder



A Week at a Glance... Assisted Living

Gabby Tijani

Sunday, October 22

11:00 Daily chronicles & activity pack to your door
3:00 Vespers/Church Service (Fsh)

Haunted Library (23-31st): The Sycamore Library will be decorated and available to tour 8:00 a.m. to 8:00 p.m. A photo op station will also be available at the entrance of Sycamore.

Monday, October 23

1:00 (1-4) Daily chronicles, activity pack & mail delivery
2:00 Movie Matinee & Fall goodies (Lcl2)

Tuesday, October 24

9:15 Morning Chair Yoga (Syc lib)
10:00 Catholic Mass (Aca)
10:00 Independent Resident Meeting (open to all) (fsh)
10:30 (10-11:30) Apartment visits/one-on-one social
10:30 Bible Study/devotions (Lcl3)
11:00 Lunch Outing: Arts Skillet (sign up in the book across from the nurse's station)
1:00 grocery delivery
5:45 Game night (Salc)

Wednesday, October 25

9:15 Morning Walk & Stroll (Syc av)
10:00 Arts & crafts class (Syc alc) Please join us to make holiday crafts!
1:00 Bingo (Salc)
2:30 Wine Wednesday (Syc alc). Join us for social hour, wine tasting or soda and trivia!
4:00 Aviary clean and bird sensory. Enjoy watching the birds! Watch a bird bath & discussion about birds.

Thursday, October 26

9:15 Morning outdoor Walk & Stroll (Syc av)
10:00 Men's coffee and trivia.
1:15 Golf Card Game (Card game led by AI residents)
3:00 Monthly meet & greet: meet new neighbors & celebrate birthdays (Syc alc)
Cake & drinks provided
5:45 Bingo (Salc)

Friday, October 27

Happy birthday Hiddie Bagwell
9:00 Bargain Room (tb)
9:00 Catholic Church Visits/ door to door (9-12)
10:00 *grocery orders due



A Week at a Glance... Assisted Living Continued...

Friday, October 27

1:00 Assisted Living Resident Meeting (fsh). Open to all AI residents to express compliments, concerns and suggestions for AI and the Village. Managers available for questions.
1:00 Chair exercise w/ personal trainer, Denise (syc lib). Free and open to all!
2:00 Movie Matinee & Fall goodies (Lcl2)

Saturday, October 28

Happy birthday Nancy Overton
10:30 Naomi Dog visits door to door. (Please contact Gabby at ext. 3530 if you would like a visit)
2:00 Travel Club (syc alcove). Share your travel experiences by bringing pictures and sharing stories.
3:00 Daily chronicles & activity pack to your door
3:00 Wii Bowling (Salc). All skill levels available. Residents can stay seated as needed.

Peaceful Reflection

Chaplain April Scott

Peaceful Reflection
By Chaplain April Scott
"Grief is the price you pay to love."

On last Monday after Bible Study class, I received a call from my aunt, letting me know that my grandmother only had 48 hrs. to live. I immediately began to cry just thinking about how much I loved her and how much I would miss her. I left work to prepare myself to travel to Kentucky to be with her before she transitions to her heavenly home. My mother and I headed to Kentucky the next morning, but we were too late. Granny had made her transition early that morning with family by her side.

As I helped my cousin prepare the obituary and the order of service, we relived the memories that our dear grandmother left with us. There was laughter and tears as we shared those memories with each other. I had the honor to share words of encouragement during the family tribute at her celebration of life three days later. As I contemplated what I would share with the family all I could think about was the legacy of the love that my grandmother left with us. Then the preacher shared in his words of comfort to our family that "grief is the price you pay to love."

Peaceful Reflection Continued...

These words were so profound that it struck a chord in my soul. I thought to myself, "I don't want to love again because the cost is too much, because I have experienced so much grief in my life that I do not want to grieve anymore." Then I thought, "What if God decided that He did not want to pay the cost to love. Where would we be!" It was because God decided to love the world that He paid the cost to love us through the death of His Son, Jesus Christ. Friends, God experienced grief. Matthew 27:50-51 shares a vivid depiction of what was happening in the cosmos when Jesus died. "And Jesus cried out again with a loud voice and yielded up His spirit. Then, behold, the veil of the temple was torn in two from top to bottom; and the earth quaked, and the rocks were split. "Friends, God was grieving! God paid the price to love you and me!"

How can we not love again! How can I not love again! If God paid the price to love us who were His enemies, surely we can love again! More importantly, we can love God again and our neighbor too!

John 3:16

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.

Romans 5:6

For while we were still weak, at the right time Christ died for the ungodly.

Romans 5:10

For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life.

Blessings!

Independent Living Notes

Laurie Wilson

Last week, we celebrated National Cocktail Week. Our residents enjoyed Mai Tai and Tie Dye Monday, Tequila Tuesday with Jimmy Buffet, Wicked Whiskey Wednesday, Trumptini Thursday and Fuzzy Friday. Here are some fun pictures from last week's festivities:

Maria Wasnidge as Cruella de Vil for Wicked Whiskey Wednesday!



Sara Impagliazzo and Martha Jungclaus enjoyed "Tequila! Tuesday's" festivities



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, October 21st

1:30 Bridge Club (cl)
3:00 Car Show (FSH Parking Lot)
7:00 Sing-a-long (Tsh)

Sunday, October 22nd

3:00 Vespers (fsh)

Monday, October 23rd

9:30 Monday in Motion (Tsh)
11:00 Bible Study (cl)
11:00 The Climb (Tsh)
1:30 Wii Bowling (fsh)
3:00 Chimes Group (2033)

Tuesday, October 24th

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
10:00 Resident Meeting (fsh)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, October 25th

9:30 Cardio Pop (Tsh)
11:30 Around the World: Peru
2:00 Rock Steady exercise class (Tsh)
3:00 Wii Bowling (fsh)

Thursday, October 26th

9:30 Power Pump Thursday (Tsh)
10:30 It's Fall Y'all Fall foliage trip to Apple Works Orchard (Trafalgar)
11:00 The Climb (Tsh)
7:00 Thursday night Euchre (cl)

Friday, October 27th

Laurie PTO
9:00 Bargain Room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)