

## 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  
Anita Sutton, 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  
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, FT Driver - 2160  
Les McConnell, PT Driver  
Gary Roraus, PT driver

### WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

## In Memoriam

*Larry Ondrejack*

A memorial service will be held for Larry Ondrejack on Saturday, October 28, at 2:00 pm in the Foundation Social Hall.

Please join Lois and her family to celebrate Larry's life. His obituary can be found at [indianafuneralcare.com](http://indianafuneralcare.com).

## Denisse's Diversified Wellness

*Denisse Garcia*

The change in temperature is a good reminder to incorporate healthy habits for the fall. The cool, crisp air can dry out your skin, so moisturize daily. Continue to drink lots of water, as your body uses energy to stay warm and you may sweat more as you wear heavier clothes. Wash your hands regularly to keep germs away. Make sure to clean your most used items, like a Rollator, phone, keys, and glasses that can transfer germs.

## Vote

**Election day is Tuesday, November 7**

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

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

**Early Voting:**  
*Weekdays:*  
Oct 30 - Nov 3, 11:00 am - 6:00 pm

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

**The deadline to request an absentee ballot application is October 26.** Allow up to 14 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

# Around the Village

A Publication of Westminster Village North

October 13, 2023

## Bargain Room

*Martha Jungclaus*  
Resident Council President

Did you know the proceeds from the Bargain Room entirely fund the Resident Council projects? Past projects included a television, popcorn machines, HC tablets for residents, a Hoyer Lift, and so much more! Now the Council is assisting the Bargain Room staff to update and enhance the shop.

The first step was to eliminate pricing below \$1.00. Then guidelines were established to determine what items are acceptable as donations. A list of acceptable donations is now posted inside and outside of the Bargain Room. Please review the list prior to making a donation.

As we prepare to update the shop and make room for new donations, a SALE will be held on Friday, October 27, 9:00 am—12:00 pm. Mark your calendars!

We want new donations! We are asking all residents and staff to search through closets, drawers and cabinets for items to donate. A new year "clean out" is good for the soul and the Bargain Room. Without your donations and purchases, the Council's ability to fund future requests will be greatly restricted.

After the first of the year, the Bargain Room will be closed for a couple of weeks while we update the shop and incorporate new donations.

Thank you in advance for your cooperation and donations.

## Westminster Foundation

*Tammy Stevens*

The Westminster Foundation's mission, as you may know, is "to enrich the lives of the residents of Westminster Village North." Another important objective of the Foundation is to assist Westminster Village North in providing benevolent care for WVN residents who have exhausted their financial resources. This year, 2023, has been a year of exceptionally high benevolent care expenses. The Foundation's Board of Directors was thankful to be able to donate \$100,000 to WVN to help offset these expenses.

Of course, this type of financial support of our home here at WVN is only possible through the generous financial support of residents and their families. The old saying, "It takes a Village..." certainly describes the compassion and altruism that WVN residents express when they donate to The Westminster Foundation, not only to enhance their own lives and the lives of future residents, but to help support and lift up their neighbors in their time of need.

Thank you to everyone that helped make this support possible!



One of the shortest wills ever written:

"Being of sound mind, I spent all the money."

## Garden Club

The Resident Garden Club has made substantial progress on the Garden Club report as it pertains to our Village trees. An Arborist was hired ([www.tree-centric.com](http://www.tree-centric.com)) to assess the 53 trees deemed most at risk from Tom Ulsas' & Dick Huelster's extensive tree inventory of WVN's 500+ trees. Sadly, the arborist found that six of the trees had already died and had been removed. There are seven more trees determined by the arborist to be too far gone to save and should be removed.

Tom and Dick received an extensive report, listing the remaining trees of 53 assessed, plus twenty more the arborist found that could, and should, be treated to ensure their survival and continued benefits. The report is ranked by urgency, with suggested treatments for the years 2023, 2024, 2025 and 2026.

If you would like to view this full arborist report you can find it on TouchTown under the Community Documents folder, along with the Garden Club report. If you have any comments or questions or would like to get involved in this project, please reach out to Tom Ulsas or Dick Huelster.



## A Week at a Glance... Health Center

Jamie Minder

Jamie and Samantha will be on vacation October 13-23. Please call extension 5340 between 12—1 pm if you need activities help.

We will not have Friday Bingo on October 20, nor Dominoes game group on Thursday, October 19. Thank you for understanding.

Ladies who normally attend our Ladies' Lunch monthly: You can enjoy a meal at the Bistro twice a week in the month of October.

Get your spooky costumes ready for our Health Center Halloween BOO BASH October 31, at 2:30 pm in the Juniper/Heatherwood dining room. We will have some costumes available at the party.

On November 16, we will have a Thanksgiving Ladies Lunch in the Aspen dining room. Please RSVP for this event by calling Jamie at 4230.

HC butterfly release:



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

Gabby Tijani

Saturday, October 14

11:30 Entertainment: Robin Harrison (Sdr)  
3:00 Daily chronicles & activity pack to your door  
3:00 Wii bowling (Salc)

Sunday, October 15

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

Monday, October 16

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

Tuesday, October 17

9:30 Outing: shopping at Walmart  
10:30 (10-11:30) Apartment visits/one-on-one social  
10:30 Bible study/devotions (Lcl3)  
1:00 Grocery delivery  
1:30 Ghost stories and Halloween fun (Syc alc)  
5:45 Game night (Salc)

Wednesday, October 18

9:15 Morning outdoor walk & stroll (Syc av)  
10:00 Arts & crafts class (Syc alc)  
11:30 Outing: Tuttle's Grill & fall leaf tour  
1:00 Bingo (Salc)  
2:30 Wine Wednesday (Syc alc)  
4:00 Aviary clean and bird sensory

Thursday, October 19

9:15 Morning outdoor walk & stroll (Syc av)  
10:00 Book club/book reading (Syc alc)  
10:00 Men's coffee and trivia  
1:15 Golf card game  
5:45 Bingo (Salc)

Friday, October 20

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 & fall goodies (Lcl2)

## Positive Thinking

Amy Morgan

Did you know that positive thinking can improve your health? It can! Here are five ways to improve your overall physical and mental health:

Become stress-resistant. Identifying the positives in an unpleasant or stressful situation makes you less likely to release "fight-or-flight" hormones which is a physical stress response that can damage your health.

Improve your heart and cardiovascular system. People who think optimistically in stressful situations have a lower risk of heart attack and stroke by 38%. A positive outlook can even benefit people who already have cardiovascular disease!

Thinking positively can ward off depression! Optimistic thinking makes you more resilient and bounce back without becoming overwhelmed, depressed, or discouraged by adverse events.

Positive thinking strengthens your immune system! Studies show that people who consider themselves optimists are physically healthier with great resistance to colds and other illnesses. Not only do optimists get sick less, they also get better faster!

Positive thinking lengthens your life span! Optimistic people have a lower chance of dying from major causes including cancer, heart disease and infections. People who think positively have a life span that is 11% to 15% longer than the average person.

There are so many benefits to positive thinking and living. If positive thinking doesn't come naturally to you, that's okay! We can still create new habits in our lives. Studies show that if you add a new routine 18 times in a row, it becomes a habit! Let's look at some steps that we can do today to create positive habits for tomorrow!

Keep a gratitude journal. Gratitude is the attitude that sets the altitude of living! Journaling helps you to stop, appreciate, and participate in positive thought patterns. If you can simply list 3 things that you are grateful for regardless of how big or how small, this will help your

outlook for living. On your bad days, it is also great to look back in your journal and remember what you are grateful for!

Make time for play and laughter. Luckily, we are blessed to live in a community for so many opportunities for fun! Finding humor in situations and having opportunities to laugh and play can improve your emotional and physical health! It brings me so much joy when I see residents together laughing and having a good time! Make use of all the opportunities available here at Westminster Village North and spend time with one another!

Take care of your health. Stay active! Keep moving! Ann Hanson was recently asked on the IndyNow show about her secrets to living to 90 years old, and she said, "Stay active and keep moving!" What a great and simple way to take care of your health! If you need a walking partner or an encourager to keep moving, ask around our community and work together to stay active. If you need any assistance in building strength or staying active, please consider joining an exercise program or participating in physical therapy offered here at our community!

Volunteer. Giving back or volunteering not only helps others, but helps you feel better! Become an ambassador to help with new move-ins or help in the Bargain room. There are so many opportunities to get involved and to serve!

Spend time with other positive people! I always tell my children to choose your friends wisely! Studies show that if you surround yourself with positive people, this can be contagious! One of our very own residents is the epitome of sunshine and happiness. Can you guess who I am thinking of? Helen Olson. You don't have to be around Helen more than 2 minutes to notice her positivity! There are so many residents that spread joy and sunshine here at the Village. Hang with positive people and see how a positive outlook can help your own life! Here's the bad news....if you surround yourself with negative people, this can also be contagious! Be on the lookout for any negativity and be aware of how this type of thinking can harm your health!

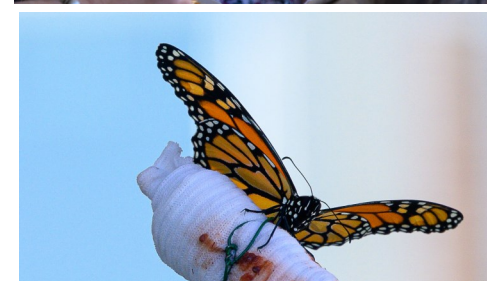
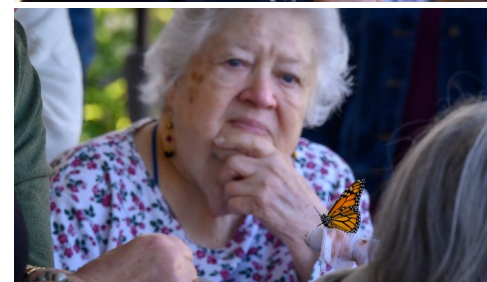
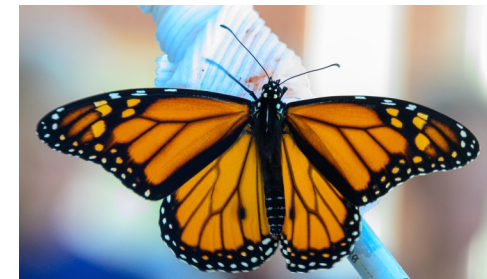
I hope that these tips and new habits will fill your life with joy, laughter, and community! Have a great day!

## Independent Living Notes

Laurie Wilson

Reminder: Resident meeting is not on the 17th. It has been moved to October 24.

Thanks to Dr. Hibner for sharing his butterfly passion with the residents. Bill Voiles took these amazing photos!!



## A Week at a Glance... Independent Living

Laurie Wilson

Saturday, October 14  
1:30 Bridge Club (cl)

Sunday, October 15  
3:00 Vespers (fsh)

Monday, October 16

*Happy birthday Joanne Tharp*  
9:00 Grocery shopping: Meijer  
9:30 Monday in Motion (Tsh)  
11:00 Bible Study (cl)  
11:00 The Climb (Tsh)  
1:30 Card Craft with Debbie (3006)  
3:00 Chimes group (2033)  
3:00 Wii bowling (fsh)

Tuesday, October 17

Happy birthday Helen Fry  
9:30 Light Lift Tuesday (Tsh)  
10:00 Life Trail exercise grp (door 3)  
1:30 News & Views (cc)  
1:30 Scrabble (cl)  
3:30 Happy Hour (fsh)

Wednesday, October 18

9:30 Cardio Pop (Tsh)  
9:30 Men's Morning (cl)  
10:30 Goldenaires Mass/Luncheon (10:30-2) (fsh) - **cancelled this month**  
2:00 Rock Steady exercise class (Tsh)  
3:00 Wii bowling (fsh)

Thursday, October 19

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

Friday, October 20

9:00 Bargain Room open (tll)  
9:30 Fun Fitness Friday (Tsh)  
10:00 Catholic Communion Service (aca)  
11:30 Shapiro's & Koorsen Fire Museum Tour  
1:30 Mahjong (cl)  
3:00 Wii bowling (fsh)