

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

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 -2161
Gary Roraus, PT driver -2161

WVN Foundation

Foundation Coord. - 3460

Photo Opportunity!

If you are looking for a fun Christmas photo, we will be happy to take a picture of you in the Santa sleigh located in the FSH. Photos can then be sent directly to you via email.



Denisse's Diversified Wellness

Denisse Garcia

If you workout on your own or want to start, there are key factors you should check off when creating an exercise regimen: the number of exercises, repetitions, sets, and how often you should do the workout. You can create a workout for the lower body and one for the upper body, or you can create a full-body workout that uses multiple muscle groups. I have listed a range for each component of a workout program. You can create a cardio, strength, balance, or stretching regimen.

Number of Exercises: 4-6

Repetitions: 8-15

Sets: 3-4

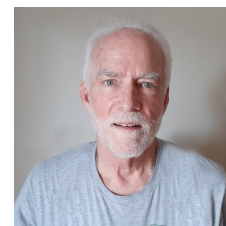
Times per week: 2-7



Westminster
Village North

Welcome to WVN!

Nancy L. Russell



Steve and Bev Koepper are getting organized in T3030. And just like most of us, the moving process, finding the right place for everything, then remembering where you put it, poses a challenge to them during this busy holiday season. Been there, done that, right?

Bev was born in Gulfport, Mississippi while her father was in the military. When she was just beginning to walk, she and her mother were living with her maternal grandparents here in Indianapolis. At Christmas time the tree had a mere 6 lights surrounded by lots of angel hair. She was told by her family that angel hair seemed "to follow little Beverly wherever she went."

When her father left the military the family moved to West Lafayette, IN, where her dad went to Purdue on the G.I. Bill. They lived in married-student housing which at that time were old military huts designed to house four families each. There was space between the wall and floor that separated the units, and Bev remembers passing notes to the little boy next door using that space. Is that

Around the Village

A Publication of Westminster Village North

December 8, 2023

called "making the best out of a bad situation?"

Her father got his degree. The family moved back to Indianapolis, and Bev graduated from Shortridge. She, too, went to Purdue for 2 years and then finished at Ball State with a degree in secondary education. Her major was English, journalism, and drama, but her first job was being a kindergarten teacher for 35 children in the morning with another 35 kids in the afternoon! And she was educated to teach high school!

This incredibly versatile, talented lady has taught people of all ages, including little people all the way to adults seeking their GED, and she has taught English as a second language to middle schoolers and children in high school. Now that's what I call a super educator!

She met Steve on a blind date arranged by her brother who pledged Steve's fraternity. Their first date was during the Purdue Gran Prix weekend, and their remarkable life has been eventful ever since. They have 2 sons and 1 granddaughter.

Bev likes to knit and read. She has already discovered our amazing Reading Room and plans to donate some of her favorites as well as "devour" some books she has seen on the shelves. And she participated in the needlework club last week.

Steve was born right here in Indianapolis. He graduated Howe High School, then went to Purdue where he earned a degree in electrical engineering. He was hired at Naval

Avionics to develop electrical surveillance equipment. Later he went back to Purdue and was awarded Purdue's MBA equivalent, after which he served Naval Avionics as their comptroller. Bev also got a Masters in elementary education from Purdue while Steve was earning his second degree.

Gatlinburg, TN, was Steve's "home away from home." He spent many happy hours there with family camping, parasailing, and riding his motorcycle on the Blue Ridge Parkway. To commemorate his love, he has a black bear collection as well as pictures of those gorgeous mountains on their bedroom walls. He sang baritone in the German choir known as Liederkrantz.

Steve and Bev took care of his mother, who lived to be 103-1/2. He was proud to say that his dear mother was swimming and doing yoga at 101! But this caring, compassionate gentleman confessed that his real "hobby" is his granddaughter, Mackenzie, who was born prematurely, spent weeks in the NICU, wrapped her tiny, tiny hand around his little finger and has never let go. She is 13 years old now, and he just beams at the mention of her name. One family member wanted the Koeppers to move to Hoosier Village, but Westminster was their choice since it is close to Mackenzie, who lives in McCordsville. Thanks, Mackenzie! Your grandparents are fabulous, and you are welcome to visit anytime because we love you too!!

AL spent a Day at the Theatre



Dog Lovers

Cottage resident Jack Levy is seeking a dog sitter, including dog walking, from Jan 5-11. If you are interested, please call Jack Levy at 317.440.3902.

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, December 9
Happy Birthday Laura Hessong
2:00 Traveling activity cart
3:00 Bingo (Salc)

Sunday, December 10
2:00 Traveling activity cart
3:00 Vespers (fsh)

Monday, December 11
10:00 Bible Study/Devotions (fsh)
1:00 (1-4) Daily chronicles & activity pack
2:00 Movie Matinee & Treats (Syc alc)
3:30 Pianist: Janese Truver (fsh)

Tuesday, December 12
7:30 Holiday breakfast & live Nativity (fsh)
9:15 Morning chair yoga (syc lib)
10:30 (10-11:30) Apartment visits/ One-on-one social
1:00 Grocery delivery
1:30 Holiday reminisce (Syc alc)
3:00 Creative arts (Sar)
5:45 Game night (Salc)

Wednesday, December 13
9:15 Morning walk & stroll (Syc av)
10:00 Crafts & cocoa (Syc alc)
1:00 Bingo (Salc)
2:30 Wine & beer tasting (Syc alc)
3:00 Caregiver Support Group (jpd)
4:00 Aviary clean and bird sensory

Thursday, December 14
9:15 Morning walk & stroll (Syc av)
10:00 Book club/book reading (Syc alc)
1:00 Group games (Syc alc)
2:00 Cook's Corner/food for thought (Sar)
2:00 Pianist: Barbara Frolik (syc lib)
6:00 Entertainment: Dan Shelley (fsh)

Friday, December 15
9:00 Bargain Room (tb)
9:00 Catholic Church visits/ door to door (9-12)
10:00 Grocery orders due
10:00 Catholic communion (aca)
10:00 Independent resident meeting (open to all) (fsh)
1:00 Assisted Living resident mtg (fsh)
2:00 Movie matinee & treats (Syc alc)

Peaceful Reflection

Chaplain April Scott

Wednesday 6 of my friends and I attended the Dave Koz Christmas concert at the Palladium in Carmel. I had a wonderful time. The music was electrifying and heartfelt. There was not a dull moment. When South African guitarist Jonathan Butler sang "Oh Holy Night," the room was silent and you could feel the presence of peace permeating the room. By the end of the song, my face was filled with tears of gratitude and thankfulness in knowing that there is a God who loves us unconditionally and that He decided to come to earth to dwell among us to bring us Peace. His name is Emmanuel, meaning God with us.

This Sunday we will light the Advent Candle of Peace. Friends, our world needs peace. I am reminded that during all of life's challenges and all that is happening in our world, God, Emmanuel, is with us to comfort us, to love us, to lead and guide us and to bring us peace. Let us pray for peace in our homes, schools, churches and in our city, state, country, and world. Let us be peace makers and not peace breakers. Let us love one another for peace came into the world to give light in dark places, love in lonely hearts, and strength to the weak.

Remember Friends, that Jesus the Prince of Peace, was in the boat with the disciples when the storm threatened to take them under. Mark 4:35-39 (NKJV) reminds us that Jesus controls the storm. "On the same day, when evening had come, He said to them, "Let us cross over to the other side." Now when they had left the multitude, they took Him along in the boat as He was. And other little boats were also with Him. And a great windstorm arose, and the waves beat into the boat, so that it was already filling. But He was in the stern, asleep on a pillow. And they awoke Him and said to Him, "Teacher, do You not care that we are perishing? Then He arose and

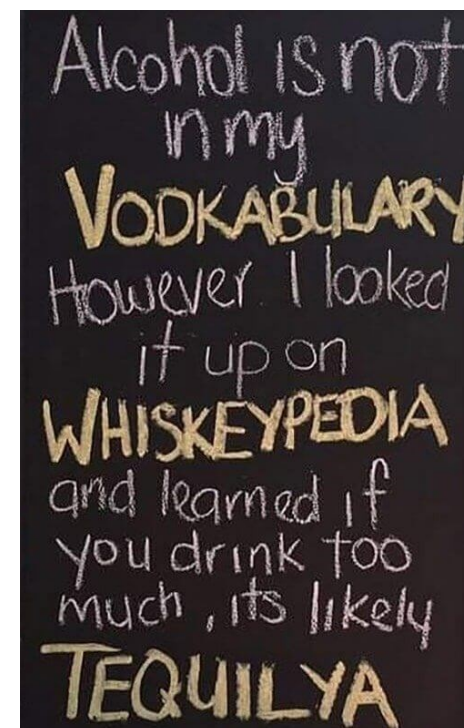
rebuked the wind, and said to the sea, "Peace, be still!" And the wind ceased and there was a great calm."

Blessings

Thank You!

You may recall in an earlier newsletter the Foundation purchased new furniture for the Cappuccino Lounge. The 5 new tables have arrived and have been used by various clubs with great pleasure. *(If you have tried to adjust the tables from round to square, you may have noticed it is a bit difficult. This is because the tables are new and the springs must be worked.)* We will adjust the tables often to loosen the springs. In the meantime, please ask for help rather than trying to force the flaps down. We do not want you to get pinched. The chairs are expected to arrive the first part of January.

Thank you to the Foundation for this purchase!



Independent Living Notes

Laurie Wilson

This week begins the return of many holiday traditions at the Village!

Pianist Janese Truver will play in the Foundation Social Hall on Monday, December 4, at 3:30 pm. She will be playing selections from the Great American Songbook.

On Tuesday we celebrate the holidays with a breakfast buffet with beverage service by management in the Tamarack dining room between 7:30 - 9:00 am. A live Nativity comprising staff members will stroll through the dining room around 8:00. Be sure to get up and join us for this wonderful and delicious holiday tradition.

The New Horizons Band Indiana will return to the Village to play beautiful holiday music. The New Horizons Band of Indiana was formed in 1994. When formed, the Indiana band was only the third band in existence within New Horizons, but since then the movement has grown and flourished. New Horizons Music is now an international organization with more than 200 bands, orchestras, and choirs, and more than 10,000 members worldwide. These groups were all formed to give adult seniors the chance to learn to play a musical instrument, and much more often as a re-entry point for people who have been away from active music making for many years.

On Thursday, December 14, WVN managers and staff join together to carol around the Village. Caroling will begin at 1:30 pm in the Health Center, followed by Ironwood and then end in the Foundation Social Hall for AL and II residents. No need to sign up—just arrive at the FSH by 2:00 pm. Timing is a bit fluid.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, December 10
3:00 Vespers (fsh)

Monday, December 11
Happy Birthday Deborah Cook
9:00 Grocery Shopping: Meijer
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
3:00 Chimes group (2033)
3:30 Pianist: Janese Truver (Tsh)

Tuesday, December 12
7:30—9:00 Holiday Breakfast Buffet (fsh)
1:30 Scrabble (cl)
2:30 Ladies' tea (Tsh)

Wednesday, December 13
9:30 Cardio Pop (Tsh)
2:00 Rock Steady exercise class (Tsh)
3:00 Caregiver Support Group (jpd)
3:00 New Horizons Band of Indiana (fsh)

Thursday, December 14
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
1:30 Caroling Around the Village: WVN Staff
3:30 Happy Hour (fsh)

Friday, December 15
9:00 Bargain Room open (TII)
9:30 Fun Fitness Friday (Tsh)
10:00 Catholic communion service (aca)
10:00 Resident Meeting (fsh)
11:15 Lunch at Sahn's and Village of West Clay decor tour
1:30 Mahjong (cl)