

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 - 4222Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, FT Driver - 2160
Les McConnell, PT Driver -2161
Gary Roraus, PT driver -2161

WVN Foundation

Foundation Coord. - 3460

In Memoriam

Aletaha McNeeley
Florence McNiece

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

Denisse's Diversified Wellness

Denisse Garcia

On average, Americans sit for 11 hours a day. There are many benefits to standing, such as lowering your risk of cardiovascular disease, reducing back pain, increasing blood flow, weight loss, and increasing productivity. To start getting these benefits you should stand every hour for a minute. If you have an Apple watch, a function tells you to stand every hour. If you do not have a smartwatch, set a timer on your phone or clock to remind you to stand each hour.

Catholic Mass

St. Simon's Father Doug cannot attend Mass on Dec. 26. Mass has been moved to Dec. 27, at 10:00 am.

From the Kids of St. Labre

Open the camera on your smartphone and point center (kind of a yellow bracket/box) at this QR code. Click open in Chrome—or whatever it says to open. Scroll down and click on the Merry Christmas card video from the kids of St. Labre Indian School.

This was on the back of a Christmas card I received from Marcy Hankins.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

December 15, 2023

Thank You, Residents!

The residents of Westminster Village North continued their generosity through the employee appreciation program. This year residents gave a total of approximately \$51,000 to the program, which was distributed among 278 employees.

“Thank you for the generous holiday gift on behalf of all of our staff. You definitely make all of our holiday season brighter. “

*Shelley Rauch
Executive Director*

“I am so grateful for the employee appreciation bonus. I have served the residents of Westminster Village North for over 22 years. I chose to serve over making much more money in a for-profit world. My desire to help serve seniors came from my study of social work at Ball State University. I worked as a maintenance man in a senior housing community during my summers in collage. My love for seniors and service grew from there. I have spent 33 years working in long-term care. My wife has chose to serve as well. She is a special education teacher working with kids with learning disabilities and autism. Your employee appreciation gift goes a long way in providing Christmas gifts to our children and family. We are very grateful for this gift. Thanks again and merry Christmas and happy holidays.”

Tracy Pope

“I just wanted to say thank you for the financial blessing that you gave to me and my family this holiday season. I am grateful for the opportunity to be of service to you and wish you all a merry Christmas and a wonderful new year.”

Lanita McClarin-Titus, LPN

“Thank you all so much for the generous employee appreciation gift. I have been so blessed to join the Westminster Village North family.”

Leslie Snyder

“The kindness shown from the residents is one of the many reason why many staff members continue to work here at Westminster Village North. We consider you our family, and from the bottom of our hearts, we cannot thank you enough for the gift this year. It helps in ways that most do not see. Merry Christmas!”

Shannon Harris

“Thank you so much for your wonderful gift. I can't express in words how much I appreciate your kindness and generosity. Thank you again and God bless!”

Dorsi Miller

Medical Records Coordinator

“I am extremely thankful for my bonus check. It is a true blessing for me and my husband! It truly is going to really help us out. I thank everyone for donating to this so I could have the best gift ever! I am so thankful to all!”

*Tonya Richardson
HC Activities (& former driver)*

Thank you all for the “extra love” you have shown through the employee appreciation gift. I appreciate your kindness and generosity. Merry Christmas!

*Laurie Wilson
Leisure Services*



A True Christmas Gift!

One of our CNAs in the Health Center knows the true meaning of Christmas! Trinity Centeno spent time on her day off to decorate this room in the HC for a resident (as a surprise) who was away at the hospital. Trinity felt this resident needed a little extra love and attention this week. Very nice!

Better Watch Out!

Gift card scams are on the rise this season. To ensure you do not purchase a card that has been compromised before purchase, you want to do a visual check of that card. Is there an extra sticker or another layer on top of the barcode? Does the barcode appear scratched? If it doesn't feel or look right—don't buy it!

A Week at a Glance... Health Center

Jamie Minder

Join us next Tuesday, December 19, at 2:30 in Juniper / Heatherwood dining rooms for our Christmas Jingle Bell Bash! We will have music, treats and drinks!

We have added an evening activity in the Willow lounge after dinner! Join Tonya for Christmas music and coloring on Thursdays at 6:15pm!

We lost a dear resident and our Resident Council President this week. Letha McNeely went to be with her Lord. Her family wanted to share with staff and residents that she loved you and thought of all of you as her family. Please keep the McNeely family in your thoughts and prayers.

Assisted Living - Podiatry Visits 2024



The following dates are the scheduled visits from At Home Podiatry for 2024. If you would like to see the podiatrist, please contact Tammy Rogers at extension 2665 to schedule an appointment.

The schedule may change, but any updates and changes will be printed in the newsletter.

Wednesday, January 15
Wednesday, March 25
Wednesday, June 3
Wednesday, August 12
Wednesday, October 21
Wednesday, December 30

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, December 16
Happy Birthday Ruth Beck
2:00 Traveling activity cart
3:00 Bingo (Salc)

Sunday, December 17
2:00 Traveling activity cart
3:00 Vespers service (fsh)

Monday, December 18
10:00 Bible study (fsh)
1:00 (1-4) Daily chronicles & activity pack
2:00 Movie matinee & treats (Syc alc)
3:00 Chimes Christmas Concert (fsh)

Tuesday, December 19
Happy Birthday Jean Smith
9:15 Morning chair yoga (syc lib)
10-11:30 Apartment visits/one-on-one social
11:00 Lunch outing: Festival of Trees
1:00 Grocery delivery
1:30 Sing along
3:00 Creative arts (Sar)
5:45 Game night (Salc)

Wednesday, December 20
9:15 Morning walk & stroll (Syc av)
10:00 Crafts & cocoa (Syc alc)
1:00 Bingo (Salc)
2:30 Wine & beer tasting (Syc alc)
4:00 Aviary clean and bird sensory

Thursday, December 21
9:15 Morning walk & stroll (Syc av)
10:00 Book club/book reading (Syc alc)
10:00 Men's coffee and trivia
1:00 Cook's corner & food for thought (Sar)
2:00 Cook's corner & food for thought (Sar)
2:00 Resident Christmas party (syc lib)
5:45 Outing: Christmas lights tour

Friday, December 22
9:00 Bargain Room open (TII)
9:00 Catholic church visits door to door (9-12)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denisse (syc lib)
2:00 Movie matinee & treats (Syc alc)

Peaceful Reflection

Chaplain April Scott

Finding Joy in the Midst of Challenges

This Sunday during Vespers we will light the candle of Jjy. How do we find joy in the midst of facing the hard stuff of life? How do we find joy when there is an empty seat at the dinner table because a loved one has passed? How do we find joy when we cannot forgive a loved one or friend for the hurt they have caused us? How do we find joy when we find out that folks have been gossiping about us? How do we find joy when we cannot find peace at night to sleep due to worrying about finances, health conditions and what's next?

Friends, consider the circumstances surrounding the birth of Jesus. The news of Mary's pregnancy posed a potential threat to her reputation and relationship with Joseph due to the social and cultural norms of their time. Yes, the gossip mills were running with fake news back in antiquity. The journey to Bethlehem was long and arduous. For Mary, traveling in her condition was physically demanding and posed a risk to her and her unborn baby. Once the couple reached Bethlehem, there was no



Photo by William Voiles

Live Nativity

Thank you to all of the staff members who participated in the Live Nativity. A special thanks to Chaplain April for making the event the best ever!

Jamie-Mary, Caleb-Joseph, Darrel-King 1, Paul - King 2. Wilson - King 3, Amy-King Attendant, Betty - King Attendant, Karma -King Attendant, Gabby T -King Attendant, Sharon -King's Attendant, Rob -Shepherd, Carl-Shepherd, Chuck-Shepherd, Chaplain April - Narrator

shelter for them because the town was overcrowded, forcing them to seek refuge in a humble stable. After Mary gave birth to Jesus, she placed him in a manger—a feeding trough for animals. The circumstances of Jesus birth were far from ideal, yet amid these challenges Mary and Joseph found joy in the birth of the Savior of the world.

Friends, the Advent season extends an invitation to experience joy profoundly even in the midst of hardship. It calls for embracing symbolism, finding joy in anticipation, and waiting. As you navigate this season of waiting, may your hearts be filled with the joy emanating from God's love embodied in the birth of Christ, making the Advent season a truly joyful celebration of the divine gift of salvation.

This Christmas season, "May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13 (NIV) Blessings

Announcement:

You are invited to join us this Sunday December 10, 2023, at 3:00 pm in the Foundation Social Hall.

Independent Living Notes

Laurie Wilson

There is one more ticket available for the Yuletide program on December 20. If you are interested in seeing this spectacular show, please call me at extension 1053.

The needlework group has permanently moved to the Sycamore Library.



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, December 16
Happy Birthday Ruth Beck
7:00 Sing along (Tsh)

Sunday, December 17
3:00 Vespers (fsh)

Monday, December 18
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
1:30 Needlework group (Syc Lib)
3:00 Chimes Christmas Concert (fsh)
6:30 Holiday lights tour

Tuesday, December 19
9:00 Kroger on 79th
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, December 20
9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
10:30 Goldenaires Mass/ luncheon (10:30-2) (fsh)
1:00 AES Yuletide Christmas Concert—off site
2:00 Rock Steady exercise class (Tsh)

Thursday, December 21
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
4:00 Buntings 65th anniversary party (fsh)

Friday, December 22
Laurie PTO
9:00 Bargain Room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)