

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

In Memoriam

Natalie Mains
Florence McNiece
Vonda Moeller
Marvin Peterson
Anne Zukel

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

Denisse's Diversified Wellness

Denisse Garcia

Starting January 1st, some of the 9:30 am exercise classes will be changing to different types of classes.

- Monday in Motion will remain the same with seated stretching.
- Tuesday the class will consist of only upper body exercises and it will be called Arm Strong.
- Wednesday will continue as cardio/body weight exercises, but will be called Quick Stop.
- Thursday is now only lower body exercises and will be called Golden Glutes.
- Friday will still be called Fun Fitness Friday and will consist of balance and core exercises.

I will be off the week of Christmas, December 25, and return on New Year's day.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

December 22, 2023

Welcome to WVN!

Nancy L. Russell

Andrew "Andy" Baase lives at 11018 Lincoln Trails Drive. His last name is pronounced base (like first base on a baseball diamond). This humble, soft-spoken gentleman grew up in Indianapolis, graduated Scecina Memorial High School and then received a degree in mechanical engineering from Purdue. Western Electric hired him as a product engineer which later evolved into becoming a managing engineer. He retired from there but was hired by a spin-off company as their managing engineer and trouble shooter. From start to finish, his employer companies changed names eight times, and the product he was associated with - a piece of equipment at the base of cell phone towers - was used in 7 different countries. Andy ultimately retired in 2008.



He and his late wife have 4 children and 6 grandchildren. His daughter in New York is a 3rd grade teacher; another daughter in Illinois is in information systems; a son in Ohio is in law enforcement, and another son in Maryland is in information technology for the government.

Andy chose Westminster because of our continuing care program and because we are near his soon-to-be on the market home on Oaklandon Road.

When he was physically able, this gifted gentleman prepared holiday dinners for 32 sit-down guests! He and his nearby sister-in-law alternated Christmas and Thanksgiving as host/hostess for their

large family gatherings. If Westminster needs an assistant chef, we know who to call!!!

He belongs to St. Simon, where he worships on Thursday and Friday mornings, and then he and the guys go out for coffee "to solve the world problems." (Andy says he usually just listens). On Mondays and Wednesdays, after worshiping in the morning at St. Vincent DePaul, he volunteers to repair small appliances. Tuesday mornings this dedicated man of God worships at the Holy Spirit of Geist, followed by working with a personal trainer in the gym to regain strength lost after having had a stroke.

Andy and his friendship ambassador, Jack Levy, are a blessing for WVN. With God's help they can fix almost anything. Westminster is indeed grateful to have them both in our family.

Peaceful Reflection

Chaplain April Scott

"God is Love"

Merry Christmas! Friends, let the words of John penetrate your heart as we celebrate the coming of our King! Let the love of God shine bright as the star that guided the Magi to seek King Jesus, the saving light of the world!

1st. John 4:7-21
7 "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. 8 Whoever does not love does not know God, because God is love. 9 This is how God showed his love among us: He sent his one and only Son into the world that we might live through him. 10 This is love not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins. 11

Dear friends, since God so loved us, we also ought to love one another. 12 No one has ever seen God; but if we love one another, God lives in us, and his love is made complete in us. 13 This is how we know that we live in him and he in us: He has given us of his Spirit. 14 And we have seen and testify that the Father has sent his Son to be the Savior of the world. 15 If anyone acknowledges that Jesus is the Son of God, God lives in them and they in God. 16 And so we know and rely on the love God has for us. God is love. Whoever lives in love lives in God, and God in them. 17 This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. 18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. 19 We love because he first loved us. 20 Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. 21 And he has given us this command: Anyone who loves God must also love their brother and sister."

Merry Christmas!



A Cup of Christmas Tea

Tom Hegg

For those who were not at the resident meeting this month, Shelley reads this poem as a long-standing tradition since before her tenure here:

The log was in the fireplace,
all spiced and set to burn.
At last the yearly Christmas race
was in the clubhouse turn.
The cards were in the mail,
all the gifts beneath the tree.
And 30 days reprieve till VISA
could catch up with me.

Though smug satisfaction
seemed the order of the day,
Something still was nagging me
and would not go away.
A week before, I got a letter
from my old great Aunt.
It read: Of course I'll understand
completely if you can't,
But if you find you have some time
how wonderful if we
Could have a little chat and share
a cup of Christmas tea.
She'd had a mild stroke that year
which crippled her left side.
Though house bound now,
my folks had said
it hadn't hurt her pride.
They said: She'd love to see you.
What a nice thing it would be
For you to go and maybe have
a cup of Christmas tea.
But boy! I didn't want to go.
Oh, what a bitter pill,
To see an old relation and
how far she'd gone downhill.

I remembered her as vigorous,
as funny and as bright.
I remembered Christmas Eves when
she regaled us half the night.
I didn't want to risk all that.
I didn't want the pain.
I didn't need to be depressed.
I didn't need the strain.
And what about my brother?
Why not him? She's his aunt, too!
I thought I had it justified,
but then before I knew,
The reasons not to go I so
painstakingly had built
Were cracking wide and crumbling
in an acid rain of guilt.

I put on boots and gloves and cap,
shame stinging every pore.
And armed with squeegee,
sand and map,
I went out my front door.
I drove in from the suburbs
to the older part of town.
The pastels of the newer homes
gave way to gray and brown.
I had that disembodied feeling
as the car pulled up and stopped
Beside the wooden house
that held the Christmas cup.
How I got up to her door
I really couldn't tell...
I watched my hand rise up and press
the button of the bell.

I waited, aided by my nervous
rocking to and fro.
And just as I was thinking
I should turn around and go,
I heard the rattle of the china
in the hutch against the wall.
The triple beat of two feet
and a crutch came down the hall.
The clicking of the door latch
and the sliding of the bolt,
And a little swollen struggle
popped it open with a jolt.
She stood there pale and tiny,
looking fragile as an egg.
I forced myself from staring
at the brace that held her leg.
And though her thick bifocals
seemed to crack and spread her eyes,
Their milky and refracted depths
lit up with young surprise.
Come in! Come in!
She laughed the words.
She took me by the hand.
And all my fears dissolved away
as if by her command.

We went inside and then before
I knew how to react
Before my eyes and ears and nose
was Christmas past, alive, intact!
The scent of candied oranges, of
cinnamon and pine,
The antique wooden soldiers
in their military line,
The porcelain Nativity
I'd always loved so much,
The Dresden and the crystal
I'd been told I mustn't touch.
My spirit fairly bolted
like a child out of class
And danced among the ornaments
of calico and glass.
Like magic I was six again,

deep in a Christmas spell.
Steeped in the million memories
That the boy inside knew well.
And here among old Christmas cards
so lovingly displayed,
A special place of honor
for the ones we kids had made.
And there, beside her rocking chair,
the center of it all,
My great Aunt stood and said how nice
it was I'd come to call.
I sat and rattled on about
the weather and the flu.
She listened very patiently
then smiled and said, "What's new?"
Thoughts and words began to flow.
I started making sense.
I lost the phony breeziness
I use when I get tense.
She was still passionately interested
in everything I did.
She was positive. Encouraging.
Like when I was a kid.
Simple generalities
still sent her into fits.
She demanded the specifics.
The particulars. The bits.
We talked about the limitations
that she'd had to face.
She spoke with utter candor
and with humor and good grace.
Then defying the reality
of crutch and straightened knee,
On wings of hospitality
she flew to brew the tea.

I sat alone with feelings that
I hadn't felt in years.
I looked around at Christmas
through a thick hot blur of tears.
And the candles and the holly
she'd arranged on every shelf,
The impossibly good cookies
she still somehow baked herself.
But these rich and tactile memories
became quite pale and thin,
When measured by the Christmas
my great Aunt kept deep within.
Her body halved and nearly spent,
but my great Aunt was whole.
I saw a Christmas miracle,
the triumph of a soul.
The triple beat of two feet and a
crutch came down the hall,
The rattle of the china
in the hutch against the wall.
She poured two cups. She smiled and then
she handed one to me.
And then we settled back and had
a cup of Christmas tea.

A Week at a Glance...

Assisted Living

Gabby Tijani

Saturday, December 23

10:30 Naomi Dog Visits door to door
2:00 Traveling activity cart delivering daily
chronicles & activity pack to your door
3:00 Bingo (Salc)

Sunday, December 24

2:00 Traveling activity cart delivering daily
chronicles & activity pack to your door
3:00 Vespers service (Fsh)

Monday, December 25

Merry Christmas

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

Tuesday, December 26

Happy Birthday Gertrud Littrell

First day of Kwanzaa

9:15 Morning Chair Yoga (Syc lib)
10:30 (10-11:30) Apartment visits
10:30 Bible study and devotions (Lcl3)
1:00 Grocery delivery
1:30 Holiday reminisce: songs of the 50's
(Salc)
5:45 Game night (Salc)

Wednesday, December 27

9:15 Morning walk & stroll (Syc av)
10:00 Crafts and Cocoa (Syc alc)
1:00 Bingo (Salc)
3:00 Monthly meet & greet: meet new
neighbors & celebrate birthdays (Syc alc)
Cake & drinks provided
4:00 Aviary clean and bird sensory

Thursday, December 28

9:15 Morning outdoor walk & stroll (Syc av)
10:00 Men's coffee and trivia.
11:00 OUTING: Journeys Buffet (sign up in
the book across from the nurse's station)
2:00 Cooks Corner (SAR) Who wants to make
chocolate strawberries? We will!
5:45 Bingo (Salc)

Friday, December 29

9:00 Bargain Room (tb)
9:00 Catholic church
10:00 Grocery orders due
1:00 Chair exercise w/ personal trainer,
Denisse (syc lib). Free and open to all!
2:00 Movie matinee & eggnog

Independent Living

Notes

Laurie Wilson

Those going to **Stone Creek on the 27th**
need to be ready for pickup at 4:45 pm to
ensure we get through traffic on time for
our reservation. We must go to the
Zionsville location, as the Towne Center
location does not accept parties of more
than 12 without private dining room
expense.

The resident meeting will move to
Thursday, Jan 18, at 2:00 pm in the FSH.
Board members will be invited. Please
change this on your calendar, as it was
printed just hours before the change was
made.

There will not be Wii bowling on the
January 18 to accommodate the resident
meeting.

Thank you
Lawrence Bunting
and the WVN
Chimers! Fantastic
Christmas show!

Photos by William
Voiles



A Week at a Glance...

Independent Living

Laurie Wilson

Sunday, December 24
Christmas Eve
3:00 Vespers (fsh)

Monday, December 25
Merry Christmas
Laurie PTO

Tuesday, December 26
Laurie PTO
1:30 Scrabble (cl)

Wednesday, December 27

9:30 Cardio Pop (Tsh)
2:00 Rock Steady exercise
class (Tsh)
4:45 Holiday dinner: Stone Creek

Thursday, December 28
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
3:30 Happy Hour (fsh)

Friday, December 29

9:00 Bargain Room open
(Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
12:00 New Year's at Noon (fsh)
1:30 Mahjong (cl)

