

Staff Phone Directory

Receptionist—0 or 317.823.6841
Dial off campus 9-area code-number
Emergencies: Dial 9-9-1-1

Activities - AL & HC

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
John Turrentine, 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

Campus Environment - Housekeeping

Dena Lira, Housekeeping Mgr. - 1060
Housekeeping Requests - 2300

Chaplain

April Scott- 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 - 3297, 3295
Heatherwood - 2330, 2850
Ironwood -2170
Juniper - 2770, 2790
Sycamore - 2820, 2825
Willow Commons - 5320, 5410

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
Julie Pine, IL/AL Sales Manager - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, Leisure Services Coord. - 1053
Kevin Pruitt, PT Transition Coord. - 5380

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

Erica Wilkinson, Foundation Coord. - 3460

In Memoriam

Gizele Mercant

Please keep her family and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia-Martinez

If you are a new resident or a resident who hasn't tried the exercise group classes, I encourage you to try the classes for free. Each weekday is a different type of exercise. Monday is for stretching, Tuesday is our dumbbell exercise, Wednesday is cardio in the form of Tabata, Thursday is for lower body exercises, and Friday is for balance and core. There is something for everyone and I give lots of modifications to the exercises. You can do all the classes for \$35 a month. Feel free to stop by the wellness center or dial extension 1051 for any questions or more information!

Foundation News

Erica Wilkinson

We are excited to announce the addition of some great items in the Gift Shop. The granddaughter of cottagers Marilyn and Dan Drew has written a short autobiography titled, "Reflections of my Life." The book chronicles her youth as a foster child and her adoption journey. This is an inspiring story and well worth your time...stop by the Gift Shop to pick up a copy! Elizabeth has graciously offered to donate the proceeds of her book to the Westminster Foundation!

Also, please keep checking for seasonal gifts created by Annette Martin's daughter-in-law; they will be updated regularly!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

May 3, 2024

Bluebirds in the Tamarack Courtyard

Photo by William Voiles



BHI Information Meeting For AL and IL Residents

BHI is hosting a meeting on **Wednesday, May 8, at 2:00 pm in the Foundation Social Hall** to discuss the business office move and new procedures that affect your interaction with the business office personnel. Please be sure to attend this very important meeting.

Duet® Wheelchair Bike

When the weather begins to warm up, you often see convertible tops on cars down, motorcycles on the roads, and bicyclists everywhere. Westminster found a way to include the wheelchair-bound residents in the enjoyment of spring biking.



The Duet® wheelchair bike is a unique combination of a comfortable wheelchair and a sturdy specialty bike that offers an enjoyable and extremely stable ride for both the passenger and rider. Westminster Village acquired this bike many years ago to provide another option in our activity arsenal. The wheelchair can be attached and detached in a few seconds. It accommodates a person up to 275 pounds.

Cottager Pete Groh, an avid bike rid-

er himself, has become certified on the operation of the wheelchair bike. He is now able to assist the Health Center activities team by providing our residents a ride around the Village. All residents who would like a ride must sign a consent form prior to riding on the bike. Health Center residents who would like to ride on the wheelchair bike must also have a doctor's order to participate.

If you are interested in also becoming certified to ride this bike, please contact Jamie Minder, Health Center Activities Manager, at extension 4230. She will evaluate and the train you if you meet the requirements.

In the meantime, please look for Pete and his passengers during warm and beautiful weather around the Village.

Spring Cleaning



The maintenance team is busy cleaning up the Sycamore Courtyard, including painting benches and fixing up the swing! There have also been ground crews digging up concrete and preparing to repair walkways. The campus is looking healthy and beautiful.

A Week at a Glance Health Center

Jamie Minder

Saturday, May 4
9:00 Morning movie matinee (hw)
11:15 Naomi the therapy dog
11:30 Adult coloring + puzzles (hw)
1:00 Around the Village newsletter - to your door
2:00 1:1 Social visits

Sunday, May 5
9:30 Digital Devotions (Channel 21)
1:00 1:1 Social visits
3:00 Village church service (Fsh)

Monday, May 6
9:15 Music & Movement (hw)
9:30 Art Expression (hw)
10:45 Storytelling (hw)
1:00 1:1 Social visits
1:30 Bingo prize cart (your room)
2:30 Dominoes (Juniper dr)

Tuesday, May 7
9:30 Art Expression (hw)
10:30 Seated ballet class (wcl)
10:45 Storytelling (hw)
1:00 1:1 Social visits
5:30 Live dinner music (Juniper/Heatherwood dr)

Wednesday, May 8
10:00 Mother's Day spa + tea (Juniper/Heatherwood dr)
1:00 1:1 Social visits
3:00 Bingo (Juniper dr)

Thursday, May 9
9:15 Music & Movement (hw)
9:30 Art Expression (hw)
10:45 Storytelling (hw)
11:00 Devotions with Chaplain April (hw)
1:00 1:1 Social visits
2:30 Resident Council (adr)
3:00 Sounds + Sensory (hw)
6:30 Crafting Corner (wcl)

Friday, May 10
9:00 Catholic visits (your room)
9:15 Music & Movement (hw)
9:30 Art Expression (hw)
10:45 Storytelling (hw)
1:00 1:1 Social visits
2:30 Bingo (Juniper/Heatherwood dr)

A Week at a Glance Assisted Living

Gabby Tijani

Our monthly Meet & Greet will be May 7, at 1:00 pm. Feel free to come and chat even if you are not new but have questions.

On May 8, we will have our monthly Happy Hour in the Sycamore alcove with alcoholic and non-alcoholic beverages, snacks and great vibes.

Last but definitely not least, our Mother's Day Tea is being held on May 9 at 11:30 am in the Foundation Social Hall. Remember, only one guest per person, and reservations are required.



Peaceful Reflection

Chaplain April Scott

“A Little Leaven”

Friends, May 6 is Holocaust Remembrance Day, also known as Yom HaShoah in Hebrew. It is an internationally recognized day commemorating the six million Jews who perished during the holocaust as well as the millions of other victims. The holocaust, which took place from 1941 to 1945, represents one of the darkest chapters in human history, characterized by widespread persecution, systematic genocide, and unimaginable suffering. The term "holocaust" itself derives from the Greek word "holokauston," meaning "sacrifice by fire," reflecting the mass murder of Jews in concentration camps, gas chambers, and other means of extermination.

As I observe holocaust Remembrance Day, my heart is filled with sorrow as my thoughts turn to the profound lessons embedded in the tragic events of the holocaust. On this solemn day of commemoration, I am reminded of a metaphor from the New Testament: Galatians 5:9, which says "A little leaven leavens the whole loaf." This metaphor, while simple in its expression, carries profound implications that resonate deeply with the devastating impact of hatred and bigotry.

In the metaphor of leaven, we find a profound call to action—a reminder of our collective responsibility to confront and combat hatred in all its forms. Just as a small amount of leaven can permeate an entire batch of dough, so too can the poison of intolerance spread throughout society if left unchecked. holocaust Remembrance Day compels us to break the silence, to challenge prejudice wherever it arises, and to stand in solidarity against hatred and bigotry.

As we reflect on the holocaust, we are confronted with the sobering reality of how the seeds of hatred, when left unchallenged, can metastasize into unimaginable horrors. The holocaust stands as a stark testament to this truth. The holocaust did not occur in isolation; it was preceded by years of propaganda, discrimination, and dehumanization. The incremental erosion of human rights, the enactment of discriminatory laws, and the normalization of anti-Semitic rhetoric laid the groundwork for the unspeakable atrocities that followed.

As we reflect on the horrors of the past, let us also reflect on the timeless truth that we are all children of God, members of one human family, and part of a single race—the human race.

In our remembrance, let us heed the commandments of love passed down through generations: "Love the Lord your God with all your heart, soul, mind, and strength, and love your neighbor as yourself." These words, echoing through time, remind us of the paramount importance of compassion, empathy, and unity.

Hatred and bigotry not only harm our neighbors but also corrode the very fabric of our humanity. When we fail to love and respect one another, we diminish ourselves and betray the divine spark within each of us. On this day of remembrance, let us recommit ourselves to combating prejudice and intolerance wherever they may arise, for in doing so, we uphold the sanctity of life and honor the memory of those who perished in the holocaust. May our actions today sow the seeds of a brighter tomorrow, where the lessons of history guide us toward a future of peace and understanding for all humanity.

Blessings!

Independent Living Notes

Laurie Wilson

Please be sure to use your Uni app for activity registrations. This now includes all activities except standard card and board games. If you do not have the app on your phone, laptop, or PC, please call me to get it downloaded for you. The app is quite simple to operate—even with no tech experience. We rely on communication to all of you through this app, in addition to activity sign ups. If you do not own a smart device or computer, you may still call me to sign up for activities.

The men's lunch to Graham's Pizza has moved to Thursday, May 9.

BHI is hosting a meeting on Wednesday, May 8, 2:00 pm in the Foundation Social Hall to discuss the business office move and new procedures. Please be sure to attend this very important meeting. Depending on the length of the BHI meeting, Wii bowling will be delayed or cancelled on May 8.

There are a few spots left on the trip to the Indianapolis Indians baseball game on Wednesday, May 15. We will depart at 12:30 pm. Game time is 1:35 pm. Plan to eat lunch at the field, at your own expense, or prior to going to the game. Tickets are \$21 per person. Sign up on the app or call me.

Don't forget to mark your calendar to attend the monthly resident meeting with Shelley on Wednesday, May 15, at 10:00 am. The meeting times will be different each month to accommodate many resident and staff schedules.

Sing-along: Please join the Monday sing-along group at 1:30 pm in the Tamarack Social Hall. They have a great time—even if you aren't the best singer. The words are printed for the selected songs.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, May 4
Happy Birthday Annette Martin
Happy Birthday Hank Wolfla
1:30 Mexican Train dominoes (cl)

Sunday, May 5
Cinco de Mayo
3:00 Vespers (Fsh)

Monday, May 6
Laurie PTO
9:30 Monday in Motion (Tsh)
11:00 Bible study (Fsh)
11:00 The Climb (Tsh)
1:00 Needlework group (Syc lib)
1:30 Sing-along (Tsh)
3:00 Chimes group (2033)

Tuesday, May 7
9:00 Kroger on 79th
9:30 Arms Strong (Tsh)
11:30 Men's lunch: Graham's Pizza moved to Thursday
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (Fsh)

Wednesday, May 8
Happy Birthday Ruth Munro
9:30 Men's Morning (cl)
9:30 Quick Stop (Tsh)
1:30 Mexican Train dominoes (cl)
2:00 Resident Meeting with BHI—business office information (Fsh)
2:00 Rock Steady exercise class (Tsh)
3:00 Caregiver support group (jpd)
3:00 Wii bowling (Fsh)

Thursday, May 9
9:30 Golden Glutes (Tsh)
11:00 The Climb (Tsh)
11:30 Men's lunch: Graham's Pizza
3:30 Happy Hour (Fsh)
5:45 Bingo (Fsh)
7:00 Casual Euchre: beginners & beyond (cl)

Friday, May 10
9:00 Bargain Room open (TII)
9:30 Fun Fitness Friday (Tsh)
10:00 ISO Coffee Pops series
1:30 Mahjong (cl)
2:00 Paint with Mom (Fsh)