

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
Melissa Wyatt, Resident Accounts Mgr. - 2920
Dawn Martine, Resident Accounts 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
Travis Campbell, Executive Asst. - 3510

Food services

Dan Armantrout, Dir. Food services - 3750
Thomas Balsler, IL Chef - 3751
AL Food services -3440
Rob Palladino, HC Food services -2340

Foundation

Marty Krug, Foundation Coord. - 3460

Health Center

Shannon Poole, Dir. HC Operations - 3570
Jackie Davidson, Director of Nursing - 2830
Assistant Director of Nursing - 4490
Aspen Nurses Station -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/Leisure Services

Amy Morgan, Dir. Marketing - 2140
Marsha Soderholm, IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, IL 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

Transportation — 2160

Jody Black, Driver
Tonya Richardson, Driver

Therapy

Stephanie Irvine, Therapy Manager - 4222, 5350

Wellness

Wellness Center, Tamarack - 1051
Denisse Garcia, Classes/Trainer

Denisse's Diversified Wellness

Denisse Garcia

February is National Heart month, taking care of our heart is important because as we age, the more prevalent is heart disease. To keep yourself healthy you can be aware of your numbers like blood pressure, cholesterol, triglycerides, and blood sugar levels. You can talk to your physician to obtain or to measure any of these vitals.

Foundation News

Marty Krug

Feeling Lucky?

The Westminster Foundation will be holding its first 50/50 raffle of 2023 in March. Tickets are \$5 for one or \$10 for three, and will be on sale March 2 – 14. The winner will be announced during the IL happy hour on March 16. The winner will share the “pot of gold” (50/50) with the Foundation. Tickets will be available during happy hours on March 2, 7, 9, and 14. You can also get tickets in Marty's office on Tuesdays and Thursdays, or call her at extension 3460. She will be happy to bring tickets to you. This raffle is open to all residents and staff members. Winner need not be present to win.

WVN Market

The return of the WVN Market will be on Wednesday, April 19! This is an opportunity to buy and sell handcrafted items from your fellow residents and staff. Call Laurie at ext. 1053 if you want to participate.

Thank You!

A big thank you to everyone who made Aria's Girls Scout cookie sale a big success! She sold 65 boxes! Sam and the kids really enjoyed meeting and talking with all of you. I love and appreciate you all!

Mary Gillespie



Westminster
Village North

Around the Village

A Publication of Westminster Village North

February 17, 2023

IL Resident Meeting

Executive Director Shelley Rauch updated IL residents at the monthly resident meeting, which is held the 2nd Tuesday of each month, except as otherwise noted. She stated the claims process with the insurance company, regarding the barn fire, is almost complete. Cleanup of the site has been conducted with only a little more remaining to do. Wilson Ojwang, Director of Campus Environment, is coordinating. It has not been decided at this time what, if anything, will be built on that site. That decision will be discussed among the WVN Board of Directors.

Health Center Administrator Shannon Harris shared the census trend is increasing, especially over the last two months. There were more than 30 admissions in both December, 2022, and January 2023. This is a significant number of admissions and in February the census number is over what has been budgeted. One of the challenges the Health Center is facing is transportation to and from the hospitals. There are not many transport companies that can bring patients to and from the hospitals. WVN is at the mercy of those transport companies, which sometimes push an expected admission to the following day. This affects the census on a daily basis. Shelley added that a patient could be waiting at a hospital many hours for a transportation company to bring an admission to WVN.

There was an inquiry regarding WVN plans in the event of a massive train

derailment. Shelley assured the residents a detailed plan is in place and management works with the fire department on a regular basis to ensure the plan is updated and active drills take place for a variety of situations. In fact, the WVN plan is shared with other communities as a model.

Staffing in both Dietary and Environmental Services is increasing. Tamarack dietary is now fully staffed with 5 cooks. Training for staff has been reviewed and implemented to provide a better dining service.

Environmental Services Manager Tammy Meadows is very pleased with the quality of the staff and has a positive outlook for the near future. She has hired four new staff members in the last two weeks and is expecting to hire a few more in the next week or two. A supervisor has been hired in the Health Center to address areas of concern, as well as manage her own cleaning assignments. The additional environmental staff in the Health Center will help to alleviate the strain and begin to work toward normal routines.

Resident Council

The Resident Council is an important part of the WVN community and plays a significant role. They are looking for IL and AL volunteers to serve on the Resident Council for the upcoming year. If you are interested, or would like to nominate someone, please contact Martha Jungclaus, Tom Ulsas, Alice Dial, or John Smith. The Council is your chance to serve the community. Please answer the call.

Marketing

Amy Morgan

Spring into your New Apartment Event in March!

If you have any friends or family that are interested in moving into a new apartment at Westminster Village North, please have them schedule a tour with us in March! We are hosting our “Tour on Tuesday” event beginning on March 7th! All tour guests will receive a special gift from the Marketing Department. Don't forget that we offer Resident Incentives for every move-in that you refer!

Talk Show Guests!

We are looking for everyday folks who want to talk about real issues facing Seniors today. Once a month, Westminster Village North will be hosting our version of a talk show that will have open dialogue, guest speakers and lots of opportunities to get good information. If you would like to participate in our Monthly Talk Show, contact Amy Morgan today at 317-826-6064.

A binder with all emergency preparedness policies and procedures will be placed in the mail room. You will be notified in a newsletter when that has been done. In the meantime, you will find fire and tornado emergency procedures on the Touchtown app, under Emergency Procedures.

A Week at a Glance... Health Center

Jamie Minder

Thank you to everyone who came to our Valentine's Baby Shower for Jenae!

Happy Birthday to the following residents:

Anna W. 2/19
Marie M. 2/19
Geneva M. 2/20
Beverly M. 2/23
Doug B. 2/24

Bingo Winners:

Pam R. , Bear F. , Betty J. , Letha M. ,
Anne Z. , Stan M. , Millie W. , Flo M.



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, February 18

9:00 Morning walk & stroll (syc av)
2:00 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack to your door

Sunday, February 19

9:00 Morning walk & stroll (syc av)
11:00 Daily chronicles & activity pack to your door
3:00 Vespers service (fsh)

Monday, February 20

President's Day
9:00 Morning walk & stroll (syc av)
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Video shorts, movie matinee & popcorn (lcl2)

Tuesday, February 21

Happy Birthday Barbara Gehris
9:00 Morning walk & stroll (syc av)
9:45 Morning Yoga stretch (syc lib)
10:30 -11:30 Apartment visits/one on one social
10:30 Bible study with Chaplain April (Lcl3)
1:00 Karaoke (syc alc)
2:00 Reminisce "The Good Old Days"
5:45 Mardi Gras Party (syc alc)

Wednesday, February 22

9:00 Morning walk & stroll (syc av)
10:00 Arts & crafts & jewelry making (syc ar)
10:30 Ash Wednesday Service (fsh)
11:15 Lunch outing: Ford's Garage
1:00 Bingo (Salc)
2:00 Cook's corner & food for thought (Sar)
4:00 Aviary clean and bird sensory

Thursday, February 23

Happy birthday Annetta Huffman
Happy birthday Suzanne Aldridge
9:00 Morning walk & stroll (syc av)
10:00 Cranium crunchers & tea (Sar)
1:00 Movie Matinee & refreshments (syc alc)
3:00 Monthly meet & greet: meet new neighbors & celebrate birthdays (syc alc)
5:45 Bingo (Salc)

Friday, February 24

9:00 Bargain room (tb)
9:00 Catholic Church visits/door to door (9-12)
9:00 Morning walk & stroll (syc av)
10:00 Grocery orders due
1:00 Chair exercise w/personal trainer, Denise (syc lib)
1:00 Video shorts, movie matinee & popcorn (lcl2)

Peaceful Reflection

Chaplain April Scott

"Give up"



What to Give Up:

A Lenten Reflection

Give up complaining—focus on gratitude.

Give up pessimism—become an optimist.

Give up harsh judgments—think kindly thoughts.

Give up worry—trust Divine Providence.

Give up discouragement—be full of hope.

Give up bitterness—turn to forgiveness.

Give up hatred—return good for evil.

Give up negativism—be positive.

Give up anger—be more patient.

Give up pettiness—become mature.

Give up gloom—enjoy the beauty that is all around you.

Give up jealousy—pray for trust.

Give up gossiping—control your tongue.

Give up sin—turn to virtue.

Give up giving up—hang in there!

Please join us on
Wednesday, February 22
for Ash Wednesday Service
at 10:30 a.m.
in the Foundation Social Hall.

Blessings

Independent Living Notes

Laurie Wilson

I have received a very generous donation of three vouchers to the Indianapolis Symphony Classical concerts for the remainder of this season. The vouchers are each good for two people. They can be used to attend any ISO Classical concert, including Thursday morning, Friday night and Saturday night, through June 17, 2023. WVN offers transportation to the Coffee Classical series on Thursday mornings. There are three Coffee Classical concerts remaining on this season calendar: March 9, April 20, and May 18. If you would like to attend an ISO Classical concert, please call me at extension 1053 to claim a voucher for two! These are FREE!

Wine Club is Wednesday, February 22 at 3:30 pm. Be sure to mark your calendars.

There is a sing-a-long in the Tamarack Social Hall on Saturday, February 18, at 7:00 pm. Everyone is welcome.

A request has been made to see movie classics. If there are specific classics you would like, please put the suggestions in the basket in the mail room. I will see if I can find them on one of the streaming channels we use.

If you would like to knit, crochet, or do any other needle work with others, please meet in the Creative Commons room 3006, on Monday, February 20, at 1:00 pm.

I have received a new adapter for the Wii bowling game. I will be testing it in on the televisions in the Foundation Social Hall. If it works, I will add Wii bowling to the calendar in March to see if there is interest in playing.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, February 18

1:30 Bridge (cl)
7:00 Sing-a-long (tsh)

Sunday, February 19

3:00 Vespers (fsh)

Monday, February 20

President's Day
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
1:00 Knit and Crochet (3006)

Tuesday, February 21

9:30 Light Lift Tuesday (tsh)
10:00 Brunch Club: Blueberry Hill Pancake House
1:30 News & Views (cc)
3:30 Happy Hour (fsh)

Wednesday, February 22

Happy Birthday Bill Voiles
9:30 Cardio Pop (tsh)
9:30 Men's Morning (cl)
10:30 Ash Wednesday Service (fsh)
2:00 Rock Steady exercise class (tsh)
3:30 Wine Club (fsh)

Thursday, February 23

9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Happy Hour (fsh)

Friday, February 24

9:00 Bargain Room Open!
9:30 Fun Fitness Friday (tsh)
1:00 Indianapolis Art Center Show
1:30 Mahjong (cl)

Note: a meeting of the Share-a-story group will be held at 1:30 pm on Sunday, February 19. (This is not a presentation by the group for residents)