

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

The American College of Sports Medicine recommends that seniors do a minimum of 150 minutes of moderate exercise or 75 minutes of vigorous intensity per week. If you attend all of my 9:30 classes, you are meeting the recommendation! This is a good guideline and is especially great for those who have not been physically active in a long time. However, you should not aim for the minimum if you have been active for a long time. You want to be as active as possible as you age or up to 300 minutes of moderate exercise or 150 minutes of vigorous intensity. If you are already meeting the 300 minutes of exercise per week, you want to reduce the minimum of sedentary behavior or increase the intensity.

Foundation News

Marty Krug

“There’s Still Time”

Reminder: Ginny Defourneaux’s 101st birthday is February 28, and she is celebrating by donating \$101 (\$1 for every year she has been on this good earth) to the Westminster Foundation. In lieu of cards this year, she invites her friends to join her by making a small donation to the Foundation as well. If you were planning on sending Ginny a card, why not drop the cost of a card in the box instead? There is a special birthday box at the reception desk in Tamarack (look for the balloons) in which you can drop your donation. The box will be there through the 28th.

Raffle tickets for the 50/50 raffle go on sale March 2nd. They are available at IL happy hours and by contacting me at extension 3460. You may also stop by my office on Tuesdays and Wednesdays to buy your tickets – one for \$5 or three for \$10. Tickets will be on sale through March 16th. Winner announced on March 17th at the IL St. Patrick’s Day celebration. Need not be present to win.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

February 24, 2023

Explore the UnitedHealthcare Assisted Living Plan

Did you know Westminster Village North offers the UnitedHealthcare® Assisted Living plan? The plan includes original Medicare benefits, plus extra benefits like Part D prescription drug coverage and support from a dedicated Optum care team.

Your care team will include a nurse practitioner or physician assistant who will work with you, your family, and your primary care provider to help make sure you get hands-on care that meets your individual needs.

The UnitedHealthcare Assisted Living plan features great benefit options for residents in Independent Living, Assisted Living and Memory Care. It also gives you access to extra care coordination and personal attention from a health care practitioner right here at Westminster Village North.

Want to learn more?

You are invited to talk with our local agent about your UnitedHealthcare plan options on Wednesday, March 8, at 1:00 pm in the Foundation Social Hall. They will present information to explain how you might enjoy low out-of-pocket costs, if any. Learn how they help with:

- Collaboration between clinician, doctors, specialists and community staff
- Preventive care to help anticipate and identify health concerns

- A primary contact for the teams involved in your care
- Phone support 24 hours a day, 7 days a week
- Hands-on care from your home

More benefits than original Medicare—yes, please. This may include hearing, vision, dental, foot care, transportation and more (many provided on site). Attend the presentation on March 8 for more details.

“Love You To Pizzas”



Happy March Birthdays

Borchelt, Alvin	Mar 03
Hershman, Martha	Mar 03
Kiser, Margaret	Mar 03
Swain, Richard	Mar 04
West, Mildred	Mar 07
Sturm, Mary	Mar 09
Matson, Lyle	Mar 11
Smith, John	Mar 11
Hoff, Marilyn	Mar 12
Leversen, Leroy	Mar 12
Iler, Arlene	Mar 13
Taylor, Sandra	Mar 15
Wingo, Norma	Mar 17
Mcneely, Alethea	Mar 18
Coryell, Richard	Mar 22
Sipes, Beverley	Mar 22
Dillon, Lois	Mar 23
Foreman, Judith	Mar 24
Stephens, Willie	Mar 25
Muddiman, Winifred	Mar 26
Dorsey, Betty	Mar 27
Hanson, Raymond	Mar 27
Ritter, Dolly	Mar 28
Meyer, Edward	Mar 29
Rush, Nancy	Mar 29

Just a quick reminder...

Our Life Occupancy educational program will be on Tuesday, February 28, at 1:00 pm in the Foundation Social Hall.

Thanks to several of you for signing up! There’s still time to RSVP! To RSVP, please contact Amy Morgan at 317-826-6064.

A Week at a Glance... Health Center

Jamie Minder

Happy Birthday to the following Health Center residents:

Martha D. 2/25

Donna T. 2/26

John H. 2/26

Bingo Winners:

Stan and Barb M. , Pam R. , Bear F. ,

Betty J. , Anne Z. , Judy F. ,

Richard S., Mary S. , Jean H. ,

Donna T. , Wanda L. , Anna W.

Silly Safari Brought Animal Love To WVN



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, February 25

9:00 Morning walk & stroll (syc av)

10:30 Naomi Dog visits door to door

3:00 Daily chronicles & activity pack to your door

Sunday, February 26

9:00 Morning walk & stroll (syc av)

11:00 Daily chronicles & activity pack to your door

3:00 Vespers service (fsh)

Monday, February 27

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 28

9:00 Morning walk & stroll (syc av)

9:45 Morning Yoga stretch (syc lib)

10:00 Catholic Mass (aca)

10:30—11:30 Apartment visits/one on one social

10:30 Bible study and devotions with Chaplain April (Lcl3)

1:00 Karaoke (syc alc)

2:00 Reminisce "The Good Old Days"

5:45 Game night (salc)

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.

IL residents: if you want to participate, please sign up on the app, even if you already called Laurie.

Peaceful Reflection

Chaplain April Scott

"Love gave it all up for us!!"

What will you give up for Lent? As I contemplate this question, everything I should give up and want to give up is hard! Can I go without eating chocolate for 40 days? Can I go without eating steak, ground beef and the other red meats for 40 days? Can I go without watching the local and national news for 40 days? Can I go without checking my social media pages for 40 days? Can I go without coffee and soda for 40 days?

Friends, I'm getting depressed just thinking about the things I could give up. What is our motive for giving up the things that consume our thoughts? Are we giving up our favorite sweets, coffee and soft drinks in this Lenten season to lose weight?

Are we giving up watching the news because it's depressing and we need a break? Are we giving up social media because we are tired of the same people posting every waking minute of their lives to show the world how happy they are? Looks are deceiving! What is our real motive?

Friends, whatever I decide to give up, it will be out of love for my Savior, Jesus Christ. I am reminded of a story found in the Old Testament in the book of Genesis, chapter 15, where God makes a covenant with Abram. To bind the covenant there had to be bloodshed. Abram cut the animals into two pieces, thereby shedding their blood as a symbol of a binding promise and a symbol of what would happen if Abram and his descendants broke away from the covenant. They would be cut off. But in this covenant ceremony, God showed up as a smoking oven and a burning torch that passed between the two pieces Abram had cut up, symbolizing that when Abram's descendants broke away from God's covenant, which they did, God himself would suffer the consequences for the breach of His people. Jesus (God

incarnate) suffered the consequences for our breach, our falling away from God due to our sins against God. God made a new covenant and sealed the new covenant in the precious blood of the Lamb Jesus Christ, who was nailed to the cross to take our sins away.

Hebrews 8:7-10 says "For if that first covenant had been faultless, then no place would have been sought for a second. Because finding fault with them, he says behold, the days are coming, says the Lord when I will make a new covenant with the house of Israel and with the house of Judah: not according to the covenant that I made with their Fathers in the day when I took them by the hand to lead them out of the land of Egypt; because they did not continue in my covenant, and I disregarded them, says the LORD. For this is the covenant that I will make with the house of Israel after those days, says the LORD; I will put My laws in their mind and write them on their hearts; and I will be their God, and they shall be my people."

Vs. 12 "For I will be merciful to their unrighteousness, and their sins and their lawless deeds I will remember no more."

Friends, we are saved by grace. Jesus Christ's blood covers us, and Jesus Christ lives inside of us, so when God looks at us, he sees his Son's blood covering us, thereby making us blood brothers and sisters of Christ. God so loved us that he suffered for us, and this is why I can give up anything for the sake of remembering how much God loves us!

Blessings!

Indianapolis Symphony

If you are a season ticket holder for the Indianapolis Symphony, Season ticket renewals have begun. You may renew your tickets now through March 20, either online at <https://www.indianapolissymphony.org/events/season-subscribe/> or call 317.639.4300 for support.

Independent Living Notes

Laurie Wilson

There is still one Indianapolis Symphony voucher to be used for two people to attend any Classical series concert during the remainder of this season. If you would like the voucher, please contact me at extension 1053.

In March we will host a quarterly birthday party. If your birthday is January through March, you (and your spouse) may attend. It will be held on Friday, March 24 at 2:00 pm in the Foundation Social Hall. Please sign up on the app.

Bernie's Place is part of a program offered to students interested in the culinary arts to earn college credits. It is managed by Gracie Sahm of Sahm's restaurant group, and completely run by students. The restaurant is very budget friendly, serving soup, salad, and sandwiches ranging up to \$6! There is a lunch trip scheduled to Bernie's on Wednesday, March 1, departing at 11:00 am. Sign up today!

A new Dollar store opened up just around the corner. A bus will take residents to the location, which is the old CVS on Oaklandon, Friday, March 3.

Golden Ace Inn is a cash only venue. If you sign up for the Around the World lunch, please be prepared to pay in cash! Prices range from \$2.00 to \$8.00 according to the online menu.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, February 25

1:30 Bridge (cl)

Sunday, February 26

3:00 Vespers (fsh)

Monday, February 27

9:30 Monday in Motion (tsh)

11:00 Bible study (cl)

11:00 The Climb (tsh)

1:30 Spotlight on a resident: Ruth Illiff (fsh)

Tuesday, February 28

Happy Birthday Virginia

Defourneaux

Happy Birthday Norman Nixon

Happy Birthday William Lord

Happy Birthday Barbara

Muggenborg

9:00 Grocery shopping: Meijer

9:30 Light Lift Tuesday (tsh)

10:00 Catholic Mass (aca)

3:30 Happy hour (fsh)

February 29

Happy Birthday Caroline Wendt

Wednesday, March 1

9:30 Cardio Pop (tsh)

11:00 Bernie's Place

2:00 Rock Steady exercise class (tsh)

5:00 Cottager dinner (fsh)

Thursday, March 2

9:30 Power Pump Thursday (tsh)

10:30 Council meeting (tsh)

3:30 Happy hour (fsh)

Friday, March 3

9:00 Bargain room open!

9:30 Fun Fitness Friday (tsh)

10:00 ISO Coffee Pops series

1:30 Dollar Store (new location)

1:30 Mahjong (cl)