

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

In Memoriam

*Daniel Martin
Bob Waymire*

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

Denisse's Diversified Wellness

Denisse Garcia

I want to remind everyone of the very fun equipment piece we have in the basement of Tamarack. The CyberCycle. It works the body and the mind with virtual scenery that you cycle through. According to a study published in the American Journal of Preventive Medicine, seniors who rode a CyberCycle vs a regular stationary bike reduced mild cognitive impairment by 23%. This is because those who ride the CyberCycle 2-3 times per week have to ride through the 3D course, anticipate turns, and compete with other cyclists which requires divided attention and decision-making. If you need help learning how to use the CyberCycle, which requires an "account" (no money involved) to track your progress, you can reach out to me and I will gladly help!

Foundation 50/50 Raffle

Marty Krug

It's not too late to get your raffle tickets for the Foundation's March 50/50 raffle. Tickets are on sale through March 16. They are one for \$5 or three for \$10. Contact me at extension 3460 or drop by the IL happy hour on the Tuesday, March 14, to get your tickets. The drawing will be held on Friday, March 17, at the St. Patrick's Day party. Don't miss your chance to win a little green on St. Patrick's Day. Need not be present to win. The raffle is open to residents and staff.

Thanks to everyone who donated funds for Ginny Defourneaux's birthday! We raised \$1,152 to give to the Foundation! Happy Birthday Ginny and thanks again!!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

March 10, 2023

The following was published in the *Indianapolis Monthly* magazine, March issue.

The Face of Senior Living Westminster Village North, Shelley Rauch

Shelley Rauch has been a driving force in senior living for more than 30 years. Shelley's career began as a teenage volunteer in a nursing home, inspiring her future with seniors. She became a social worker, received her Administrator's license and MBA. Shelley has led Westminster Village North as the Executive Director for 25 years, and through her leadership the organization has become a premiere continuing care retirement community. She was appointed to the Indiana Department of Health Executive Board and became a contributor to policy during the COVID pandemic. She also served on the IHSN executive committee. Shelley has held local and national leadership roles within Leading Age—an organization of not-for-profit senior communities. Recently, Westminster Village North was selected to host national leaders to discuss and share best practices. Clearly, Shelley has helped to pave the way for seniors living their best life in retirement.



A Week at a Glance...

Health Center

Jamie Minder

Thank you to everyone who participated in our Friendship Week! We saw several residents and staff stop and read the THIS IS ME posters to learn about our neighbors!

Mark your Calendars and make sure you wear your GREEN outfits to our Shamrock Social and magic show Friday 17, 3:00 pm in Juniper/ Heatherwood dining room! We will have green treats and drinks! No Green Eggs and Ham though!

Bingo Winners :

Helen S. , Delia M. , Betty J. , Letha M. , Bear F. , Millie W. , Shirley T. , Barb M. , Charles S. , Jean H. , Chrissy Z. , Patrice P. , Greg B. , Wanda L. , Madeline B. , Mary S.

Happy Birthday to the following residents:

Lee L. 3/12
Marilyn H. 3/12
Arlene S. 3/13
Sandra T. 3/15
Letha M. 3/18
Caroline S. 3/18

Food Pantry

In the past WVN has collected donations for a food pantry near the Sunnyside school across the street. This was suspended during COVID, but food collection will begin again immediately. A box is located in the Tamarack mail room. Please bring non-perishable items and place them in the box. A resident will be collecting the items each week and delivering them to the food pantry.

A Week at a Glance...

Assisted Living

Gabby Tijani

Saturday, March 11
Happy Birthday Lyle Matson
Happy Birthday John Smith
2:30 Wii Bowling (Salc)
3:00 Daily chronicles & activity pack

Sunday, March 12
Daylight Savings Time Begins
11:00 Daily chronicles & activity pack
3:00 Vespers service (fsh)

Monday, March 13
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Movie matinee & popcorn (Lcl2)
3:30 March Madness brackets & wear your college attire (Syc alc)

Tuesday, March 14
9:15 Morning chair yoga (syc lib)
10:00 IL resident meeting (open to all) (fsh)
10:30 (10-11:30) Apartment visits/ one- on-one social
10:30 Bible study/devotions w/ Chaplain April (Lcl3)
11:15 Outing: Pagoda Buffet & Grill
11:30 AL resident representative election
2:30 Pillow stories craft (syc ar)
4:30 AL resident representative election
5:45 Game night (Salc)

Wednesday, March 15
9:15 Morning walk & stroll (Syc av)
10:00 Arts/crafts/ jewelry making (syc ar)
1:00 Bingo (Salc)
2:00 Cook's corner & food for thought (Sar)
4:00 Aviary clean and bird sensory

Thursday, March 16
9:15 Morning walk & stroll (Syc av)
10:00 Travel club: Spring into Spain (Salc)
1:15 Garden planning/projects
3:00 Mocktail & cocktail party (Syc alc)
5:45 Bingo (Salc)

Friday, March 17
St. Patrick's Day
9:00 Bargain room open (tb)
9:00 Catholic Mass
10:00 Catholic Communion (aca)
10:00 Grocery orders due
1:00 AL resident meeting (fsh)
2:00 Movie matinee & popcorn (Lcl2)
2:00 St. Patrick's Day party with magician: Chad Collyer (fsh)

Peaceful Reflection

Chaplain April Scott

“Shattered pieces make beautiful puzzles.”

How to put the pieces of your life together again after life has shattered the life you once knew is the question that many people are facing in our society today. Covid-19 and all its variances and its devastating path of destruction has caused a mental health crisis in our world. People are turning to all sorts of unhealthy vices to sooth the pain that they feel from the loss of loved ones, loss of income, loss of independence (the mask has not gone away), loss of financial stability due to the stock market downturns, and even our churches are feeling the loss of being disconnected from one another. I've started a puzzle in my office as a community project to invite residents in to work on the puzzle with me, and as we work on the puzzle together, perhaps we can talk about the things that matter most to that individual as a way of feeling connected.

As I work on the puzzle I have observed a few things about putting the piece together to create the picture it represents. First, you have to sort the pieces out into groups before you can put the pieces together again. Do you have things in your life that need to be sorted out? Do you have clothes that belonged to a loved one who has transitioned and are in need of passing them on to someone who could benefit from them? Do you have unforgiveness in your heart that you need to release to be free from the memory? Do you have projects that you need to complete in order that your loved ones will not have the chore of going through your things once you have journeyed to heaven?

The second thing that I have observed is that once the pieces are sorted out, it takes time to put them back together. Putting the pieces of our lives together again takes time and patience. Give yourself grace at putting the pieces of your life together, again, taking it one piece at a time. Finally, invite God and others into your life to help you work on putting the pieces together again. They have a different vantage point then you

and will see the things you can't see that will help bring shape into your life. As you take this time during the Lenten season to reflect on the beauty of your life and all its wonderful colors and many pieces, remember Jesus, the one whose life was shattered, only for Him to take his life up again to create a new picture. We all who believe in Him are part of the puzzle. Isaiah 43:18-19 says “Do not remember the former things, nor consider the things of old. Behold, I will do a new thing, Now it shall spring forth; shall you not know it? I will even make a road in the wilderness and rivers in the desert.”

Friends, March 12 is spring forward day. Let us be renewed by the energy that spring will bring to help us put the pieces of our lives together with zest and vigor. You are a beautiful puzzle, a work of art. God wants to help you put the pieces together again. Won't you let Him? Blessings

Daylight Savings Time



Daylight savings time begins on Sunday, March 12, at 2:00 am. Be sure to “spring forward” one hour prior to going to sleep on Saturday night.

Calling all pet owners!

We would like to create a video of all the pets that visit or live at Westminster Village! Contact Amy Morgan at ext. 2140 to schedule a time to take a picture or video of your pet. These images will be used for marketing purposes.



Independent Living

Notes

Laurie Wilson

The chimes group is ready to begin practicing each week! Beginning Monday, March 13, and every Monday following, the group will learn and practice playing the chimes from experienced chimes instructor, Lawrence Bunting. If you would like to be a part of this group, you are more than welcome. You must commit to Monday afternoon practices at 3:00 pm each week until July. Of course, with the exception of Dr. appt's, illness, etc. The group is very excited to learn to play the chimes and handbells.

On Friday, March 17, we will celebrate St. Patrick's Day with two events. First, Magician Chad Collyer will return to WVN to entertain Assisted and Independent Living residents. Following Chad's performance, we will host a happy hour at Shamrock Pat's Pub in the Foundation Social Hall. A special cocktail will be featured and you are encouraged to try—Irish Eyes! There will not be a happy hour on Thursday, March 16.

If you are interested in filling out a March Madness bracket, I will place the brackets in the mail room for you to pick up.

There will be March Madness games playing on both televisions in the Foundation Social hall throughout the tournament. A schedule of times will be sent via Touchtown once Selection Sunday is complete.

Hooray, Hooray

You exceeded my expectations! Thanks to your generosity \$1051 was raised for the Foundation. Thank you to all the residents and staff members who participated in my birthday fundraiser and thank you to the residents who sent me beautiful cards. Best wishes for blessings and joy!

Ginny Defourneaux

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, March 11
1:30 Bridge (cl)

Sunday, March 12
Daylight Savings Time Begins
March Madness: Selection Sunday
3:00 Vespers (fsh)

Monday, March 13
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
2:00 Wii bowling (fsh)
3:00 Chimes practice (2033)

Tuesday, March 14
March Madness begins!
9:30 Light Lift Tuesday (tsh)
10:00 Resident meeting (fsh)
3:30 Happy hour (fsh)

Wednesday, March 15
9:30 Cardio Pop (tsh)
10:30 Goldenaires Mass/luncheon (10:30-2) (fsh)
11:30 Around the world lunch: Ireland
2:00 Rock Steady exercise class (tsh)

Thursday, March 16
9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)

Friday, March 17
St. Patrick's Day
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 Catholic Communion service (aca)
1:30 Mahjong (cl)
2:00 Magician: Chad Collyer (fsh)
3:30 Shamrock Pat's Pub stop (fsh)
A prize will be awarded for the person wearing the most green St. Pat attire!