

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
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

Did you know frozen fruit and vegetables can be just as nutritious or even better than fresh produce? This is because they are picked the day they are ripe and then frozen. This means that they have better nutrients. However, they lose their nutritional value the longer they are stored.

Happy April Birthdays!

Carl Herr	April	3
Lawrence Ondrejack	April	3
Richard Tompkins	April	6
Dan Hibner	April	8
Pamela Ransom	April	9
Geri Melvin	April	10
Herman Adams	April	11
Dian Weller	April	12
Leyanne Perkins	April	12
Bennie Brown	April	13
Catherine Borg	April	13
Ethel Fowler	April	13
Charles Shaw	April	15
William Crays	April	15
Charlene Case	April	17
Earl Greer	April	17
Lawrence Bunting	April	18
Celia Thais	April	19
Ruth Iliff	April	27
Joann Armantrout	April	30

Foundation News

Marty Krug

Congratulations to Charlotte Wood, Environmental Services Assistant, who was the winner of the Foundation's 50/50 raffle. Charlotte won \$160. Thanks to everyone who participated in the raffle. The next one will be in June.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

March 24, 2023

In the News

The following is a summary of an article found on FoxNews.com.

Is Parkinson's disease, 'world's fastest growing brain disease,' mostly preventable? Study offers clues

Researchers warn that a colorless chemical known as trichloroethylene (TCE) — which has been used to dry-clean clothes, degrease metals and decaffeinate coffee — may be linked to the dramatic increase in Parkinson's disease (PD) cases.

"TCE is associated with a 500% increased risk of Parkinson's disease," lead author Dr. Ray Dorsey, professor of neurology at the University of Rochester in New York and author of "Ending Parkinson's Disease," told Fox News Digital.

EPA plans to take action. "EPA shares the concerns about the risks of TCE to human health," the agency told Fox News Digital.

Critics argue that TCE should be banned in the U.S.

Before the EPA can put regulations in place, the agency must follow the Toxic Substances Control Act (TSCA), which requires the agency to first conduct a risk evaluation.

The EPA "is now moving quickly to release a proposed rule to take action to regulate TCE so that it no longer

presents an unreasonable risk to human health."

Since the agency has released its final risk determination, it "is now moving quickly to release a proposed rule to take action to regulate TCE so that it no longer presents an unreasonable risk to human health."

The agency plans to release this proposed rule this June.

Several actions the agency may take include "regulations prohibiting or limiting the manufacture (including import), processing, distribution in the marketplace, commercial use, or disposal of this chemical substance, as applicable," the EPA told Fox News Digital in an email.

Other experts who were not part of the research, however, share the report's concern.

"The collective evidence supporting a strong association between TCE exposure and Parkinson's disease continues to accumulate," Dr. Michael S. Okun, medical advisor to the Parkinson's Foundation, told Fox News Digital.

"There are many research groups currently examining the association and we anticipate more information will be available soon," added Okun, who is also the executive director of the Norman Fixel Institute for Neurological Diseases University of Florida Health in Gainesville, Florida.

"Limiting exposure to TCE ... could have the potential to lessen our future burden of Parkinson's disease."

IL Resident Meeting

Executive Director Shelley Rauch held her monthly resident meeting for IL residents on Tuesday, March 14. Shelley introduced Shannon Harris, HC Administrator who discussed the quarterly resident care committee meeting. This committee talks about policy, staffing, surveys, etc. It had been three years since the Village has had a survey, and it has been expected any time. Since the resident meeting, the Indiana State Department of Health arrived on campus earlier this week to conduct the annual survey.

Amy Morgan recognized the service and commitment to WVN from Marsha Soderholm who is retiring. Amy also read a very kind letter from a thankful resident.

All necessary paperwork has been completed for the barn, and the insurance settlement is expected in the near future. A gate has been installed around the job site.

Resident questioned why not a resident on the Board of Directors – The Board has continued to decline this request. Shelley will let the Board of Directors know the subject was broached again.

Full minutes of the resident meeting can be found on Touchtown or in the mail room.

A Week at a Glance... Health Center

Jamie Minder

We will have our Easter Egg Hunt April 6 at 3 pm in the Juniper Courtyard!

We will be taking a pause from the ice cream cart on Fridays. All hallways are welcome to join us in a Bingo Game every Friday starting at 2:30 pm in Juniper/Heatherwood Dining Room!

Join us in April for "Movie + Popcorn" every Thursday starting at 2:30pm in Willow Commons Lounge!

Bingo Winners :

Letha M. , Delia M. , Millie W. , Pam R., Barb N. , Anne Z. , Patrice P. , Greg B. , Mary S. , Debbie M. , Alene S. , Beefy G. , Wanda L.

Happy Birthday to the following residents:

Judy F. 3/24

Willie S. 3/25

Betty D. 3/27

Ray H. 3/27

Edward M. 3/29

If you have any questions, please call Jamie Minder, Activities Manager at ext. 4230.

St. Patrick's Day



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, March 25

10:30 Naomi dog visits door to door

11:30 Entertainment:

Robin Harrison (Sdr)

2:30 Wii bowling (Salc)

3:00 Daily chronicles & activity pack to your door

Sunday, March 26

11:00 Daily chronicles & activity pack to your door

3:00 Vespers service (fsh)

Monday, March 27

1:00 (1-4) Daily chronicles &

grocery delivery

1:00 Movie matinee & popcorn (Lcl2)

Tuesday, March 28

9:15 Morning chair yoga (syc lib)

10:00 Catholic Mass (aca)

10:00 -11:30 Apartment visits/one-on-one social

10:30 Bible study/devotions w/

Chaplain April (Lcl3)

1:30 Karaoke (Lcl2)

2:30 Pillow stories craft (Syc ar)

5:45 Game night (Salc)

Wednesday, March 29

Happy Birthday Nancy Rush

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 30

9:15 Morning walk & stroll (Syc av)

10:00 Travel club: Spring into Spain (Salc)

11:00 Outing: Core Life Eatery

1:15 Garden planning/projects

3:00 Mocktail & cocktail party w/music (Syc alc)

5:45 Bingo (Salc)

Friday, March 31

9:00 Bargain room open (tb)

9:00 Catholic Church visits/door-to-door (9-12)

10:00 Grocery orders due

1:00 Chair exercise w/personal trainer, Denisse (Syc lib)

2:00 Movie matinee & popcorn & door to door popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

"Dead things brought to life!"

Friends, I love that my mother named me April! When I was growing up I didn't like the name so much. Kids would ask questions like "Why did your mother name you after a month? Is your birthday in April, since you are named after the month?" Then, of course, they would repeat the rhythmic tune of "April Showers bring May Flowers" after taking a tug on my ponytail and running as fast as they could to escape retaliation. Boy, those were the days of growing pains.

As I see and hear the signs of spring and think about the April showers that will bring May flowers, my soul rejoices to hear the birds' songs in the morning! My soul rejoices to see the daffodils unfolding, strutting beautiful colors of yellow and green, waving at us to let us know that there are more colors to behold. The cherry trees that line my neighborhood streets are budding, and soon I will be driving down the street lined with beautiful white flowers popping out from its buds.

I'm so happy to be named after a month that brings such vibrancy and beauty. Perhaps that's why I'm drawn to wearing such colorful clothes. They help enliven my cheerful disposition. Did you know that before the beauty of spring can present itself, the things that blossom and bloom have to die unto itself before springing forth to life? In other words, dead things come to life and bring forth its fruit. But how, might you ask! Well, the dead things need help before they come alive. In the plant world, the process is called germination. Germination uses the resources from nature (The habitat that God created) including, rain, sun, oxygen, and soil, to come alive.

Now, friends, I have a question to ask you. How much can a dead person do for themselves? You guessed it, nothing!

Just like there is a process in the plant world, there is also a process in humanity. That process is called resurrection (rising from the dead).

Ephesians 2:4-7 says "But God, being rich in mercy, because of the great love with which he loved us, vs. 5 even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved vs. 6 and raised us up with him and seated us with him in the heavenly places in Christ Jesus. Vs. 7 so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus."

Friends, when we were dead in our sins, we couldn't help ourselves come alive. It is by God's love, his mercy and his grace that he has given us the gift of eternal life through his Son, Jesus Christ, that whosoever accepts this gift by believing in the death, burial and resurrection will be saved and live life abundantly in the New Jerusalem.

Friends, again a dead man can't help himself transform into the living being he is destined for! As I celebrate my namesake on my birthday, March 23rd, I will be thanking God for such a great gift of eternal life and eternal love that sprang forth out of my willingness to die unto myself that I may receive the gift of abundant life now and forever! "Happy Birthday April" Blessings!



Rhoda Milstein

May 2nd is primary day in Indiana. To register to vote go to www.vote.org or call Rhoda at 317-823-9388. When voting starts, you may vote in person at 6501 Sunnyside. To vote by absentee ballot, go to www.vote.org to obtain the application, or call the Election Board at 317-327-5100. For questions or assistance call Rhoda.

Independent Living Notes

Laurie Wilson

Don't forget to attend Spotlight on a Resident: Tom Ulsas on Monday, March 27, at 1:30 pm. This series has been very interesting and a great way to get to know your neighbors.

I am looking for more people interested in presenting a spotlight. Please call me at extension 1053.

If you have a pet that you would like featured for a marketing promotion, please contact Amy Morgan at extension 2140.

I will be updating the resident directory in the next week or so. If you have a photo you would like retaken to be included in the new directory, please let me know right away. The directory will include known moves and new move-ins through April.

The trip to the NCAA museum has been cancelled for lack of interest.

Wine club members—don't forget to sign up on the app! This month we will talk about and taste wines based on expert ratings.

There is a dietary meeting scheduled for Thursday, March 30, at 1:30 pm in the Tamarack Social Hall. This is your opportunity to offer comments and suggestions to the chef and Dietary Director Dan Armantrout. No need to sign up.

If you would like to say goodbye to Marsha Soderholm, she will be serving happy hour on Thursday, March 30. I know she would like to see as many of you as possible to say goodbye and thank you for your support.

Please remember to be respectful and kind to your neighbors, and do not discuss their medical conditions with others. Even if you are fortunate to be healthy now, one day it could be you.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, March 25

1:30 Bridge (cl)

Sunday, March 26

Happy Birthday Winnie Muddiman

3:00 Vespers (fsh)

Monday, March 27

9:30 Monday in Motion (tsh)

11:00 Bible study (cl)

11:00 The Climb (tsh)

1:30 Spotlight on a Resident: Tom Ulsas (fsh)

Tuesday, March 28

Happy Birthday Dolly Ritter

9:00 Grocery shopping: Meijer

9:30 Light Lift Tuesday (tsh)

10:00 Catholic Mass (aca)

11:30 Men's lunch: Roots

Burger Bar

3:30 Happy hour (fsh)

Wednesday, March 29

9:30 Cardio Pop (tsh)

2:00 Rock Steady exercise class (tsh)

3:30 Wine club (fsh)

Thursday, March 30

Laurie PTO

9:30 Power Pump Thursday (tsh)

11:00 The Climb (tsh)

1:30 Dietary meeting (tsh)

3:30 Happy hour (fsh) - **say goodbye to Marsha**

Friday, March 31

Laurie PTO

9:00 Bargain room open!

9:30 Fun Fitness Friday (tsh)

1:30 Mahjong (cl)