

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

In Memoriam

Charles Barnett
Please keep his family and friends in your thoughts prayers.

Denisse's Diversified Wellness

Denisse Garcia

Parkinson's Disease can be caused by a mix of genetics and environmental factors. The negative environmental factors include air pollutants, water pollutants, and pesticides. However, did you know that there are also positive factors that can reduce the number of hospitalizations for those with PD? According to an article published by JAMA Network Open, living near green spaces like grass, trees, or crops are great for avoiding first hospitalizations. Living close to blue spaces like lakes, rivers, and oceans also reduces admissions to the hospital (Klompaker et al., 2022).

SPRING TRIVIA

1. What is the first day of spring called?
2. Which type of meat is traditionally popular in spring?
3. T/F: The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
4. How many hours of daylight and darkness are there on the first day of spring?
5. What is the average spring temperature?
6. What year in spring had the most amount of rainfall?
7. How much did it rain that year?
8. T/F: Sense of smell can be more acute in spring.
9. What year had the coldest spring?
10. T/F: The first day of spring in the Southern Hemisphere is also the first day of spring in the Northern Hemisphere.

ANSWERS: (1) Vernal equinox (2) Lamb (3) True (4) 12 Hours (5) 46°F (6) 1947 (7) 13 inches (8) True (9) 1962 (10) False: First day of fall.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

March 31, 2023

Garden Club Receives Prized Plants



Marcy Hankins has dug up from her home property various bulbs and plants to donate to the Independent Living garden club. These plants will be planted on the Westminster campus. She wanted to move these special plants from her former home, which will be sold soon. The first 'shipment' has been delivered to Tom Ulsas.

Marcy promised more to come, especially some prized and unusual Hostas! Thank you!!

GOODBYE

Saying goodbye is never easy. Although I am over the moon happy about this next chapter in my life, I'm sad about leaving all of you. WVN is family! I treasure this time we have spent together. I believe God brought me here for a reason and I feel so blessed to know you. I appreciate all that you have taught me about life, love, wisdom, faith, kindness, and commitment. Thanks for bringing so much joy to my life. I hold you all close to my heart and will keep you in my daily prayers. I love you all so much.

Marsha

Are You Prepared to Vote?

Rhoda Milstein

May 2, 2023, is primary day in Indiana. To register to vote online, please go to www.vote.org. To register in person, call Rhoda at 317-823-9388. Registration ends April 23.

When voting begins, you may vote in person at 6501 Sunnyside, which is next to the Sunnyside elementary school. To vote by absentee ballot, go to www.vote.org to obtain the absentee ballot application, or call the Election Board at 317-327-5100.

Absentee ballots must be turned in before May 2! Early, in-person, voting begins 28 days prior to May 2. For questions or assistance, please call Rhoda.



Food Demonstration brought to you by Gordon's Food Service!

Join us next Thursday, April 6th at 1pm in the Foundation Social Hall for a live food demonstration. Gordon's Food Service will be here for a cooking demonstration on a dish that you can prepare in your own kitchen! Join us for food and fun next Thursday!

April is National Occupational Therapy Month!

What is Occupational Therapy? This type of Therapy focuses on the things you want and need to do in your daily life. Therapists use everyday life activities to promote health, well-being and your ability to participate in the important activities in your life. The activities include bathing, dressing and eating. Occupational Therapists can also help in making your daily tasks easier by introducing adaptive equipment such as shower chairs, walkers and grab bars.

We are blessed to have a talented Therapy team to help our residents live their best lives at Westminster Village North. For more information about the Therapy Services offered at our community, please call ext. 4222

A Week at a Glance... Health Center

Jamie Minder



Easter Egg Hunt!

We will be having an Easter Egg Hunt next Thursday, April 6th in the Juniper Courtyard at 3pm. If it is cold or raining, we will plan to move the hunt indoors in each hallway and common areas. Eggs will be filled with candy! Drinks, Treats and Music will be in the Juniper/Heatherwoods Dining Rooms! We will also have an Easter Egg Hunt in Cedar Commons on a different date and time. Stay tuned for more details!

Please join in on the fun!

It's Springtime at the Village!



Great job to all of our talented residents who are spreading their love for Spring at the Village! We love seeing your artwork!

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, April 1

April Fool's Day

10:30 Naomi dog visits door to door

2:30 Wii Bowling (Salc)

3:00 Daily chronicles & activity pack to your door

Sunday, April 2

Palm Sunday

11:00 Daily chronicles & activity pack to your door

3:00 Vespers service (fsh)

Monday, April 3

1:00 (1-4) Daily chronicles & grocery delivery

1:00 Movie matinee & popcorn (Lcl2)

Tuesday, April 4

9:15 Morning Chair Yoga (syc lib)

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

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

1:30 Karaoke (Lcl2)

2:30 Pillow stories craft (syc ar)

5:45 Game night (Salc)

Wednesday, April 5

Passover

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, April 6

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

1:15 Garden planning & projects

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

Friday, April 7

Good Friday

9:00 Bargain Room (tb)

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

10:00 Grocery orders due

1:00 Chair exercise with trainer, Denisse (syc lib)

2:00 Movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

"Let the celebration begin."

We Americans love to celebrate! I especially love to celebrate birthdays for it is the day that you enter the world! My family and I celebrated my birthday last Thursday and boy it was a celebration! I received lots of phone calls wishing me a happy birthday. My children and grandchildren showered me with lots of love through cards and gifts. My family and friends made me feel special and I felt very special to them. I received all of the love they poured on me, and I am so grateful for the gifts that God has given me (my family)! God has given all of us a very special gift that we as Christians will celebrate this Sunday.

Palm Sunday is a day of great significance in our Christian faith as it marks the beginning of Holy Week, leading up to Easter Sunday. It is a day when we commemorate Jesus' triumphal entry into Jerusalem, riding on a donkey as crowds of people waved palm branches and shouted, "Hosanna! Blessed is he who comes in the name of the Lord!" For many of us, Palm Sunday holds a special place in our hearts as we remember our childhood memories of waving palm branches and singing joyful hymns. My favorite song to sing during Palm Sunday service is "Hosannah Blessed Be the Rock". As a child Palm Sunday felt so joyful even if we didn't get the full meaning of its significance. As children it gave us a reason to fan the leaves at our friends as if we were in a sword fight and if we were feeling really joyful, we would tickle the ears of our neighbors on purpose to see how much they would jump! God forbid if we messed up our pretty dress and shining patent leather shoes playing tag after church. Celebrating Jesus was fun and joyful back then.

As we remember our youth and how it felt to be a part of celebrating Jesus' triumphal entry into Jerusalem lets us experience the same joy now that we have

grown older and have experienced the challenges and difficulties of life, whether it be health issues, financial struggles, or the loss of loved ones. It can be easy to become discouraged and lose hope in the face of these challenges, but Palm Sunday reminds us that there is always hope, even in the midst of difficult circumstances.

Jesus' entry into Jerusalem was a message of hope to the people of that time, who were oppressed by the Roman Empire and living in difficult conditions. It was a message that God had not forgotten them, and that he was sending a Savior to bring them hope and freedom. This message of hope is just as relevant to us today, as we face our own struggles and challenges, it reminds us that no matter how difficult our circumstances may be, we are not alone, and God is with us, offering us hope and comfort! Friends that's the reason why we should celebrate with joy and thanksgiving for the Gift, Jesus Christ whom God sent into the world He created to give us Hope! Friends Let the Celebration begin! "So they took branches of palm trees and went out to meet him, crying out, "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!" ~ John 12:13



Palm Sunday is April 2nd!

Independent Living Notes

Laurie Wilson

Voting for Resident Council members ends on Saturday, April 1. Drop your voting ballot into one of the boxes located at reception or in the mail room.

The resident meeting this month will be held Tuesday, April 4, instead of the second Tuesday, April 11.

There is a unique fudge factory called Uranus. The original, Uranus Missouri is on the historic Route 6, located in the beautiful Ozarks in South Central Missouri, between Saint Louis and Springfield.

Uranus is a tourist attraction in unincorporated rural Pulaski County, Missouri, along the former U.S. Route 66. All businesses are owned by Louie Keen, who calls himself the "Mayor of Uranus." Uranus states on the entrance sign, "It's Not a Town, It's a Destination."

Uranus Indiana is the Uranus Fudge Factory's second location, in Anderson, Indiana. World Famous "Uranus Fudge Factory and General Store" number 2 is also a unique destination. Not your typical fudge factory, Uranus Indiana also plays on the raunchy theme of it's name. If you are offended, this trip will not be for you. But really, the fudge is amazing and it is a unique destination. Remember those gimmicky stores along the highway when traveling on vacation? The ones where you could buy Black Jack or Clove gum? You can still find them in Uranus.



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, April 1

April Fool's Day

1:30 Bridge (cl)

Sunday, April 2

Palm Sunday

3:00 Vespers (fsh)

Monday, April 3

Happy Birthday Carl Herr

9:00 Grocery Shopping: Meijer

9:30 Monday in Motion (tsh)

11:00 Bible Study (cl)

11:00 The Climb (tsh)

1:30 Sing-a-long: (tsh)

3:00 Chimes Group (2033)

3:00 Wii bowling (fsh)

Tuesday, April 4

9:30 Light Lift Tuesday (tsh)

10:00 Resident Meeting (fsh)

1:30 News & Views (cc)

3:30 Happy Hour (fsh)

Wednesday, April 5

Passover

9:30 Cardio Pop (tsh)

9:30 Men's Morning (cl)

10:30 Minnetrista: Bob Ross exhibit & lunch after (Muncie)

2:00 Rock Steady exercise class (tsh)

Thursday, April 6

9:30 Power Pump

Thursday (tsh)

10:30 Council Meeting (tsh)

3:30 Happy Hour (fsh)

Friday, April 7

Good Friday

9:00 Bargain Room Open!

9:30 Fun Fitness Friday (tsh)

1:30 Mahjong (cl)

3:00 Wii bowling (fsh)