

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
Lang O'Mera, Accounts Payable Specialist - 2910
Melissa Wyatt, Resident Accounts Mgr. - 2920
Dawn Martine, Resident Account 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
Tiffany Aquino, Executive Asst. - 3510

Food Services

Dan Armantrout, Dir. Food Services - 3750
Thomas Balsler, IL Chef - 3751
Estelana Fairley, AL Dietary Supervisor - 3440
Rob Palladino, HC Food Services - 2340

Health Center

Shannon Poole, Dir. HC Operations - 3570
Tracy Pope, HC Admissions - 2840
Jackie Davidson, Director of Nursing - 2830
Ebony Sims, 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

Amy Morgan, Dir. Marketing - 2140
IL/AL Marketing Mgr. - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, 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
Peggy Long, Memory Care Coordinator - 3296

Therapy & Wellness

Stephanie Irvine, Therapy Manager - 4222
Wellness Center, Tamarack - 1051

Transportation

Jody Black, Driver - 2160
Tonya Richardson, Driver - 2160

WVN Foundation

Marty Krug, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

As people age, the increase of suffering from pain does as well. About 70-80 percent of seniors have problems with either chronic (long-term) or acute (short-term) pain. If you have not already, talk to your doctor about any questions or concerns relating to your pain. In the meantime, here are some things you can do to manage your pain. For chronic pain, apply heat to the area with a heat pack for 10-15 minutes. For acute pain, you can add an ice pack to reduce swelling for 10-15 minutes multiple times a day. Finally, if you feel like your muscles are tight or knotted, you can self-massage the area with a tennis ball.

WVN Bargain Auction Resumes!

Wednesday we started the Bargain Auctions again! I have posted 12 items on the Westminster Village North Leisure Services YouTube channel. (Note, this is not the same as our Westminster Village North Media channel). Items are listed 1-23, 2-23, 3-23, etc.

If you would like to purchase an item, please send me your bid for that item – either via email or leave a voice message. The highest bid wins. You will only have one opportunity to bid, and you will not be told what others have bid. If two people bid the same amount it will be the first bid based on time/date stamp of email or voice message.

The auction is open until 12:00 pm Wednesday, May 3. To view the auction, visit <https://www.youtube.com/@leisureservices3112> Note: Item 7 is in regular videos, all others under short videos.

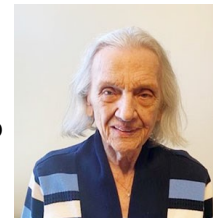
Please call Laurie at extension 1053, or email lwilson@westminstervillage.com if you have any questions.



Westminster
Village North

Welcome to WVN

Nancy L. Russell



We all want to bring those special pieces from our former dwellings that fit into our new homes in Westminster. Grace Zender in T 2031 brought her front door of leaded glass pieced together in an exquisite pattern, and you know what? It fits perfectly into the stationary glass door that leads to her balcony overlooking the courtyard! The sun and the night lights create "glorious atmospheres of dancing images in her living room."

Grace was born and raised in Chicago. She and her late husband moved to Indianapolis where he worked in sales. They lived in a rented home and their last of five children was born at St. Vincent's Hospital. Perhaps living in that rented house and having a baby in St. Vincent's was a prediction of things to come. They decided to buy a six-unit apartment building, and Grace was hired by St. Vincent's to do a variety of different jobs. She showed special ability in the accounts receivable department. She helped those who were having difficulty paying hospital bills by negotiating with insurance companies and planning doable "pay-as-you-go" plans. She was a "highly regarded, successful employee" and retired from her position after 27 years of service.

Remember that six-unit apartment house? That venture grew into 30 apartment buildings, some high-rise, and employed all five of their

Around the Village

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children. Those of you who have lived in Indianapolis may be aware of Zender Properties.

The five children provided 11 grandchildren and 16 great grandchildren who affectionately refer to Grace as "GG." (Great Grandmother)

Grace shared a wonderful story that happened early in her employment when she was asked to do a variety of jobs at St. Vincent's. While working with Mary in the Gift Shop one Friday, and as a perk of her assignment, she got a free lunch. When lunch time came, she and Mary, who was also Catholic, went to the cafeteria. Mary dutifully ordered fish, Grace longed for and ordered a hamburger. Mary said, "It's Friday." Grace replied, "I know, but I'm hungry for a hamburger." They sat down and began eating. "How's your hamburger?" asked Mary. "Fantastic, how's your fish?" replied Grace. "Terrible!" responded Mary. Then out of the corner of her eye she saw Father Ross coming toward their table. Lo, and behold, he sat down with his plate of fish. He looked at Grace's sandwich and asked, "How's your hamburger?" Grace replied, "Delightful, how's your fish?" to which Father Ross retorted, "Terrible." And would you believe these two people became, and still are, fast friends? Currently Father Ross lives in Cincinnati to be close to his elderly mother, but Grace and her daughter meet him half-way between Indianapolis and Cincinnati at least once a year. Friendships out-trump rules every time!

Grace is a charming, delightful new addition to our Westminster family. If

you see her out and about alone, with a family member, or with her friendship ambassador Barbara Wood, thank her for "coloring outside of the lines." She is a gem!

Masking Update

Shannon Harris

It is my privilege to let you know that as of Wednesday, April 26, we are no longer requiring you to wear a mask in most areas.

Masks will still be required by staff when providing direct resident care. Nurses and Aides will wear masks when providing primary care or in the close range of a resident's face.

Masks will still be required if you are not feeling well or suffering from cold like symptoms.

This means you may roam hallways, visit offices, dine, and be in any common space without a mask.

You may continue to wear a mask if you feel safer.

Therapy staff will need to mask if providing care or treatment to a resident in close proximity to the resident.

COVID testing will remain the same for staff.

If you are not feeling well, however, please wear a mask and test for COVID.

Family Gives Back!



Former IL resident Helen Bennet's niece (Christine) and grand-niece (Naimh) stopped by the IL Happy Hour last week to hand out free boxes of Girl Scout cookies! Helen and her family loved WVN! Chris said they miss so many of Helen's friends and staff here. The short visit had everyone smiling with fond memories of Helen. Naimh is now the proud owner of the treble clef.

COVID Update

We have one new resident case this week. The current requirements say we must only report once a week if there are new cases, although we often times report more than that. If there are no new cases we are not required to report at all, yet we often do report when there are no new cases. We also are not required to report on Independent residents but we still do.

1/2 or Small Sized Lunch Portions @ Ugaldes!



A Week at a Glance...

Assisted Living

Gabby Tijani

Saturday, April 29

2:30 Wii Bowling (Salc)

3:00 Daily chronicles & activity pack to your door

Sunday, April 30

11:00 Daily chronicles & activity pack to your door

3:00 Vespers service (fsh)

Monday, May 1

Happy birthday Rosalie Stricker

Happy birthday Rozella Stewart

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

1:00 Movie matinee & popcorn (Lcl2)

3:00 Build your own flower bouquet & Optum information event

Tuesday, May 2

9:15 Morning chair Yoga (syc lib)

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

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

1:30 Sing-a-long

2:30 Pillow stories craft (syc ar)

4:00 Pizza party (for those going on outing) (Syc alc)

5:00 Outing: Musical: Mr. Confidential

Wednesday, May 3

9:15 Morning walk & stroll (Syc av)

11:00 Lunch Outing: Saraga market food court

1:00 Bingo (Salc)

2:30 Wine Wednesday (Syc alc)

4:00 Aviary clean and bird sensory

Thursday, May 4

9:15 Morning walk & stroll (Syc av)

10:00 Garden club

1:15 Golf Card Game

2:00 Cook's Corner & food for thought (Sar)

3:00 Kentucky Derby party (Syc alc)

5:45 Bingo (Salc)

Friday, May 5

Cinco de Mayo

9:00 Bargain room (tb)

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

10:00 Grocery orders due

1:00 Car parade

2:00 Movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

"Don't break the Law"

This past Saturday I had the joy of helping my grandson get all spiffy for his junior prom. He was so handsome, and he cleaned up rather nicely. Of course, I was the chauffeur for the evening. As I was driving on the way to pick up his prom date, he fell asleep. I guess he was tucked out from all the excitement plus it is a 45-minute drive to his girlfriend's house. As we arrived at the palatial house guarded by a private gate, I wondered how my grandson would be received by his girlfriend's family. His girlfriend's parents are wealthy. We are wealthy too, in faith, love, honor and respect for one another but not financially. As we entered the house his girlfriend's family welcomed me and my grandson with open arms. They shared how wonderful my grandson looked and they took tons of pictures of the two. I was so relieved and happy that although they were wealthy, they did not make my grandson feel that he wasn't good enough to date their daughter. Their greeting was genuine and welcoming, which reminds me of a scripture that prohibits Christians from making a difference between the wealthy and the marginalized.

James 2:1-9 says " My dear brothers and sisters, [a] how can you claim to have faith in our glorious Lord Jesus Christ if you favor some people over others? 2 - For example, suppose someone comes into your meeting [b] dressed in fancy clothes and expensive jewelry, and another comes in who is poor and dressed in dirty clothes. 3 - If you give special attention and a good seat to the rich person, but you say to the poor one, "You can stand over there, or else sit on the floor"—well, 4 - doesn't this discrimination show that your judgments are guided by evil motives? 5 - Listen to me, dear brothers and sisters. Hasn't God chosen the poor in this world to be rich in faith? Aren't they the ones who will inherit the Kingdom he promised to those who love him? 6 - But you dishonor the poor! Isn't it the rich who oppress you and drag you into court? 7 - Aren't they the ones who slander Jesus Christ,

whose noble name [c] you bear? 8 - Yes indeed, it is good when you obey the royal law as found in the Scriptures: "Love your neighbor as yourself." [d] 9 - But if you favor some people over others, you are committing a sin. You are guilty of breaking the law."

Friends, let us not break the law. Let us not show partiality when we encounter others or the marginalized, they may not have what you have but we can all learn from each other's stories as we journey together, which makes our lives richer together.

May 4th is National Day of Prayer, let us take a moment on this day and pray for all the residents and employees at Westminster Village and other facilities like Westminster. Pray for our city, our country, and our world. Pray that the peace of God will be felt and lived out among the citizens of this world. Pray for our children and our teachers and pray for our families. April 30th -- Come join us for Vespers led by Westminster resident Rev. Ben Strasser May 7th -- Come join us for Vespers led by Chaplain April Scott. Communion will be served.

WVN Craft Market

You are invited to attend the
WVN Craft Market
Wednesday, May 10
2:00—4:00 pm
Foundation Social Hall
Residents and staff will display and sell their handcrafted items.
Everyone is welcome to attend.



Independent Living

Notes

Laurie Wilson

Calendar changes:

Monday, May 1—No Wii bowling

Tuesday, May 2—departure for the Arts Center is 11:00 am—no lunch this trip, but you may bring a snack to eat on the bus.

Friday, May 5—Car parade begins at 1:00 pm instead of 2:00 pm

Tuesday, May 23—no Happy Hour

Thursday, May 25—no Happy Hour

Reminder: there will not be a resident meeting this month.

Please celebrate the Kentucky Derby by wearing your Derby outfit or hat to the Happy Hour on Thursday, May 4!

On Tuesday, May 3, we will visit the Indianapolis Art Center to view a very special art exhibit. Twin brothers, who were the grandsons of Bill and Bonnie Lawrance, former WVN residents, committed suicide. The exhibit, JoeWill: BetterTogether, is a two-person exhibition of artworks by the twins Joe and Will Lawrance. Joe and Will were deeply connected, expressed through their mutual devotion to art-making. Through diverse media, themes, and subjects, BetterTogether tells the stories of two burgeoning Indianapolis-born artists whose lives tragically ended as young adults. BetterTogether traces the creative prowess of the Lawrances, the significance of art-making as a means of self-expression, and the profound impact these two artists leave behind.

It's here! Join us for the annual WVN Cardboard Car Parade in the Foundation Social Hall on Friday, May 5 at 2:00 pm.

Needlework group has added a second day on the calendar to meet. They will meet the first Monday of the month at 1:00 pm and the third Monday of the month at 1:30 pm, both times in the Creative Commons space—Tamarack 3006.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, April 29

1:30 Bridge (cl)

Sunday, April 30

3:00 Vespers (fsh)

Monday, May 1

9:30 Monday in Motion (tsh)

11:00 Bible study (cl)

11:00 The Climb (tsh)

1:00 Needlework group (3006)

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

Kathryn Huelster and Helen Fry invite YOU to join in the Sing-a-long next Monday in the Tamarack Social Hall at 1:30. We have such fun! Please come and sing some songs about springtime and mothers. We are so happy many of you are coming, but we want more of you to join in.

3:00 Chimes group (2033)

Tuesday, May 2

9:00 Grocery shopping: Meijer

9:30 Light Lift Tuesday (tsh)

11:00 Indianapolis Art Center: Lawrance brothers exhibit

1:30 News & Views (cc)

3:30 Happy hour (fsh)

Wednesday, May 3

9:30 Cardio Pop (tsh)

9:30 Men's morning (cl)

2:00 Rock Steady exercise class (tsh)

Thursday, May 4

9:30 Power Pump Thursday (tsh)

10:30 Council meeting (tsh)

3:30 Derby happy hour:

Wear your "Derby" hat (fsh)

Friday, May 5

Cinco de Mayo

9:00 Bargain room open!

9:00 Cinco De Mayo breakfast: Caliente

9:30 Fun Fitness Friday (tsh)

1:30 Mahjong (cl)

1:00 WVN cardboard car parade (fsh)