

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

In Memoriam

Emily Holland

Please keep her family and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia

A yearly reminder for those who enjoy the outdoors during the warm months to protect your skin. As you age, your skin becomes thinner, becoming more sensitive to the environment. You start with drinking a glass of water before you go outside to hydrate your skin. Next, you want to apply sunscreen 15 minutes before you go outside. You want to ensure you remember your ears and the back of your neck. Finally, put on lightweight breathable clothes. Even if you are not outside for long, you will still want to protect your skin.

Lambswear Undie 500

The Village is supporting a local children's clothing drive for the month of May called "The Undie 500" through a nonprofit organization called Lambswear, located here in Lawrence!

Our goal is to donate 200 NEW kids' underwear sizes 2T - 14/16 !

We have donation boxes placed at Door 11, Tamarack front desk and the IL mailroom!

If you have any questions, please let me know !

Here is a link to find out more about Lambswear :
<https://www.lambswear.org/>.



Westminster
Village North

Around the Village

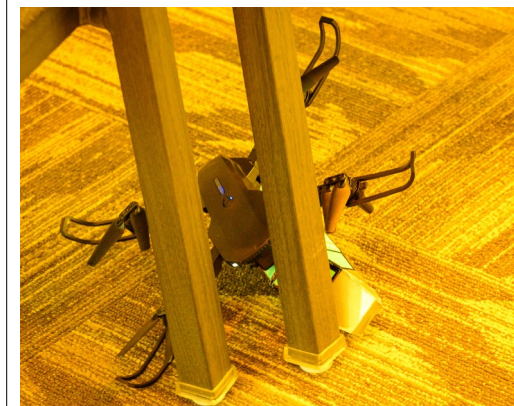
A Publication of Westminster Village North

May 12, 2023

WVN Annual Car Parade

The WVN annual car parade was held last Friday and showcased some very creative cars—from fruit to flight. In fact, Charlie case is demonstrating his drone powered car, which flew for a few seconds, but then sadly crashed to the floor. The problem was not the design, however. The problem was this was the second drone purchased to power his vehicle, and it was the second drone that had defective controls. The steering portions did not work at all. We loved the idea, though!

Thank you to all of the talented and creative people who made cars this year! The cars are on display in the Sycamore Library through the month of May.



Words from the Lawrence Mayor

Mayor Steve Collier was on site recently to address the VIPs of the Lawrence Chamber of Commerce. WVN was proud to host this event, at which the Mayor provided a mini state-of-the-city address.

The Mayor, although retiring at the end of this term, stated he is still fully focused and ready to continue working hard to get things done for the city of Lawrence. Some of the items he discussed included:

- The city was awarded a \$1 million match to pave streets. Last year the city was awarded \$782,000 for paving. The new paving will include Franklin Road, which is in dire need. This project will hopefully completed by July 4.
- The library is set to open in early August.
- A parking garage will be added to Fort Harrison, which is desperately needed.
- Fort Harrison has become the downtown of Lawrence and is set to be the major cultural center of the community, with arts, theatre, events, and more.
- Lawrence is the most diverse city of its size in all of Indiana.
- **Fiesta Lawrence is May 13, 12:00—4:00 pm**, at 8920 Otis Ave, Lawrence. This is a FREE outdoor event which includes live music and entertainment, food, crafts, and more.

A Week at a Glance... Health Center

Jamie Minder

Happy Mother's Day to all our ladies who attended our Mother's Manicures this week! We love all of you and hope you enjoyed some pampering!

Reminder: All hallways play bingo on Fridays at 2:30pm in the Juniper/ Heatherwood Dining Room! Please have your aide bring you down around 2:15pm!

Bingo Winners :
Letha, Bear, Pam, Lorry, Betty J., Millie, Delia, Anne Z. !



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, May 13
2:00 Travel club (syc alcove)
3:00 Daily chronicles & activity pack to your door
3:00 Wii Bowling (Salc)

Sunday, May 14
Happy birthday Susan McNiel
11:00 Daily chronicles & activity pack to your door
3:00 Vespers service (fsh)

Monday, May 15
Happy birthday Rosemarie Albers
1:00 (1-4) Daily chronicles & grocery delivery
1:00 Movie matinee & popcorn (Lcl2)

Tuesday, May 16
9:15 Morning Chair Yoga (syc lib)
10:30 (10-11:30) Apartment visits/one on one social
10:30 Bible Study/devotions with Chaplain April (Lcl3)
1:30 Sing-a-long
2:00 Outing: SoChatti Chocolate tasting
5:45 Game night (Salc)

Wednesday, May 17
9:15 Morning walk & stroll (Syc av)
10:00 Art with Jocelynn (Syc alc)
1:00 Bingo (Salc)
2:30 Wine Wednesday (Syc alc)
4:00 Aviary clean and bird sensory

Thursday, May 18
9:15 Morning walk & stroll (Syc av)
10:00 Garden club
1:15 Golf card game
2:00 Pianist: Barbara Frolik (syc lib)
5:45 Bingo (Salc)

Friday, May 19
9:00 Bargain room open (tb)
9:00 Catholic church visits door to door (9-12)
10:00 Grocery orders due
10:00 Catholic Communion (aca)
1:00 Assisted Living resident meeting & kitchen tour (fsh)
2:00 Movie matinee & popcorn (Lcl2)

Peaceful Reflection

Chaplain April Scott

“What Makes a Mother”

There is a documentary that is being shown on several streaming outlets asking the question “What makes a woman?” The premise of the documentary is to define what makes a woman a woman beyond biological identity. What makes a mother a mother? I ask this question because I saw a video the other day where a cat was nestling over the eggs of a chicken and protecting the eggs as if they belonged to her. Once the eggs hatched the cat continued to take care of the chicks by nursing them. At first, I thought it was neat how the cat was able to care for the chicks until they hatched and then continued to provide nourishment for them to grow. But then, I thought, how will the cat teach the chicks how to fly, even though chickens have limited flight abilities. It remains a mystery to me. Although the eggs did not belong to the cat, the cat’s motherly abilities seemed to be innate. Perhaps God designed the cat to instinctively know, as a mother, to protect and provide for the eggs until they hatched and could take care of themselves even though they did not belong to her.

My oldest daughter does not have any children of her own, but she has certainly been a mother to children she has encountered through her work at the local neighborhood center. She is currently taking care of three of her nephews and a bonus son she inherited when she recently got married. Even though these young men are not her own children, her innate motherly abilities to provide and protect them are spot on. She is making sacrifices that she does not have to make. She shows up to all their sports events. She transports them to their places of employment. All four young men are employed. She cooks most nights. She listens to them each evening as they unpack their day with her. She is such a loving auntie/mom that all the boy’s friends call her Auntie, and of course, they all want to stay for dinner!

This reminds me of the conversation that Jesus had with his mother as the disciple whom he loved (John) stood next to her.

John 19:26-27 says, “When Jesus therefore saw his mother, and the disciple whom he loved standing by, he said to his mother, “Woman, behold your son!” Then he said to the disciple, “Behold your mother!” And from that hour that disciple took her to his own home. Jesus was giving a new son to his mother whom she did not birth, so that she would provide motherly care for him. As we celebrate Mother’s Day this Sunday, I would like to honor and thank all the women who have mothers of their own and to those women who did not have children but have mothered others. The following poem by Kahlil Gibran is dedicated to all women.

“And a woman who held a babe against her bosom said, Speak to us of children. And he said:

Your children are not your children. They are the sons and daughters of life’s longing for itself. They come through you but not from you, and though they are with you, yet they belong not to you. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams. You may strive to be like them but seek not to make them like you. For life goes not backward nor carries with yesterday. You are the bows from which your children as living arrows are sent forth. The Archer sees the mark upon the path of the infinite, and he bends you with his might that his arrows may go swift and far. Let your bending in the Archer’s hand be for gladness; for even as he loves the arrow that flies so he loves also the bow that is stable.”

Independent Living Notes

Laurie Wilson

Reservations for the Black and White party are accepted until May 18 at 12:00 noon. **For planning purposes, we will not be able to add people to the party after that time.** Sign up now if you want to attend. You may sign up on the app or call Laurie at extension 1053. The main dining room will be closed that evening; therefore, no other dinner service will be available. You may, however, get carryout from the regular menu at lunch time for your dinner meal. There will not be carryout from the party.

There have been significant numbers of cancellations for many different activities at the last minute. While you may think you are only one person cancelling, that is often not the case. Please check your calendars prior to signing up for activities. If you need to cancel because of an appointment that was just scheduled, or you are ill, that is understandable. Otherwise, please try to honor your commitment. Thank you!

Dining reservations: We do accept reservations for groups of 5 or more. For maximum comfort, please try to limit your groups up to 16 people. You may contact Laurie at extension 1053 if you would like to make a group reservation in the Tamarack dining room or private dining room. If you have less than five people you would like to dine with, **you must wait for your entire party outside of the dining room before anyone can be seated. We do not save seats at a table.**

The Garden Club will meet at 1:30 pm in the Cappuccino Lounge on Tuesday, May 23. If you are interested in gardening, please feel free to join the group.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, May 13
1:30 Bridge (cl)

Sunday, May 14
Mother's Day
3:00 Vespers (fsh)

Monday, May 15
Happy birthday Tom Fisher
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
11:30 Lunch: Shallo's
1:30 Needlework group (3006)
3:00 Chimes group (2033)

Tuesday, May 16
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
1:30 News & Views (cc)
3:30 Happy hour (fsh)

Wednesday, May 17
Happy birthday Bob Russell
9:30 Cardio Pop (tsh)
9:30 Men's morning (cl)
10:30 Goldenaires Mass/luncheon (10:30-2) (fsh)
2:00 Rock Steady exercise class (tsh)
3:00 Wii bowling (fsh)

Thursday, May 18
Happy birthday Helen Olson
9:30 Power Pump Thursday (tsh)
10:00 ISO Coffee Classical series
11:00 Fast Food, Total Wine & More, Trader Joe's
11:00 The Climb (tsh)
3:30 Happy hour (fsh)

Friday, May 19
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 Catholic Communion service (aca)
10:30 Lunch: Wagner's Village Inn (Oldenburg)
1:30 Mahjong (cl)