

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 Harris, 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
Meliyah Harris 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

Pollen season is under way and those with allergies may already know that. Reducing or eliminating the allergens is the best way to decrease your symptoms. Here are some tips to help, according to Yale Health: Avoid being outdoors the first few hours after sunrise and during sunset. This is when pollination is at its highest. Avoid touching your face and eyes when you are outdoors, and take a shower when you come back inside. Use air conditioning to filter pollen that may enter the home. Pollen season is almost over and soon you will be able to be outdoors without much annoyance.

Foundation 50/50 Raffle (with a twist)

Marty Krug

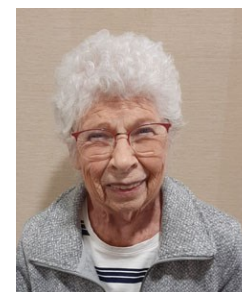
The Foundation's next 50/50 raffle begins June 6th. Tickets will be available beginning June 6th. Last day to buy tickets will be 22nd. Drawing will be June 27th during the Independent Living happy hour. New to WVN? Let me explain. Tickets are \$5 for one or three for \$10. Email me at mkrug@westminstervillage.com, or call me at ext.3460 to buy tickets (I deliver) or purchase tickets during the Independent Living happy hour on Tuesdays and Thursdays. The raffle is open to all residents and WVN staff. Winner need not be present. The winner shares the money raised with the Foundation 50/50. Now here's the twist – everyone who buys tickets can enter his/her name in a second drawing for one of Martha Davis' pictures (one entry per person regardless of number of raffle tickets purchased). The first person whose name is drawn in this second raffle gets first choice. Second person whose name is drawn gets second choice and so on. Go to the Foundation Page in Touchtown for pictures of the beautiful, framed photographs available.



Westminster
Village North

Welcome to WVN!

Nancy L. Russell



We have another "honest to goodness" Hoosier in our midst! Martha Horner in T2008 was born in Hendricks County and raised in Indianapolis. While attending high school, she worked at L.S. Ayres part-time in their wrapping department, located in the basement of the store. After graduating Warren Central, Maratha worked there full-time and elevated herself within 7 years to Assistant Buyer in the children's department.

After marrying her late pharmacist husband, she had two children and worked with her husband in Horner's Pharmacy at 21st and College. The store served the community for 25 years. The family managed income property thereafter.

Her two children, who live nearby, produced 5 grandchildren, who gave Martha 7 great grandchildren, the oldest of which graduates grade school this week.

Martha loved yard work, counted cross stitch and needlepoint. She is also an avid fiction reader. Her current book is titled "The German Girl." The home that she recently sold had bookshelves from the floor to the ceiling. Almost all of those books were donated to the Irvington Library. Martha was

Around the Village

A Publication of Westminster Village North

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delighted to hear about our Reading Room!

This tiny, adventuresome lady has traveled with family to Italy, Ireland, Mexico, Jamaica, and Germany, to name a few of her overseas trips. She also went to Yellow Stone, as well as Salt Lake City, Utah, and The Great Salt Lake.

Our Barbara Wood taught in the elementary school where Martha's children attended, and the Wood-Horner kids became close friends. In fact, that friendship remains to this very day! Martha also knew our dear departed residents Tom and Joy Delay. She admitted that she went to almost every event Irvington Presbyterian sponsored - even though she was not a member of that church.

Perhaps our Marketing Department should "pick the brains" of the Horner family regarding the reasons to choose Westminster Village North. Martha's daughter, a Butler graduate, did extensive research on retirement villages by word of mouth - even with her sorority sisters. Martha's granddaughter, an attorney in Milwaukee, investigated us from a legal angle, and we came out on top. But perhaps the best thing is that Martha and Amy, our Director of Marketing, have shared the same beauty shop! And friends, THAT SEALED THE DEAL!

You will admire this beautiful little lady at first sight and adore her after you get to know her. Westminster is so privileged to welcome her into our family.

Happy Memorial Day! & Welcome Race Fans!



A Week at a Glance...

Assisted Living

Gabby Tijani

Assisted Living Mother's Day celebration was a huge success. These are just some of the families who came out to honor moms. For a copy of a photo of your family, including those not shown here, please contact Gabby at ext. 3530.



Thank you, Gabby! We loved being with our mothers! Great job!



Peaceful Reflection

Chaplain April Scott

“Remembering Memorial Day”

Memorial Day, observed on the last Monday in May, stands as a poignant reminder of the sacrifices made by countless men and women who have served in the armed forces. It is a day to pay tribute to those who courageously defended their country and made the ultimate sacrifice to safeguard the principles of freedom and democracy. Beyond the barbecues and sales events, Memorial Day holds a solemn significance that calls upon us to remember, honor, and reflect.

The origins of Memorial Day can be traced back to the aftermath of the American Civil War, one of the most devastating conflicts in the nation's history. In the years following the war, communities across the United States began to establish various observances to honor fallen soldiers. Decoration Day, as it was initially known, emerged as a time for decorating the graves of the fallen with flowers and flags.

The official birthplace of Memorial Day is often attributed to Waterloo, New York, which held the first recognized observance on May 5, 1866. However, it wasn't until 1971 that Memorial Day became a federal holiday and was designated to be observed on the last Monday in May. This change aimed to create a three-day weekend and provide an opportunity for Americans to gather with family and friends while also honoring the memory of the fallen.

Memorial Day is marked by a range of solemn ceremonies, commemorative events, and time-honored traditions. In towns and cities across the nation, people gather at cemeteries, memorials, and military monuments to pay their respects and remember the sacrifice of those who gave their lives for their country. One of the most significant customs associated with Memorial Day is the National Moment of Remembrance. At 3:00 pm local time, Americans pause for a minute of

silence to reflect on the sacrifices made by fallen service members. This moment serves as a unifying act, connecting people from different backgrounds in a shared expression of gratitude.

Beyond the rituals and observances, Memorial Day serves as a powerful reminder of the price of freedom and the enduring spirit of patriotism. It allows us to reflect on the bravery and selflessness of those who answered the call of duty and stood tall in the face of adversity.

Remembrance is not limited to those who perished in distant wars. It extends to the families and loved ones left behind, forever impacted by the loss of their sons, daughters, spouses, and friends. Memorial Day provides an opportunity for these families to find solace and support within their communities, knowing that their loved ones' sacrifice will not be forgotten.

Memorial Day encourages us to consider the ongoing responsibilities and challenges faced by veterans and active-duty military personnel. Beyond the battlefield, these individuals often encounter physical and mental health issues, housing instability, and difficulties transitioning back to civilian life. By remembering the fallen, we are reminded of our obligation to “Love your neighbor as yourself.” There is no commandment greater than this.

Blessings



Donuts for Vets

Monday, May 29
9:30 am—10:30 am
Cappuccino Lounge

ALL VETERANS WELCOME

Independent Living Notes

Laurie Wilson

IL RESIDENT MEETING has been moved to Tuesday, June 20, instead of June 13, because Shelley has been summoned for Jury duty on the 13th. The Farmhouse Brunchery is cancelled. Instead, we will have an Around the World lunch: Korea. Grocery shopping will move from 20th to 19th.

You should have received your June calendars. Please notice there are some things removed this month that normally are regularly scheduled. This is because we have others using the Foundation Social Hall. Please pay close attention.

Tickets are available to the Indianapolis Indians baseball games on June 10 and July 26. The first 10 to sign up will be able to attend. If there is a waiting list, I will see if more tickets can be purchased, but same section not guaranteed. Tickets are \$20 per person.

Celebrate Father's Day with your daughter or granddaughter at a brunch on Thursday, July 15. You may sign up on the app, but please call me to tell me how many daughters/granddaughters you will bring as your guest. This is a free brunch in the Foundation Social Hall for IL residents only.

Add to your June calendar: A Memorial Service for Ray Dietiker will be held on Saturday, June 10, 2:00 pm in the Foundation Social Hall. Please join his family to celebrate his life.

On June 9, Amy Morgan will offer a seminar on fall prevention. Since this appears to be one of the main focuses of seniors, it is advised you attend to earn many tips to avoid falling. Sign up on the app or call Laurie at ext. 1053.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, May 27
1:30 Bridge (cl)

Sunday, May 28
3:00 Vespers (fsh)

Monday, May 29
Memorial Day
Happy birthday Phyllis Darling
9:30 Donuts for Vets (fsh)
9:30 Monday in Motion (tsh)
11:00 Bible study (cl)
11:00 The Climb (tsh)
3:00 Chimes group (2033)
3:00 Wii bowling (fsh)

Tuesday, May 30
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
3:30 Happy hour (fsh)

Wednesday, May 31
9:30 Cardio Pop (tsh)
11:00 Parkinson's seminar & lunch (fsh)
2:00 Rock Steady exercise class (tsh)

Thursday, June 1
9:30 Power Pump Thursday (tsh)
10:30 Council meeting (tsh)
3:30 Happy Hour (fsh)

Friday, June 2
8:00 Laurie PTO
9:00 Bargain room open!
9:30 Fun Fitness Friday (tsh)
10:00 ISO Coffee Pops series
1:30 Mahjong (cl)

Photo by Tom Ulsas

