

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
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

Nurses Stations

Aspen -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

Willa Lawson, Driver - 2160

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

By now we should know that walking is an excellent form of low-impact exercise. It lowers blood sugar and helps reduce arthritis pain. Guidelines from the National Institute of Health recommend seniors walk 7,000 to 10,000 steps a day. This is an equivalent to about 3 to 3.5 miles. If you have limited mobility you can aim to walk 5,500 steps a day or two miles a day. While this may seem intimidating, you can do some of these steps at a time. You should walk every hour for 10 minutes during the day. To keep track, you can wear a pedometer which can cost as low as \$10-\$20 or if you have a smartwatch, it will automatically track your steps for you.

Tamarack Beauty Salon

The Tamarack Beauty Salon has been beautifully renovated with updated paint, sinks and more, thanks to the Resident Council. Mary has returned to her salon and is open for business. To reach Mary, please dial extension 1230. Thank you Resident Council!!

Sycamore Library

Are you interested in donating a little bit of your time each week? The Sycamore Library needs a manager to ensure books are returned to the shelves in the proper section and weed out older books. If this is a job you can do, please contact Martha Jungclaus, Resident Council President, for more information.

Fish Fry!

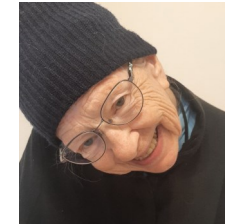
Castleton United Methodist Church will be holding their 45th annual Fish Fry this weekend! The Fish Fry began Thursday, and continues on Friday, July 21, and Saturday, July 22, 11:00 am—9:00 pm each day. You will be able to drive thru or else eat in the large tent. Menu: Fish sandwiches, baked beans, Cole slaw, homemade pies & brownies and cold beverages.



Westminster
Village North

Welcome to WVN!

Nancy L. Russell



Betsy Watson in Tamarack 3010 emanates from the mountains of Pennsylvania. She described her home as in the valley of the Alleghany's in western Pennsylvania, which are a part of the Appalachian range. (On the map it appears to be near Shanksville, PA where the 9-11 plane went down).

Betsy's family had one cow that supplied milk to drink and churn for butter, and Betsy knows how to procure both! Also, when that cow produced offspring, the family butchered the males for meat, which Betsy and her mother canned. Betsy, with a twinkle in her eye, said she never had eaten a steak until she was married. Her little family was quite secure in their valley home during World War II with their cow and large vegetable garden.

Betsy walked 1/4 mile to a four- room grade school and she became known for her coordination skills. She could balance herself and walk on a narrow cable without assistance, just like a circus performer. She could go up and down stairs on stilts! The Ringling Brothers would have been amazed!

At her high school graduation, Betsy received so many awards and scholarships that they began giving her two at a time so she wouldn't have to get up onto the stage so often. Betsy

Around the Village

A Publication of Westminster Village North

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describes her heritage as being a part of..."The Plain People"...not Amish, not Mennonite, but Church of the Brethren. Again, she smiled when she said "I was Elizabeth who went to Elizabeth College in Elizabethtown, PA." She earned a B.S. Degree in Elementary Education.

Betsy was hired to teach 1st grade at a model school in Lancaster, PA. Her class consisted of 39 students! She taught for 4-1/2 years before marrying her late husband. After he got his M.B.A., they moved to Kodak, NY, where he worked for Kodak - the camera company. He was transferred to Kingsport, TN, and earned his certification as a financial planner. He then went into business for himself.

Early on, Betsy had visions of becoming a music therapist. She sang and played violin as well as piano. While in college she sang in the church choir, edited the music newsletter, and directed the cherub choir. Her pastor said, "You sang yourself into the hearts of the people." That idea did not materialize, but one day she hopes to join our sing-a-long group here at Westminster.

Betsy's only son lives in Noblesville and found Westminster to be a perfect home for his dear mother. She had fallen in her home in Tennessee and had experienced several weeks of rehabilitation there before he moved her here. She is eager to continue therapy with Rehab Strategies at WVN. Her goal is to "park her walker!" Betsy is one determined lady who does not let obstacles interfere with her hopes and dreams. She is a

proud little "mountain girl" who made the most of her simple life. And we are very pleased that she is now a special, unique part of our Westminster family.

When you meet Betsy, ask her what happened when she took hold of the electric fence that her father constructed to keep the family cow from roaming.

Bargain Room Furniture Blowout Sale

Today, Friday, July 21, and tomorrow, Saturday, July 22, 9:00 am—1:00 pm both days in the Tamarack parking lot carpools. Everything must go this weekend!

See our Team at Work!

On Wednesday, July 26, Marketing Director Amy Morgan and Chef Thomas Balsler will appear on Fox 59 Indy Now program to promote the next marketing tour event.

The tour event will take place on Friday, July 28, from 11:00 am—1:00 pm. We already have thirty reservations from new prospects. If you have a guest that you would like to invite, please RSVP to Amy Morgan at 317-826-6064.

Fox 59 Indy Now airs every weekday at 10:00 am. Be sure to tune in to watch our team on the 26th!

A Week at a Glance... Health Center

Jamie Minder

Happy Anniversary to Carol and Lee Buckley. Lee is a resident of Willow Commons.



Thank you to everyone who attended our Resident Council meeting last week. We have two residents who are running for HC Resident Council President: Letha McNeely on Heatherwood and Deanne Fraser on Juniper Commons. Activities Manager Jamie Minder will be visiting all residents who normally attend our meetings to get your vote. Please call Jamie at 4230 if you have any questions.

Ladies who have attended our Ladies Lunch event in the past can still purchase two meals a week from the Bistro until the end of July. A meal consists of one drink, one entree and one side.

Ladies Lunch will resume in August. Therefore the Bistro will only be available to those who have a personal credit card to use for their purchases.

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, July 22

10:30 Naomi dog visits door to door
2:00 Travel Club (syc alcove)
3:00 Daily chronicles & activity pack to your door
3:00 Wii Bowling (Salc)

Sunday, July 23

Happy Birthday Helen Glass
11:00 Daily chronicles & activity pack to your door
3:00 Vespers service (fsh)

Monday, July 24

1:00 Daily chronicles & grocery delivery
1:00 Manly puzzles
2:00 Movie matinee & cool treats (Lcl2)

Tuesday, July 25

9:15 Morning Chair Yoga (syc lib)
10:00 Catholic Mass (aca)
10:30 (10-11:30) Apartment visits/ one-on-one social
10:30 Bible Study and devotions with Chaplain April (Lcl3)
11:00 Lunch out: Journeys
5:45 Game night (Salc)

Wednesday, July 26

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, July 27

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 Monthly meet & greet: meet new neighbors & celebrate birthdays (Syc alc)
5:45 Bingo (Salc)

Friday, July 28

9:00 Bargain Room open (tb)
9:00 Catholic Church visits door to door
10:00 Grocery orders due
11:00 Outing: LUMC BBQ Bash
2:00 Movie Matinee & cool treats (Lcl2)

Peaceful Reflection

Chaplain April Scott

“The Lord’s Prayer”

The Lord’s Prayer, also known as the Our Father, is a well-known prayer taught by Jesus to His disciples. Actually “The Lord’s Prayer” the one that Jesus prays for himself and for us is found in the seventeenth chapter of the Gospel of John. The prayer that Jesus teaches His disciples to pray is found in the Gospels of Matthew & Luke (Matthew 6:9-13 and Luke 11:2-4). The prayer that Jesus taught his disciples serves as a model for how we should approach God in prayer and covers various aspects of our relationship with Him. Let’s explore the meaning of each phrase in the “Our Father” prayer.

“Our Father, who art in heaven:”

This opening phrase establishes our understanding of God as our loving Father who is in heaven. It highlights the intimate relationship we have with him as his children, and it reminds us of his divine and heavenly nature.

“Hallowed be thy name:”

By saying "hallowed be thy name," we are acknowledging and honoring the holiness, majesty, and uniqueness of God's name. We express our reverence and desire for His name to be revered and respected by all.

“Thy kingdom come, thy will be done, on earth as it is in heaven:”

In this phrase, we submit ourselves to God's sovereign rule and express our longing for his kingdom to be established on earth. We surrender our own desires and seek to align our will with his, acknowledging that his will is perfect and desirable.

“Give us this day our daily bread:”

Here, we recognize our dependence on God for our daily needs, both physical and spiritual. We express our trust in him as our provider and ask him to meet our

daily requirements.

"And forgive us our trespasses, as we forgive those who trespass against us:"
In this part of the prayer, we acknowledge our own sinfulness and the need for God's forgiveness. We also commit to extending forgiveness to others just as we have been forgiven. It emphasizes the importance of forgiveness in our relationships and the restoration it brings.

"Lead us not into temptation, but deliver us from evil":

By asking God to lead us away from temptation and deliver us from evil, we acknowledge our vulnerability and dependence on his guidance and protection. We seek his help in resisting temptation and overcoming the power of evil.

"For thine is the kingdom, and the power, and the glory forever. Amen:"

This concluding phrase emphasizes God's eternal and everlasting dominion over all things. It acknowledges his authority, power, and glory. By saying "Amen," we affirm our agreement with the prayer and express our confidence that God will hear and answer it. Overall, the Lord's Prayer teaches us to approach God with reverence, trust, and humility. It covers various aspects of our relationship with him, including worship, surrender, dependence, forgiveness, and seeking his guidance and protection. It serves as a powerful model for how we can communicate with God and align our hearts with his will.

Blessings

Flowers at 63rd and LTC

Dan Hibner

The zennias and cosmos are at their peak. There is a new addition, which is the Stargazer lilies at the back of the flower bed. Don't miss them!

Independent Living Notes

Laurie Wilson

Around the World Lunch will be held at The Burmese restaurant., which represents Myanmar. Burmese cuisine is typified by a wide-ranging array of dishes, including traditional Burmese curries, Burmese salads, and soups that are traditionally eaten with white rice. Burmese cuisine also features Indian breads as well as noodles in many forms, as fried or dry noodles, noodle soups, or as noodle salads. The contrasting flavor profile of Burmese cuisine is broadly captured in the phrase chin ngan sat, which literally means "sour, salty, and spicy." A popular Burmese rhyme — "of all the fruit, the mango's the best; of all the meat, the pork's the best; and of all the leaves, lahpets the best."

There are still a few tickets available for the Indianapolis Indians game on Wednesday, July 26. The seats are just to the right of home plate. Typically there are plenty of seats available in the event you want to move during the game. The weather is predicted to be warm but cloudy.

Wine Club: If you enjoy tasting and learning about wine, please consider Wine Club. Each month the club members are treated to four wines to taste while learning about the wine, the region, and other interesting facts. Wines are selected by region, variety, label, price, or sometimes just because! The first tasting is free, after that \$5 per month, which is used for special wines throughout the year. It is a fun and interesting program—so check it out!

A Week at a Glance... Independent Living

Laurie Wilson

Friday, July 21

Happy Birthday Sara Impagliazzo

Saturday, July 22

9:00 am—1:00 pm Bargain Room garage sale (Parking Lot)
1:30 Bridge (cl)

Sunday, July 23

3:00 Vespers (fsh)

Monday, July 24

9:30 Monday in Motion (tsh)
11:00 Bible Study (cl)
11:00 The Climb (tsh)
11:15 Around the World Lunch: Myanmar (The Burmese restaurant)
3:30 Wii bowling (fsh)

Tuesday, July 25

9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (tsh)
10:00 Catholic Mass (aca)
10:00 Life Trail exercise group (door 3)
3:30 Happy Hour (fsh)

Wednesday, July 26

9:30 Men's Morning (cl)
12:30 Indianapolis Indians Baseball
2:00 Rock Steady exercise class (tsh)

Thursday, July 27

9:30 Power Pump Thursday (tsh)
11:00 The Climb (tsh)
3:30 Happy Hour (fsh)

Friday, July 28

Happy Birthday William Campbell
9:00 Bargain Room open!
9:30 Fun Fitness Friday (tsh)
1:30 Alexander's on the Square: Ice cream shop (Noblesville)
1:30 Mahjong (cl)