

# 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*

If you like to be outdoors during the summer, it is best to do so in early morning or late afternoon. Those with heart problems like high blood pressure or heart disease are at higher risk for overheating during the day. The humidity during the summer can cause a decrease in sleep, an increase in irritability, and dehydration. It is important to know the signs or symptoms of heat exhaustion like headaches, muscle cramps, rapid pulse, increased confusion, and nausea/vomiting.

## Foundation News

*Tammy Stevens*

Thanks to everyone who has donated to The Westminster Foundation's Annual Appeal this summer! Once a year (June), the Foundation reaches out by letter to residents and past donors asking them to show their appreciation of our efforts in "enriching the lives of WVN residents." \$6,000 has been raised so far. If you'd still like to show your appreciation for The Westminster Foundation by donating, please do! You can donate online at [www.TheWestminsterFoundation.org](http://www.TheWestminsterFoundation.org) or by dropping your gift in the donation box at the Tamarack receptionist desk. Any contribution is very much appreciated!

We would also like to welcome the NEW members of the Golden Oak Society – thank you for your generous donations:

Mike Blackwell & Margaret Kiser  
 Carl & Alma Herr  
 Jan Castelluccio, in memory of Keith & Carla Castelluccio

These names will be added to the Golden Oak Society plaque that hangs in the Tamarack Lobby in August.



Westminster Village North

# Around the Village

A Publication of Westminster Village North

July 28, 2023

## Survey Says!

The Mather Institute, an award-winning resource for research and information on senior living and wellness, conducted a five year study on health and wellbeing among residents in a life plan residential community like WVN, compared to older adults in regular outside communities. This in-depth study examined changes in the health and wellness of each population over five years, providing insights into how, or whether, people aged well.

Each year of the five years had a specific focus. The final year, year five, focused on the long-term impact of living in a life plan community in terms of health and wellness. Here are some of the findings reported for year five:

Similar to year one, in year 5 residents reported better physical, emotional, intellectual, social, and vocational wellness than their counterparts outside of residential communities.

Between 2019 and 2022, changes in emotional and spiritual wellness trended to be more favorable for those in the outside community.

The study included 8,228 residents from 122 total communities around the U.S. over the five-year period. This included at least one resident of WVN.

A full report of the study can be found at [theagewellstudy.com](http://theagewellstudy.com). However, the following are highlights from the previous years of the study:

### Year one: Overall Wellness

- More than 69% of residents reported that moving to a life plan community

"somewhat or greatly improved" their social wellbeing.

- Life plan community residents reported healthier behaviors.

### Year two: Physical Health and Healthy Behaviors

- Residents who formed strong bonds in their communities tended to engage in more healthy behaviors and have better overall health.
- Six out of ten residents indicated that they were sufficiently physically active. Those who were not sufficiently active most commonly attributed this to health barriers.

### Year three: Happiness and Life Satisfaction

- Life plan community residents average happiness and life satisfaction scores were near the top of the range.
- 92% were highly satisfied with where they live.
- 97% of the surveys were completed prior to the COVID-19 pandemic.

### Year four: Resilience & Coping Strategies

- Overall, residents continued to report better physical, emotional, social, intellectual, and vocational wellness, but lower in spiritual wellness compared to the communities at large.
- Those who were open to new experiences were less stressed during the pandemic.
- Life plan community residents, on average, exhibited low levels of stress and high levels of resilience.

Mather Institute plans to revisit these (Year Four) analyses in 2024 for the communities-at-large group in order to adjust for the impact of COVID-19.

*Thank you to the WVN resident who brought this to our attention.*

## Happy August Birthdays!

Rail, Harry	August 1
Adams, Gayle	August 1
Bly, Dorothea	August 2
Wilfong, William	August 2
Pfeiffer, William	August 2
Hardman, Carolyn	August 3
Burton, Carol	August 4
Hostetler, Randy	August 4
Scott, Mary	August 5
Blackwell, John	August 7
Fee, Georgia	August 8
Goodyear, Cynthia	August 8
Harrell, Wilma	August 9
Johnson, Antoinette	August 9
Lafara, Betty	August 9
Fry, William	August 11
Lachenmann, Ingeborg	August 12
Palenik, Lynn	August 12
Moore, Barbara	August 14
Bly, John	August 20
Bly, John	August 20
Urban, Phyllis	August 21
Yates, Donna	August 21
Rose, Karen	August 22
Hanson, Ann	August 25
Cadwell, Betty	August 26
Hankins, Marcella	August 26
Wilfong, Ruth	August 26
Antreasian, Berj	August 29
Knarr, Drusilla	August 30
Overturf, Judith	August 30
Kaercher, Thomas	August 31
Swain, Loretta	August 31



## A Week at a Glance...

### Health Center

Jamie Minder

Please help me congratulate our new Health Center Resident Council President, Letha McNeely. Letha has lived in our community for four years! She enjoys volunteering to help activities, organizing HC bake sales and attends many of our activities! Thank you, Letha!

*Thank you for voting and supporting me. I look forward to an exciting year! Let's support the activities team and remember to enjoy the outside patios and courtyards when the weather permits."*

-Letha McNeely, Heatherwood Commons 3305

Our next Resident Council meeting is Thursday, August, 10, at 2:30 pm in the Aspen Activity Room. If you wish to start attending, please call Jamie at 4230.

Reminder : The Bistro is now only available to those residents with a personal credit card. We will have our Ladies Lunch at the end of August!

If you have any activities questions - please contact Jamie Minder at 4230.

### Brain Teaser

An old man dies, leaving behind two sons. In his will, he orders his sons to race with their horses, and the one with the slower horse will receive his inheritance. The two sons race, but since they're both holding their horses back, they go to a wise man and ask him what they should do. After that, the brothers race again — this time at full speed. What did the wise man tell them?

## A Week at a Glance...

### Assisted Living

Gabby Tijani

It was Wedding Week in AL!



## Peaceful Reflection

Chaplain April Scott

"Kept under guard"

Earlier this month I spent the day at the Indianapolis Zoo. I went by myself and just enjoyed the day taking in the sights and sounds of my surroundings. It was a sweltering day, and the little children were crying and falling apart, and their parents seemed frustrated that their day was falling apart as well, as they tried to manage the tantrums while managing strollers, diaper bags, and back packs filled with snacks. I have been there and done that! I hopped on the train to take a relaxing ride around the zoo pretending that I was on an adventurous African safari trip into the wild. After getting off the train I went to visit the elephants. I arrived just in time to rub the elephant's thick, muddy skin that felt extremely hard, hairy, and rough. For the safety of the public, the elephant was kept under guard by thick metal wiring connected by small wood poles in the ground. My experience with the elephant reminded me of how God spoke to the children of Israel on Mount Sinai. God spoke to the children of Israel giving them his moral code, known as the ten commandments, in which they were instructed to live. In the New Testament Jesus condenses God's moral codes down to two commandments: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it, thou shalt love thy neighbor as thyself. On these two commandments hang all the law and the prophets." The first and the greatest commandment is about our relationship with God, as are the first four out of the ten commandments. The second commandment is about our relationship with others, as are the last six of the ten commandments. Jesus said on these two commandments hang all the law and the prophets.

The question that came up in our Tuesday bible study class is this: "What purpose does the law (the ten commandments) serve?" Galatians 3:19, 22-25 says: "It was added because of transgressions. But the Scripture has confined all under sin, that the promise by faith in Jesus Christ might be given to those who believe. But before faith came, we were kept under guard by the law, kept for the faith which would afterward be revealed. Therefore, the law was our tutor to bring us to Christ, that we might be justified by faith. But after faith has come, we are no longer under a tutor."

Friends, similar to how the elephant was safeguarded to prevent any harm, we too were protected by a set of written laws to ensure the safety and well-being of both others and ourselves until a better way was made for us to be reconciled with God and to receive his promise of eternal life through faith in Jesus Christ. He released us from the law, which was our tutor to bring us to himself, that we might be justified by faith. For we are all children of God through faith in Christ Jesus.

Friends, Jesus was the only perfect individual who upheld the law, making it impossible for us to do so. However, through faith in Christ Jesus, who fulfilled the law, we are justified. God ingrained his moral codes in the hearts of all human beings even before he revealed them to the children of Israel. This is because we are all created in the image of God. Our consciousness guides us in discerning right from wrong, yet we possess the freedom to deliberately supersede its guidance. Opting for what is right over what is wrong leads to better outcomes. Therefore keep your heart under guard by always doing what is right.

Announcement:  
Please join us this Sunday for Vespers at 3:00 p.m. Rev. Ben Strasser will share words of encouragement.

Blessings

## Independent Living

### Notes

Laurie Wilson

All activities will be covered by marketing staff while I am on PTO.

September begins the ISO 2023-2024 Coffee Classical series, with Coffee Pops beginning in October. If you purchased season tickets or even individual tickets for these concerts, please let me know so I may create a bus list for transportation.

There will not be a lunch stop for the Scottish Rite Cathedral tour. The café inside is closed permanently. Please eat an early lunch—or bring a snack on the bus.

Meet and Greet Mixer: If you would like to attend the Meet and Greet Mixer on Friday, August 11, sign up on the Touchtown app. If you do not use the Touchtown app yet, please call me at extension 1053 to reserve your space. The meet and greet is an opportunity for you to meet department managers, as well as fellow residents.

You will notice a trip to the Sugar Factory on August 30. What is the Sugar Factory? Guests can expect an exciting and unforgettable dining experience with photo-worthy decor, over-the-top entrees, legendary desserts and Sugar Factory's signature retail store with hundreds of candy options. You will have time to either eat lunch and dessert, or just have a not-so-simple dessert. For example: you could just have a Cookie Monster Milkshake—one of their "insane milkshakes." The cookie monster is cookies- and cream ice cream blended with vanilla sauce, topped with whipped cream, a blue glazed donut, a chocolate chip cookie, blue frosted cupcake, served in a chocolate covered mug covered with chocolate pieces!! Need I say more? This trip will show up on your app by July 30. Sign up quickly.

For those interested in seeing Oppenheimer, I will try to schedule it early in September.

## A Week at a Glance...

### Independent Living

Laurie Wilson

Saturday, July 29  
*Happy Birthday Mary Jean Orander*  
1:30 Bridge (cl)

Sunday, July 30  
*Happy Birthday Mary gloria Jiskra*  
3:00 Vespers (fsh)

Monday, July 31  
9:30 Monday in Motion (tsh)  
11:00 Bible study (cl)  
11:00 The Climb (tsh)  
3:00 Wii bowling (fsh)

Tuesday, August 1  
9:00 Grocery shopping: Meijer  
9:30 Light Lift Tuesday (Tsh)  
10:00 Life Trail exercise group (door 3)  
1:30 News & Views (cc)  
1:30 Scrabble (cl)  
3:30 Happy Hour (fsh)

Wednesday, August 2  
*Happy Birthday Jean Bly*  
*Laurie PTO*  
9:30 Cardio Pop (Tsh)  
9:30 Men's Morning (cl)  
12:15 Scottish Rite Cathedral tour  
2:00 Rock Steady exercise class (Tsh)

Thursday, August 3  
*Happy Birthday Carolyn Hardman*  
*Laurie PTO*  
9:30 Power Pump Thursday (Tsh)  
10:30 Council meeting (Tsh)  
3:30 Happy Hour (fsh)  
7:00 Thursday night Euchre (cl)

Friday, August 4  
*Laurie PTO*  
9:00 Bargain Room open!  
9:30 Fun Fitness Friday (Tsh)  
1:30 Mahjong (cl)