

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
Leslie Snyder 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 - 4222Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, Driver - 2160

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

Happy September Birthday

Fogg, Joan	September 1
Van Paris, Nona	September 1
Wolfla, Patricia	September 3
Reynolds, Helen	September 6
Gill, Doris	September 6
Tichenor, Shirley	September 7
Norris, Barbara	September 7
Lively, Barry	September 7
Everidge, Mary	September 8
Blake, Robert	September 8
Crays, Mary	September 9
Cadwell, Ronald	September 10
Case, Charles	September 11
Leichenauer, Steve	September 12
Matson, Lenorann	September 12
Huelster, Kathryn	September 13
Thompson, Harry	September 15
Buckley, Lee	September 15
Davis, Mary	September 20
Williams, Charles	September 23
Williams, Mary Ann	September 28
Brubaker, Kathleen	September 29

Denisse's Diversified Wellness

Denisse Garcia

Hello and welcome new residents! I would like to invite you all to try out the exercise classes offered at 9:30 am in the basement of Tamarack. You can participate in the classes for one week free of charge. If you are not a new resident and have yet to try the classes, I encourage you to come down as well. Each weekday is a different exercise from stretching, strengthening, cardio, exercise stations, and balance. If you would like a schedule of all the classes I offer, please stop by the wellness center (basement of Tamarack) to get a copy.

Recycling

Indiana Recycling Coalition published new guidelines in 2020. Only #1 and #2 plastics can be deposited in recycling bins. All else go in the regular trash.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

August 25, 2023

Welcome to WVN!

Nancy L. Russell

Nona VanParis in Elm 156 grew up in northern Indiana. She was born in Mishawaka and graduated high school in New Carlisle. Both of these towns are located just south of the state of Michigan. Nona's father died when she was two years old, and her strong, resourceful mother was an elementary school teacher while raising Nona and her two siblings.



After high school, Nona worked in a bank in their bookkeeping department, did some secretarial work for two small businesses, but her favorite position was being a real estate broker. She met her late husband at a gas station that he owned. He was smitten by this beautiful little girl who came in for gasoline and for service for her car. They dated for five years before marriage. They have three children. A daughter lives nearby, one son is in North Carolina, the other son in Florida. She has five grandchildren and one great granddaughter.

Eventually, the couple moved to Indianapolis where her late husband was a car salesman, and they lived in a condominium development off of 56th Street. You may wonder where the name VanParis originated. It is Belgian. Mr. VanParis' grandparents emigrated here from Belgium.

Nona travelled to Hawaii before it became one of our states. She also flew to the Caribbean Islands and cruised back to the States. Being on a cruise ship was "living the life of luxury" with 24-hour food and delightful entertainment.

I would be remiss if I did not mention "Kylie", Nona's 14-year-old Westland Terrier known as a Westie. Kylie is Nona's pride and joy as well as her hobby.

Nona added that Dian Weller, her friendship ambassador, has been wonderful. She said moving to a big place like this can be intimidating, but Dian has made her feel right at home from the beginning. Let's continue to convince Nona that she made an excellent choice in making Westminster her forever home.

Modeling Call

We are updating our marketing materials and website and need you! You don't need to know a three point turn, or wear high heels, not even a sport coat. We just need the natural you living life here at the Village. We are looking for those sitting on front porches, playing games or cards, sitting around the table on the FSH patio, you and your pet, a great exercise stretch pose, etc. You get the idea.

If you would like to model for us, please contact Amy Morgan at extension 2140.



Oasis Tutoring

Nancy Hershman

For the past two years several residents from Westminster Village have served as Oasis Tutors at Sunnyside Elementary School. There we work with an assigned student (grades one through three) once per week for about an hour during the school year.

Students are identified by their teachers as needing extra one-on-one time to help improve their reading skills. Tutors work to establish a friendship with the child, read and write together, and help them increase their confidence and self esteem.

Training for new Oasis Tutors will be next week at the Lawrence Administrative Building (room BB 107) on Wednesday, August 30, and Thursday, August 31, from 10 - 2:00.

If you think you might be interested in participating in this great program, give Nancy Hershman (317-752-5273) or Carolyn Bunting (317-696-4356) a call. We would be glad to answer any questions you might have.

Should you decide to attend the training or to inquire more about the program, contact program director Angie Merchant at 317-850-8105 or marymerchant@msdl.t.k12.in.us

A Week at a Glance...

Health Center

Jamie Minder

Unknown Vehicle

There is a grey 2003 Chevy Suburban, license plate ED8018, which has been expired since March. The vehicle has not been moved for months. It is parked between doors 2 and 3. Maintenance is trying to find the owner of the vehicle. If you are the owner, or if the owner is not here but you know who the owner is, please contact Carl at 317-982-1754.

Voting

Rhoda Milstein

To check your registration and for all questions go to Indianavoters.IN.gov. To obtain an application for an absentee ballot, call the Election Board at 317.327.5200 leaving your name and address and one will be mailed to you when they become available. This can also be printed when obtained from the website. This information and assistance can also be obtained by calling Rhoda 317-823-9388.

Parking

You may not want to get into a hot car these days, but please remember the carports are only for residents who rent them as part of their contracts. Also, do not park in what may seem like empty carports, as they might also be rented space.

If you would like to rent a carport, please contact Amy Morgan at extension 2140.

A Week at a Glance...

Assisted Living

Gabby Tijani

What's happening in Assisted Living: This past week, we have had to cancel activities due to another Covid outbreak. We hope to be restarting activities soon! We will send out notices, post flyers and update you daily if there are changes to meal service or activities.

On Aug. 28th at 10:00 a.m., we will host a Men's coffee featuring trivia. Men's activities have not been well attended in the past, so we challenge you to attend for fellowship, to challenge your mind and enjoy some coffee!

On Aug. 29th at 11:30 a.m., residents will be going to eat at the City Bird Restaurant in Fishers. They feature cage free, all-natural chicken and are known for their homemade sauces. Please remember to sign up in the binder across from the nurse's station.

On August 30, at 10:00 a.m., Jocelynn will continue to help you with a collage project for the art show. Meet her in the Sycamore Alcove.

On August 30 at 2:00 p.m. join us for games and delicious "fair food" snacks. Enjoy the fair without the heat! Did you know that we play bingo most Thursday evenings at 5:45 p.m.? Join us on the 31st in the Sycamore Alcove. Are your muscles tight due to sitting in your apartment more this past week? Personal trainer, Denisse, will teach chair exercises in the Sycamore Library on Friday, September 1, at 1:00 p.m.. This class is free and open to everyone. Come out and get those muscles moving!

We are gearing up for a fun filled week celebrating National Assisted Living Week Sept. 10-16. We will have opportunities for spiritual growth, music, great food, opportunities for family participation and we will be adding a fashion show to the mix. If you are interested in being a model, please call Gabby at ext.3530. the fashion show will be on Sept. 11 at 2:00 p.m. in the Foundation Social Hall. We would like to have staff, residents and families participate in this event.

Peaceful Reflection

Chaplain April Scott

"Walk it out."

Some of you have seen me walking around the Village in the evenings or in the mornings. A few months ago, I had a medical emergency that required me to change my lifestyle and diet. The following was my doctor's prescription for me to control my blood pressure: exercise 30 minutes a day, three times a week, eat lean meats, and a lot of fresh fruits and vegetables, and drink plenty of water.

I've been with the same doctor for more than twenty-five years. She has given me this prescription year after year and I vow to her that I'm going to do just what she prescribes. Then I go home and think about how to accomplish what she is wanting me to do, and I quickly fall asleep without putting an action plan together.

Well friends, I'm here to tell you that my lack of following the doctors orders and failing to take time to create a plan of actions is what caused the medical emergency. It woke me up to the fact that some parts of this old house (my aging body) is falling in and therefore, I either follow the doctors orders to prevent another health emergency, or continue to ignore the doctor's orders and continue to let the old house fall apart!

I have chosen to change my stinking thinking and embrace eating food that has no flavor because it lacks salt. I am not living to eat. I am eating to live. At this point I don't really care how it tastes as long as it helps me live a healthy life.

Now I'm walking two to three miles a day. I have never walked that much in my entire life. Here is the good news! I've changed my stinking thinking and adopted a healthy lifestyle which in turn has caused my blood pressure to stabilize. It is now under control without medicine and I feel better! Which re-

minds me that sometimes when we find ourselves in a spiritual crisis it is because we have neglected to practice our spiritual disciplines such as praying, reading the Bible, spending daily devotion time with God, and attending worship services by media or in person.

1 Timothy 4:7-8

"Have nothing to do with irreverent, silly myths. Rather train yourself for godliness; for while bodily training is of some value, godliness is of value in every way, as it holds promise for the present life and also for the life to come." We need to prioritize nurturing our spiritual well-being, just as we focus on taking care of our physical bodies. The contrast between tending to our spirit and our physical form lies in the fact that cultivating a godly spirit holds the potential for a promising future in the afterlife. An additional advantage in nurturing our spirit is that we're not on this journey alone—our Trainer is none other than God, the Holy Spirit!

1 Thessalonians 5:16-18

"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

Blessings!

Announcement: There will be no Vespers for this Sunday, August 27, 2023.

Pet owners

WVN has a very strict policy on keeping dogs on a leash. Dogs may not run free in the Tamarack courtyard, even briefly. Additionally, whether you are sitting outside with your dog, or walking the animal around the halls inside, your dog must be leashed at all times. Cat owners must also not allow their furry ones to wander the halls. If you want your cat to roam, please walk the cat on a leash as well.

Independent Living

Notes

Laurie Wilson

FYI: I will be on PTO (time off) Sep 1 and Sep 4.

Correction: The Resident Council paid for the table covers in the FSH, not the Foundation.

Vespers is cancelled Sunday, August 27, due to the COVID outbreak in AL.

For those signing up for the Around the World lunch: Germany, you must make a menu selection not later than September 10. The menu is listed under the description on your Touchtown app, or you may call me for the menu. Once you have decided, please call me with your selection at ext. 1053 or email me your selection.

If you are new to WVN and have not downloaded and begun using the Touchtown app, you need to get it very soon! This is a major form of communication in IL and we do not want you to miss out. However, you must have a smart phone or computer to use the app. If you do not own either of these, including a laptop or tablet, then please be sure to look at the calendar each day for activity information and ask friends for updates. Call me for assistance at ext. 1053.

Due to special activities during Assisted Living Week in September, as well as the transportation schedule, there is less time for Wii in September. I will try to get two a week again in October.

The Thursday night Euchre club is looking for new members. Whether you have never played and want to learn, or are an experienced player, you are welcome! This is a casual Euchre group and play is for fun. Please contact Geri Melvin for more information at 317.797.9576.

Reminder: ISO Coffee Classical series begins in September. Please notify me if you have tickets and want to be included on the bus transportation.

A Week at a Glance...

Independent Living

Laurie Wilson

Saturday, August 26
Happy Birthday Marcy Hankins

Sunday, August 27
3:00 Vespers (fsh) **cancelled**

Monday, August 28
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
3:00 Chimes group (2033)
3:00 Lacey Jane Band (fsh)

Tuesday, August 29
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (Tsh)
10:00 Catholic Mass (aca)
10:00 Life Trail exercise group (door 3)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, August 30
9:30 Cardio Pop (Tsh)
11:15 Sugar Factory: Lunch and/or just an amazing dessert
2:00 Rock Steady exercise class (Tsh)

Thursday, August 31
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
3:30 Happy Hour (fsh)
7:00 Thursday Night Euchre (cl)

Friday, September 1
Happy Birthday Jody Fogg
Happy Birthday Nona VanParis
Laurie PTO
9:00 Bargain Room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)