

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 - 4222
Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, FT Driver - 2160
Les McConnell, PT Driver
Gary Roraus, PT driver

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

In Memoriam

Barbara Moore

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

Denisse's Diversified Wellness

Denisse Garcia

Falling is common as one gets older and can cause serious injuries. According to the CDC one out of five falls result in serious injuries. There are many risk factors when it comes to falling, such as difficulty walking, taking multiple (more than four) medications, vision problems, lower body weakness, or home hazards. However, once you fall, it is important not to become sedentary after falling as this can lead to more falls. To help prevent falls, make your home safer by removing any tripping hazards, adding rails or grab bars, and adding more lights to your home. Do strength and balance exercises to make your legs stronger and improve your balance. Have your eyes checked at least once a year and have an updated eyewear prescription. Finally, talk to your doctor about any falls you have had, evaluate your fall risk, and check your prescriptions.

Garden Club Appreciation

Ingeborg Lachenmann

The presentation to the residents in August about the Garden Club findings throughout the Village was very interesting and informative. The people involved with the project, such as Dick Huelster, Tom Ulsas, Dan Hibner, and many others, spent countless hours to walk the campus and put the presentation together. I, and so many other residents, thank all of you for the tremendous effort, time and consideration you put into the project. You all are sincerely appreciated!



Westminster
Village North

Welcome to WVN!

Nancy L. Russell



Alma Flandermeyer in Elm 169 is selling her Sebring, Florida, home completely furnished. So, her lovely apartment with multiple windows over-looking our inner courtyard is filled with family donations. And you know what? It works! Comfortable, attractive, and everything she needs to live abundantly.

This very pretty lady was born here in Indianapolis and graduated high school in Southport. After one year at Indiana University, she transferred to Concordia Teachers' College in Illinois. Lo and behold she realized she didn't want to be a teacher. Alma came back home. She belonged to St. Paul's Lutheran Church located on the Lilly grounds on McCarty Street, and she worked at Eli Lilly as a secretary for three years. Her late husband studied to become an elementary school teacher at Concordia Teachers' College in Nebraska. His first position was at St. Paul's Lutheran Church as their elementary teacher and principal. And there they met.

Alma didn't work after their children were born - and yes, she did have five sons within six years! When they had three sons, her late husband said, "Let's try one more time for a little girl." They did, and Alma gave him twin boys!! Now thirteen grandchildren and one great grandchild make up this

Around the Village

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unique devoted family.

When the twins started school, Alma was hired as a cook at St. Paul's. She had the same hours as her boys, same days off, and life was good. As the boys grew older, and extra money was needed for college, she worked as a legal secretary at Morris Plan Savings and Loan, Crossways Bible Study Company as a seminar coordinator, and then with Divine Design Needlepoint Company as a canvas painter. In addition to this variety of skills, this remarkable lady was the church organist for 30 years. All of her sons have advanced education beyond high school.

Alma and her husband were "snow-birds" for a while, spending their winters in Florida. Ultimately, they owned a home in Sebring and stayed year-round. Unfortunately, our dear sweet Alma was stricken with an aggressive form of cancer. Her husband was no longer living. Her physicians in turn prescribed a very debilitating regimen to save her life. Her sons took turns to be with their dear mother while she was in treatment for this devastating illness. When she was strong enough, they brought her to Aspen, our health center; she progressed to Garland, our assisted living; and now, praise God, she is among the independent residents. Her sons, three of which live near-by and none of which live in Florida, have journeyed with their dear mother to wellness. What a story! What outstanding love!

Alma likes doing jigsaw puzzles. As an aftermath of her aggressive cancer treatment, she has some nerve damage

in her right arm that does limit her activities. However, you will see her out and about with our in-house programs.

All of the love she gave her sons as they grew up was returned to her when she was in need. Doesn't Almas' story warm your heart? Our Westminster family is indeed richer because of her and her devoted family.

Congratulations!

On September 8, 2023, cottager Rhoda Milstein was inducted into Indiana University's Presidents Circle in honor of being a lifetime supporter of the Dr. Victor Milstein foundation for research in psychiatry and the brain. A plaque bearing her name and a medallion cast from the Carillon Bells that rang in the I.U. Bloomington Student Building was presented to her.



Voter Registration

If you recently moved to the Village, or have moved within the Village and need to register to vote, please call Rhoda at 317.823.9388 for information.



WVN Transportation Fees

Effective October 7, 2023

The transportation department would like to inform you the cost of taking residents to different appointments is as follows:

1. Free transportation for appointments scheduled on Mondays and Tuesdays at Community North Hospital. Please book your transportation as soon as you make this appointment, as slots can fill quickly.

2. Any appointment by car is as follows:

\$6 for every 1-10 mile trip

\$12 for every 11-20 mile trip

\$18 for every 21-30 mile trip

\$24 for every 31—40 mile trip

Add \$6 for each additional 10 mile increment by car

3. Any appointment by bus is as follows:

\$10 for every 1-10 mile trip

\$20 for every 11-20 mile trip

\$30 for every 21-30 mile trip

\$40 for every 31—40 mile trip

Add \$10 for each additional 10 mile increment by bus

You are encouraged to schedule appointments with transportation as quickly as possible. Please call extension 2160 to schedule your transportation appointment.

Thank you!

A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, September 16

2:00 Travel Club (syc alcove)

3:00 Daily chronicles & activity pack to your door

3:00 Wii Bowling (Salc)

Sunday, September 17

11:00 Daily chronicles & activity pack to your door

3:00 Vespers/Church Service (fsh)

Monday, September 18

1:00 (1-4) Daily chronicles, bingo numbers, activity pack & mail delivery

2:00 Movie matinee & cool treats (Lcl2)

Tuesday, September 19

9:15 Morning chair Yoga (syc lib)

10:30 (10-11:30)

Apartment visits/one-on-one social

10:30 Bible study/devotions (Lcl3)

1:00 Grocery delivery

1:30 Peace winery

5:45 Game night (Salc)

Wednesday, September 20

Happy Birthday Mary Davis

9:15 Morning outdoor Walk & Stroll (Syc av)

10:00 Art class (Syc alc)

1:00 Bingo (Salc)

2:30 Wine Wednesday (Syc alc)

4:00 Aviary clean and bird sensory

Thursday, September 21

9:15 Morning outdoor walk & stroll (Syc av)

10:00 Men's coffee and trivia

11:30 Pizza party (rsvp required) (Sdr)

1:15 Golf card game

2:00 Cook's Corner & food for thought (Sar)

5:45 Bingo (Salc)

Friday, September 22

9:00 Bargain room (tb)

9:00 Catholic Church visits/door to door (9-12)

10:00 Grocery orders due

1:00 Chair exercise w/personal trainer, Denisse (syc lib)

2:00 Movie matinee & cool treats (Lcl2)

Peaceful Reflection

Chaplain April Scott

“911”

When I think about the numbers 911 it reminds me of the horrific day that our country witnessed a true emergency unfolding right before our eyes. On September 11 (911), 2001, foreign terrorists attacked America. Many of us saw the airplanes crashing into the twin towers in New York City. We watched them crumbling to the ground on national television. I was in shock and disbelief. I had so many emotions stirring in me that it was hard to make sense of what I was watching.

On top of that, my daughter was in a car accident at the same time the towers were coming down. I had to rush from work to be at her side. Thankfully, she was not severely injured. I can remember her saying, “I can’t believe what is happening to all those people in New York.”

She began to cry. Not for herself but for the people in New York City. She was not concerned with her minor injuries, she was more concerned about the people who were in a true state of emergency while the world watched in disbelief, paralyzed, not knowing what to do or how to help. America was in a chaotic crisis.

On 9/11 Americans called 911 for help! My daughter called 911 for help that day as well. We know the number to call in moments of crisis when we need medical attention, law enforcement, or the fire and rescue team. On that day, many Christians called Heaven’s hotline, sending up prayers asking God for help. In Psalms 27, King David shares these words of comfort with us to help us dispel anxiety and fear of our foes:

“The LORD is my light and my salvation— whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid? 2 When the wicked advance

against me to devour me, it is my enemies and my foes who will stumble and fall. 3 Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident. 4 One thing I ask from the LORD, this only do I seek: that I may dwell in the house of the LORD all the days of my life, to gaze on the beauty of the LORD and to seek him in his temple. 5 For in the day of trouble he will keep me safe in his dwelling; he will hide me in the shelter of his sacred tent and set me high upon a rock. 6 Then my head will be exalted above the enemies who surround me; at his sacred tent I will sacrifice with shouts of joy; I will sing and make music to the LORD. 7 Hear my voice when I call, LORD; be merciful to me and answer me. 8 My heart says of you, “Seek his face!” Your face, LORD, I will seek. 9 Do not hide your face from me, do not turn your servant away in anger; you have been my helper. Do not reject me or forsake me, God my Savior. 10 Though my father and mother forsake me, the LORD will receive me. 11 Teach me your way, LORD; lead me in a straight path because of my oppressors. 12 Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations. 13 I remain confident of this: I will see the goodness of the LORD in the land of the living. 14 Wait for the LORD; be strong and take heart and wait for the LORD.”

9/11 was a tragic day in our Country. A day that will never be forgotten. Over 3000 people perished in this horrific terrorist attack at the hands of men who allowed hate ideology to poison their hearts and minds, morally corrupting and training others to keep up this insanity. Friends, let us love one another, for God is Love!

Blessings

Item wanted

If you have an electric scooter for sale, or know someone who does, please call Laurie at extension 1053.

Independent Living Notes

Laurie Wilson

The IL directory is published. If you need a hard copy, which also includes a map of campus with cottage homes labeled by resident, please see the receptionist. However, the directory and the campus map, with cottage homes labeled by resident, can also be found on the Touchtown app. You can find the map under Campus Maps.

DJ Thomas Garner will play 50s and 60s music in the Foundation Social Hall at 1:30 pm, on Thursday, September 21. This event is sponsored by Assisted Living, but you all are welcome to attend.

There are 6 spaces left on the bus to attend a wine tasting at Total Wine & More on Wednesday, September 27. Although this is in place of our regular wine club tasting, you do not have to be a wine club member to sign up! If you would like to go, please sign up on the app or call me at extension 1053. We will be offered a private room and tasting at no charge to you!

Veterans: If you are a veteran, I am compiling a list for this year’s Veterans’ Day event. I need to know your branch of service and if you served during wartime. Please call me, even if you have given me the info in the past. I update the list each year. My extension is 1053.

Bridge: The new bridge group is beginning to form! If you are interested in playing, **the group will meet on Saturday, September 16, at 1:30 pm in the Cappuccino lounge**—across from the dining room. Please come to this meeting to discuss where and when the game will be played in the future. If you cannot make it, please call Nancy Russell at extension 3003 to let her know you won’t be there, but want to join the group!

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, September 16

Rosh Hashanah

7:00 Sing-a-long (Tsh)

Sunday, September 17

3:00 Vespers (fsh)

Monday, September 18

Happy Birthday Ben Strasser

9:30 Monday in Motion (Tsh)

11:00 Bible study (cl)

11:00 The Climb (Tsh)

1:00 Wii bowling (fsh)

1:30 Needlework group (3006)

3:00 Chimes group (2033)

Tuesday, September 19

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, September 20

9:30 Cardio Pop (Tsh)

10:30 Around the World

Lunch: Germany (Seymour, IN)

10:30 Goldenaires Mass/ luncheon (10:30-2) (fsh)

2:00 Rock Steady exercise class (Tsh)

Thursday, September 21

9:30 Power Pump Thursday (Tsh)

11:00 The Climb (Tsh)

1:30 Dietary meeting (Tsh)

1:30 DJ Thomas Garner (Fsh) - sponsored by AL

3:30 Happy Hour (fsh)

7:00 Thursday night Euchre (cl)

Friday, September 22

9:00 Bargain Room open (tamarack lower level)

9:30 Fun Fitness Friday (Tsh)

11:30 Men's lunch: Working Man's Friend

1:30 Mahjong (cl)