

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
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

Robert Antic

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

Denisse's Diversified Wellness

Denisse Garcia

Staying active during the cooler months is essential and easy to do here at Westminster. There is a variety of exercise equipment for residents to use in-house. The Wellness Center, located in the basement of Tamarack, has resistance equipment, dumbbells, and cardio machines. It is open 24/7 for your convenience. There are two NUSTEPs in Laurel Commons, each on the first and second floors. If you enjoy walking, you can walk inside around the Tamarack loop 7 times to walk a little over a mile. The circle itself is 0.16 of a mile. I hold exercise classes each weekday at 9:30 a.m. as well as personal training for those with specific fitness goals.

Voter Registration

If you recently moved to the Village, or have moved within the Village and need to register to vote, visit Indianavoters.IN.gov.

Registration closes October 10. Requests for absentee ballots close October 26. Early voting in person starts October 10. Please call Rhoda for further information at 317-823-9388.

Just Sayin'

Good judgment comes from experience. Experience comes from bad judgment.

Dr. Kerr L. White

"If you haven't got anything nice to say about anybody, come sit next to me."

Alice Roosevelt Longworth



Westminster
Village North

Around the Village

A Publication of Westminster Village North

September 22, 2023

Welcome to WVN!

Nancy L. Russell

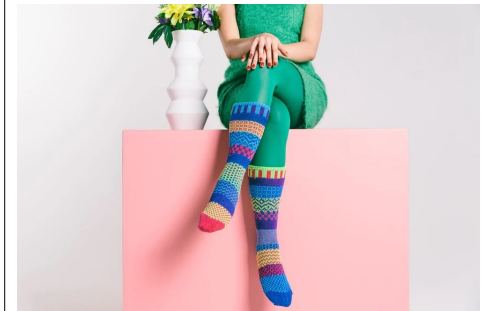


As you approach the cottage at 6216 Whitewater, the first thing you will see is an American flag waving in the breeze. This says a lot about our new resident, Wilma Hill, who lives there. She is a "patriotic patriot" and that is not redundant as you will discern from her story.

Born on a farm in Whorton, TX, she is one of five girls and four boys. Wilma was a shot put star in high school. I don't know how far she could sling that metal sphere, but my guess is she broke some records. After graduation she attended Prairie View A & M University and majored in sociology. She switched gears when she decided to transfer to Austin to attend Huston-Tillotson and pursue early childhood education. However, she met her future, now late, husband while in Austin, and his career was in the military. After 63 years of a wonderful, adventuresome marriage, he sadly passed away while the couple lived in the Washington, D.C., area.

Being the wife of an adjutant general allowed Wilma to not only travel to Germany, England, all of the Scandinavian countries, and Japan, she often was the hostess for political gatherings of V.I.P.s.

Socktober



Beginning October 1, Leisure Services and Activities in HC and AL will be collecting NEW socks for children to support Lambswear Socktober.

Lambswear is an organization that "provides childhood necessities to diverse families in need through donations and resources while showing God's love to the community." Their vision is "to see every child in our community provided their basic needs to thrive in their homes, schools, and families."

Throughout the year, Lambswear provides gently-used clothing to children in Indianapolis and surrounding counties. In October, the emphasis for the month is socks, hence it is called Socktober. They are asking for new socks for children of all ages and sizes. Each activity area will provide a box for donations as follows:

IL: Outside of Laurie's office (by door 3)
AL: Sycamore nurse's station
HC: Admin Hall at door 11

You have all month to donate socks. Just remember, they must be new.

Wilma is the mother of a daughter who teaches in the IPS system and a son who practices law in Maryland. This threesome found Westminster to be the perfect forever home for Mom. Wilma said, "it was a mutual decision, and that is the best kind when moving to a new community." In addition to her immediate family, she has two grandchildren, two great grandchildren, and would you believe one great-great eight-month old grandson?! Does anyone else in the Village have this claim to fame?

This charming lady loves to garden. Her only disappointment here at Westminster is that the ground is so hard! She's trying to plant roses and lilies but finding her shovel can't dig deep enough. She also is an avid sports fan and can create anything gorgeous with a needle: quilting, needlepoint, counted cross stitch, embroidery - you name it.

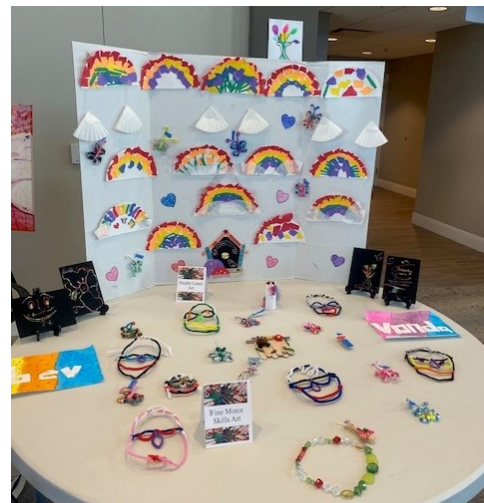
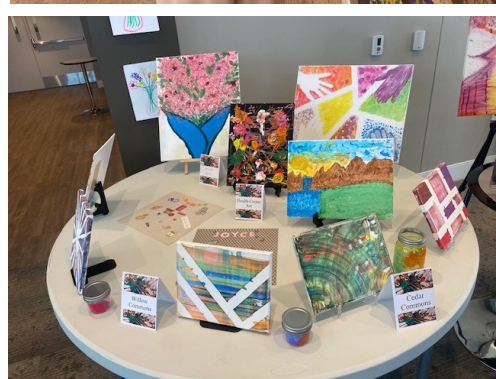
Another feather in her family cap is that one of her granddaughters was born at Westpoint, because her dad was an honor guard who stood watch over the Tomb of the Unknown Soldier.

And if you really want to get to know the level of this amazing lady's intense patriotism, ask her to recite the creed of the policy instigation conservatives. She's very anxious to get registered to vote.

Please join me in welcoming Wilma!

WVN Art Show

Thank you to all of the resident and staff artists who participated in the annual art show! It is truly wonderful to see the multitude of talent displayed in so many different mediums.



Peaceful Reflection

Chaplain April Scott

"The Beauty of God"

Last Sunday I returned home from Jamaica. In my previous article I wrote about exercising faith over fear and I listed several scriptures to help calm my worries. Friends, I am so glad that I exercised my faith over my fears. The weather was perfect. The airplane arrivals and departures were on time. All my previous concerns did not manifest, and I was able to enjoy God's beauty. Jamaica is such a beautiful Island that I found myself being overwhelmed by God's beauty. I woke up every morning to a beautiful sunrise, clean air, clear water, and colorful flowers. As my eyes took in all of God's beauty, I began to cry tears of joy, because I did not let my fears keep me from experiencing God's beauty. I thought about what this experience meant to me, and I began to think about how overwhelmed Adam and Eve must have felt in God's Garden of Eden. Humanity's existence began with a Holy God, in God's holy place (The Garden of Eden) in God's holy presence. Overwhelming! As I continued to contemplate what it meant for me to behold such beauty, I found myself worshipping the One who is the creator of such beauty. This experience reminded me of the scripture found in Romans 1: 20, which says: For since the creation of the world His invisible attributes are clearly seen, being understood by the things that are made, even His eternal power and Godhead, so that they are without excuse.

In this verse, the Apostle Paul is discussing the concept that certain attributes of God, such as His eternal power and divine nature, can be understood or perceived through the observation of the natural world, particularly through the creation of the universe. These attributes are considered "invisible" because they are not physical or tangible, but they can still be inferred or recognized by studying the world around us.

The verse essentially suggests that the complexity, order, and beauty of the natural world provide evidence of a Creator who possesses these invisible attributes. It implies that people can come to an understanding of God's existence and some aspects of his nature by contemplating the world around them.

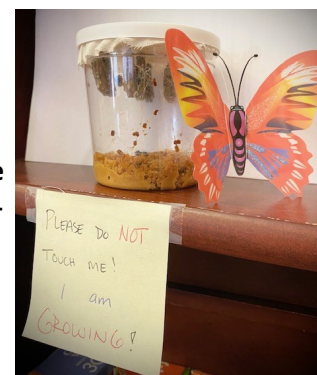
In other words, when we witness such beauty, we are without excuse to understand that there is a God that created such beauty in order that we his created beings, behold his invisible attributes (eternal power and divine nature) by the things we can see and experience in the visible world around us.

One night, while strolling outside at the resort, a brief power outage occurred. In that moment of darkness, I gazed upward at the night sky and was awestruck by the brilliance of countless stars illuminating the sky. It felt as if I could extend my hand and touch their twinkling light! Once more, tears of joy welled up within me, knowing that the same God who adorned the heavens with stars, painted the sea with hues of blue, and graced the shore with pristine sands is also the God who lovingly created me and loves me. His love enveloped me as I beheld his magnificent creation. May you too sense his divine embrace!

Blessings."

Seek and You Shall Find

The Health Center is growing butterflies! If you see these little containers, please don't touch! There are three total! Can you find all three in the Health Center Common areas? These little caterpillars will soon be beautiful Painted Lady Butterflies!



Independent Living Notes

Laurie Wilson

Maria Wasnidge and Amy Morgan will be on the IndyNow Show Monday, September 25. The show airs from 10-11 am on Fox 59.

Resident meeting has been changed to Tuesday, October 3, 10:00 am in the FSH, instead of October 17.

Grocery shopping on Tuesday, October 3, will move to Monday, October 2. All other shopping will remain as currently on calendar.

Please delete Wii bowling on October 25.

Wine club will be held on Wednesday, October 25, at 3:30 pm in the FSH. Add to your calendar.

Casino Night: Are you ready for some great fun?! On Thursday, September 28, from 6-9:00 pm, we will have our 2nd annual casino night. This year, Casino Night is sponsored by the Westminster Foundation.

The Foundation Social Hall will be transformed with Roulette, Black Jack, and Craps tables. No money will change hands, but you will receive chips and prizes. It's a great time to learn some of the most popular casino games, without having to spend a dime. We will monitor each table to ensure everyone has the opportunity to get in on the games. We may ask you to take a break for a while and let others play.

There will be a lot of heavy appetizers, so don't worry if this is your normal dinner time. You won't go hungry. See you at the tables!

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, September 24
Yom Kippur Begins
3:00 Vespers (fsh)

Monday, September 25
Yom Kippur Ends
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
3:00 Chimes group (2033)

Tuesday, September 26
Happy Birthday Marilyn Coryell
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, September 27
9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
12:00 Wine Club: (Total Wine for Tasting)
2:00 Rock Steady exercise class (Tsh)

Thursday, September 28
9:30 Power Pump Thursday (Tsh)
10:00 ISO: Classical series
11:00 The Climb (Tsh)
6:00 CASINO NIGHT (fsh)
7:00 Thursday Night Euchre (cl)

Friday, September 29
Happy Birthday Sheila Lipsey
9:00 Bargain Room open (tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:00 Fort Ben library & ice cream
1:30 Mahjong (cl)