

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
Anita Sutton, 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
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, FT Driver - 2160
Les McConnell, PT Driver
Gary Roraus, PT driver

WVN Foundation

Tammy Stevens, Foundation Coord. - 3460

In Memoriam

Kent West
Mark Zender
(son of resident Grace Zender)

Please keep their families and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia

October 2 through October 8 is Active Aging Week and the 9:30 exercise classes held in the Tamarack Social Hall will be free during this time for residents. On Monday, the class is a seated stretching class; Tuesday is a dumbbell exercise class; Wednesday is cardio with core exercises; Thursday is exercise stations done with a time limit; and Friday is core and balance focused. If you are a resident who has tried the classes for free once already, I welcome you to participate again this week. If you have not tried the classes yet, please come check us out!

Vote

Election day is Tuesday, November 7

Voter Location: Lawrence Education and Community Center, 6501 Sunnyside (next to the Sunnyside Elementary School)

For more information call:
Election Board Phone #: 317-327-5100
RHODA 317-823-9388

Early Voting:
Weekdays:
Oct 30 - Nov 3, 11:00 am - 6:00 pm

Weekends:
October 28-29, 11:00 am - 6:00 pm and
November 4-5, 11:00 am - 6:00 pm

The deadline to request an absentee ballot application is October 26.
Allow up to 14 days for the U.S. Post Office to receive your ballot. WVN is in Precinct 41, Congressional District 7, Senate District 31.



Welcome to WVN!

Nancy L. Russell

Marilyn Schneider, in T 1023, like many of us including myself, grew up on a farm. She was raised near our neighboring town, Fortville. After an idyllic childhood, being a cheer leader in Junior High, and graduating High School, Marilyn got married. Now this was not your run-of-the-mill wedding. Marilyn married her minister at her Cynthenne Christian Church. Her late husband was a bit older than she and at the time was still in seminary at Butler University. She tells an amusing story about being a minister's wife. One SUNDAY afternoon she mowed the lawn at church and even was clad in SHORTS! That was a "no-no" back then and caused some serious "tongue-wagging" in the congregation!

They have two sons and a daughter and now have eight grandchildren, plus five great grandchildren. Their lovely daughter is here helping mom get organized. Her husband is an assistant coach for the Terrapins at the University of Maryland. One son lives near here; the other in El Paso, TX.

Being in the Army Reserves and after serving churches in Clinton, IN, Long Beach, CA, and Greenwood, IN, her husband became active in the military as a chaplain. This allowed the family to live in many places, including Germany, while the Berlin Wall existed



Around the Village

A Publication of Westminster Village North

September 29, 2023

with its threatening armed guards nearby. While in Germany and with very affordable travel, the Schneiders visited more than 15 countries in Europe, as well as Jerusalem and Israel.

When her children were of school age, Marilyn worked outside the home in churches and also in a small business in Baltimore, MD whose products were pumps and valves. She served as office manager for 22 years with this company that supplied Johns Hopkins Hospital and the Mercy Ships Project HOPE.

Her late husband retired as a lieutenant colonel from the military while they were at Fort Meade, MD. They returned to Indiana.

Several residents here belong to Marilyn's church including Mary Jean, Winnie, Sue, and Betsy. And Marilyn continues to be very active in the church. She also likes bowling and playing euchre. She always has been an organizer, and she and lovely daughter, Lynn, are busy finding appropriate places in her apartment for all of the precious possessions that Marilyn has acquired during her meaningful life. And sports lovers, we have another avid Colts, Pacers, an Indians fan!

When you meet this fascinating, charming, gracious lady, ask her what it was like to ride on a pet cow as if it were a pony and to see that cow being milked simultaneously by two youngsters! Yes indeed, we have another unique, beautiful soul in our Westminster family!

Flu Shot

It's time to get your flu shot if you have not already. Nursing will hold a flu shot clinic in the Sycamore Library on October 3, 4, and 5, from 9:00 am—4:00 pm each day.

Shots will be provided to both Assisted and Independent Living residents and staff. However, there will be separate lines for residents and staff. If you come to the library and find the resident line a bit too long, either wait patiently or come back another time. Please do not join the staff line. Be sure to mark your calendar for one of these days to get your flu shot.

Socktober

Please be reminded Socktober begins Sunday, October 1. Throughout the month you may donate new children's socks. Drop them off at one of the following designated areas:

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

We thank you in advance for your generosity and kindness.

I have keys, but no locks. I have space, but no room. You can enter, but you can't leave. What am I?



Happy October Birthday!

Antic, Donna	October 1
Clemens, Sue	October 1
Hardman, Donald	October 1
Beavers, Lillian	October 2
Zender, Grace	October 2
Jones, Rosemary	October 3
Pittman, Patrice	October 6
Brisco, Madeline	October 7
Holle, Katherine	October 7
Milstein, Rhoda	October 8
Lively, Eleanor	October 8
Ruehl, Dorothy	October 10
Huelster, Richard	October 12
Ertel, Pat	October 12
Locke, Theodore	October 13
Tasselmyer, Robert	October 16
Tharp, Joanne	October 16
Fry, Helen	October 17
Owens, Ralph	October 21
Wasnidge, Maria	October 21
Summerville, Helen	October 24
Walker, Mary	October 24
Magee, Kit	October 26
Bagwell, Hiddy	October 27
Box, Mary	October 27
Seals, Darlene	October 27
Overton, Nancy	October 28
Roland, Iris	October 28
Overton, III, Willis	October 31

A Week at a Glance... Assisted Living

Gabby Tijani

Residents had a great AL week. We started with The Light Quartet for Grandparents Day, followed by an ice cream social. We celebrated family trivia with prizes and refreshments. More than 100 people visited the art show. We ate Italian cuisine catered by Kensey's and sponsored by the WVN Foundation. We ended the week with a cooking demo by our very own Chef Thomas!



Peaceful Reflection

Chaplain April Scott

"Hurt to Heal"

Friends, I recently had an epiphany about my wellness journey. I meal prep every Sunday for the week, which helps me to stay consistent with my food intake and portion control. I no longer eat the foods that I love, such as pizza, cookies, pies, ice cream and all the delicious pastries that pair well with my tea. It hurts me to give up the foods that I love. I found so much pleasure in eating them. I have to allow myself to hurt to help myself heal.

Friends, those foods that I love were killing me slowly. How can something that tastes so good and pleasurable be so bad for me? This question helped me to understand why it is hard for people to give up sin.

People do not want to give up sin because it hurts! It hurts to give up something in which you find pleasure. It hurts to deny the flesh of what it wants. It hurts to say no and mean it. It hurts to walk away from an unhealthy relationship. It hurts to turn your favorite television show off because of its risqué content. It hurts to give up your 10th cup of coffee that keeps you energized throughout the day but keeps you up at night. It hurts when you must give up an unhealthy addiction.

Giving up sin hurts because we must grieve the thing that we find pleasure in, which can keep us apart from God. You might find yourself crying over giving up an unhealthy relationship, but overall, you will be much better off giving it up.

Whether it is an unhealthy friendship/relationship, an addiction to food, alcohol, pills, shopping online, gossiping, unforgiveness, etc., it all comes down to this: we must allow ourselves to hurt to help ourselves heal!

I am not suggesting that the things I listed above are sins, but they are things that can disrupt our peace and our well-being. It is through the lens of my wellness journey, understanding that I had to allow myself to hurt to help myself heal, that I realized why God the Father allowed God the Son to be bruised, battered, and slain in the flesh. God allowed himself to hurt to heal us and set us free from sin and shame, from death and destruction.

1 Peter 4:1 "Since therefore Christ suffered in the flesh, arm yourselves with the same way of thinking, for whoever has suffered in the flesh has ceased from sin."

Romans 8: (ESV) "There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death. For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ...

Romans 7:3 (ESV) "Did that which is good, then, bring death to me? By no means! It was sin, producing death in me through what is good, in order that sin might be shown to be sin, and through the commandment might become sinful beyond measure.

Blessings!

October

Decorate your doors for Halloween



Independent Living Notes

Laurie Wilson

Due to unanticipated circumstances, the **Resident Meeting must be moved again. It will now be held on Tuesday, October 24, 10:00 am, in the FSH, instead of October 3.**

Grocery shopping on Tuesday, October 3, will remain in place. Shopping on Tuesday, October 24, will move to Monday, October 23. All other days will be as printed on the calendar. The Touchtown app has been updated to reflect all of this.

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 and sign up on the app or call me at extension 1053.

During National Cocktail Week, October 9-13, we will have specialty cocktails and non-alcoholic beverages only. There will not be beer, wine, or any other alcoholic beverage served this week except on Fuzzy Friday. Check your calendar for the themed drink of the day and join us for some fun-themed afternoons.

Please do not place soiled undergarments in the trash bin closets on each floor of Tamarack, even if they have been bagged. Those items must be taken outside to the trash container in the parking lot. Your cooperation is appreciated.

Yuletide tickets have been purchased! The names of those on the list have been recorded. Final cost per ticket is \$92, with taxes and fees. The tickets are on the main floor, rows G, J and K. If you need to cancel, you must find a replacement for your ticket. Otherwise you will be billed the cost anyway.

A Week at a Glance... Independent Living

Laurie Wilson

Sunday, October 1
Happy Birthday Sue Clemens
8:00 Socktober for Lambswear begins
3:00 Vespers (fsh)

Monday, October 2
Happy Birthday Lillian Beavers
Happy Birthday Grace Zender
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
1:00 Needlework group (3006)
1:30 Sing-a-long: (Tsh)
3:00 Chimes group (2033)
3:00 Wii bowling (fsh)

Tuesday, October 3
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, October 4
9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
11:30 Ladies' lunch: Cracker Barrel
2:00 Rock Steady exercise class (Tsh)
3:00 Wii bowling (fsh)

Thursday, October 5
9:30 Power Pump Thursday (Tsh)
10:30 Council meeting (Tsh)
3:30 Happy Hour (fsh)
7:00 Thursday Night Euchre (cl)

Friday, October 6
Laurie PTO
9:00 Bargain room open (tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)