

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 - 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 Norris
Lealon Tonkinson*

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

Denisse's Diversified Wellness

Denisse Garcia

Did you know that therapy can prevent major injuries and pain? This is one reason why you should tell your medical professional of any recent falls or weaknesses. Treatment can be used to nip the problem before it leads to further falls or decline. A therapist can help you come up with appropriate exercises and good safety habits. Remember a key to maintaining your quality of life is through preventative medicine.

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.



Westminster
Village North



Free Community Health Fair at
Westminster Village North!

When: Wednesday, October 18th
Time: 10am-1pm
Where: The Foundation Social Hall at
Westminster Village North
11050 Presbyterian Dr. Indianapolis, IN
46236

Vendor Booths will be open from 10am-12pm.

Keynote Speaker, Lisa Dillman with
Applegate & Dillman Elder Law

Presentation will include the importance of
protecting your assets and the benefits of
Life Care Planning.

Keynote presentation will begin at 12pm
with lunch provided.

If you plan to attend the Keynote
presentation, please RSVP not later than
October 11, by contacting us at
317-823-6841.



Around the Village

A Publication of Westminster Village North

October 6, 2023

Casino Night

A big thank you to the Westminster Village Foundation for sponsoring our second annual Casino Night!

IL and AL residents enjoyed playing black Jack, Roulette and Craps, without losing a penny! So many appreciated learning tips and techniques for the games from the AMS Entertainment dealers. More photos can be found on the Frameo outside of the Tamarack dining room.



A Week at a Glance... Health Center

Jamie Minder

Our tiny caterpillars are now beautiful Butterflies! We will be releasing the Butterflies next week!



We create ART every morning in Willow, Heatherwood and Cedar, JOIN US !! Chrissy Zuber in Willow loves creating with staff!

Professional dancer, Ahna Lipchik performed a beautiful ballet dance for our dancers in the Health Center, courtesy of the Indianapolis



Ballet. Teacher, Roberta Wong received a grant from the Indiana Arts Commission's Lifelong Arts and our health center residents are enjoying learning ballet for the first time. Please join us on Tuesdays at 10:30 am.

Join us every Wednesday at 11am for Games + Groovin taught by our very own Personal Trainer, Denisse!



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, October 7
10:30 Naomi dog visits door- to-door
3:00 Daily chronicles & activity pack to your door
3:00 Wii bowling (Salc)

Sunday, October 8
11:00 Daily chronicles & activity pack to your door
3:00 Vespers service (fsh)

Monday, October 9
Columbus Day
1:00 (1-4) Daily chronicles, activity pack & mail delivery
2:00 Movie matinee & fall goodies (Lcl2)

Tuesday, October 10
Happy birthday Dorothy Ruehl
9:15 Morning Chair Yoga (syc lib)
10:30 Bible study/devotions (Lcl3)
1:00 Grocery delivery
1:30 Sing-a-long
5:45 Game night (Salc)

Wednesday, October 11
9:15 Morning outdoor walk & stroll (Syc av)
10:00 Arts & crafts class (Syc alc)
1:00 (1-4) Daily chronicles, activity pack & mail delivery
1:00 Bingo (Salc)
3:00 Caregiver support group (jpd)
4:00 Aviary clean and bird sensory

Thursday, October 12
9:15 Morning outdoor walk & stroll (Syc av)
10:00 Book club/Book reading (Syc alc)
1:15 Golf card game
2:00 Cook's Corner & Food for Thought (Sar)
6:00 Entertainment: Dan Shelley (fsh)

Friday, October 13
9:00 Bargain room open (tll)
9:00 Catholic church visits/door- to- door (9-12)
10:00 Grocery orders due
1:00 (1-4) Daily chronicles, activity pack & mail delivery
1:00 Assisted Living resident meeting (fsh)
2:00 Movie matinee & fall goodies (Lcl2)

Peaceful Reflection

Chaplain April Scott

“Arrested by the word of God.”

Friends, have you ever been arrested by the word of God. Here is what I mean. Have you ever read a passage of scripture and it was so profound that you could not take your mind off it. For the last few weeks, my mind has been arrested by Psalm 91. I have come to realize that the Psalmist is writing a love letter to God and God answers the love letter affirming all that the Psalmist has written plus adding promises to the Psalmist. Psalm 91 (NIV) says the following:

“Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. [a] 2 I will say of the Lord, “He is my refuge and my fortress, my God, in whom I trust.”³ Surely he will save you from the fowler’s snare and from the deadly pestilence.⁴ He will cover you with his feathers and under his wings you will find refuge; his faithfulness will be your shield and rampart.⁵ You will not fear the terror of night, nor the arrow that flies by day,⁶ nor the pestilence that stalks in the darkness, nor the plague that destroys at midday.⁷ A thousand may fall at your side, ten thousand at your right hand, but it will not come near you. ⁸ You will only observe with your eyes and see the punishment of the wicked. ⁹ If you say, “The Lord is my refuge, “and you make the Most High your dwelling, ¹⁰ no harm will overtake you, no disaster will come near your tent. ¹¹ For he will command his angels concerning you to guard you in all your ways; ¹² they will lift you up in their hands, so that you will not strike your foot against a stone. ¹³ You will tread on the lion and the cobra; you will trample the great lion and the serpent. ¹⁴ “Because he [b] loves me,” says the Lord, “I will rescue him; I will protect him, for he acknowledges my name.¹⁵ He will call on me, and I will answer him; I will be

with him in trouble, I will deliver him and honor him.¹⁶ With long life I will satisfy him and show him my salvation.”

In this passage of scripture the Psalmist shares with the reader that the LORD is his refuge, fortress, his God in whom he will trust. His God will save him, He will cover him, He will be his shield and rampart. The Psalmist shares that he will not fear and that he will make the Most High his dwelling place. Then the shift in voices changes in verse 14. God answers the Psalmist love letter back with promises and affirming everything the Psalmist claims about God. Verse 14 says “Because he loves me, says the LORD. I will:

Rescue him.
Protect him.
Answer him.
Be with him.
Deliver him.
Honor him.
Show him my salvation.

Friends, God does keep his promises to those who love him. Loving God with all our heart, mind, soul, and strength is the first commandment. The Psalmist is keeping the first commandment and God is rewarding him for it! Friends, there are rewards in loving God.

Assisted Living Salon

Melissa is no longer working at the Assisted Living Beauty Salon. We know how important this service is to so many of you. Until a replacement is found, the salon is closed. We are looking for a replacement to reopen the salon as soon as possible. Thank you for your patience while we find a great beautician to serve you.

Independent Living Notes

Laurie Wilson

Reminder: There is no resident meeting on the 10. It has been moved to October 24.

Next week is national cocktail week, beginning with Mai Tai and Tie dye Monday. We will also serve mocktails/ non-alcoholic beverages. So find that tie-dyed shirt and join us for fun. You are welcome even without the tie-dyed apparel. Then look at each day at 3:30 for a new theme.

Beginning in November, I will offer a trip to Kroger at least once a month instead of Meijer. Meijer has been having many empty shelves and selection is getting slimmer. We will go to the Kroger on 79th Street.

Needlework group: If you don't mind, please either cancel your meeting on Oct 16, or move to the Cappuccino lounge so that we can use the table in Creative Commons for the card makers. Thank you for sharing!

Sports enthusiasts! I have ordered a new game: Wii Table tennis. Additionally, I have ordered a new net for the Ping Pong table which will sit atop the pool table. I will alternate setup between pool table and ping pong every few months.

Dr. Hibner will be releasing his butterflies next Thursday. It's a fun thing to watch if you have not seen it.

IL has one positive case of COVID. Please be sure to stay home if you are feeling under the weather. Ask to be tested if you have been exposed.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, October 7
1:30 Bridge club (cl)

Sunday, October 8
Happy birthday Rhoda Milstein!
Happy birthday Eleanor Lively!
3:00 Vespers (fsh)

Monday, October 9
Columbus Day
9:30 Monday in Motion (Tsh)
11:00 Bible study (cl)
11:00 The Climb (Tsh)
3:00 Chimes group (2033)
3:30 Mai Tai & Tie-dye Monday (fsh)

Tuesday, October 10
9:00 Grocery shopping: Meijer
9:30 Light Lift Tuesday (Tsh)
10:00 Life Trail exercise group (door 3)
11:30 Men's lunch: Montana Mike's
1:30 Scrabble (cl)
3:30 Tequila! Tuesday with Jimmy Buffet (fsh)

Wednesday, October 11
9:30 Cardio Pop (Tsh)
2:00 Rock Steady exercise class (Tsh)
3:00 Caregiver support group (jpd)
3:30 Wicked Whiskey Wednesday (fsh)

Thursday, October 12
Happy birthday Dick Huelster!
Happy birthday Pat Ertel!
9:30 Power Pump Thursday (Tsh)
11:00 The Climb (Tsh)
3:30 Trumptini Thursday (fsh)
7:00 Thursday night euchre (cl)

Friday, October 13
9:00 Bargain room open (tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
9:30 ISO Coffee Pops Series
1:30 Mahjong (cl)
3:30 Fuzzy Friday (fsh)