

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

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

Foundation Coord. - 3460

In Memoriam

*Raymond Hanson
William Pfeiffer*

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

There will not be a service for Ray Hanson.

Denisse's Diversified Wellness

Denisse Garcia

The final part of the You Can Do At Home is stretching. There are 2 seated, 2 bed or ground, and 2 wall stretches to accommodate everyone's physical abilities. Stretching should be done every day to see improvements and benefits for at least 10 minutes. Join my class on Monday to get a great stretch to start your week!

Note: This week's exercises will include the stretches that were not included two weeks ago.

Happy December Birthday!

King, Joyce	December 02
Herr, Alma	December 03
Bunting, Carolyn	December 04
House, Darrell	December 05
Price, Christa	December 05
Thomas, Leslie	December 07
Hessong, Laura	December 09
Cook, Deborah	December 11
Beck, Ruth	December 16
Whiteside, Nicole	December 16
Smith, Jean	December 19
Zukel, Anne	December 23
<i>Anne is celebrating 103!</i>	
Grundy, Geneva	December 25
Littrell, Gertrud	December 26
Potts, Jack	December 27
Manfredy, Aida	December 28
Wickett, Larimore	December 30



Westminster
Village North

Around the Village

A Publication of Westminster Village North

December 1, 2023

Welcome to WVN!

Nancy L. Russell



Friends I can't wait until you meet Bob and Leslie Thomas at 11035 Presbyterian Drive. This couple just celebrated their 60th wedding anniversary and have an infectious sense of humor. Just delightful conversationalists.

Bob was born and raised in Indianapolis. He graduated Warren Central High School and then worked at Howard Johnsons' as a cook to pay for his classes at Lane Technical Institute. After obtaining his degree as a draftsman, he worked at Western Electric as a schematic mechanical designer. In short, his work "made the telephone ring." But Leslie chimed in and said, "He was just a ding-a-ling."

Now Leslie, on the other hand, was born in Exeter, Ontario, Canada. Her parents married after a 10-day courtship and moved to Canada where her father was inducted into the Royal Canadian Air Force. With his wings he was able to join our United States Air Force and, consequently, Leslie, along with her family, moved to the States. Talk about moves - Leslie moved 37 times as a child or, according to her as a "military

brat." Finally, at high school graduation time, she was in Indianapolis and finished at Shortridge.

Remember earlier reading that Bob worked at Howard Johnson's? Well so did Leslie, as a waitress. There were 2 elderly ladies there who thought Leslie and Bob would make a perfect couple. So, they arranged a date whereby Bob would take Leslie out for a drink. When Leslie asked her grandmother, with whom she was living at the time, if she could go with Bob to the Tee Pee for a Coke, her grandmother replied, "Don't they have Cokes at Howard Johnson's?" Long story short, after a co-worker pulled a turnip (which did, in fact, look just like a rat with a very long tail) toward Leslie and seeing her scramble up on a tabletop, Bob realized she was the one.

They have 2 children (a daughter in Fishers and a son here in Indy), 4 grandchildren, and a joyful life here at WVN. Tom and Diane Kaercher were not only once neighbors and good friends, they are now their friendship ambassadors as well.

In his younger years, Bob liked to hunt pheasants, quail, and rabbits. Leslie worked as a secretary at Indiana Mutual Insurance, and she like to sew and dance (not usually on tabletops). She even made the outfits for her daughter's cheer leading team. That takes skill! She belongs to a dance group and has certainly kept her school-girl figure. Her most treasured activity was volunteering at Community North Hospital. When you see this lovely lady, ask her about the physician who accused her of spitting into his coffee cup.

These two people are full of hilarious stories. They are pure joy - especially when they describe living near a railroad!

Photo Ops

photos taken by Bill Voiles

If you would like your photo taken in front of one of the five beautiful Christmas trees around the Village, please contact your Activity Manager to schedule an appointment.

The Santa Sleigh is set up in the Foundation Social Hall. You may take a photo in the sleigh during one of the scheduled activities or by contacting your Activity Manager, or call Laurie at extension 1053 for an appointment.



A Week at a Glance... Health Center

Jamie Minder

It's beginning to look a lot like Christmas in the Health Center! Come out to the common areas and help us "DECK THE HALLS" for the holidays! Every morning in the Heatherwood lounge we will be making Christmas crafts and maybe enjoying some cookies along the way!



Thank you to Tony Locke for being our Christmas Decorating Elf in Willow this past week. Tony decorated the beautiful wreaths that are hanging in Willow!

Do you want to send out Christmas cards to loved ones

this year? Join the Activity Team every morning Monday-Friday in Heatherwood or Cedar Commons for help sending out cards! We will pay for the stamps!

Our Christmas 'Jingle Bell Bash' will be on December 19th in Juniper/Heatherwood Dining Room at 2:30pm! If you invite your families, please call Jamie at 4230 so we know how many guests are attending.

Please look for updates, changes and cancellations on your unit TVs in all common areas. When we have changes to activities, these TVs will have the latest information.

We look forward to sharing the holidays with you!



A Week at a Glance... Assisted Living

Gabby Tijani

Saturday, December 2
10:30 Naomi dog visit (door to door)
2:00 Traveling activity cart delivering daily chronicles & activity pack to your door
3:00 Bingo (Salc)

Sunday, December 3
1:00 Outing: A Holiday Cabaret at Mudcreek Theatre
2:00 Traveling activity cart delivering daily chronicles & activity pack to your door
3:00 Vespers/Church Service (Fsh)

Monday, December 4
10:00 Bible Study/Devotions is now being held in FSH on a new day
1:00 (1-4) Daily chronicles, activity pack & mail delivery
2:00 Movie matinee & caramel popcorn (Lcl2)

Tuesday, December 5
Happy Birthday Christa Price
9:15 Morning Chair Yoga (Syc lib)
10:30 (10-11:30) Apartment visits/one-on-one social
1:00 Grocery delivery
1:30 Sing-along to songs of the 50's (Salc)
3:00 Creative Arts. Come join us to paint holiday designs
5:45 Game night (Salc)

Wednesday, December 6
9:15 Morning walk & stroll (Syc av)
10:00 Crafts & Cocoa (Salc). Please join us to make holiday crafts and have a cup of cocoa!
1:00 Bingo (Salc)
2:30 Wine & beer tasting (Salc)
4:00 Aviary clean and bird sensory. Enjoy watching the birds! Watch a bird bath & hear a discussion about birds.

Thursday, December 7
9:15 Outdoor walk & stroll (Syc av)
9:30 Shopping: Walmart. Sign up across from nurse' station.
10:00 Men's coffee and trivia
1:00 Group games. Let's play don't break the ice, name that tune, or hangman
2:00 Cooks Corner (SAR). Who wants to help make gingerbread cookies?
5:45 Bingo (Salc)

Friday, December 8
9:00 Bargain Room open (tb)
9:00 Catholic Church visits door to door (9-12)
10:00 Grocery orders due
1:00 Chair exercise with Denisse (syc lib). Free and open to all!
2:00 Movie matinee & popcorn (Lcl2)
3:00 WVN presents: A Holiday Reception for AL & IL residents (FSH)

Peaceful Reflection Chaplain April Scott

"What a Wonder-Filled Life"

As the air turns crisper and the days grow shorter, the Advent season heralds the beginning of a joyous journey toward Christmas. Advent is a time of anticipation and reflection, inviting us to pause, ponder, and prepare for the celebration of the birth of Christ. At its core, Advent is a season that encourages us to embrace the wonders of life.

The word "Advent" itself means "coming" or "arrival," signifying the arrival of Jesus Christ into the world. One of the key elements that make Advent a season of a wonder-filled life is the sense of anticipation it brings. Just as children eagerly count down the days until Christmas morning, Advent invites us to cultivate a spirit of hopeful expectancy. Amid the hustle and bustle of daily life, taking a moment each day to light a candle on the Advent wreath creates a space for reflection, fostering a sense of wonder and excitement.

Advent is also a time of deep introspection, encouraging us to reflect on the true meaning of a wonder-filled life. In a world often characterized by chaos and uncertainty, this season invites us to seek moments of stillness and mindfulness. Whether through prayer, meditation, or acts of kindness, Advent prompts us to consider the profound impact of love, both in our own lives and in the lives of those around us. Moreover, the Advent season reminds us of the importance of community and togetherness. Whether it's gathering with family, friends, or neighbors, the shared experience of preparing for Christmas fosters a sense of unity and belonging. From caroling to volunteering, Advent provides numerous opportunities to come together and spread joy to others, reinforcing the idea that a wonder-filled life is one that is shared and celebrated with others.

As the Advent candles are gradually lit, each week symbolizing hope, peace, joy, and love, we are reminded that life's wonders are found not just in grand gestures but also in the simple moments of connection, kindness, and reflection. By embracing the spirit of Advent, we open our hearts to the possibility of a wonder-filled life filled with meaning, purpose, and a deep appreciation for the beauty that surrounds us.

Blessings

Foundation News

Tammy Stevens

The Westminster Foundation's Ideas Committee has been busy again! This time in updating the tables and chairs in the Cappuccino Lounge. The Foundation's Vice President, Tom Kaercher, became aware that people using the Cappuccino Lounge for game playing were struggling with the existing furniture. The chair bottoms had become sunken due to years of usage and the round tables just weren't conducive for game playing.

Tom worked diligently and solicited the help of Laurie Wilson to find replacements, all funded by The Westminster Foundation. Five new tables, round with drop-down and fold-under leaves to make them square, and comfortable chairs with arms that fit under the tables. Furniture was ordered in late November, and the tables have arrived. They will be put together and will be replacing the existing soon. The chairs should arrive by early January.

The Westminster Foundation is so grateful to those who contribute and make these kinds of Village improvements possible! And special thanks to Tom and Laurie for their tenacity in acquiring these much-needed upgrades!

Independent Living Notes

Laurie Wilson

You may have received some messages stating changes to the calendar. The only correct change is the place of the Songbook pianist on Monday, December 11, which will take place in the Foundation Social Hall instead of Tamarack. The other dates and times are correct as stated on your calendars.

Jane Truver will be playing pieces from the Great American Songbook, so please be sure to attend.

On Friday, December 8, at 3:00 pm in the Foundation Social Hall, the Westminster Village staff say thank you for the employee appreciation gift by hosting a reception for AL and IL residents. We also have a special gift for each of you, so please plan to attend. Sign up on the app or call Laurie at extension 1053 to be added to the attendance list. AL residents can let their Activity staff know they want to attend. Note: If you find last-minute plans have changed and you are able to attend but did not sign up previously, please feel free to join us.

Be sure to sign up for the Holiday Breakfast buffet on Tuesday, December, 12, 7:30—9:00 am. There will be a live Nativity strolling through led by Chaplain April. Management will be serving drinks and walking around to chat with all of you. This is a fantastic buffet that has been missed since COVID. Sign up today!

Tamarack Dining Room Tree— Photo taken by William Voiles

Photo op opportunity!



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, December 2
Happy Birthday Joyce King

Sunday, December 3
Happy Birthday Alma Herr
3:00 Vespers (fsh)

Monday, December 4
Happy Birthday Carolyn Bunting
9:30 Monday in Motion (Tsh)
11:00 Bible Study (cl)
11:00 Fast food, Total Wine and More, and Trader Joe's
11:00 The Climb (Tsh)
1:00 Needlework group (3006)
1:30 Sing-along: (Tsh)
3:00 Chimes group (2033)
3:00 Wii bowling (fsh)

Tuesday, December 5
9:00 Kroger on 79th
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, December 6
9:30 Cardio Pop (Tsh)
9:30 Men's Morning (cl)
10:30 Shop at Keystone at the Crossing
2:00 Rock Steady exercise class (Tsh)
3:00 Wii bowling (fsh)

Thursday, December 7
Pearl Harbor
9:30 Power Pump Thursday (Tsh)
11:15 Holiday lunch: Mateo's (Noblesville)

Friday, December 9
Hanukkah
9:00 Bargain Room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)
3:00 WVN Presents: A Holiday Reception for AL & IL residents (fsh)