

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 - 4222Wellness Center, Tamarack - 1051

Transportation

Willa Lawson, FT Driver - 2160
Les McConnell, PT Driver -2161
Gary Roraus, PT driver -2161

WVN Foundation

Foundation Coord. - 3460

In Memoriam

*Lee Buckley
Susan Bryant
Florence Roberts
Charles Williams*

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

Westminster Village Foundation Support

The Westminster Village Foundation contributed tens of thousands of dollars this year to support the needs around campus. Most recently, they purchased tables and chairs for the Cappuccino Lounge. Though the tables, which convert from round to square, have been in for a few weeks, the chairs arrived this week.

Residents who have seen and tested the chairs are very pleased! "It makes the room look more inviting and cozy."

A huge thank you to the Foundation for their generous donations and overall support to the Village. It is truly appreciated by staff and residents alike!

Board Game?

Board games challenge our executive functioning, according to occupational therapy experts. These skills include working memory, mental flexibility, emotional regulation, organization and more.

Working memory is a type of short-term memory that is used to solve immediate problems that present themselves throughout our day. People frequently use their working memory while playing board games by quickly determining the next move based on a quick assessment of the available options needed to outwit opponents.

Join in the next board game offered by your activity staff or group of friends!



Westminster
Village North

Around the Village

A Publication of Westminster Village North

December 29, 2023

Happy New Year! 2024



The very first New Year's resolutions happened more than 4,000 years ago. The first recorded people to celebrate a new year were the ancient Babylonians. Their new year celebration was a 12-day festival called Akitu, which began at the start of the spring planting season in March.

During the celebrations, Babylonians would make resolutions to their gods. But they probably didn't make any promises to exercise more, save more money, or start a new hobby. The Babylonians usually pledged their loyalty to the king and made promises to pay their debts and returned borrowed items to their rightful owners. They believed that if they kept their resolutions, the gods would treat them favorably that year. But if they broke their promises, they would get on the bad side of the gods.

The modern day Gregorian New Year began in ancient Rome in 46 B.C. when Emperor Julius Caesar introduced a new calendar and declared January 1 as the start of the new year. New year, new me!

In the USA about 80% of US citizens resolve to turn their lives around or improve themselves. However, data shows that around 80% of New Year's resolutions are likely to be dropped within a month.

Other countries around the world celebrate New Year's as well:

BRAZIL

On New Year's Eve in Brazil, it's tradition to go to the beach to make your resolutions. After midnight, you should go in the ocean and jump seven waves while making seven wishes. You should wear all white clothing in the water, as it represents purity. The tradition pays tribute to Yemanja, the goddess of water.

Read more: Culture shock: It's actually a really good thing.

ITALY

In Italy, New Year's resolutions are called buoni propositi, or "good intentions." These resolutions are often similar to those made in the US, such as exercising more or quitting smoking. Some Italians also have luck-bringing traditions. You can eat fatty pork to fatten wallets, or eat black-eyed peas for good fortune. It's said that some Italians also wear red underwear at New Year to bring good luck in the year ahead.

CHINA

The Chinese New Year is a massive two-week festival starting on the first full moon of the Lunar calendar. It usually kicks off between January 21 and February 20. The celebrations lead to the spectacular Lantern Festival, with

millions of people travelling to their families during this time. Chinese people make resolutions by practicing rituals and traditions to ensure good luck in the New Year. They can give red envelopes with money and hold reunion dinners with family. They also offer sacrifices to ancestors and do a thorough house cleaning to usher in a prosperous new year.

SPAIN

The Spanish also kickstart their new year by eating 12 grapes exactly at the stroke of midnight. If you can eat all 12 grapes before the bell finishes chiming 12 times (so one grape every two seconds) you'll have a very lucky and prosperous new year. The catch? You have to finish all the grapes by the time the clock finishes striking midnight, or you'll have bad luck!

COLOMBIA

In Colombia, people don't make resolutions but do make wishes. As the clock strikes midnight on January 1, it's tradition to eat one grape for each chime of the bell starting at 12 am. For each grape, you make a wish – so 12 grapes and 12 wishes in total. These wishes aren't like resolutions in the US. Instead of resolving to eat healthier, you would wish for good health. Some people write down their wishes on a piece of paper at New Year's and carry it with them throughout the year. On December 31 they burn their wish paper and make a new one.

A Week at a Glance Health Center

Jamie Minder

We are days away from 2024! Thank you for allowing our Activity Team to share the past year with you. We enjoy spending time with all of you. If you have any suggestions for new activities for the new year, please share with Jamie Minder at ext. 4230

Resident Council meeting will be held Thursday, January 11th in the Aspen Dining Room at 2:30 pm. Please join us to hear updates from our management team. We also encourage you to share your questions at the meeting.

Do you like to read? If so, we are looking for residents who would like to read to other residents in the Health Center. Call Jamie Minder at 4230 if you are interested!

We plan to have a New Year's Ladies Lunch celebration on January 18th.

For updates and cancellations - please watch the TVs in each common area or call Jamie Minder at 4230.

Bargain Room

The Bargain Room is closed until further notice for modernizing. It is expected to be closed for a few weeks. If you would like to purchase furniture, however, you may call Maria Wasnidge at extension 1017 to see what is available and pricing.

A Week at a Glance Assisted Living

Gabby Tijani

Saturday, December 30
2:00 Traveling activity cart to your door
3:00 Bingo (Salc)

Sunday, December 31
12:00 New Years Eve Ball Drop
2:00 Traveling activity cart to your door
3:00 Vespers/Church Service (Fsh)

Monday, January 1
9:15 Morning Chair Yoga (Syc lib)
10:00 Bible study/ devotions (fsh)
1:00 Traveling activity cart to your door
2:00 Movie matinee & caramel apples (Lcl2)

Tuesday, January 2
10:00 Apartment visits, one-on-one social
10:00 Coffee and conversation—Chaplain April (SALC)
1:00 Monthly meet & greet and birthday celebrations. Note day & time change. Join us to celebrate January birthdays and any new residents.
3:00 Creative Arts—a variety of projects
4:00 Grocery delivery
5:45 Game night (Salc)

Wednesday, January 3
Happy Birthday Barbara Weber
9:15 Morning walk & stroll (Syc av)
10:00 Crafts and cocoa (Syc alc)
1:00 Bingo (Salc)
2:30 Wine & beer tasting (SALC)
4:00 Aviary clean and bird sensory. Enjoy watching the birds! Watch a bird bathe & have a discussion about birds.

Thursday, January 4
9:30 Outing: Walmart
Please sign up across from nursing station
10:15 Men's coffee and trivia.
1:00 Group games
2:00 Cooks corner (SAR) Who wants to make rice krispy treats? We will!
5:45 Bingo (Salc)

Friday, January 5
9:00– 12:00 Catholic Church visits door-to-door)
9:15 Walk & stroll
10:00 Grocery orders due
1:00 Chair exercise with personal trainer, Denisse (syc lib). Free and open to all!
2:00 Movie matinee & popcorn (SALC)

Peaceful Reflection

Chaplin April Scott

“Do More in 2024”

Friends, in 2024 my new slogan is "I'm going to love God and my neighbor more." I plan to start each day by expressing gratitude for at least 3 things in my life. Positive affirmations will be incorporated into my daily routine. Throughout the day, I'll engage in intentional acts of kindness. In the evening, I'll set aside time for mindful reflection, focusing on the positive experiences of the day, and acknowledging moments of joy and accomplishment. I'll dedicate time to activities that bring me joy and fulfillment, and I'll approach challenges with a mindset of resilience and growth, avoiding dwelling on negativity and setbacks. I won't wait until the New Year; I'll start right now by thanking all of you for your kindness in words and deeds in 2023, brightening my days and showing me God's love along the way. I aim to live fully according to the scripture of Mark 12:30-31.

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: ‘Love your neighbor as yourself.’ There is no commandment greater than these.”

New Year prayer for you/Happy New Year!

Thank you, Lord, for giving me the brand-new year ahead. Help me live the way I should as each new day I tread. Give me gentle wisdom that I might help a friend, give me strength and courage so a shoulder I might lend. The year ahead is empty, help me fill it with good things, each new day filled with joy and happiness it brings. Amen

Announcement:
We invite you to attend Vespers this Sunday, December 31, at 3:00 p.m. Enjoy an

afternoon of wonderful music performed by the May and Apple Duo.

To become a part of our Westminster Care team, please reach out to the Chaplain's office at extension 1410 to express your interest. I will be conducting a session in February to cover the guidelines and best practices for visitation.

Happy January Birthday!



Woodward, Judy	Jan 02
Weber, Barbara	Jan 03
Myer, Susan	Jan 06
Plimpton, Judith	Jan 07
Thorn, Ellen	Jan 08
Campbell, Barbara	Jan11
Woodford, Alice	Jan 11
Scott, Norman	Jan 13
Wood, Jane	Jan 13
Drew, Marilyn	Jan15
Bolling, Evelyn	Jan 17
Yacko, Irene	Jan 18
Jones, Carolyn	Jan 19
Bryant, Mary	Jan 21
Dial, Alice	Jan 23
Calder, Sarah	Jan 25
Carroll, Janet	Jan 25
Sanders, Norma	Jan 26
Jones, Juan	Jan 28
Jordan, Betty	Jan 31

Independent Living Notes

Jamie Minder, Health Center Activities Manager, is seeking volunteers to read to our residents. If you are interested, please call Jamie Minder at extension 4230.

There will be a new phone directory for IL published in January. If you have any changes, please call me at extension 1053.

There will be NO HAPPY HOUR on Thursday, January 25. Please remove it from your calendar.

Again, the resident meeting has moved to January 18, at 2:00 pm, and will include WVN board members.

The Book Club scheduled on Wednesday, January 10, is an initial meeting. This meeting will determine participation interest, and I will describe how the book club works at WVN.

Our heartfelt thanks to everyone who helped make our 65th anniversary a very special one. Thank you, chef Thomas and your staff, for the exceptional food preparation and presentation. We very much appreciated Laurie and Marty, who wore many hats and kept the evening going smoothly. And to everyone who came to celebrate with us: You contributed to the evening's feeling of joy and sense of community. We are grateful, and we look forward to celebrating our 70th with you!



Lawrence and Carolyn Bunting

More photos on the Frameo device located outside of Tamarack dining room.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, December 30
Happy Birthday Larimore Wickett

Sunday, December 31
New Year's Eve
3:00 Vespers (fsh)

Monday, January 1
New Year's day
Laurie PTO

9:30 Monday in Motion (Tsh)
11:00 Bible study (fsh)
11:00 The Climb (Tsh)
1:00 Needlework group (Syc lib)
3:00 Chimes group (2033)

Tuesday, January 2
9:00 Kroger on 79th
9:30 Arms Strong (Tsh)
1:30 News & Views (cc)
1:30 Scrabble (cl)
3:30 Happy Hour (fsh)

Wednesday, January 3
9:30 Men's Morning (cl)
9:30 Quick Stop (Tsh)
10:00 Casino (Anderson)
2:00 Rock Steady exercise class (Tsh)
3:30 Wii bowling (fsh)

Thursday, January 4
9:30 Golden Glutes (Tsh)
10:30 Resident council meeting (Tsh)
3:30 Happy Hour (fsh)

Friday, January 6
9:00 Bargain Room **CLOSED** until further notice
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)