

Staff Phone Directory

Receptionist—0
Dial off campus 9-area code-number
Emergencies: Dial 9-9-1-1

Activities - AL & HC

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
John Turrentine, 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

Campus Environment - Housekeeping

Dena Lira, Housekeeping Mgr. - 1060
Housekeeping Requests - 2300

Chaplain
April Scott- 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

IL/AL Nursing

Jami Blanton, Nurse Mgr. - 2660
Tammy Rogers, Asst. Nurse Mgr. - 2665
Sycamore Nurses Station - 2820, 2825
Ironwood Nurses Station - 2170

Marketing & Leisure Services

Amy Morgan, Dir. Marketing - 2140
Julie Pine, IL/AL Sales Manager - 2720
Tracy Pope, HC Admissions - 2840
Laurie Wilson, Leisure Services - 1053
Kevin Pruitt, PT Transition Coord. - 5380

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

Erica Wilkinson, Foundation Coord. - 3460

Denisse's Diversified Wellness

Denisse Garcia

Do you know the difference between a cardiac arrest and a heart attack?

A cardiac arrest is when the heart stops beating unexpectedly due to an electrical malfunction like an irregular heartbeat or an arrhythmia. Cardiac arrest is a leading cause of death and 75% of the time occurs in the person's home.

A heart attack is when blood flow is blocked or reduced. Symptoms such as chest pain, shortness of breath, cold sweats, or nausea can be immediate. It is more common for heart attack symptoms to progress slowly for hours, days, or weeks. A person should get checked out immediately, as the longer the wait the worse the damage is to the heart. It is important to note that women have different symptoms than men do. Women show more signs of shortness of breath, nausea/vomiting, back or jaw pain.

Valentine's Day Around the Village



A subset of the Capital City Chorus entertained in all areas throughout the Village on Valentine's Day with their Barber Shop style quartet. They sang love songs from the 40s and even threw in some silly jokes between songs.



Westminster
Village North

More About BHI

As often as possible Shelley will be sharing some key information about BHI and our affiliation in the newsletters. You will also be able to find all of the information shared on Touchtown (Paycor for employees). In Touchtown you will tap on the About our Team section and scroll down to the BHI folder. Tap the folder icon and it will open with the information .

BHI conducts annual employee satisfaction surveys.

BHI conducts annual resident and family customer satisfaction surveys.

The average length of tenure for BHI employees:

5-9 years = 18%

10-19 years = 11%

20+ years = 8%

BHI corporate office is located in Indianapolis, IN.

Masking in the Health Center

Due to a gastrointestinal bug going around, we will be requiring masks be worn at all times in the Health Center until further notice.

Around the Village

A Publication of Westminster Village North

February 16, 2024

FOX 59 Tuesday Trivia

IL residents played Tuesday Trivia with FOX 59 Indy Now hosts Jillian Deam and Ryan Ahlwardt for an upcoming show. The residents were divided into 5 teams and were asked trivia questions from the -40s and -50s. The first to raise the "Ding" paddle and guess the correct answer won the round. After ten rounds, three teams found themselves in a tie-breaker, but team "Slow Folks" were actually quick with the answer and won the game!

The show will air on Tuesday, February 27, at 10:00 am, on Fox 59! We hope to have a watch party in the Foundation Social Hall—stay tuned.

Photos taken by William Voiles



Fire Sheets

Safety is an integral part of caring for residents in all levels of care throughout the Village. Each stairwell in Tamarack has a packet of information, including a blue sheet of paper with the location of each resident on that floor. This is very important information in the event of a fire, or other emergency, to ensure everyone is accounted for during the emergency.

The packet of information is updated each month. Unfortunately, the blue sheets have disappeared, been torn up, or wadded up and thrown back into the packet. One near the stairwell by Door 2, and the front elevator, is damaged or missing each month.

If you are taking the sheets for personal use, please stop immediately. You can find directory information on Touchtown or ask the receptionist. If you notice anyone otherwise messing with the sheets, please report this to Sharon in maintenance (ext. 2200), or the receptionist, immediately.

Not touching these documents seems like common sense, but for whatever reason, someone is causing a safety issue for our residents in Tamarack.

A Week at a Glance Health Center

Jamie Minder



A Week at a Glance Assisted Living

Gabby Tijani

AL residents celebrated Mardi Gras donned in beads and masks.



Looking for something to do?

Next week we will go to Jockamo's pizza for lunch on February 20.

The men's club will have toolbox trivia and milkshakes on Friday, February 23. Fun and Yum!!

Don't miss out! There is always something to do! Sign up today or ask Gabby for more information.

Peaceful Reflection

Chaplin April Scott

"Cheer Club Love"

On Tuesday mornings at 10:00 a.m. residents in assisted living gather for coffee and an hour of conversation with me. During our coffee time we discuss just about everything from topics such as "how to accept care with dignity" to "exploring the art of loving" to "why younger individuals don't pursue the office of presidency in this country." Out of one of our conversations, when I posed the question "How do you fit in this community?" one of my conversation partners answered the question with another question: "How do you live in a community that you can't contribute to?" As we begin to unpack these questions, my conversation partners and I begin to brainstorm on ways that they could contribute to this community, and from that brainstorming session the "Cheer Club" was born. The Cheer Club purpose is to provide cheer and encouragement to the members of this community. They are action oriented. The day before Valentine's Day, they put together little baskets of candy and wrote Valentine cards to give out to the residents in assisted living during lunch time. The response was overwhelmingly positive, with expressions of gratitude and beaming smiles. We all can use a little cheer in our lives. Even Jesus was cheered on by the crowd during Palm Sunday! Remember, during Palm Sunday, Jesus was indeed greeted with cheers and celebration as he entered Jerusalem. The crowds laid palm branches and their cloaks on the ground, welcoming him with shouts of "Hosanna!"

It is a reminder that everyone benefits from a dose of cheer in their lives, reminiscent even of Jesus, who, in his own way, inspired and uplifted those around him. Here is a dose of cheer for you.

1 Thessalonians 5:11, (NIRV translation) So cheer each other up with the hope you have. Build each other up. Proverbs 15:30, (HCSB translation) Bright eyes cheer the heart; good news strengthens the bones.

Psalm 21:6, (HCSB translation) You give him blessings forever; You cheer him with joy in Your presence. Psalm 31:24, (TLB translation) So cheer up!

If you would like to join the Village Cheer Club, meet us in the Sycamore Alcove on Tuesdays at 10:00 a.m. for coffee, cookies and conversation, and remember to spread cheer wherever you go!

Fun Facts

Do you know why there are margins on lined paper? It is because back in the day there was a massive rat problem. Rats would go into homes and eat the paper, but only the edges. By including margins, people could begin writing documents with enough room that the writings would not be destroyed by rats, as they only ate the edges.

The Original Monopoly game pieces were inspired by charm bracelets! The classic Monopoly game pieces we know today were inspired by objects from a charm bracelet belonging to the game's original designer's niece. The idea was to introduce playful and distinctive game pieces, and thus the top hat, thimble, and other iconic tokens found their way onto the board.

The first recorded recipe is more than 4,000 years old. Dating back to ancient Sumeria, the world's oldest recorded recipe is for a hearty beer. Found on a clay tablet, the recipe outlines the process of brewing beer using ingredients such as barley, honey, and emmer wheat.

Independent Living Notes

All exercise classes will be cancelled on Wednesday, February 21. Denisse will be out training.

If you are going on the Opalescent Glass factory tour, please be sure to wear socks and closed-toe shoes. Tour price is \$6 per person. Lunch to follow before heading back to Indy.

Don't forget to sign up for the Share-a-Story program on Monday, February 19, at 1:30 pm in the Foundation Social Hall. Residents will be telling stories about their lives. If you would like to be part of the Share-a-Story group, please contact cottage resident Kathryn Huelster.

While Julia Casey is recovering from illness, Lynn Palenik will monitor the Reading Room located on the third floor of Tamarack. For those of you who might not know, the Reading Room is a small library of books you can borrow and read—different from those located in the Sycamore Library. Instructions for checkout or donation are in the Reading Room, or call Lynn Palenik at extension 3013.

Touchtown: the app has been updated, and you probably didn't even notice. However, if you open the app and look at the bottom you will see a house (home), Feed, Search and More. Click on the Feed button and a list of activities will pop up. You can register for an activity from here, simply by clicking register. You may also cancel from here by clicking cancel and reason, then confirm just as the other way. The advantage of this update is I am able to provide more description of activities without taking up space on the printed calendar. I will have a more in-depth program about Touchtown and its features in March. Look for it on your calendar.

A Week at a Glance... Independent Living

Laurie Wilson

Saturday, February 17
7:00 Sing-along (Tsh)

Sunday, February 18
3:00 Vespers (Fsh)
7:00 3-13 Card game (cl)

Monday, February 19
President's Day
9:30 Monday in Motion (Tsh)
11:00 Bible study (Fsh)
11:00 The Climb (Tsh)
1:30 Needlework group (Syc lib)
1:30 Share-A-Story: Presentation (Fsh)
3:00 Chimes group (2033)
3:30 Wii bowling (Tsh)

Tuesday, February 20
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, February 21
9:30 Opalescent Glass factory tour & lunch (Kokomo)
9:30 Quick Stop (Tsh) - **cancelled**
10:30 Goldenaires Mass/luncheon (10:30-2) (Fsh)
1:30 Mexican Train Dominoes (cl)
2:00 Rock Steady exercise class (Tsh) - **cancelled**

Thursday, February 22
Happy Birthday William Voiles
9:30 Golden Glutes (Tsh)
11:00 The Climb (Tsh)
3:30 Happy Hour (Fsh)
7:00 Casual Euchre: Beginners & beyond (cl)

Friday, February 23
Happy Birthday Barbara Mead
9:00 Bargain room open (Tamarack lower level)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)