

## Staff Phone Directory

**Receptionist**—0 or 317.823.6841  
**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 - 4222  
Wellness 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

Westminster has a variety of exercise equipment for residents to use. Outside around the village are fitness stations you can use when the weather is warmer. In the Juniper courtyard, there are a few outdoor stations as well.

In the basement of Tamarack, there is the Wellness Center. There are resistance machines, dumbbells, resistance bands, a table mat, and more. There is also a cardio room next to the hair salon with a NuStep, treadmill, elliptical, and stationary bike. The laundry room next to the gift shop has the CyberCycle (interactive stationary bike) and a treadmill. These rooms in the basement are open anytime for your convenience. If you have any questions on how to use the equipment, or concerns, you can reach out to me via phone at extension 1051 or stop by the Wellness Center.

## Foundation News

*Erica Wilkinson*

Did you know that you and your family members can easily donate to The Westminster Foundation every time you shop at KROGER? Through Kroger Rewards you can earn "points" that can be donated to your favorite charity, The Westminster Foundation!

The foundation receives a donation of approximately \$50 from Kroger each quarter which goes to fund projects around the village.

To choose the Westminster Foundation as your designated charity just follow these steps:

1. Go To: [kroger.com/i/community/community-rewards](https://www.kroger.com/i/community/community-rewards)
2. Scroll down to "Link your shoppers card."
3. Choose Westminster Foundation That's it!--You'll be donating every time you shop!



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

February 23, 2024

## More on BHI

*Shelley Rauch*

Questions regarding the affiliation with BHI Senior Living

Q. What is an affiliation? Is WVN being sold?

A. An affiliation is not a purchase. Details of the agreement are confidential; however, we will share all available information as appropriate.

WVN retains our name, brand, and legacy. This is an important part of our agreement. Through this affiliation, WVN joins the BHI family of communities. The BHI corporate team will support our leadership teams with a wide variety of expertise and resources. As BHI is based in Indianapolis with several communities in Indiana, there is an excellent understanding of market forces, regulations and other factors affecting senior living communities in the Midwest.

Q. Who is BHI Senior Living?

A. BHI, originally Baptist Homes of Indiana, was founded in Zionsville, IN in 1905. BHI is a non-profit, faith-based organization, and is the parent company of nine Life Plan communities in Indiana, Michigan, and Ohio. You may be familiar with the local communities, Hoosier Village, and the Barrington of Carmel. The BHI corporate office is in Allison Pointe on East 82nd Street in Indianapolis. The team at that office includes executive leadership,

accounting, human resources, operations, information technology, marketing, communications, and the BHI Foundation. You will have the opportunity to meet many members of the corporate team over the coming weeks and months. In the meantime, more in-depth information may be found on the website, [www.bhiseniorliving.org](http://www.bhiseniorliving.org).

## Maybe Spring has Sprung!



The first of the bulbs of the 600 planted last fall from Pat Wolfla's generous donation to the Garden Club has appeared. Pretty little Crocus!

## BINGO

Bingo will now be played every Thursday evening, hosted by Gabby Tijani. If you would like to play, show up at the Foundation Social Hall at 5:45 pm. The first BINGO night is Thursday, February 29.

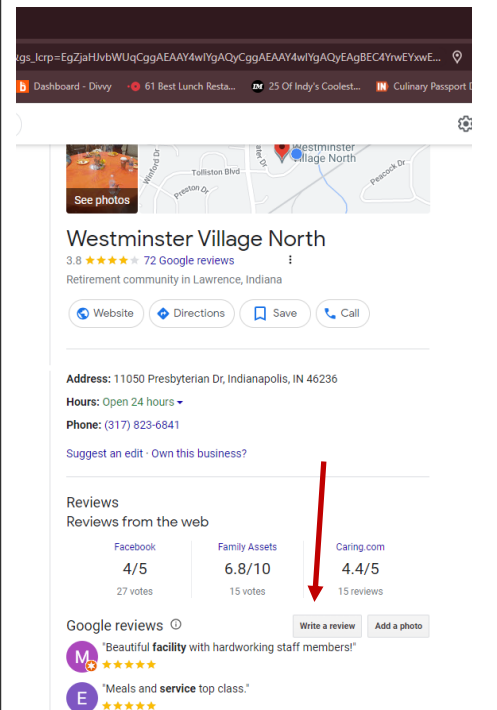


## "How to Write a Google Review in 3 Easy Steps!"

*Amy Morgan*

Step 1: Go to Google and search for Westminster Village North

Step 2: To the right of the screen, you can click on a box that says "write a review."



Step 3: Be sure to give us a great review and help us reach 4 stars!

Thanks to Shari Church, Evelyn Boling, Andrew Baase and Hank Wolfla for giving us some great reviews this week! We appreciate it!

## A Week at a Glance Health Center

*Jamie Minder*

Saturday, February 24  
11:15 Naomi the therapy dog  
1:00 Around the Village newsletter to your door  
2:00 1:1 Social visits

Sunday, February 25  
9:30 Digital Devotions (Channel 21)  
1:00 1:1 Social visits  
3:00 Vespers service (FSH)

Monday, February 26  
*Happy Birthday Donna Thompson*  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
1:00 1:1 Social visits  
1:30 Bingo cart (your room)  
2:30 Dominoes (Juniper dining room)  
4:00 Polish those NAILS! (wcl)

Tuesday, February 27  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:00 St. Simon's Catholic Mass (aar)  
10:30 Seated ballet class (wcl)  
1:00 1:1 Social visits  
5:30 Live dinner music (Juniper/ Heatherwood dining room)

Wednesday, February 28  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
11:00 Games + Grooving (war)  
1:00 1:1 Social visits  
3:00 Bingo (jdr)

Thursday, February 29  
*Leap Day!*  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
11:00 Devotions with Chaplain April (hw)  
2:30 Dominoes (jdr)  
6:30 Crafting Corner (wcl)

## A Week at a Glance Assisted Living

*Gabby Tijani*

Saturday, February 24  
10:30 Naomi dog visits door-to-door  
1:00 Bingo (Salc)  
2:00 Traveling activity cart

*Sunday, February 25*  
*Happy Birthday Martha Dawson*  
2:00 Traveling activity cart  
3:00 Vespers service (FSH)

Monday, February 26  
9:15 Morning walk & stroll (Syc av)  
10:00 Apartment visits/one-on-one social  
10:00 Bible study/devotions (FSH)  
1:00 Grocery delivery  
2:00 Movie matinee (Salc)  
3:00 Daily chronicles & popcorn to your door

Tuesday, February 27  
*Happy Birthday Deloris Burger*  
9:15 Morning Chair Yoga (syc lib)  
10:00 Catholic Mass (aca)  
10:00 Coffee & Conversation with Chaplain April (Salc)  
10:30 Apartment visits/one-on-one social  
1:30 Winter reminisce (Salc)  
3:00 Creative arts (Sar)  
5:45 Game night (Salc)

Wednesday, February 28  
*Happy Birthday Barbara Muggenborg*  
9:15 Morning walk & stroll (Syc av)  
10:00 Crafts & cocoa (Sar)  
11:00 Lunch outing: Chicken Scratch  
2:30 Wine & Beer tasting (Salc)  
4:00 Aviary clean and bird sensory

Thursday, February 29  
*Leap day!*  
9:15 Morning walk & stroll (Syc av)  
10:00 Book club/book reading (Salc)  
1:00 Group games (Salc)  
2:00 Cook's Corner & food for thought (Sar)  
5:45 Bingo (Salc)

## Peaceful Reflection

*Chaplin April Scott*

Lent and Love

As I immerse myself in the solemnity of the Lenten season, the weight of life's burdens often complicates my participation in its traditions. In these moments, I find myself grappling with the challenge of surrendering something during Lent. The sense of loss pervades my thoughts, resonating perhaps with many of you who may be experiencing similar sentiments.

Each evening, the news broadcasts another departure from this life, leaving behind grieving loved ones. The relentless cycle of loss amplifies the strain of our own existence. For some, the responsibility of caring for a loved one in decline adds layers of emotional weight and loss as we witness their diminishing vitality.

Reflecting on the profound love of God amidst such trials prompts introspection. What remains for me to relinquish, I wonder? Contemplating the depth of my affection and love for others, I acknowledge instances where I offered more love than was perhaps desired. My inclination to prioritize the well-being of others, even at personal cost, underscores the ethos of sacrifice inherent in the Lenten journey.

The forty-day journey of Jesus in the wilderness echoes with profound implications this thought of loving others even at a personal cost. His willingness to surrender comforts and endure hardship exemplifies divine love in its purest form. God's boundless love for humanity manifests in the sacrificial gift of His Son, a testament to love unfathomable. In this realization, the essence of Lent reveals itself to be something different for me. Lent is not merely a season of renunciation, but a profound acknowledgment of God's enduring love amidst adversity.

Recognizing the depth of God's love renders the notion of sacrifice redefined. Rather than relinquishing material possessions, the Lenten observance beckons us to embrace God's love wholeheartedly. It prompts a commitment to embody that love in our interactions, even if it demands personal sacrifice.

Hence, I resolve to dedicate the forthcoming forty days to meditate upon God's boundless love, extending its reach to encompass all humanity. This act of devotion, rooted in the recognition of God's ultimate sacrifice, supersedes the mere abandonment of worldly indulgences. For in sharing love with others, even at personal expense, we honor the divine love that knows no bounds.

In the words of the Apostle Paul, the unwavering conviction emerges that nothing—neither tribulation nor distress—can separate us from the embrace of God's enduring love. In this assurance lies the essence of the Lenten journey for me—a testament to the transformative power of love that transcends earthly constraints. Friends, let us love one another, for God is Love!

Blessings

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## Brain Exercise

There are 2 groups of U.S. presidents listed below. Each group shares a common trait. One president from Group 1 has been placed in Group 2, and 1 president from Group 2 has been placed in Group 1.

Determine what characteristic each group shares, and which presidents are switched.

Group 1:	Group 2:
Thomas Jefferson	John Adams
Jimmy Carter	Benjamin Harrison
Andrew Jackson	Herbert Hoover
Ronald Reagan	Woodrow Wilson
Dwight Eisenhower	William H. Taft

## Independent Living Notes

You may notice calendars have not been printed yet, which is later than normal. Shelley has requested I hold off on printing IL calendars so that we can make sure the resident meeting, which will be a presentation by the auditors, is listed on the calendar. The regular resident meeting will not be held on Tuesday, March 12. As soon as the date is decided to host the auditors, I will print calendars. In the meantime, March activities will be listed on Touchtown. You will be able to see them and sign up from the app.

The first March outing will be on Friday, March 1, departing at 1:00 pm to Cynthia's Hallmark in Greenfield. This destination was a resident request. Cynthia's is more than a typical Hallmark store. It is a locally owned and operated store that gives back to the community with everything from kick-knacks to clothing.

Don't forget to mark your calendars to watch Oppenheimer on March 4. We will begin the movie at 10:30 am, break for lunch at noon, and then resume the movie at 2:00 pm.

Ladies' lunch will be held at Café Patachou located in the newly renovated Stutz building. They do not accept reservations, so if you sign up, prepare to possibly wait a few minutes for a table.

Sing-along will be moved to the second Monday of March to accommodate the Oppenheimer movie showing on March 1.

There will be professional photographers on campus March 6 to conduct a photo shoot of the Village.

## A Week at a Glance... Independent Living

*Laurie Wilson*

Sunday, February 25  
3:00 Vespers (Fsh)

Monday, February 26  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
1:30 Book Club (cl)  
3:00 Chimes group (2033)  
3:30 Wii bowling (Tsh)

Tuesday, February 27  
9:00 Grocery shopping: Meijer  
9:30 Arms Strong (Tsh)  
1:30 Scrabble (cl)  
3:30 Happy Hour (Fsh)

Wednesday, February 28  
*Happy Birthday Norman Nixon*  
*Happy Birthday Gini Defourneaux*  
*Happy Birthday William Lord*  
9:30 Quick Stop (Tsh)  
2:00 Rock Steady exercise class (Tsh)  
3:30 Church of the Nativity Prayer service (Tsh)  
3:30 Wine club (Fsh)

Thursday, February 29  
*Leap day!*  
*Happy Birthday Caroline Wendt*  
9:30 Golden Glutes (Tsh)  
11:00 The Climb (Tsh)  
11:30 German dining: Guggman Haus Brewing Co.  
3:30 Happy Hour (Fsh)  
7:00 Casual Euchre: beginners & beyond (cl)

Friday, March 1  
9:00 Bargain Room open until noon (TII)  
9:30 Fun Fitness Friday (Tsh)  
11:15 Ladies Lunch: Café Patachou in the Stutz building  
1:30 Mahjong (cl)