

## 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

### 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

*Denisse Garcia*

Besides exercise classes, I offer one-on-one training to all residents at Westminster.

One of the best parts of being a personal trainer is the ability to modify exercises to get residents with all types of mobility to get them to move. Personal training is great for those who just finished therapy and need someone to motivate them to continue their at-home exercises.

If you are looking to try new exercises or improve your mobility, personal training works towards your goals and is flexible to your schedule. You can try personal training with the first session free and get an assessment done as well. After your assessment, the cost for personal training is \$20 per session. Call me at ext. 1051, or stop by the Wellness Center in the lower level of Tamarack to schedule a session.

## Sing-along in Tamarack

*Kathryn Huelster*

The wearin' of the green! Hey! come one, come all and join us for a fun hour of singing well-known songs about Ireland and St. Patrick's Day that's a-comin' soon! Guys, YOU join us, too! Last time we had five men. You're encouraged to sing in harmony to these tunes you know. Since Helen Fry can't join us this time, Winnie Muddiman will tickle the ivories for us. Come to the Tamarack Social Hall Monday, March 11, at 1:30 pm. To be sure, you'll have all the lyrics to follow.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

March 8, 2024

## Welcome to WVN!

*Nancy L. Russell*

First and foremost, Jane Tuttle in Elm 165 is NOT related to the Tuttle's who own the orchard! Now that we have that out of the



way, let's get to know OUR Jane Tuttle. She was born in Indianapolis and graduated from North Central High School. Jane then travelled to Columbia, MO, where she earned a two-year associate's degree in fine art. Her parents had four children all in college at the same time, so her father suggested that she finish her quest at the Herron School of Art here in Indianapolis to help the family budget. Jane heartily agreed because that's what she wanted to do in the first place. With her new BS degree in art for classes K-12, she was hired by Hamilton Southeastern to teach in their high school, where she remained for five years.

While back home in Indy, some of her girlfriends from high school decided to have a pajama party for gals and guys. There was this fellow from school that Jane did not particularly like at the time, named Tom Tuttle, who had kind of liked Jane and who Jane knew would be glad to go to the party as her date, so she asked him. Lo and behold, they were married a few years later and had a boy named John and a girl named Jenny. When their children started school, Jane pursued her master's

degree from Herron, which had become a part of Indiana University; consequently, Jane is a proud alumni of I.U.

Late husband Tom was in the aluminum and bronze business with his father who passed away at age 49. Sadly, Tom also died at age 49.

Jane volunteered at Park Tudor where their children attended, and when they were a bit older, she took a fulltime position there for three years teaching art to children in grades 1-6.

Jane was not a typical classroom teacher. She took her students on lots of field trips, such as to Broad Ripple, where numerous artsy shops were at that time. The classmates could explore many art forms in the real world. She took them to old cemeteries, where the children did gravestone rubbings with various art mediums. They were fascinated by the final products of their efforts.

Jane was able to help her own children get degrees from Butler and Xavier Universities.

When daughter Jenny moved to Florida, so did Jane, to a place called Sun City Center. She joined an art club there and at the time was creating paintings in the "realism mode." She entered one of her watercolor creations - a floral scene painted from a photographic slide that she had taken - and won the grand prize, best of show! While there, Jane took several workshops

that helped her shift from realism to abstract. After eight years and when COVID hit, most of the programs shut down at the Center, and daughter Jenny moved back to Indianapolis with Jane in tow. To be geographically close to her daughter, son-in-law, and two grandchildren Jane moved into Traditions at Salona. While there, Jane, the consummate student, studied with Fred Hopper, and whole new worlds opened up. But thank goodness the family, after two and one half years, moved to the east side. They looked at Westminster and chose it as her forever home. Would you believe Jane's parents lived here in "J Building" for 12 years?

Alma, Sue, and Marcy are helping Jane "learn the ropes" of living at WVN. Aren't we grateful to have this gifted artist in our family?

Daylight savings time begins at



2:00 am on Sunday, March 10, 2024. Turn your clocks forward one hour before you go to sleep Saturday night.

## A Week at a Glance Health Center

*Jamie Minder*

Heatherwood

Saturday, March 9  
9:00 Morning movie matinee (wcl)  
1:00 AV Newsletter - to your door  
2:00 1:1 Social visits

Sunday, March 10  
*Daylight Savings Time Begins*  
9:30 Digital Devotions (Channel 21)  
1:00 1:1 Social visits  
3:00 Sunday Vesper services (FSH)

Monday, March 11  
*Happy Birthday MARGARET!*  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
1:00 1:1 Social visits  
1:30 Bingo prize cart (Your Room)  
2:30 Dominoes (jdr)  
4:00 Polish those NAILS! (wcl)

Tuesday, March 12  
*Happy Birthday MARILYN!*  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:30 Seated ballet class (hw)  
10:45 Storytelling (hw)  
1:00 1:1 Social visits  
2:30 Shamrock Social  
Magic show (j/hw dr)  
5:30 Live dinner music (j/hw dr)

Wednesday, March 13  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Games + Grooving (war)  
1:00 1:1 Social Visits  
3:00 Bingo (jdr)

Thursday, March 14  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Devotions with Chaplain April (hw)  
2:30 Resident Council (adr)  
2:30 Dominoes (jdr)  
6:30 Crafting Corner (wcl)

Friday, March 15  
9:00 Catholic Visits (Your Room)  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:00 St. Simon's Catholic communion (aar)  
10:45 Storytelling (hw)  
1:00 1:1 Social visits  
2:30 Bingo (j/hw dr)

## A Week at a Glance Assisted Living

*Gabby Tijani*

Saturday, March 9  
1:00 Bingo (Salc)

Sunday, March 10  
*Beginning of Ramadan*  
*Daylight Savings Time Begins*  
3:00 Vespers service (FSH)

Monday, March 11  
*Happy Birthday Lyle Matson*  
*Happy Birthday John Smith*  
9:15 Morning walk & stroll (Syc av)  
10:00 Apartment visits/one on one  
10:00 Bible Study/Devotions (FSH)  
1:00 Grocery delivery  
2:00 Movie matinee (Salc)  
3:00 Daily chronicles & popcorn to your door

Tuesday, March 12  
9:15 Morning Chair Yoga (syc lib)  
10:00 Coffee & Conversations with Chaplain April (Salc)  
10:00 Traveling activity cart  
1:30 Cranium Crunches (Salc)  
3:00 Crafts & Cocoa (Sar)  
5:45 Game night (Salc)

Wednesday, March 13  
9:15 Morning walk & stroll (Syc av)  
10:00 Apartment visits/one on one  
12:00 Outing: Sundaes  
3:00 Caregiver support group (jpd)  
3:00 Wine & beer tasting Wednesday (Salc)  
4:00 Aviary clean and bird sensory

Thursday, March 14  
9:15 Morning walk & stroll (Syc av)  
10:00 Trivia/ & group games (Salc)  
1:00 Movie matinee (Salc)  
2:00 Cook's Corner & food for thought (Sar)  
3:30 Happy Hour: St Patrick's Day celebration (Fsh)  
5:45 Bingo (FSH)

Friday, March 15  
9:00 Catholic church visits door to door (9-12)  
9:15 Morning walk & stroll (Syc av)  
10:00 Grocery orders due  
10:00 Catholic Communion (aca)  
1:00 Chair exercise w/personal trainer, Denisse (syc lib)  
2:30 Creative Arts (Sar)

## March Madness at WVN Sun & Fun

*Laurie Wilson*

The NCAA March Madness men's basketball tournament begins in less than two weeks, with Selection Sunday on March 17. You may be preparing to create your own tournament bracket, but you do not have to be a basketball fan to enjoy March Madness. This year we will hold our own WVN March Madness—with ice cream flavors!

A bracket of 64 ice cream flavors has been created and will be distributed to everyone via next week's newsletter. Staff may pick up brackets through me, at the receptionist's desk, or in the Aspen lobby. **To participate, please fill out your winning choices for each match until you choose a winning flavor. Then, write your name on the bracket and return a copy to me or the receptionist not later than 12:00 noon on Wednesday, March 20.** The brackets will be posted in the Foundation Social Hall along with a master bracket, which will reveal the winners of each match up. So please be sure to give me a copy—this will be a great display!

The first round of the basketball tournament begins on Thursday, March 21. We will begin our tournament that day as well. The ice cream flavor winner selections will be drawn randomly for each match up and posted on the master bracket. The winners each week will also be posted in the newsletter for you to follow.

The Championship game is played on Monday, April 8—which is also the day of the total eclipse. How is that for March Madness?! We will combine the total eclipse party, which will be held in the Foundation Social Hall on Monday, April 8, 2:00—4:00 pm, with a tasting of our final four ice cream flavors. Everyone is invited. At the eclipse party, a vote will be taken to choose the ultimate winning flavor.

The eclipse will be fully visible across the United States, but nowhere will there be such a connected and accessible destination as the "Crossroads of America." Indianapolis is in the center of the "path of totality." We will see a total solar eclipse for 3 minutes and 46 seconds on April 8, 2024 at 3:06 pm—weather permitting.

I have purchased plenty of ISO certified glasses to view the eclipse. During the party we will have trivia games and more fun things to do, in addition to tasting ice cream. Prizes will be awarded for both the games, including the March Madness ice cream flavor tournament. And for those who are participating in the NCAA tournament, a master bracket will be posted in the FSH with its winners for your convenience.

So, please join in the fun! No statistical thinking required. You may need a magnifying glass, however.



## The Sharing Place

*Adrienne Looper, Volunteer Coordinator*

It brings me great joy to reconnect with Westminster Village, as your residents' past participation in our volunteer team has been truly impactful. We would be thrilled to welcome you once again as volunteers.

February 2024 marked a record-breaking month for us, serving an outstanding 1,335 clients compared to 949 clients in February 2023. January 2024 served 1,129 clients, a significant increase from 855 clients in January 2023. The numbers continue to rise. In light of this increased demand, we are in urgent need of additional volunteers. WVN residents have made incredible contributions, and as volunteers are vital to our mission of providing essential food supplies to food-insecure households in Marion and Hancock Counties. We are seeking volunteers to assist families while they shop, help manage points, restock shelves, and maintain a welcoming pantry environment.

For more information, please call Laurie at extension 1053. Thank you for your consideration!

## Independent Living Notes

For those living in Elm and participating in any off-site excursions, the bus will make a regular stop at door 4 for both pickup and return. If your name is on the list, I will assume you will be picked up at door 4. Therefore, there is no need to call and ask to be picked up or dropped off at door 4.

We will celebrate St. Patrick's day at the Thursday, March 14, happy hour. Please join us for some Irish music, green beer or mocktail/cocktail and lots of fun.

Don't forget to attend the WVN safety meeting on Tuesday, March 19, at 1:30 pm in the Foundation Social Hall. You will hear about the safety procedures we follow for tornadoes and fires. Leslie and Wilson will present the policies and procedures you will follow in the unfortunate event one of these two occurrences happen at WVN.

Be sure to check your Touchtown messages each day so you don't miss important information. If you are a new resident and have not yet set up Touchtown on your smart device or computer, and you would like assistance getting started, please call me at extension 1053 to get you going. Touchtown is used every day in Leisure Services to communicate with IL residents. You sign up for participation in activities and to go on outings via Touchtown. If you do not have a smart phone, tablet or computer, please call me to sign you up for activities each month. The important thing is to get out and join the fun.

Diners and dives on Monday has been cancelled since there were not enough signed up to go on this trip. In April we continue our Around the World dining excursions.

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

*Laurie Wilson*

Saturday, March 9  
1:30 Mexican Train Dominoes (cl)  
*Move your clocks forward one hour tonight*

Sunday, March 10  
*Beginning of Ramadan*  
*Daylight savings time begins*  
3:00 Vespers (Fsh)

Monday, March 11  
9:00 Grocery shopping: Meijer  
9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
1:30 Sing along (Tsh)  
3:00 Chimes group (2033)

Tuesday, March 12  
9:30 Arms Strong (Tsh)  
11:00 Fast food, Total Wine & More, and Trader Joe's  
1:30 Scrabble (cl)  
3:30 Happy Hour (Fsh)

Wednesday, March 13  
9:30 Men's Morning (cl)  
9:30 Quick Stop (Tsh)  
12:00 Ambassador appreciation lunch (tdr)  
1:30 Mexican Train Dominoes (cl)  
2:00 Rock Steady exercise class (Tsh)  
3:00 Caregiver support group (jpd)

Thursday, March 14  
9:30 Golden Glutes (Tsh)  
11:00 The Climb (Tsh)  
3:30 Happy Hour - St. Patrick's Day celebration (Fsh)  
5:45 Bingo (Fsh)  
7:00 Casual Euchre: Beginners & beyond (cl)

Friday, March 15  
*Laurie PTO*  
9:00 Bargain Room open (Tamarack lower level)  
9:30 Fun Fitness Friday (Tsh)  
10:00 Catholic communion service (aca)  
10:00 ISO Coffee Pops series  
1:30 Mahjong (cl)