

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
David Siegler, Sr. Executive Chef - 3440
Thomas Balsler, IL & AL Executive Chef - 3440
Estelana Fairley, HC Dietary Mgr. - 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 - 3297, 3295
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 Coord. - 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

In Memoriam

Carol Autry

Please keep her family and friends in your thoughts and prayers.

Denisse's Diversified Wellness

Denisse Garcia-Martinez

If you are a new resident or a resident who hasn't tried the exercise group classes, I encourage you to try the classes for free. Each weekday is a different type of exercise. Monday is for stretching, Tuesday is our dumbbell exercise, Wednesday is cardio in the form of Tabata, Thursday is for lower body exercises, and Friday is for balance and core. There is something for everyone, and I give lots of modifications to the exercises. You can do all the classes for \$35 a month. Feel free to stop by the wellness center or dial extension 1051 for any questions or more information!

BHI Billing Information

Private pay: Dawn Martinie
billing@westminstervillage.com

Third party billing: Melissa Wyatt
billing@westminstervillage.com

Phone for all billing: 317.708.6938

Contact BHI billing if you have questions regarding your statement.

If you have questions on rate changes, ancillary charges, meal plan balance information, or you are planning to move through the continuum, contact the responsible WVN department. Please do not contact John in the former Tamarack business office. He will not be able to assist you with any of these matters.

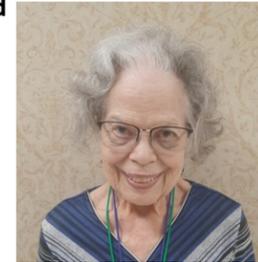
You may always contact Shelley Rauch at extension 3500 for questions.



Westminster
Village North

Welcome to WVN!

Nancy L. Russell



Karen McKay and her adorable kitty named Peanut live in Elm 163. Peanut was apparently "dropped off" in Karen's

neighborhood. She weighed a mere six pounds and needed medical attention, but that did not deter Karen from adopting this grateful little animal who has become a very sweet companion.

Our newest resident was born in Cincinnati, Ohio, but at age 4 moved to Los Angeles, California. She was a teenager when her parents separated. Karen moved to Indianapolis to live with her aunt. Attention all you Shortridge alumni, that's where Karen graduated high school. She then attended Knoxville College in Tennessee and the Marian County Hospital School of Nursing but chose the MRS. degree instead of the R.N. after she met that perfect guy who was destined to become a corporate attorney. Together they had three sons who blessed them with five grandsons, one granddaughter, and two great grandsons. Sadly, her husband passed away at a very early age.

Karen has had a variety of very interesting jobs. She was a Claims Processor and Approver for Blue Cross

Around the Village

A Publication of Westminster Village North

May 10, 2024

Happy Mother's Day!



Blue Shield when Medicare began in 1969. Do you think her friends and neighbors would ask for her "special attention" to their claims? In Arizona she was a Reservation Agent for Hughes Air West. Yes, that was owned by the infamous Howard Hughes! And she worked with the Area Agency on Aging in Colorado before moving back to Indianapolis.

This versatile extraordinary lady was the grateful recipient of a donor kidney 23 years ago. She has survived two bouts of rejection, is carefully monitored by the physicians at the Indiana University Hospitals, and is well on her way to another 23 years of life at Westminster.

She likes to sew, decorate, make desserts, and listen to music of all kinds. Inspirational books are on her reading list, and she belongs to Light of the World Christian Church.

You won't believe how she found us! Her middle son is a coach at Liberty University, a Christian college, and guess who worked for him - our own Marilyn Schneider! So, when it became the right time for Karen to find her forever home, her son said, "Go check out Marilyn's place." She did, and then said, "God led me to Westminster Village North." That's awesome guidance in my book!

A Week at a Glance Health Center

Jamie Minder

Thank you to all the ladies who attended our Mother's Day tea and spa!



Happy Mother's Day!

A Week at a Glance Assisted Living

Gabby Tijani

Saturday, May 11
1:00 Bingo (Salc)

Sunday, May 12
Mother's Day
3:00 Church service (FSH)

Monday, May 13
9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits one on one
10:00 Bible study/devotions (FSH)
1:00 Weekly news & discussion (Salc)
1:30 Movie matinee: The Proposal (Fsh)
2:30 Gardening (Sar)
3:00 Grocery delivery

Tuesday, May 14
Happy Birthday Susan McNeil
9:15 Morning chair yoga (syc lib)
10:00 Coffee & conversation w/ Chaplain April (Salc)
10:00 Traveling activity cart
1:30 Cranium Crunches (Salc)
3:00 Crafts (Sar)
5:45 Game night (Salc)

Wednesday, May 15
Happy Birthday Rosemarie Albers
9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits one on one
10:00 Independent resident meeting (open to all) (FSH)
1:00 Bingo (Salc)
4:00 Aviary clean and bird sensory

Thursday, May 16
9:15 Morning walk & stroll (Syc av)
10:00 Trivia/ group games (Salc)
1:00 Movie matinee (Salc)
3:00 Cooking demo & tasting (Sar)
5:45 Bingo (FSH)

Friday, May 17
9:00 Bargain Room open (TII)
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 Assisted living resident meeting (FSH)
2:30 Creative Arts (Sar)

Peaceful Reflection

Chaplain April Scott

"Happy Mother's Day"

On May 12th, as we celebrate Mother's Day, I want to pay tribute to all mothers, aunts, bonus moms, and godmothers with a heartwarming tale in honor of this special day. When I was around 11 years old, our church organized a youth trip to Cedar Point, the amusement park in Sandusky, OH. The departure time was set early, at 6 a.m., and it was crucial to be on time to catch the charter bus. However, on that fateful morning my mother overslept. Hastily, she ushered my sister and me into the car and rushed towards the church. To our dismay, upon arrival, we discovered that the bus had already departed. Tears welled up in our eyes as we realized we had missed the opportunity.

Yet, in that moment of disappointment my mother showed her resilience and determination. Without hesitation, she turned to her friend and declared, "Let's roll." Despite the odds stacked against us, she embarked on a mission to catch up with the bus. The car we rode in was far from perfect, it was a jalopy – smoke billowed from the exhaust, its tired frame showing signs of wear and tear. But my mother's resolve remained unshaken; she was determined to fulfill our dreams of reaching Cedar Point. As we journeyed, my sister and I clung to hope, envisioning the thrill of riding roller coasters alongside our friends. However, amidst the excitement a wave of concern washed over me. I couldn't shake the worry that our old car might break down, leaving us stranded on the roadside.

Yet, in a testament to her unwavering faith and determination, my mother defied the odds. Against all expectations, we arrived safely at Cedar Point, ready to embrace the day's adventures. And when the time came to return home, we made the journey back without a hitch. Our trusty old piece of car held strong.

Looking back, I realize that this journey was more than just a trip to an amusement park. It was a testament to a mother's love – her willingness to go to great lengths to bring joy to her children's lives, even if it meant risking her own comfort and safety.

On this Mother's Day, let us honor the countless mothers like mine who selflessly navigate life's challenges with grace and determination. Their love knows no bounds, and their sacrifices shape the very fabric of our lives. I am reminded of a poignant scripture that speaks to the depth of a mother's love. It comes from the Book of Isaiah in the Old Testament:

"Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me." - Isaiah 49:15-16 (NIV) Blessings!

Next Podiatry Visit

The previously scheduled June 3 podiatry visit has been changed to June 17. To be able to see the podiatrist, you must call Tammy Rogers at extension 2665. She will add your name to the schedule of residents to be seen. This does not provide you with a specific appointment time, but simply the ability to see the podiatrist. Once you are on the schedule with Tammy, you will be seen on a first come, first served basis. Call now. Space is limited.

Thank You, Mom

Thank you, mom, for the peas and carrot sandwich in my school lunch box on April Fool's day, even though you forgot to include a real lunch. 😄

Thank you, mom, for not getting mad when I ate the frozen topper of your wedding cake — 14 years later.

Thank you, mom, for laughing when I walked my baby brother to kindergarten show-and-tell without you knowing— until the teacher called to pick him up.

Thank you, mom, for teaching me to sew - so that I would not have to get all of my clothes out of the attic.

Thank you, mom, for being a great mom!

Independent Living Notes

Laurie Wilson

The monthly resident meeting is Wednesday, May 15, at 10:00 am in the FSH.

As there continues to be trainings and other large-scale meetings while transitioning into the affiliation with BHI, here are a few changes to the IL calendar this month:

- There is no Goldenaires Luncheon this month.
- There will be no Happy Hour on May 30.
- There will be no Wii bowling on May 30.
- Book club will meet on Thursday, May 30, at 3:00 pm in the Cappuccino Lounge. Please turn in current books not later than Monday, May 27.

The information flyer provided by Sarah Miller from BHI billing is on Uni. You can find it under About our Team—BHI.

Be sure to sign up for the Black and White party not later than May 15 if you plan to attend. We must have an accurate count for food service and other preparations. This is a very special annual party to celebrate the Indy 500! You are asked to wear your finest black, white or black and white attire. Cocktails and mocktails beginning at 4:00 pm. Dinner served around 5:00 pm. There will be some seating on the patio, so be sure to bring a jacket! If you don't mind the patio, please sit there first. Tables are set for eight inside and four outside. You will not be able to move chairs to accommodate more. Servers must be able to work through the large group, as well as staying safety compliant. The main dining room in Tamarack will be closed for dinner service. If you are not attending the party, plan to pick up your dinner meal at lunch time. Most of all, be patient and have fun!!



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, May 11
1:30 Mexican Train Dominoes (cl)

Sunday, May 12
Mother's Day
Happy Birthday Jack Levy
3:00 Vespers (Fsh)
7:00 3-13 Card game (cl)

Monday, May 13
9:00 Grocery shopping: Meijer
9:30 Monday in Motion (Tsh)
11:00 Bible study (Fsh)
11:00 The Climb (Tsh)
1:30 Movie matinee: The Proposal (Fsh)
3:00 Chimes group (2033)

Tuesday, May 14
9:30 Arms Strong (Tsh)
1:30 Scrabble (cl)
1:30 Wii bowling (Fsh)
3:30 Happy Hour (Fsh)

Wednesday, May 15
Happy Birthday Tom Fisher
9:30 Quick Stop (Tsh)
10:00 Resident meeting (FSH)
10:30 Goldenaires Mass/Luncheon (10:30-2) (Fsh) **Cancelled**
12:30 Indianapolis Indians baseball
1:30 Mexican Train dominoes (cl)
2:00 Rock Steady exercise class (Tsh)

Thursday, May 16
9:30 Golden Glutes (Tsh)
11:00 Fast food, Trader Joe's and Total Wine
11:00 The Climb (Tsh)
3:30 Happy Hour (Fsh)
5:45 Bingo (Fsh)
7:00 Casual Euchre: beginners & beyond (cl)

Friday, May 17
Happy Birthday Bob Russell
9:00 Bargain Room open (TII)
9:30 Fun Fitness Friday (Tsh)
10:00 Catholic communion service (aca)
1:30 Mahjong (cl)
3:00 Wii bowling (Fsh)