

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

Dawn Martine, Resident Account Asst. -
BHI Central Office - 317.708.6938
Billing@westminstervillage.com
Insurance@bhiseniorliving.org
John Turrentine, Accounts Payable
Specialist - 2910

Campus Environment-Maintenance

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

Mary Box

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

Denisse's Diversified Wellness

Denisse Garcia-Martinez

Bladder health is not talked about
enough. As the body ages, it becomes
harder to be continent. The bladder loses
its elasticity and toughens up. This
reduces the amount of liquid to be held
and increases trips to the bathroom. The
muscles atrophy as you age, affecting
your ability to hold urine. Protect your
bladder by urinating every 3-4 hours and
do not hold urine, as it can weaken the
surrounding muscles. To strengthen the
muscles, do pelvic floor exercises like
diaphragmatic breathing, the baby pose,
or marches while on your back on a bed.

Watch it Grow!

Nancy Hershman

A surprise sunflower that appeared in our
front garden. The first photo was taken
on May 1. The second photo
was taken on June 7. The
plant
measures 4 -
1/2 feet tall.
You can check
its progress by
the garage at 6258 Whitewater.



Westminster
Village North

Around the Village

A Publication of Westminster Village North

June 14, 2024

Coffee with a Veteran

Members of the American Legion Post 510
and Color Guard visited with resident
veterans, spouses and others on
Wednesday. Each veteran was given a
moment to talk about their service and
share stories with the group. Additionally,
each veteran was presented with a
challenge coin.

Coffee with a veteran began when Cliff
Morlan was stuck at home during COVID.
He created an online group which enabled
veterans from all over the world to talk
with other veterans. The group quickly
grew. Since then, he quit the online chat
and restarted the group at coffee houses.
He was even able to get coffee sponsors
for them! Chris and the others are very
much interested in coffee and
conversation with the veterans here at the
village. This includes spouses and those
who are simply interested or have a
distant connection to the military, such as
a family member who has served.

We will offer this group to meet once a
month in the cappuccino lounge, beginning

in July. If you are interested in
participating, please be sure to join by
signing up on the app when the
calendar comes out or call Laurie at
extension 1053.

So, about those challenge coins...what
are they? The coins are given as an act
of appreciation by one service
member to another—and sometimes
to civilians if they choose. Next month
the group will bring more challenge
coins from their collections and
describe how they are collected and
what they mean to service men and
women. You are invited to attend and
learn more about challenge coins or
just share stories.



Street Light Replaced

Workers replaced the
street light outside of
door 13 on June 10.

*This photo was taken
and submitted by
William Voiles.*



Walk for Alzheimer's Thursday, June 20 10:00 am Sycamore Courtyard

Residents and employees dressed in
purple (if possible) will gather at
10:00 am in the Sycamore Courtyard
for a group photo and then take a
walk around the campus circle to
support the Alzheimer's
Association. Although it is expected
to be a hot day, we are walking in
the morning to alleviate as much
heat discomfort as possible.

For the past two months we have
been raising funds to donate to The
Longest Day® program created by
the Alzheimer's Association. Our
goal was to raise \$1600. We have
surpassed that number already!
Currently we have raised \$1737 and
have not yet included the proceeds
donated from Moo & Lou Frozen
Treats nor Red Robin share night.
Our biggest donation thus far comes
from the last AL bake sale, with a
whopping \$740. Thank you to all
who purchased treats or donated
funds to this sale!! A final donation
amount will be posted as soon as it
is all calculated and received.

Please join us for the walk on
Thursday, June 20, at 10:00 am,
which is the longest day of the year.
If you do not want to be outside, we
ask you take a lap or two around
Tamarack, or any of the halls
throughout the Village to support
the Alzheimer's Association.

Resident Move

Dee Stewart helped Carl walk another family of ducks through Tamarack and out to the Pond.



A Week at a Glance Assisted Living

Saturday, June 15

Happy Birthday Cliff Duffer
1:00 Bingo (Salc)

Sunday, June 16

Father's Day
3:00 Church service (FSH)

Monday, June 17

9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits one-on-one social
10:00 Bible study & devotions (FSH)
1:00 Weekly news & discussion (syc lib)
1:30 Needlework group (Syc lib)
2:30 Gardening (Sar)
3:00 Grocery delivery

Tuesday, June 18

Happy Birthday Patricia Schneider
9:15 Morning Chair Yoga (syc lib)
10:00 Coffee & conversation w/
Chaplain April (Salc)
10:00 Independent resident meeting
(open to all) (FSH)
11:30 Lunch outing: **SIGN UP NOW**
1:30 Cranium Crunches (syc lib)
3:00 Crafts (Sar)
5:45 Game night (syc lib)

Wednesday, June 19

9:15 Morning walk & stroll (Syc av)
10:00 Apartment visits one-on-one social
1:00 Bingo (Salc)
2:30 Juneteenth soul food tasting (Salc)
4:00 Aviary clean and bird sensory

Thursday, June 20

9:15 Morning walk & stroll (Syc av)
10:00 Catholic Communion (aca)
10:00 Longest Day/Alzheimer's walk (Syc courtyard)
1:00 Movie matinee (syc lib)
2:00 Pianist: Barbara Frolik (syc lib) - **be sure to come listen!**
3:00 Cooking demo & tasting (Sar)
5:45 Bingo (FSH)

Friday, June 21

9:00 Bargain Room open (TII)
9:15 Morning walk & stroll (Syc av)
10:00 Grocery orders due
1:00 Assisted Living resident meeting (FSH)
2:30 Creative Arts (Sar)

Peaceful Reflection

Chaplain April Scott

A Caring Father's Love

As Father's Day approaches, I find myself reflecting on the beautiful promise found in Matthew 11:28-30: "Come to me, all you who labor and are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." This passage speaks deeply to the heart of every father who carries the weight of responsibilities, cares, and sometimes, the silent burdens of life. This passage of scriptures also reminds me of a biblical story found in the book of 1 Kings where the prophet Elijah is being taken care of by the provision of God through God's angels. Elijah, a powerful man of God who experienced profound weariness and despair. After a great victory on Mount Carmel, where God revealed His power by consuming the sacrifice Elijah offered, Elijah found himself running for his life from Queen Jezebel's threats. It's a stark reminder that even the strongest among us can face moments of deep exhaustion and fear.

In 1 Kings 19, we see Elijah fleeing into the wilderness, collapsing under a broom tree, and expressing his despair to God even to the point of asking for his life to be taken. Friends, I believe many fathers have faced wilderness moments in their lives such as Elijah at times when the pressures of life, work, and family felt overwhelming, I can imagine fathers longing for relief. I can imagine my father longing for relief working on the factory floor of General Electric.

What stands out to me in Elijah's story is how God responded to his exhaustion and despair. God didn't rebuke Elijah for his fear or lack of faith. Instead, he provided for Elijah's immediate needs. An angel touched Elijah, providing him with food and water and allowing him to

rest. This simple act of care reminds me that God sees our struggles and provides for us in our weakest moments like a good caring Father would.

Just as God cared for Elijah, he invites us all, to come to him for rest. The promise in Matthew 11 is not just a call to physical rest but a deeper, spiritual rest for our souls. Jesus offers us a yoke that is easy and a burden that is light. He calls us to learn from him, to find rest in his gentle and humble heart.

When God approached Elijah on the mountain, he did not come in the mighty wind that split the rocks, nor in the earthquake, nor in the blazing fire. Instead, God came to Elijah in a gentle whisper. The power of that gentle whisper surpassed the wind's force, the earthquake's tremors, and the fire's heat. This soft, loving whisper demonstrated a power greater than any natural force—the power of God's love. This love is unique and divine, a love that enabled Jesus, even as he hung on the cross, could say, "Father, forgive them, for they know not what they do." It is a love that only God truly knows and offers to His children. Happy Father's Day!

Blessings

HAPPYORNOT

You may have noticed these terminals outside of the dining rooms. Please take a moment to provide anonymous input regarding your dining experience. Thank you!



Independent Living Notes

Laurie Wilson

Share-a-Story has changed its meeting date to Sunday, June 23, at 1:30 PM due to Father's Day on the third Sunday. As usual, we will gather in the Sycamore Library to hear more interesting stories from some fellow residents. All are invited to come, as always. Look for a further announcement in a couple of weeks! - Kathryn Huelster

Don't forget the resident meeting is set for Tuesday, June 18, 10:00 am, in the Foundation Social Hall.

Ladies' lunch will be held at Casa Santa, in Noblesville. Mexican Cuisine.

Men's lunch will be at Sahn's restaurant in Fishers.

NBA Icon Gone

Some of you may remember visiting the Crispus Attucks museum last year or have visited it in the past. If so, you might also recall learning that the Crispus Attucks High School boy's basketball team of 1955 was the first boy's basketball team from Indianapolis to win the state title and the first all-black team in the country to win an open state tournament.

Basketball is a big part of the museum. It was there we learned that the inspiration behind the NBA logo is Jerry West. There is a section of the museum dedicated to Jerry West. Jerry West died on Wednesday, June 12, at the age of 86.



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, June 15
1:30 Mexican Train dominoes (cl)
7:00 Sing-along (Tsh)

Sunday, June 16

Father's Day
Happy Birthday Dawn Sawaski
Happy Birthday Harriett Thomas
1:30 Share a Story group (Syc lib) - **moved to June 23**
3:00 Vespers (Fsh)

Monday, June 17

Laurie on PTO
Happy Birthday Evelyn Blood
9:30 Monday in Motion (Tsh)
11:00 Bible Study (Fsh)
11:00 The Climb (Tsh)
1:30 Needlework group (Syc lib)
3:00 Chimes group (2033)

Tuesday, June 18

10:00 Wii bowling (Fsh)
9:00 Kroger on 79th
9:30 Arms Strong (Tsh)
10:00 Resident meeting (Fsh)
1:30 News & Views (cc)
3:30 Happy Hour (Fsh)
5:00 Red Robin (for Alzheimer's)

Wednesday, June 19

9:30 Men's Morning (cl)
9:30 Quick Stop (Tsh)
1:30 Mexican Train dominoes (cl)
2:00 Rock Steady exercise class (Tsh)

Thursday, June 20

Happy Birthday James Stroud
9:30 Golden Glutes (Tsh)
10:00 Catholic Mass (Aspen)
10:00 Photo and walk for Alzheimer's (Sycamore Courtyard)
11:00 The Climb (Tsh)
3:30 Happy Hour (Fsh)
5:45 BINGO (Fsh)
7:00 Casual Euchre: beginners & beyond (cl)

Friday, June 21

9:00 Bargain Room open (TII)
9:30 Fun Fitness Friday (Tsh)
1:30 Mahjong (cl)
11:30 Ladies' lunch: Casa Santa