

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 Asst. - 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

Kevin Ward, Executive Director - 3500
Leslie Snyder Executive Asst. - 3510

Food Services

Dan Armantrout, Dir. Food Services - 3750
David Siegler, Sr. 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

Susan Mays

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

Denisse's Diversified Wellness

Denisse Garcia-Martinez

Men, it is normal to gain weight as you age. There are many causes like less muscle mass, slower metabolism, age, genetics, and more. Most men do not adjust their diet to match their age. A 50-year-old man needs 200 more calories per day than a 70-year-old. For some men, weight gain can be in the midsection. It is a dangerous place to carry fat, because this is where major organs are. Men whose waist is larger than 40 inches have higher health risks. To lose weight: Eat a healthy diet of fruits, veggies, and lean meats, reduce your portion size of food, drink more water and less sugary drinks, and increase your physical activity. It is important to lose weight slowly: you should aim for 1-2 pounds a week. However, if you do not see a weight change that is okay, those who are overweight and active have lower health risks than those who are overweight and do not exercise.

Brain Health



Can you name
these vintage
objects?



Westminster
Village North

Around the Village

A Publication of Westminster Village North

June 21, 2024

A Fond Farewell

Laurie Wilson



For nearly three decades Shelley Rauch has been at the helm of Westminster Village North, steering with purpose and compassion for our residents and staff.

She has been the leader of innovation and change. From removing the Habitrails, as they are fondly called, to renovating the health center into a state-of-the-art facility, Shelley has always strived to do what is best for the community.

We fondly say goodbye and wish Shelley well in her next chapter of life. We know her time here will forever be remembered, both the good times and the hardships WVN faced...and the family community she has created.

Thank you, Shelley, for your
dedication to Westminster Village!

Thank you for your commitment and service to Westminster Village North for so many, many years!

Peace, Helen Olson

Thank you, Shelley, for your years of dedicated service to this community. While it saddens me to see you go, I am thrilled for you as you embark on this new chapter of your life. The best is yet to come! Wishing you and your family many blessings. Enjoy this exciting journey, and may the peace of God guide your heart and mind.

- Chaplain April

Thank you for your leadership at WVN and wishing you a happy and rewarding retirement.

- Carolyn Jones

Shelley, thank you for your service to WVN, and best wishes for a wonderful retirement.

- Dick and Marilyn Coryell

Above all, we are grateful that your "tough love" kept us all safe during the pandemic!!

Blessings always, Bob and Nancy Russell

Many blessings and much joy in your future!

- Ruth Iliff

Shelly, Thank you for all your services. Congratulations!

- Jill Wilkins

I will always give Shelley credit for bringing our residents through the Covid period as best she could. She did this amid much criticism and misunderstanding within the ranks. I believe that her insistence on holding the line on the strict rules, was responsible for getting us all through a very bad and deadly period of our lifetimes. Best of luck in your future!

- Mike Blackwell

As a former president and board member of the WVN Board, and the current president and member of the Foundation Board, I want to offer sincere congratulations to Shelley upon her retirement! And thank you for your years of leadership and devotion to Westminster Village North. You cared about the wellbeing of every resident, and every staff member, and were instrumental into developing the amazing community WVN is today. Enjoy retirement...you've earned it!

- Linda Pendleton

Shelley is a strong and fair leader. She grew Westminster into what it is today. I am so glad that I was able to be a part of her management team for 16 years. Respect and best wishes to you Shelley!

- Melissa Wyatt

Foundation News

The Westminster Foundation is excited to announce that the Annual Appeal is off to a great start! We want to thank the newest Golden Oak Society Members:

Andrew Baase
Harriett Thomas
Marilyn and Dan Drew

As you are aware, the money donated to the foundation stays 100% here in Westminster Village, and we appreciate your generous support of the Westminster community!

Correction: Carolyn Hardman was inadvertently left off of the list of Board members. I apologize for any confusion this may have caused. Carolyn is an active member of the Foundation Board, and we appreciate all of the time she spends serving this community.

A Week at a Glance Health Center

Jamie Minder

Celebrating Father's Day!



A Week at a Glance Assisted Living

Gabby Tijani

Saturday, June 22

1:00 Bingo (Salc)

Sunday, June 23

3:00 Church service (FSH)

Monday, June 24

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)

2:30 Gardening (Sar)

3:00 Grocery delivery

Tuesday, June 25

9:15 Morning chair yoga (syc lib)

10:00 Coffee & conversation w/ Chaplain April (Salc)

10:00 Traveling activity cart

1:00 Outing: Paradise MX ice cream shop

1:30 Cranium Crunches (syc lib)

3:00 Crafts (Sar)

5:45 Game night (syc lib)

Wednesday, June 26

9:15 Morning walk & stroll (Syc av)

10:00 Apartment visits one-on-one social

1:00 Bingo (Salc)

4:00 Aviary clean and bird sensory

Thursday, June 27

9:15 Morning walk & stroll (Syc av)

10:00 Travel cart & popcorn (Salc)

1:00 Movie matinee (syc lib)

3:00 Cooking demo & tasting (Sar)

5:45 Bingo (FSH)

Friday, June 28

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

1:00 Chair exercise w/personal trainer, Denisse (syc lib)

2:30 Creative Arts (Sar)

Peaceful Reflection

Chaplain April Scott

"True Freedom: In God We Trust"

In my journey of faith and understanding, two powerful narratives have deeply resonated with me: the biblical shepherd story in Psalm 23 and the historical significance of Juneteenth. Though they stem from different contexts, both encapsulate profound themes of liberation, guidance, and hope that have enriched my spiritual and personal growth.

On June 19, 1865, General Gordon Granger's announcement in Galveston, Texas, marked the end of slavery for African Americans in the Confederate states. This day, known as Juneteenth, represents a significant moment of liberation from physical and systemic oppression.

The joy and celebration of newfound freedom reflect a critical turning point in American history, highlighting the resilience and courage of those who fought for their rights.

Juneteenth represents the physical liberation from the chains of slavery, a pivotal step toward justice and equality. Similarly, Psalm 23 speaks to spiritual liberation—freedom from fear, worry, and doubt through trust in God's guidance and care.

Psalm 23, written by King David, uses the metaphor of a shepherd to depict God's unwavering guidance and provision for his people. It speaks to spiritual liberation—freedom from fear, want, and distress through faith in God's presence.

The psalm reassures us that even in our darkest moments ("the valley of the shadow of death"), we are not alone. God's protection and guidance are always with us, offering comfort and peace.

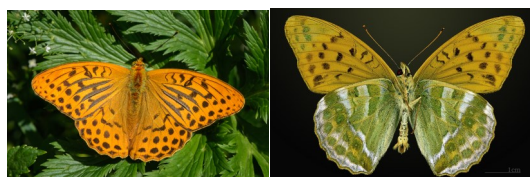
Reflecting on Psalm 23 and Juneteenth has enriched my understanding of liberation and divine guidance. These narratives offer powerful messages of hope, resilience, and trust. By integrating their themes into my daily practices, I've found strength and peace in God's unfailing love and guidance. As I continue to navigate life's challenges, I hold onto the assurance that God, my Shepherd, leads me to freedom and abundance, just as he has led countless others throughout history.

In commemorating Juneteenth and meditating on Psalm 23, I am reminded that both physical and spiritual liberation are vital to our journey. They inspire me to live a life of faith, gratitude, and service, always trusting in God's provision and celebrating the progress toward justice and equality. These lessons have not only deepened my faith but also empowered me to face life's valleys with courage, knowing that God's rod and staff will always comfort and guide me. Blessings

Amazing Discovery!

The 53 acres that WVN sits on is a certified wildlife habitat designated by the National Wildlife Federation. There have been unique birds and other animals that call WVN home. Recently, Dr. Hibner found another unique species in the neighborhood—the Silver-washed Fritillary butterfly.

This butterfly is commonly found in England, Wales and Northern Ireland, but not in Scotland. It is rare to find them here, though they do live in Northern California. They have a unique underside—which is half Verdi green with flashes of silver. They are very much attracted to the color orange, so when looking for one, put on your orange shirt!



Independent Living Notes

Laurie Wilson

There will be an IL informational meeting once a month with Mark Prifogle, VP Indiana Operations, BHI. The meeting will be held on the last Friday of the month. For June, the meeting will be held at 3:00 pm to accommodate the previously scheduled picnic. Beginning in July, the meeting will be held on the last Friday of the month at 2:00 pm. Additionally, Kevin Ward, Senior Operations Director, BHI, will be operating as the WVN Executive Director for the time being. He will host a monthly IL resident meeting on the 2nd Tuesday of the month at 10:30 am. Both of these meetings will be listed on future calendars. Please pay attention to your calendars. If you plan to attend, it helps if you sign up on the app so we are sure to have enough chairs set out.

Rh DeHaan Mansion

A lovely lunch and stroll around the grounds!



A Week at a Glance... Independent Living

Laurie Wilson

Saturday, June 22

1:30 Mexican Train dominoes (cl)

Sunday, June 23

3:00 Church service (Fsh)

7:00 3-13 Card game (cl)

Monday, June 24

9:30 Monday in Motion (Tsh)

11:00 Bible study (Fsh)

11:00 The Climb (Tsh)

2:00 Mrs. Kate folk singer - provided by AL Activities (Fsh)

3:00 Chimes group (2033)

Tuesday, June 25

Happy Birthday Alma Flandermeyer

Happy Birthday Martha Horner

Happy Birthday Diane Kaercher

9:00 Grocery shopping: Meijer

9:30 Arms Strong (Tsh)

3:30 Happy Hour (Fsh)

Wednesday, June 26

9:30 Quick Stop (Tsh)

11:30 Men's lunch: Sahn's

1:30 Mexican Train dominoes (cl)

2:00 Rock Steady exercise class (Tsh)

3:30 Church of the Nativity prayer service (Tsh)

3:30 Wine club (Fsh)

Thursday, June 27

Happy Birthday Harriett Thomas

9:30 Golden Glutes (Tsh)

11:00 The Climb (Tsh)

3:30 Happy Hour (Fsh)

5:45 Bingo (Fsh)

7:00 Casual Euchre: beginners & beyond (cl)

Friday, June 28

Happy Birthday Pete Groh

9:00 Bargain Room open (TII)

9:30 Fun Fitness Friday (Tsh)

10:30 Garfield Park picnic

1:30 Mahjong (cl)