

## 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

### Executive Leadership

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

### Food Services—Morrison Living

Dan Armantrout, Dir. Food Services -  
3750  
David Siegler, Sr. Executive Chef -3440  
Estelana Fairley, HC Dietary Mgr. - 2340

### 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

### 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

## Happy July Birthday!

Carlley, Charlotte	Jul 02
Fisher, Linda	Jul 03
Russell, Nancy	Jul 03
Stroud, Darcy	Jul 03
Tinsley, Virginia	Jul 03
Thomas, Robert	Jul 03
Stanley, Eleanor	Jul 04
Tomsic, Mary Rose	Jul 06
Fraser, Deanne	Jul 07
Giannini, Robert	Jul 08
Williams, Sharon	Jul 09
Covert, Barbara	Jul 10
Watson, Elizabeth	Jul 10
Dotson, Anna	Jul 15
Jones, Jeannine	Jul 15
Tuttle, Jane	Jul 16
Drew, Daniel	Jul 17
Nierste, Norris	Jul 18
Rosebrock, Margaret	Jul 18
Scott, Geoffrey	Jul 18
Yee, James	Jul 19
Caffey, Charmain	Jul 20
Impagliazzo, Sara	Jul 21
Baase, Andrew	Jul 22
Glass, Helen	Jul 23
Braun, Andrea	Jul 24
Alexander, Serafina	Jul 25
Perkins, Henry	Jul 25
Campbell, William	Jul 28
Orander, Mary Jean	Jul 29
Jiskra, Gloria	Jul 30
Newton, Lucy	Jul 30
Reed, Janet	Jul 31

## Denisse's Diversified Wellness

*Denisse Garcia-Martinez*

Aging can be challenging for some due to injury or illness, and it causes negativity to creep up. Optimism is practicing positive thinking or finding the good in any situation. It does not mean ignoring the negativity in life but approaching a rough situation with an optimistic mindset. Thinking this way does have an impact on your health like an increase in life span, lower levels of depression, and better psychological and physical wellbeing. One way to be more positive is to compliment others or help those in need. The act of kindness is self-rewarding and can give you a better outlook on the day.



Westminster  
Village North

# Around the Village

A Publication of Westminster Village North

June 28, 2024

## I AM THE FLAG

*Originally entitled, My Name is Old  
Glory by Howard Schnauber*



I am the flag of the United States of  
America.

My name is Old Glory.  
I fly atop the world's tallest buildings.  
I stand watch in America's halls of  
justice.  
I fly majestically over institutions of  
learning.  
I stand guard with power in the world.  
Look up and see me.

I stand for peace, honor, truth and  
justice.  
I stand for freedom. I am confident.  
I am arrogant. I am proud.  
When I am flown with my fellow  
banners,  
My head is a little higher,  
My colors a little truer.  
I bow to no one!  
I am recognized all over the world.  
I am worshipped - I am saluted.  
I am loved - I am revered.  
I am respected - I am feared.

I have fought in every battle of every war  
for more than 200 years.  
I was flown at Valley Forge, Gettysburg,  
Shiloh and Appamatox.  
I was there at San Juan Hill, the trenches

of France, in the Argonne Forest,  
Anzio, Rome and the beaches of  
Normandy.  
Guam, Okinawa, Korea and KheSan,  
Saigon, Vietnam know me.  
I was there. I led my troops.  
I was dirty, battle-worn and tired,  
but my soldiers cheered me and I  
was proud.

I have been burned, torn and  
trampled on the streets of countries  
I have helped set free. It does not  
hurt for I am invincible.  
I have been soiled upon, burned,  
torn and trampled in the streets of  
my country.  
And when it's done by those whom  
I've served in battle - it hurts.  
But I shall overcome - for I am  
strong.

I have slipped the bonds of earth  
and  
stood watch over the uncharted  
frontiers of space from my vantage  
point on the moon.  
I have born silent witness to all of  
America's finest hours.  
But my finest hours are yet to come.  
When I am torn into strips and used  
as bandages for my wounded  
comrades on the battle field,  
when I am flown at half-mast to  
honor my soldier,  
or when I lie in the trembling arms of  
a grieving parent at the grave of  
their fallen son or daughter,

I am proud.  
I am the flag of the United States of  
America.  
\*\*\*  
Happy Independence Day!

## Preparing for the 2024 Paris Olympics

*Laurie Wilson*

Opening ceremonies begin for the  
2024 Paris Olympics on Friday, July  
26. Unique this year is that the  
opening ceremony will not take  
place inside of a stadium. Instead, it  
will take place in the heart of Paris,  
along the Seine river. Hosting the  
opening ceremony outside of a sta-  
dium has never happened in the  
history of the summer games. The  
ceremony was designed for and by  
athletes, and includes free admis-  
sion for many.

We want residents to experience  
the energy of the Olympics from  
beginning to end. IL and AL will  
have a pizza party for the opening  
ceremony in the Foundation Social  
Hall. I plan to post a detailed sched-  
ule of the daily games in the mail  
rooms, Sycamore Library, Cappuccino  
Lounge, and the FSH, highlighting  
the games that will be shown on the  
big screens in the FSH. The Cappuc-  
cino Lounge and Sycamore Library  
will also have the games on during  
the days, when they don't interfere  
with other activities.

So begin to stock up on your favor-  
ite beverages and get ready to sit  
back and cheer on the United States  
Olympic teams!



## A Week at a Glance Health Center

Jamie Minder

Monday, July 1

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)  
3:00 Reminiscing + remembering (hw)

Tuesday, July 2

9:30 Art Expression (hw)  
10:30 Seated ballet class (wcl)  
10:45 Storytelling (hw)  
1:00 1:1 Social visits  
2:30 Polish those NAILS! (hw)  
5:30 Live dinner music (Juniper/  
Heatherwood dining room)

Wednesday, July 3

9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Games + grooving (hw)  
1:00 1:1 Social visits  
3:00 Bingo (Juniper dining room)

Thursday, July 4

*Independence Day*  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Devotions with Chaplain April  
(hw)  
1:00 1:1 Social visits  
3:00 Reminiscing + remembering (hw)  
3:00 Sounds + sensory (hw)  
6:30 Crafting Corner (wcl)

Friday, July 5

9:00 Catholic visits (Your room)  
9:15 Music & Movement (hw)  
9:30 Art Expression (hw)  
10:45 Storytelling (hw)  
11:00 Soak up the sun (Heatherwood  
patio)  
11:30 First Friday tunes (hw)  
1:00 1:1 Social visits  
2:30 Bingo (Juniper/Heatherwood  
dining room)

## Peaceful Reflection

Chaplain April Scott

The Red Dress

Cinderella, red shoes, strawberries, red roses, red wine, and my mother's red dress. What do these things have in common? Of course, red, but what else do they share? They create meaning for us. Recently, I have pressured my mother to get rid of her old tattered red dress, but she refuses. If I complain too much, she will wear the dress multiple times during the week, sometimes even three days in a row, just to show me that she is the boss and that I can't tell her what to wear.

My mother's red dress is frayed at the neck, it has a hole in it, and it is very faded with some bleach spots. She refuses to get rid of that old red dress, which frustrates me because she wants to wear it out in public. I have purchased five new dresses for her in the same style but assorted colors, and guess what? She still will not get rid of that old red dress. I shared with her that I don't want people to think that I am not taking care of her when they see her in that old red dress. Her response to me is, 'I don't care what people think as long as I'm clean and my dress is clean.'

Friends, I am not going to win this battle over the old red dress. Obviously, this old red dress means a great deal to my mother, and she refuses to get rid of it. I shared this story with my Village friends during coffee and conversation. Some of my friends suggested that I hide the dress, while others suggested that I throw it away myself. As my friends and I continued to talk about decluttering my house of sentimental things I just can't seem to part with, I recognized my own inability to get rid of old things that mean so much to me and felt guilty about pressuring my mother to get rid of her old red dress.

This reminds me of a scripture found in the book of Matthew 9:17: Neither do people pour new wine into old wine-skins. If they do, the skins will burst; the wine will run out and the wineskins will be ruined. No, they pour new wine into new wineskins, and both are preserved.

This scripture speaks to the wisdom of pairing the new with the new, ensuring that both are preserved. Yet, it also highlights the value of what has been tried and true. My mother's red dress, though old and worn, holds memories and comfort that new dresses simply cannot replace. It symbolizes her resilience, her spirit, and her independence. Just as new wine belongs in new wineskins, there are some things in life that deserve to be cherished and kept just as they are now.

In the end, it's about understanding and respecting what truly matters to those we love. My mother's old red dress is more than just a piece of clothing; it's a testament to her life and experiences. And while I may not understand it fully, I can choose to honor her attachment to it. Sometimes, the greatest act of love is not in the giving of new things, but in the acceptance of the old. Blessings

## Independent Living Notes

Laurie Wilson

IL and AL residents will celebrate Independence Day with strawberry shortcakes on the 4th of July. Join Gabby and Laurie in the Foundation Social Hall at 2:00 pm. We will be playing some of your favorite patriotic music while serving you fresh strawberry shortcake!

There are still tickets available for the Indianapolis Indians game on July 10. The seats are in a shaded location near home plate and not far from the entrance. If you would like to attend, sign up on the app or call me at extension 1053.

The Circle City Brass Quintet is part of the Horizons 50-piece band that plays for the Village twice a year. This quintet includes Jon Porter, who is also part of the larger group. Please be sure to sign up for this concert, as we continue to celebrate Independence Day through this concert on July 11.

A gorgeous day to host Happy Hour on the patio!



## The Longest Day

# Walk for Alzheimer's

Photo by  
William Voiles



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

Laurie Wilson

Saturday, June 29

*Happy Birthday Martha Jungclaus*  
*Happy Birthday Barbara Wood*  
1:30 Mexican Train dominoes (cl)

Sunday, June 30

*Happy Birthday Barbara Stewart*  
3:00 Vespers (Fsh)

Monday, July 1

9:30 Monday in Motion (Tsh)  
11:00 Bible study (Fsh)  
11:00 The Climb (Tsh)  
1:00 Needlework group (Syc lib)  
1:30 Sing along (Tsh)  
3:00 Chimes group (2033)  
3:00 Wii bowling (Fsh)  
5:45 Bingo (Fsh)

Tuesday, July 2

*Happy Birthday Char Carley*  
9:00 Kroger on 79th  
9:30 Arms Strong (Tsh)  
1:30 News & Views (cc)  
3:30 Happy Hour (Fsh)

Wednesday, July 3

*Happy Birthday Ginny Tinsley*  
*Happy Birthday Darcy Stroud*  
*Happy Birthday Nancy Russell*  
9:30 Men's Morning (cl)  
9:30 Quick Stop (Tsh)  
1:30 Mexican Train dominoes (cl)  
2:00 Rock Steady exercise class (Tsh)  
3:00 WVN chimes concert (Fsh)

Thursday, July 4

*Independence Day*  
9:30 Golden Glutes (Tsh)  
11:00 The Climb (Tsh)  
2:00 Strawberry shortcakes w/  
Laurie & Gabby (Fsh)  
3:30 Happy Hour (Fsh)  
5:45 Bingo (Fsh)  
7:00 Casual Euchre: Beginners  
& beyond (cl)

Friday, July 5

*Laurie PTO*  
9:00 Bargain Room open (TII)  
9:30 Fun Fitness Friday (Tsh)  
1:30 Mahjong (cl)