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## WESTMINSTER VILLAGE

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## WE'RE CELEBRATING AND GIVING THANKS

This November, Westminster Village will be 35 years old. All of us speak of how fast time passes and it's important when we mark milestones to stop, to celebrate, and to give thanks for what has been and what can be. In the early 1970's, the thought of a retirement community began to form in the hearts and minds of several community leaders, including some representatives of Second Presbyterian Church. At the same time, a not-for-profit chain of senior living communities, the Presbyterian Housing Program, also began looking at central Illinois



as a site to build a new facility. These organizations collaborated, and in 1976 a feasibility study was conducted. 40 acres of farmland was purchased on the east side of Bloomington and groundbreaking for Westminster Village took place on November 8, 1977. The Village officially opened on November 1, 1979, and Martin Health Center joined the Village the next year. In 1981, Westminster Village officially severed ties with the Presbyterian Housing Program and the present Westminster Village, an independent continuing care retirement community, was born. I doubt that many of you that are reading this have not known someone who lived or worked at Westminster in these 35 years. So many lives have been lived here, so many families have enjoyed times together here, and so many employees have served here in these years. It is our responsibility and our honor to celebrate all that has happened within these walls and from within these walls for our community. It is also our responsibility to build upon prior success to serve in the future. While we stop and celebrate, in the same month we continue strategic planning for the organization. The facility is full, the waiting list grows, and we as an organization are determining how best we can continue to meet the needs as a premier senior living facility in this community.

We're celebrating another subject in November as well; Veterans Day. There are 75 Veterans who live at Westminster Village and we are celebrating their service, honoring their stories, and connecting them. There are persons from every branch of the service, including the Army Air Corp, which preceded the Air Force. We'll be honoring our Veterans with a special dinner and other events, and our Veterans will be reaching out to active military. The power of a note of encouragement from a WWII or other Veteran to a current serviceperson in Afghanistan is beyond comprehension in terms of the support it can provide. We are honored to be able to facilitate these connections, and we celebrate our Veterans and those in current active service.

Things are busy at Westminster Village. It has been so for 35 years, and may it be so for the days and years to come.

Barb Nathan, Executive Director

## MARTIN HEALTH CENTER AND ASSISTED LIVING



It's hard to believe that I have now officially been at Westminster Village for over a year. In that time, we have had so many wonderful things going on it's hard to encapsulate everything into a nicely condensed article. At Martin Health Center we have finished our Spa Room renovation, which allowed us to convert our existing shower room into a completely updated space that includes a state of the art whirlpool tub, ergonomic shower chair, many updated amenities and a towel/blanket warmer to cap off the experience. We are almost completed with our Electronic Medical Record (EMR) conversion process, which has allowed us to be more efficient and effective at meeting the needs of our staff and residents. The activity calendar continues to fill up, including trips to Ropp Farm, Dawson Lake, Miller Park, and several other upcoming outings. While evaluating our staffing needs, we created a new position and hired an Assistant Director of Nursing, Carrie Munson, who brings with her significant managerial experience in the world of skilled nursing. She is already contributing to making our

facility even better. Several of the residents, family and staff recently participated in the ALS ice bucket challenge. If you have not had a chance to view the video of this experience yet, I encourage you to check it out on our Facebook page. Assisted Living continues to operate fully occupied with so much energy and life. We held our annual softball game, participated in the Antique car show, and had a pizza tasting party just to name a few of our recent events. Residents and staff are excited about our ongoing strategic planning process and look forward to what the future holds for both Assisted Living as well as Westminster Village in general. We are truly blessed with a wonderful staff and great residents and we always welcome visitors. If you are ever interested in volunteering or participating in our community, please do not hesitate to contact our Resident Services office and join us in our mission to celebrate the lives of our residents.

Matt Riehle, Administrator

## ROLLING DOWN ROUTE 66

Late summer is a time to think about heading out on the open road for some summer enjoyment or possibly even a traveling vacation. Westminster did just that while concentrating on the popular road that runs right through Bloomington/Normal. We are talking about U.S. Route 66, also known as the Will Rogers Highway and colloquially known as the Main Street of America or the Mother Road. Mike Andresen gave an informative and historical perspective about the trip he took with his son back in 2009. There were photos and facts



that most of us hadn't known before. To make it even more real, we took a trip up to Pontiac to visit the Route 66 Museum. The museum includes thousands of pieces of historic memorabilia from the glory days of the Mother Road. To top it all off, Westminster Village hosted its 2nd Annual Antique Car Show in September. Dozens of antique cars, trucks and even a tractor were on display for all to enjoy. Great pleasure was taken in exploring the history behind Route 66 and the vehicles that traveled its path.

Susan Andresen, Director of Resident Services & Wellness



## SUPPORT GROUPS

Did you know Westminster Village hosts a variety of on-campus support groups available to its Residents & Family Members? *"Dealing with Loss"* addresses how the death of a loved one, health concerns for you or another, or changing circumstances can bring a sense of loss to your life. Sharing with others can be helpful and your insights can be beneficial to others. This support group meets on the first and third Tuesdays of the month at 1 pm. The *"Hearing Support Group,"* led by Danica Billingsly, Doctor of Audiology at Bloomington-Normal Audiology, discusses updates on the latest technology and answers audiology questions. During these quarterly meetings, Dr. Billingsly is available to help those who need on-the-spot cleaning, tubing maintenance, and battery testing done. The *"Low Vision Support Group"* meets on the first Thursday of the month at 1:30 pm, and provides attendees the opportunity to discuss concerns about their vision loss, new technologies and adaptive devices.

## AWARENESS AND EXERCISE TO FIGHT DISEASE

We have all heard the term "gone viral" and in the last few months, that is exactly what the ALS ice bucket challenge has done! The phenomenal success of the ALS ice bucket challenge did not miss the attention of the residents or the staff at Westminster Village. A cherished resident of Martin Health Center who was diagnosed with ALS in March helped to make the ice bucket challenge a lot more personal for those of us at Westminster Village. The family of this resident, the staff, and other residents of Martin Health Center took on the ice bucket challenge for her, not only to raise money and awareness, but also support. This challenge has raised over \$115 million in donations since July 29th, 2014 and has gained over 3 million new donors nationwide. At Westminster Village, there are people living with and fighting chronic diseases on a daily basis. As the Wellness Director, I try to use what I know best, and that is exercise, to fight disease and raise awareness. Research has proven that exercise can help prevent and fight heart disease, Parkinson's, arthritis, diabetes, and even Alzheimer's. Daily physical activity can help prevent heart disease and stroke by strengthening your heart muscle and lowering your blood pressure. It is also crucial for maintaining and improving mobility, flexibility, and strength in people with Parkinson's disease. Art Kramer, Professor of Psychology and Neuroscience at the University of Illinois, says "If you do only one thing to keep your brain young, exercise. Higher exercise levels can reduce dementia risk by 30-40% compared with low activity levels, and physically active people tend to maintain better cognition and memory than inactive people." At Westminster Village, we provide many opportunities for our residents to participate in exercise at all levels by offering a variety of group exercise classes across the campus. We also provide more individualized programs in our Wellness Center that are targeted at the needs of each resident and can be modified accordingly. We also strive to keep our residents informed and educated on various health and wellness topics by providing speakers and programs weekly. Most recently, we have added a healthy lifestyles class where residents get together to discuss living a healthy and functional life. This class focuses on topics like eating the right way for your body, exercising safely, maintaining balance, staying hydrated and living with chronic diseases. To learn more about the Wellness Program at Westminster Village, please contact us at (309) 663-6474.



Molly Householder, Wellness Director

## WESTMINSTER VILLAGE FOUNDATION

*Persons Remembered: Opal Burnett, Robert Ginzkey, Francis Hill, Keith Kern, Helen Kohlmeyer, Eldon Mehlberg, John Wooden*

*Donations Received From: Donna Rae Alsene, Claude Bell, John Degnan, Bryant Jackson, Joe and Phyllis Jackson, Genevieve Locke, Don Lowe, John Nebgen, Walker Robb, Johanna Schillinger, Si Simundson, W.N. and Elizabeth Stevenson, Bette Tuttle, Residents of Building 1 Floor 1, Residents of Building 1 Floor 3, Residents of Building 3 Floor 1*

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### RETURN SERVICE REQUESTED

### WE'RE ON THE GO!

You may have seen the Westminster Village vans out and around town more lately. We are excited to be offering more trips and pleased to say that we have had a great response from our Residents. Eating at La Tea Da Tea Room, Jack's Café and Busy Corners as well as grabbing an ice cream delight at Gene's Ice Cream satisfied our sweet tooth. We swayed to the music of the Community Band, the Brian Choban Jazz Concert, Delmarva's "Big Band" music and the folk music of Marc Boon in the summer evenings. For those that love continuing education opportunities, we have headed up to the Route 66 Museum, Charlotte Talkington's Master Garden and Mornings with Professors at ISU to name a few. With Autumn approaching, we are excited to offer trips to a variety of attractions including Curtis Orchard & Pumpkin Patch, Rader Farms and the Bayern Stube Restaurant. If you happen to see us cruising around town, be sure to wave!



### STAYING CONNECTED TO WESTMINSTER VILLAGE

Interested in knowing what's happening on our campus? Information about Westminster Village is never far from reach and available in a variety of formats including our Website, Twitter, Facebook, Pinterest and our blog. Links to all of these are available on our website's home page. Be sure to follow us to keep updated on the latest news!



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