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## WESTMINSTER VILLAGE

2025 E. Lincoln Street  
Bloomington, IL 61701  
(309) 663-6474



[www.westminstervillageinc.com](http://www.westminstervillageinc.com)

## IT'S WARM WITHIN

As the wind blows colder air and our days get shorter, the warmth within Westminster Village increases.

So where is the warmth at Westminster coming from? It is with a grateful heart that we look back at the many events of the past summer and early fall. Our hearts were warmed by trips to Starved Rock, to Amish Country in Arthur, to baseball games and many restaurants for outings. Our hearts were warmed by special meals and an Octoberfest celebration.

Our hearts are warmed as we look forward to the many events of November and December. Before the holidays, we will pause to thank more than 80 Veterans within the Westminster community. A week will be spent honoring them as well as the many others in the community who have a loved one that has served our country. That week will help warm us up for the many Thanksgiving celebrations and a holiday season full of music, friends and family. Throughout the winter, a warm bus will deliver residents to the door for appointments, shopping and even basketball games.

As important as all of the events within Westminster are, they should not overshadow the warmth that is present each and every day in the community, be it from more than 15 exercise classes or a Wellness Center that is full of residents working towards goals while laughing and sharing life with others at the same time. Of course bridge, cribbage, dominoes and poker groups abound and many will pass a winter day this way. Most importantly, we find here the warmth that exists between residents connecting with each other. The Social Center is full of persons enjoying a warm drink and time together.

Yes, it's warm here at Westminster Village. Join us; you'll feel it too.



Octoberfest Celebration



Halloween Costume Contest

Barb Nathan  
Executive Director

## MARTIN HEALTH CENTER AND ASSISTED LIVING

Martin Health Center continues to be an extremely busy and vibrant place. We have been blessed with some beautiful fall days and our residents have taken advantage with several outdoor activities & outings. Even though the cold weather will be here soon we still have plenty of events coming up as we prepare for the holiday seasons. The first phase of our Martin Health Center Spa Room renovation project was such a success that we will begin to look at developing a second enhanced Spa Room. We are also pleased to welcome Alex Lambert, an ISU graduate, as our Resident Services Assistant, which is a new resident-focused position that will help with Activities and Social Services.



*Residents Visit an Alpaca Farm*

In Assisted Living we recently celebrated "National Assisted Living Week" September 13th-19th. This is an opportunity for staff, residents, and families to spend time sharing in the thankfulness for all that goes on in our wonderful facility. The celebration finished with a special luncheon prepared by Chef Richard which consisted of an Italian-themed pasta bar.

As the need for Assisted Living & Skilled Nursing Care services continues to grow on our campus, it's a good time to remind those interested in Westminster Village to take some time to schedule an appointment with our Marketing Department to discuss all that Westminster Village has to offer. It's never too soon to start gathering information for the future.

Matt Riehle, Administrator

## THE CALENDAR CONTINUES TO GROW

An autumn chill is in the air, the leaves are showing a bit of color and the length of each day begins to shorten, but the activity at Westminster Village is continuing to grow. The 3rd Annual Westminster Antique Car Show was a great success with 38 vintage cars on display for all to enjoy. Residents, families and friends enjoyed a sunny afternoon admiring the cars and sharing stories of days gone by.



*Antique Car Show*

As we step further into fall, the calendar is filled with exciting activities both on and off our campus. Looking ahead, we are traveling to Arthur, Illinois to enjoy "A Day in the Amish Country of Central Illinois" and partnering with a local agency to spend a day at the Tuscola Outlet Mall for some holiday shopping. The McLean County Museum of History is presenting an "Evergreen Memorial Cemetery Tour" highlighting cemetery art, architecture, symbolism and the history of those buried there. Our van has also made several trips to Starved Rock for a variety of programs and residents are especially looking

forward to the "Canal and Trolley Tour" that we will be taking later this month.

For those who prefer to stay closer to home, the calendar is filled with a surplus of entertainment including "Beggar's Banquet," "Don't Fret," "ISU Music Majors" and "Delta Omicron Music Sorority." An Oktoberfest celebration is also planned with an authentic German meal followed by a performance by the "Peoria Accordion Club."

For a detailed look at our calendar of events, please visit our website at: [www.westminstervillageinc.com/living-at-westminster/activities/](http://www.westminstervillageinc.com/living-at-westminster/activities/)



## WELLNESS AT WESTMINSTER - ACTIVE AGING WEEK

The International Council on Active Aging (ICAA) highlights one week each year to celebrate getting older and staying active. This year the Active Aging Week was Sunday, September 27 through Saturday, October 3rd. At Westminster Village we took the time to promote the benefits of a healthy lifestyle and also provided a variety of ways for our residents to be active during that week.



*Active Aging Week Basketball Challenge*

Our wellness program at Westminster Village promotes a healthy life through exercise, laughter and social activities. Staying physically active, eating a balanced diet, connecting with people and thinking positive were some of the areas we focused on during active aging week. We celebrated how active our resident population already is and created new and fun ways for everyone to interact, stay active and enjoy themselves.

We hosted two fun walking events that took our residents to new areas of our walking trails and gave staff and residents a chance to meet new people and enjoy the sunshine. Residents also enjoyed a morning stretch class where they had a healthy breakfast and learned ways to get their muscles and joints ready to start each day. For the sports enthusiasts we hosted

an event where residents could participate in a basketball game, a putting challenge or they could show off their Frisbee or bowling skills. Throughout the week the residents were able to learn new ways to eat healthy, stay active, fight stress and most importantly, enjoy themselves. While this was just one week that the ICAA gave extra attention to staying active, here at Westminster Village we want our residents healthy and active every day.

*To learn more about the Wellness Program at Westminster Village, please contact us at (309) 663-6474.*

*Molly Smeltzer, Wellness Director*

## WESTMINSTER VILLAGE FOUNDATION

The Westminster Village Foundation, made up of dedicated community leaders, exists to enrich the lives of all residents at Westminster Village through a variety of philanthropic initiatives.

Most recently, the Westminster Village Foundation has graciously provided the campus with a new Hearing Loop System for the Social Center to allow those with hearing aids a more clear delivery of sounds through their listening devices, two beverage centers for the main dining room and a bridge & garden walk extension to increase accessibility for residents in the Willows duplexes and Building 3. In addition, the Foundation also recently hosted their Fall Social, which is always a wonderful evening full of great food & friends. Projects are funded by generous donations made to the Foundation; often in honor or in memory of a Westminster Village resident. To learn more about the Westminster Village Foundation, please call (309) 663-6474 or visit [www.westminstervillagefoundation.com](http://www.westminstervillagefoundation.com)

**Persons Remembered:** *Lottie Brown, Marge Casteel, Rosalie Dowdall, George Forgey, Ernest Gill, Ellen Hendrix, Mary Maloney, Erwin Manzke, Robert Marr, Alice Mulligan, Art Nafziger, Olive Pelto, John Peterson, Johanna Schillinger, Mary Sieg, Bette Tuttle, Harvey Wells, Jeanette Wilcox*

**Donations Received From:** *Wanda Dean, Audrey Ferrell, Fred Hodosh, Marilyn Kemple, Howard Little, William Miller, Genevieve Locke, Joe O'Rourke, Lucy Patterson, Walker Robb, Si Simundson, Clifford and Margaret Steinkraus, Wil and Betty Stevenson, Joe Talkington, Residents of Building 1, Floor 2, Residents of Building 2, Floor 1, Residents of Building 2, Floor 2, Residents of Building 3, Floor 1, Residents of the Willows*

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2025 E. Lincoln Street  
Bloomington, IL 61701

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### RETURN SERVICE REQUESTED

"Celebrating life, our mission is to provide excellence in senior living through a continuum of care and services."

## APPLE STRUDEL MUFFINS

- 2 cups all-purpose flour
  - 1 tsp. baking powder
  - ½ tsp. baking soda
  - ½ tsp. salt
  - ½ cup butter
  - 1 cup white sugar
  - 2 eggs
  - 1 ¼ tsp. vanilla
  - 1 ½ cups chopped apples
  - 1/3 cup packed brown sugar
  - 1 Tbsp. all-purpose flour
  - 1/8 tsp. ground cinnamon
  - 1 Tbsp. butter
1. Preheat oven to 375° F. Grease a 12 cup muffin pan.
  2. In a medium bowl, mix flour, baking powder, baking soda and salt.
  3. In a large bowl, beat together butter, sugar and eggs until smooth. Mix in vanilla. Stir in apples, and gradually blend in the flour mixture. Spoon the mixture into the prepared muffin pan.
  4. In a small bowl, mix brown sugar, 1 Tbsp. flour and cinnamon. Cut in 1 Tbsp. butter until mixture is like coarse crumbs. Sprinkle over tops of mixture in muffin pan.
  5. Bake 20 minutes in the preheated oven, or until a toothpick inserted in the center of a muffin comes out clean. Allow to sit 5 minutes before removing muffins from pan. Cool on a wire rack.

## 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, Flickr and our blog. Links to all of these are available on our website's home page: [www.westministervillageinc.com](http://www.westministervillageinc.com). Be sure to follow us to keep updated on the latest news!



## PREFER PAPERLESS?

If you'd prefer to receive "The Villager" newsletter electronically, we'd be glad to help! Simply send an email to [info@westministervillageinc.com](mailto:info@westministervillageinc.com) and let us know you'd like to go paperless.