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WESTMINSTER VILLAGE

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



www.westminstervillageinc.com

IT'S A LOVELY PLACE

Recently, we've completed the first part of our Social Center renovations. I say first part because although we made some major changes including flooring, carpet



Social Center Renovation

and architectural changes, we are continuing to enhance the area through the selection of artwork, flower arrangements, etc. As this renovation has been progressing, I've heard many people say "It's just lovely." As I've walked around the Westminster campus in the last few days, I too have said, many times, "It's lovely."

So, what have I said that about? I've said that about the incredible

yellow daylilies that line the front drive and front walkways. I say that about the Foundation Garden Walk on which the 30-plus gardens are blooming. I say that about the fresh flowers that are delivered each week to fill our Social Center. I say that about the handmade quilts, artwork and special pieces that residents have brought in to adorn their surroundings

I write this article not because of all the physical things that I find lovely, but because of what else is absolutely beautiful in this place. What's beautiful is seeing residents in conversation with each other, residents providing support to each other and residents sharing a laugh together. I find it lovely that the talents of residents continue to shine and are shared; a cello player, a poet, an artist, a playwright. I find it in a softball game played by residents with young persons as their volunteer base runners. All of these gifts and so many more are present in the community of Westminster Village and the community of Westminster Village is enriched because of them. Isn't that lovely?

This is a lovely place. Part of its beauty is in what we see but more of the beauty is in what we feel here at Westminster Village.

Barb Nathan
Executive Director

MARTIN HEALTH CENTER AND ASSISTED LIVING

Summer is upon us as our Martin Health Center residents recently returned from a trip to Funks Grove picking up flats of plants and flowers on their way back for our garden area. We celebrated National Nursing Home week May 10th-16th with games, special meals, and celebration of staff, residents and families. We concluded the week with the first annual Westminster Village Miss America pageant. There were many laughs shared by all as our Director of Resident Services, Susan Andresen, was crowned the winner. With the improving weather we will have several upcoming outings, the return of our BBQ lunches, and taking time to enjoy our bountiful Foundation Garden Walk. We are always excited to have visitors and volunteers. At Westminster Village our mission is to celebrate life and hopefully the daily activities of our community are reflective of that statement.

In Assisted Living we are excited to have named our new Assisted Living Leader Chrys Baker. Chrys is a nurse by profession and has dedicated a majority of her professional life to service in senior living. She has experience both as a staff nurse and as a nurse manager. She has already started developing relationships with staff, residents, and family alike and we are thrilled to have her here. We have also hired a new full time nurse for Assisted Living. Brenda Hamilton, LPN, had been a nurse at Martin Health Center previously and she was very excited to join our Assisted Living community when the opportunity became available. Like Chrys, Brenda has already started building relationships in the community and we are so fortunate to have such a kind and caring person as Brenda. With the remainder of our long term staff, we know that Assisted Living is in a great position to flourish and continue to uphold the ideals and visions of Westminster Village for many years to come. If you have questions about what services & amenities are offered in Assisted Living or would like to set up a time to tour the spacious apartments, please feel free to contact our Marketing Department at (309) 663-6474.

Matt Riehle, Administrator



*Westminster Village Ms. America
Susan Andresen and her pony, Trigger*

VOLUNTEER APPRECIATION

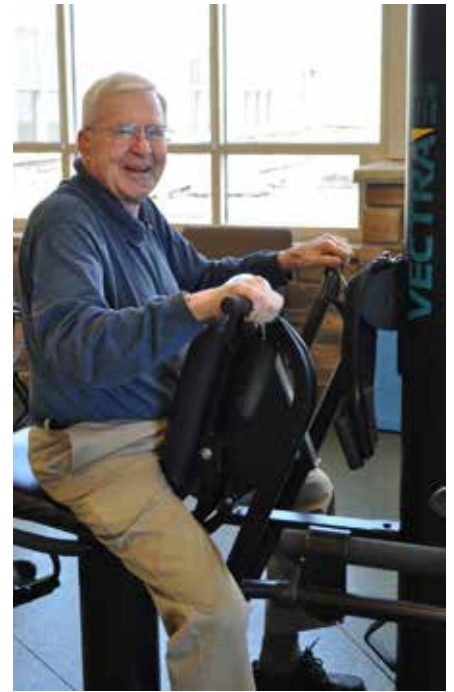
If you would have peered into the multipurpose room at Westminster Village on Thursday, April 16 you would have been awed by the presence of 104 volunteers enjoying breakfast together to celebrate another successful year of volunteerism. We are proud of the fact that we utilize current residents as well as community volunteers in a variety of ways including sorting the mail, folding and stuffing newsletters, calling Bingo or being part of a transport team that helps to shuttle residents to and from activities or by helping push wheelchairs during special outings. Volunteerism can give you a sense of purpose and when you focus on helping others, you are less likely to focus on your own troubles. It is also a great way to "give back" and make a positive contribution to society. If you are interested in joining our volunteer team, please feel free to contact Resident Services at Westminster Village.



Our Residents volunteering at Midwest Food Bank.

WELLNESS AT WESTMINSTER

The residents at Westminster Village have a variety of options when it comes to exercising and a very good percentage of them are taking full advantage. Currently, there are close to 300 residents living in Independent Living, Assisted Living, and The Willows of Westminster Village with almost 70% of them working out at least 3 times a week. During an average week, there are approximately 245 scheduled appointments in our Wellness Program. With this program, each resident begins with a one-on-one evaluation and then a workout program focused on their specific needs is created. These workouts are normally 30 minutes a day and are completed 2-4 times per week. When they are not in the Wellness Center, many of these residents are also participating in the group exercise classes offered. Approximately 230 residents participate in group exercise classes, which range from seated weight training with the use of hand weights and resistance bands to chair dancing. In an effort to offer new and exciting classes that provide a safe and challenging workout for attendees, we have recently added 2 more group classes. In January of this year we began a "Flexible Fitness Class" which focuses on flexibility, cardiovascular endurance and upper body strength. Most recently, Westminster Village partnered with the YMCA of Bloomington to offer a shallow water, low-impact water aerobics class once a week at the YMCA for residents. In addition, we look forward to the start of a balance class this summer and a new osteoarthritis class in the fall. To learn more about the Wellness Program at Westminster Village, please contact us at (309) 663-6474.



Molly Smeltzer, Wellness Director



Westminster Village's Culinary Team competes on-stage in the live cook-off.

CHEFS FOR PATH

Westminster Village's 2nd year of competing at the "Chefs for PATH" event was a success! After an evening of delicious food from 5 local establishments, Westminster Village was voted by the audience to advance to the final round of competition; a live, on-stage cook-off against the incredibly talented culinary team from Epiphany Farms. After much discussion at the judge's table, Westminster Village came away with a 2nd place finish while Epiphany Farms captured the win. It was a wonderful evening spent supporting a great cause & we look forward to sharing the talents of our amazing culinary team with the community in the future.

WESTMINSTER VILLAGE FOUNDATION

Persons Remembered: Mary Jane Anderson, Velma Burns, Genevieve Cummer, Gordon Cushman, Grace Dillman, Wilma Gasaway, Phyllis Jackson, Olga Mihelic, Larry Peiffer, Vera Roderick, Helen Sheldon, Margaret Watson, Edwin Linenweber

Donations Received From: Donna Rae Alsene, Claude Bell, Mollye Cooper, Wanda Dean, Jack Degnan, Harriet Evans, Ferne Ferguson, Audrey Ferrell, Bette Freese, Doris Greenseth, Fred Hodosh, Bryant Jackson, Don and Darlene Jones, Marilyn Kemple, John King, Esther Linder, Don and Dawn Lowe, Mary Ann Maloney, Tom and Alice McAuley, Carolyn Mehlberg, Bill and Martha Miller, Lorene Miller, John Nebgen, Lyle Raper, Walker Robb, Si Simundson, Jim Spellman, Wil and Betty Stevenson, Joe Talkington, Dorothy Underwood, Dennis Watson, Residents of Building 1-Floor 1, Residents of Building 1-Floor 2, Residents of Building 2-Floor 1, Residents of Building 2-Floor 3, Residents of Building 3-Floor 1

WESTMINSTER VILLAGE

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

OUT AND ABOUT

In support of the Bloomington-Normal community, Westminster Village often participates in a variety of local events. Be sure to stop out and join in the fun. Upcoming events include:

- Senior Care Network "Celebrate America" Event on June 26th at the Holiday Inn on Empire St. (1pm-3pm)
- McLean County Senior Expo on August 4th at ISU's Bone Student Center (9am-2pm)
- Young at Heart Day at the McLean County Fair on August 6th at The Interstate Center (8:30am-11:30am)

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. Be sure to follow us to keep updated on the latest news!



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