



WESTMINSTER VILLAGE

2741 N Salisbury St. • West Lafayette, IN 47906 • (765) 463-7546

December 2018

Westminster Village Directors

Executive Director Vicki Gregory
 Associate Executive
 Director Ben Blankenship
 Health Services
 Administrator Jordan Morrow
 Director of Nursing Jenny Clark
 Administrative Services
 Director Stacey Johnson
 Human Resources Director Todd Payne
 Dining Services Director Rickey Kerr
 Plant Operations Director Mick Dalton
 Accounting & Finance
 Director Rick Fraley

Important Phone Numbers

Concierge Desk 463-7546
 Security/Emergency 337-4966
 Village Mart 464-5153
 Village Salon 464-8896
 Live Well Fitness Center 771-7200

Concierge Desk Hours

Every Day 8 a.m.–8 p.m.

Main Dining Room Hours

Lunch: 11 a.m.–1:30 p.m.
 Dinner: 4 p.m.–6:30 p.m.

Village Pub Hours

Open: 11 a.m.-8 p.m.

The Pavilion Cafe Hours

Breakfast: 7 a.m.-11 a.m.
 Open: 7 a.m.- 7 p.m.

Questions About This Newsletter?

Contact Kelci Fox, IL Life Enrichment



Greetings, Westminster Village. My name is Julie Munsey, and I am the Registered Dietitian here at Westminster. I have been affiliated with The Village for many years and have had the privilege of watching your dining services change and evolve over the years. The world of food and the science of nutrition is forever evolving, and we must be prepared to meet those challenges.

I earned my BS in dietetics from Indiana State University. After several years at Home Hospital, I started my own consulting business, Diets Four Life, and mostly focus on providing nutrition services to healthcare facilities throughout our area.

My husband and I reside in Lafayette and are partially empty-nesters with our only daughter in college. We also raise Tunis sheep in Tippecanoe County and are proud of our champion blood lines. They are a breed that are not only good for meat, but also for wool. In my free time I enjoy reading, antiquing, and traveling.

I will be available on a monthly basis in the Wellness Office. Please see the Life Enrichment calendar for details.

- Registered Dietitian Julie Munsey

Welcome New Residents

John Carlson & Ingrid
Clever



Popular Pages: 'A Christmas Carol' "Bah! Humbug!"

The favorite words of Ebenezer Scrooge have together become an expression to fend off unwelcome enthusiasm—especially people brimming with too much holiday cheer, as in Scrooge's world. But thanks to a trio of ghosts, the miserable miser learns the value of generosity and compassion just in time to celebrate Christmas dinner with his nephew's family. Published in 1843, Charles Dickens' novella has been adapted numerous times for stage and screen, and is credited for popularizing acts of goodwill during the holiday season.



Health & Wellness

Healthy Holidays

With the holiday season well upon us, it is important to remember to keep up our focus on our personal health. This becomes hard with family and friend celebrations and the stress that is often involved in planning for those. People often "let themselves go" just a bit during the holidays, mostly due to stress and a lack of time. Here are some tips and tricks to remember to stay on top of your health and fitness related goals throughout this rest of this holiday season.

1. Relax. Stress can cause some serious effects on your body, mood, and behavior without you even realizing it. When you become stressed, your body can often begin to experience chest pains, headaches, muscle tension, an upset stomach, and even develop trouble sleeping. Your mood can begin

to diminish to a constant state of anxiety, depression, and a lack of motivation. Your behavior is often a side effect of all of the above, having bursts of anger, overeating/under-eating, and much more. It is important to take the time of the holidays to relax and enjoy them.

2. Remember it is not just about food. Often we get consumed with the idea of what we are going to eat during our holiday celebrations. But when we do this, we open ourselves up to stress about whether or not the meal will be right, as well as we do not think as much about our nutrition as opposed to having our traditional holiday meals. Continue to treat your meals with your normal routine. You wouldn't overindulge in pies and cookies on a regular day, so throughout the holidays remember it's ok to have them in moderation.

3. Create a plan, and stick to it. Pull out your schedule and pencil in some times that you can fulfill your regular exercise. Now it's on the schedule, and you can then plan your day around that. Stick to the plan. Exercise can help alleviate some of the stress that comes with holidays.

Now these are just some tips to staying healthy through the holidays, but there are many more. Take time this holiday season to enjoy time with friends and family, and remember what the holidays truly are about, not stressing over the perfect holiday.

Wellness



Thank you for supporting the arts at Westminster!

Weaving Life in Art Programming

'Weaving Life' is a collaborative woven art project incorporating small bits and pieces of everyday memories from our community, family and friends. Items could include fabric, yarn, ribbon, paper, cord, tape, string, organic items such as twigs, twine, or even embellishment, perhaps a key, button, etc. So many wonderful contributions have been sent from guitar strings to old t-shirts, hand-sewn neckties and quilted pieces. Through December we'll be finishing the weaving and installing the finished piece. If you missed the deadline to submit an item, don't worry! It's not too late to contribute items to the weaving. Send your contributions to the studios at Westminster, c/o Rachel.

Line Dancing

Put on your dancing shoes and come to the Wellness Group Exercise room for line dancing. Line dancing is a good cardiovascular and cognitive workout. Get the body and the brain exercising. The class is led by Marilyn McBride, and she covers a variety of styles.

The beginning Line Dance class meets on Wednesdays from 2:00 to 2:45. Once you have the basics down you can advance to the intermediate Line Dance class on Wednesdays from 3:00 to 3:45. Marilyn teaches with enthusiasm and energy. So come learn some fun line dancing steps put to upbeat music.



Spiritual

Dawn Bodi, Chaplain

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#### Joy in the Morning Bible Study

Tuesdays, 11 a.m.-Courtyard Chapel

#### Chaplain Chat

Thursday, 11/13, at  
1:00 p.m., Assisted Living Activity  
Room

#### Catholic Services

Mass, Saturdays, 4 p.m.  
Communion, Wednesday, 12/5-CYC

#### Episcopal Communion

Tuesday, 12/18, 1:30 p.m.

#### Protestant Communion

Wednesday, 12/19, 2:30 p.m.

#### Vespers

Sundays, 4 p.m. - Firefly  
12/2 - **Chip Goldsberry**, Central  
Presbyterian  
12/9 - **Rev. Darlene DeHaii**, Attica  
United Methodist Church  
12/16 - **Richard Butler**, Purdue  
Collegiate Ministry  
12/23 - **Rev. Rich Stoll**, Hospice  
Chaplain-St. Elizabeth Hospital  
12/30 - TBA



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Dr. Dodt

Wed., December 5
1:30 p.m.

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#### Lafayette Hearing

Thurs., December 6  
9:00 a.m.

Make apt.: 448-6226

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Medication Drop-Off

Wed., December 12
8:00 a.m. - 4:00 p.m.

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#### Podiatry

Thursday,  
December 20  
8:30 a.m.

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Dementia Caregiver Support

Mon., December 10
1:30 p.m.

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#### Grieving Losses

Thurs., December 20  
1 p.m.

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- 01 Selma Forman
- 02 Phyllis Courtaney
- 03 Joseph Wolinsky
- 04 Leah Albregts
- 04 William McVay
- 04 Josette Rolley
- 06 Brenda McClure
- 06 Mark Nesbitt
- 09 Mary Wilcox
- 11 Margaret Bergdahl
- 11 Kathryn Stirm
- 11 Bonita Quick
- 12 Betty Suddarth
- 12 Martha Hilst
- 13 Carol Fillmore
- 14 Dorothy Asher
- 16 Wilma Radner
- 17 Roberta Keirce
- 19 Mary Guard
- 19 Eldon Hood
- 20 Elaine McFadden
- 20 Thomas Palfrey Jr.
- 20 Mary Satterly
- 20 Robert Truitt
- 21 Jean Silarski
- 21 William Walthour
- 22 Jack Macy
- 22 Lois Smiley
- 25 Franklin Moore
- 26 Marian Modisett
- 28 John Reagan
- 30 Sarah Gustafson
- 30 Marian Jones
- 31 James McGlone
- 31 Earl Park



Sunday	Monday	Tuesday
		
Name Tag Week 2 1:15 Depart: PMO Christmas Show 4:00 Vespers-WGE Chip Goldsberry, Central Presbyterian Church 4:30 Health Center & Assisted Living Christmas Dinner-WH/DR 7:00 Sunday Night Movie 'The Philadelphia Story' <i>Tune in to Channel 91</i>	Name Tag Week 3 10:00 Stretcherexercise-FF/TT 10:00 Cottage 'D' Meeting-C 12:00 Popcorn-VS 1:00 Monday Movie 'The Trip to Bountiful' -FF 7:00 Tippi Choral Club-WH	Name Tag Week 4 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'The Philadelphia Story' <i>Tune in to Channel 91</i> 1:30 Writing Interest Group-TT 7:00 Student Piano Recital-WH
1:15 Depart: Lafayette Jeff Holiday Show 1:15 Depart: PU Women's Basketball 4:00 Vespers-FF Rev. Darlene DeHaii, Attica United Methodist Church 7:00 Sunday Night Movie 'Chappaquiddick' <i>Tune in to Channel 91</i>	Floor Meetings 10 10:00 Stretcherexercise-FF/TT 10:30 Vespers Comm.-C 12:00 Popcorn-VS 1:00 Monday Movie 'Airplane' -FF 1:30 Dementia Caregiver Support Group-C	Floor Meetings 11 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'Chappaquiddick' <i>Tune in to Channel 91</i> 11:00 Holiday Wrap-Up-MH 2:00 Employee Christmas Program-WH 2:30 Cookies & Milk-CYAR
2:15 Purdue Women's Basketball 4:00 Vespers-FF Richard Butler, Purdue Collegiate Ministry 7:00 Sunday Night Movie 'Invincible' <i>Tune in to Channel 91</i>	10:00 Hosting Group-TT 10:00 Stretcherexercise-FF 12:00 Popcorn-VS 1:00 Monday Movie 'A Beautiful Mind' -FF 7:00 Central Indiana Folk Music Society-WH	9:30 Coffee, Donuts, & Carols-MH 10:00 Resident Council-C 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'Invincible' <i>Tune in to Channel 91</i> 1:30 Writing Interest Group-C 1:30 Episcopal Comm.-CYC
4:00 Vespers-FF 23/30 Rev. Rich Stoll, Hospice Chaplain-St. Elizabeth Hospital 7:00 Sunday Night Movie 'Home Alone' <i>Tune in to Channel 91</i> ----- 4:00 Vespers-FF 7:00 Sunday Night Movie 'An Interview With God' <i>Tune in to Channel 91</i>	10:00 Stretcherexercise-FF/TT 24/31 12:00 Popcorn-VS 1:00 Monday Movie 'A Christmas Carol' -FF ----- 10:00 Stretcherexercise- CANCELLED 12:00 Popcorn-VS 1:00 Monday Movie 'An Elephant's Journey' -VS 5-8 New Year's Eve Celebration-WH/DR	Merry Christmas 25 1:00 Movie 'Home Alone' <i>Tune in to Channel 91</i> 4-5 Christmas Mass-WGE

Westminster Village Event Calendar!

Wednesday	Thursday	Friday	Saturday
	C Cardinal Room CYC Courtyard Chapel FF Firefly Room LL Lower Level MH Mendelsohn Hall TT Tulip Tree Room VS Village Square WC Wellness Clinic WH Whitsel Hall WGE Wellness Group Exercise ALAR Assisted Living Activity Room	Check for <u>changes</u> or <u>cancellations</u> posted on Channel 91 , the kiosk , event flyers , weekly highlights , and/or on the daily announcements .	1 4:00 Catholic Mass-FF
Name Tag Week 5 9-11 WL Public Library-VS 10:00 Brain Boot Camp-C 10:00 Catholic Comm.-CYC 1:00 Poker Games-VS 1:30 Dr. Dodt-WC 5:00 November/December Birthday Dinner-C/TT	Name Tag Week 6 9:00 Lafayette Hearing-WC 9:00 Backpacking-VS 9:00 Depart Grocery Shopping 10:00 Resident Prayer-CYC 2:00 Newcomers' Tea-WH 2:00 Open Bridge-VS 3:00 Knit & Crochet Group-MH 6:15 Depart: PU Men's Basketball 7:00 Depart: Purdue Convo	Name Tag Week 7 9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 10:00 Stretchercise-FF/TT 6:30 Euchre-VS	Name Tag Week 8 9:30 Saturday Morning at Westminster-FF Aaron Johnson - Juvenile Probation Officer: "Navigating the Tippecanoe County Juvenile Justice System" 4:00 Catholic Mass- CANCELLED
12	13	14	15
8-4 Medicine Drop-Off-WC 10:00 Brain Boot Camp-C 1:00 Poker Games-VS 1:00 Depart: Walmart/Meijer 2:00 IT Class-TT/FF 7:00 Celtic Midwinter Musical Celebration-WH	9:00 Backpacking-VS 9:00 Depart Grocery Shopping 9:30 Hybrid 2 Meeting-C 1:00 Chaplain Chat With Special Guest Singer: Jim Elph-ALAR 2:00 Open Bridge-VS 3:00 Registered Dietitian Consulting: APPT ONLY-WC	9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 10:00 Village Salon Christmas Sale-MH 10:00 Stretchercise-FF/TT 12-1 Farewell Celebration for Ryan Kingma-VS 1:30 Columbian Park Zoo-C/TT 6:30 Euchre-VS	4:00 Catholic Mass-FF 7:00 Depart: Lafayette Symphony Orchestra
19	20	21	22
9-11 WL Public Library-VS 10:00 Brain Boot Camp-TT 10:30 Hospitality Comm.-C 10:45 Depart: Purdue Women's Basketball 1:00 Poker Games-VS 2:30 Protestant Comm. With St. Andrew's Church Choir-FF	8:30 Podiatrist-WC 9:00 Backpacking-VS 9:00 Depart Grocery Shopping 12:30 Grieving Losses-MH 1:00 Food Comm.-C 2:00 Open Bridge-VS 3:00 Knit & Crochet Group-MH 6:15 Depart: Purdue Men's Basketball 7:00 Cartoonist Dave Sattler -WH	9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 10:00 Stretchercise-FF/TT 11:15 Depart: Purdue Women's Basketball 1:00 BINGO-TT/FF 5:00 Hybrid Home 1 Meeting-HH1 6:30 Euchre & Board Games-VS	4:00 Catholic Mass-FF
26	27	28	29
10:00 Brain Boot Camp-C 1:00 Poker Games-VS 1:00 Depart: Tippecanoe Mall	9:00 Depart Grocery Shopping 1:00 Chaplain Chat-ALAR 2:00 Open Bridge-VS	9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 10:00 Stretchercise-FF/TT 11:00 Depart: IL Lunch Bunch to HuHot Mongolian Grill 3:15 Depart: Purdue Women's Basketball 6:30 Euchre-VS	3:45 Depart: Purdue Men's Basketball 4:00 Catholic Mass-FF

Many Thanks!



Jaden Street Jazz Band
 Nick Palmer
 Tippecanoe Chamber
 Music Society
 Pastor Stephen Bibb
 Robert May
 Pastor Reggie
 Alderman
 Indy Baroque
 Orchestra
 Cathy
 Draeger-Williams
 Father Gregory
 HIS in Song
 ~



Kenneth Curtis
 October 14
 ~
 Jessamine Scheele
 October 27
 ~
 Ivan Beaver
 November 14

Dress for the Weather

Winter weather is unpredictable, so please be prepared with proper clothing when you leave the building. Dressing in layers and taking along a coat is advisable.

2018 Fall Bazaar!

This year's Fall Bazaar was great! Over \$11,000 was donated to the Westminster Village Foundation. Thank you to all of the residents who spent hours upon hours handcrafting all the items for the Bazaar, and all the volunteers who worked tirelessly to ensure that everything went smoothly during the weeks leading up to the Bazaar, and that day!



Just a few of our Checkout Volunteers! Thank you for all your help!



Trick-or-Treating

We loved seeing the staff members' children all dressed up! We had many residents handing out candy and a lot of children who came out this year!



Mary Wilcox handing out candy to Julie Powell's grandson during Trick-or-Treating!

John Remo Compassion Award Update

Thank you to all who submitted nominations to the Vesper Committee for The John Remo Compassion Award. We received 22 submissions from staff in nine different areas at Westminster. The winner is Rachel Witt! Residents commented on her ability not just to provide art projects, but to help residents reconnect with life with patient and empathetic listening skills. Please join us in congratulating Rachel for providing compassionate care to residents when needed the most! - *Bill Walthour/Vesper Chairperson & Chaplain Dawn*



The Village With Vicki

I am happy to be bringing back a monthly update to the newsletter. Previously entitled "Thoughts to Ponder," this quick summary of the happenings at Westminster is now entitled "The Village With Vicki." The goal of this regular communication is to provide you with a few topics to ponder each month. First, the new "up and ok" system in the independent living apartments utilizes a motion sensor located near the apartment entry to provide feedback to the concierge each morning by 10:00AM. This will provide a higher level of reassurance and solve the volunteer scheduling issues. If you have questions or concerns, any staff member should be able to assist you. Additionally, winter snow is flying. Please be mindful when driving on campus as our snow-removal contractors will be working diligently to ensure your safety. Finally, this year has been full of accomplishments, opportunities and challenges. On behalf of me, the staff and the Board of Directors, thank you for making Westminster Village the area's preferred life plan community. We are truly blessed to be a part of the Westminster family and look forward to 2019.



Volunteer Corner



Whether you have recently moved to Westminster or have been a resident for years, now is a great time to get involved. There is no better way to "get involved" than to volunteer! It only takes a little time to make a big impact in our community, discover just how rewarding it is to volunteer. Take a look at these volunteer opportunities and see how you might get involved today.

- **Intergenerational Projects:** Participate with Westminster partners with schools to provide students, elementary-college age, with various learning opportunities.
- **Soap Project:** Bottle laundry detergent for Food Finders on the 3rd Thursday of the month.
- **Cookies and Milk:** Help bake cookies and serve them warm to our Health Center residents.
- **Hosting Group:** Volunteer to serve as host/hostess at evening events.
- **Mailroom:** Distribute mail a couple mornings a week.
- **Resident Companion:** Foster a relationship with a Health Center resident.
- **Gardening Support:** Lend a hand to help maintain Westminster gardens; there is even have an indoor opportunity this winter.

How might you impact our Village? For more information, call Cheryl at 464-5115.

GET INVOLVED

Transportation

Payless

Every Thurs. 9 a.m.

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### Purdue Men's Basketball

Dec. 6, 20, 29

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Purdue Women's Basketball

Dec. 9, 16, 19, 21, 28

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### PMO Christmas Show

Sun., Dec. 2

Depart: 1:15 p.m.

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Purdue Convo

Thurs., Dec. 6

Depart: 7:00 p.m.

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### Jeff Holiday Show

Sun., Dec. 9

Depart: 1:15 p.m.

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Lafayette Symphony Orchestra

Sat., Dec. 15

Depart: 7:00 p.m.

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### Tippecanoe Mall

Wed., Dec. 26

Depart: 1:00 p.m.

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Lunch Bunch

HuHot Mongolian Grill

Friday, Dec. 28

Depart: 11:00 a.m.

December 2018

Assisted Living Activities



Casino Night! Residents: Larry DeSutter, Marilyn Kendrick, Pat DeSutter, Jana Forman

As we near the end of 2018, we reflect on what a year it has been! It's hard to believe that the holidays are here, and soon we will start the countdown to the new year!

We are participating in a holiday card exchange again this year and hope to receive cards from every state in the US and every province in Canada. We will be tracking these on a large map in our Activity Room if you are curious and would like to take a look.

We will be making woodland ornaments this year using pine cones, wood tree rings, and stones. Be sure to look for them on our Christmas tree.

Our annual Holiday Party is coming up fast, and we can't wait to meet Santa, have dinner with our families, and enjoy some holiday cheer.

We will see you all in the New Year! Happy Holidays!

Health Center Happenings



Residents on a van outing to Prophetstown State Park: Donna Cottrill, Anne Liff, Geri Murakowski, Milly Baker, Elma Osborn and her daughter Donna, Lillian Sanders, and Delores Wilkes.

Christmas is just around the corner. The Health Center and Assisted Living Christmas Dinner was a great time for residents and families. Residents and families had their pictures taken with Santa and Mrs. Claus, residents received a special gift from Santa, and we all enjoyed Christmas music by Shirley Robertson.

This month we will enjoy performances from the Time Steppers Tap Dancers, Narrow Path, Keith Austin, Randy Stirm, Shirley Robertson, Daryl Loveless, and a special performance from a group of students singing Christmas music. Chaplain Chat with Dawn will have a guest singer, Jim Delph.

Please come see us in the Health Center for our regular activities such as Popcorn on Fridays, Donuts and Singing on Friday Mornings, and Cookies and Milk every other Tuesday. Merry Christmas!