



WESTMINSTER VILLAGE

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

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

Important Phone Numbers

Concierge Desk 463-7546
 Security/Emergency 337-4966
 Village Mart 464-5153
 Village Salon 464-8896
 Wellness 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

Sunday–Saturday 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 Issue?

Contact Jessica Bonnell,
 IL Life Enrichment Coordinator,
 at (765) 464-5116, Jbonnell@wwvl.org

November 2017



At my house, Thanksgiving is really the official start of the holiday season. The warmth of a crackling fire, raking leaves in the yard, and cooler weather. Every year I look forward to sharing Thanksgiving Day with my family, watching the parades, college and professional football games, and just plain relaxing. It always seems that as soon as the meal is over, my wife begins talking about Christmas shopping. The discussion involves Black Friday sales and who has the best price on this toy or that sweater. It's fun listening to my family members debate whether they will get up at the crack of dawn to get the best price on the hottest item. The day after Thanksgiving (while everyone is shopping) is the day I traditionally put up outdoor Christmas lights – always trying to make our decorations look *just a little better* than the neighbors. I can't recall one year when the lights from the previous year all worked for me - so inevitably I'll be at the stores, too.

- Todd Payne

Thanksgiving Dinner Nourishes Your Brain

The staple foods of a traditional Thanksgiving dinner will not only feed your holiday appetite, but their nutrients can also nourish your brain. The meal's centerpiece, turkey contains an amino acid used to produce dopamine, a chemical that improves mental alertness and memory. The bread crusts often used in stuffing are rich in antioxidants, and the side dish cranberries are also packed with them. Research suggests that antioxidants stave off brain aging and enhance cognitive function.



Health & Wellness

November is known nationally as American Diabetes Month. The month is dedicated to increasing funding efforts for research as well as creating awareness for the different types of diabetes: Type 1 and Type 2. Although it is often surmised that all diabetics are the same, there are several key differentiating physiological factors as well as treatment options.

Type 1 Diabetes, often referred to as Juvenile Diabetes or Early-Onset Diabetes, is a chronic genetic disorder of the endocrine system where the body's immune system attacks and destroys its islets (eye-lets), the insulin-producing cells of the pancreas. Once the pancreas is unable to create insulin, it must be administered manually via shots or an insulin pump. The exact cause of Type 1 Diabetes is unknown and managing Type 1 Diabetes is a life-long, continuous battle as blood sugar levels can change

on a minute-to-minute basis.

Although Type 2 Diabetes does have genetic links, it is primarily caused by one's choice of diet and lifestyle. With Type 2 Diabetes, the body can no longer produce *enough* insulin to support its physiological needs. In addition, the body becomes increasingly more resistant to the insulin it does produce, further decreasing its effectiveness. Type 2 Diabetes can be treated through a variety of prescription medications that are primarily used to lessen the amount of glucose processed by the liver, ultimately helping to increase the body's insulin sensitivity. In addition to medication, insulin resistance from Type 2 Diabetes can be drastically reduced by making healthy lifestyle and diet choices. By reducing the amount of sugar consumed and increasing daily exercise, the body will naturally begin to adjust, ultimately requiring less insulin and sometimes will no longer even require the use of medication.

With careful monitoring, diabetics can live mostly normal lives. Awareness of diabetes and its symptoms can be lifesaving. Diabetes symptoms can go from mild to severe in a matter of minutes and like most emergencies, taking swift action is of utmost importance. If someone you know is diabetic, ask him to tell you more about *his* symptoms and warning signs to watch for while you are together.

Welcome
New Residents

Ernie & Linda Beck
Jean & Joanne Evans
Ann Georgeoff
David & Karen
Konzelmann
Terry & Lynne Phillips
Jim & Margie Windle



Nelson Mosson collects pop tabs in Meraki Studio for Riley Hospital

Art Studio Update

The art studios were extra busy in October. Helping hands created more than 100 different items for the annual bazaar. Several ongoing projects continued to make progress. The brown bag lunch crew has painted almost 3,000 bags for Meals on Wheels, and residents continue to make art for nearly 50 Extraordinary Impressions cards each month. Other resident volunteers assist with special projects in the studios doing everything from arranging flowers for neighbors to assisting with displays of completed projects. Stop by the art studios and chat with Kinsey or Rachel if you're interested in volunteering or have an idea for a special project!

Corn Toss Tournament

LCS communities of Indiana will participate in the semi-annual corn toss tournament on November 15. This competition will be held at an LCS facility in Indianapolis.

Corn toss is a popular lawn game that involves tossing bean bags into a designated hole and earning points based on the success of the throws. Each team consists of two individuals who take turns throwing the bags. Competition in the corn toss tournament does not require high levels of physical aptitude or skill, and is open to any resident of a LCS community.

The corn toss tournament is sure to be a fun and active social event. Westminster Village would like to take several teams to participate. Transportation and lunch will be provided! Please stop by the Live Well Fitness desk for more information if you are interested in participating in the semi-annual corn toss tournament!

Spiritual

Dawn Bodi, Chaplain

~ ~ ~

Joy in the Morning Bible Study

Tuesdays, 11 a.m.-Courtyard Chapel

Resident Prayer and Share

Thursdays, 10 a.m.-Courtyard Chapel

Chapel with the Chaplain

2nd & 4th Thursdays, 1:00 p.m.

Catholic Services

Mass, Saturdays, 4 p.m.-Firefly
Communion, Wed., 11/1, 10 a.m.

Rosary, Mon., 11/27, 11 a.m.

Episcopal Communion

Tuesday, 11/21, 1:30 p.m.

Protestant Communion

Wednesday, 11/15, 2:30 p.m.

Vespers - Sundays, 4 p.m.-Firefly

11/5 - All Saints' Day Resident
Remembrance Service with Rev. Bill
Walthour & Chaplain Dawn Bodi

11/12 - Rev. Billy Bross, United
Methodist

11/19 - Rev. David Horner, Faith
Presbyterian

11/26 - Rev. Ann Williams, Retired

Wellness

Family Medicine

Dr. Dodt

Wed., Nov. 1
1:30 p.m.

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Audiologist

Lafayette Hearing

Thurs., Nov. 2
9 a.m.

Call 765-448-6226
for an appt.

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Medication Drop-Off

Wed., Nov. 8
8 a.m. - 4 p.m.

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Podiatry

Thurs., Nov. 16
8:30 a.m.

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Grieving Losses

Thurs., Nov. 16
1 p.m.

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St. E Nursing Students

Tues., Nov. 21
9 a.m.

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Well-Informed

Wed., Nov. 29
7 p.m.

~ ~ ~

*Check out the wellness
center calendar for a
listing of all fitness and
group classes.*





- 01 Addison Ehrlinger
- 02 Mary Peart
- 06 Lillian Sanders
- 07 Joyce Moyer
- 09 Margaret Antonetti
- 11 Karol Gruen
- 11 Ann Hunt
- 11 Robert Peart
- 13 Virginia Shively
- 21 Roy Barnhart
- 21 Clarence Troemel
- 22 Mary Lou Jones
- 26 Miriam Epple-Heath
- 26 Robert Luce
- 27 Wayne Atkinson
- 29 Mary Yoder
- 29 Kathryn Senft
- 29 Stanley Seretny
- 30 Melvin Dickson
- 30 Phyllis Geiger
- 30 Larry Huggins
- 30 Leanna Jaeger
- 30 Joan Sanbloom

Fall Back


Remember that daylight saving time ends on the first Sunday of November. So don't forget to move your clocks back one hour and enjoy the extra sleep!

Sleep Better

Many people sleep better if their feet are warm. Wear a pair of cozy socks to bed to help you fall asleep faster and sleep more soundly.

Sunday	Monday	Tuesday
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 Room 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 .	
Name Tag Week 5 Daylight Saving Time Ends 1:30 Depart: Purdue Women's Basketball 4:00 Vespers-FF All Saints' Day Resident Remembrance Service With Rev. Bill Walthour & Chaplain Dawn Bodi 7:00 Sunday Night Movie 'The Hero' Tune in to Channel 91	Name Tag Week 6 10:00 Stretcherexercise-FF/TT 12:00 Popcorn-VS 1:00 Monday Movie 'Rules Don't Apply' -FF 7:00 Stepping on Information Session-WH 7:00 Tech Team Student Technology Support-MH	Name Tag Week 7 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'The Hero' Tune in to Channel 91 1:30 Writing Interest-C 7:00 Speaker Jim Shella-WH
12 2:30 Depart: Purdue Convocations 3:30 Depart: Purdue Men's Basketball 4:00 Vespers-FF Rev. Billy Bross, United Methodist Church 7:00 Sunday Night Movie 'Queen of the Forest' Tune in to Channel 91	Floor Meetings 13 10:00 Stretcherexercise-FF/TT 10:30 Vespers Comm.-C 12:00 Popcorn-VS 1:00 Monday Movie 'Going in Style' -FF	Floor Meetings 14 9:00 Cottage 'A' Meeting-C 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'Queen of the Desert' Tune in to Channel 91 1:00 Shining Up-VS 2:00 LCS All Resident Presentation-WH 2:30 Cookies & Milk-CYAR
19 4:00 Vespers-FF Rev. David L. Horner, Faith Presbyterian Church 7:00 Sunday Night Movie 'The Wizard of Lies' Tune in to Channel 91	20 10:00 Hybrid 3 Meeting-TT 10:00 Stretcherexercise-FF 12:00 Popcorn-VS 1:00 Monday Movie 'The Princess Bride' -FF 7:00 Music by McKnight, Miller & Barnhart-WH	21 9:00 Backpacking-VS 9:00 St. E Nursing Students-VS 10:00 Resident Council-C 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'The Wizard of Lies' Tune in to Channel 91 1:30 Episcopal Comm.-CYC 1:30 Writing Interest Group-C
26 4:00 Vespers-FF Rev. Ann Williams, Retired. 7:00 Sunday Night Movie 'Denial' Tune in to Channel 91	27 10:00 Hosting Group-C 10:00 Stretcherexercise-FF/TT 11:00 Catholic Rosary-CYC 12:00 Popcorn-VS 1:00 Monday Movie 'The Emoji Movie' -FF 7:00 Delphi Opera House Presentation-WH	28 10:00 All Resident Meeting-WH 10:45 Depart: Lunch at Red Lobster & Holiday Shopping at Lafayette Pavilions 11:00 'Joy in the Morning' Bible Study-CYC 1:00 Movie 'Denial' Ch.91 2:30 Cookies & Milk-CYAR 7:00 Purdue Aca Bellas-WH 7:30 Depart: Purdue Men's Basketball

Westminster Village Event Calendar!

Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">1</p> <p>9-11 WL Public Library-VS 10:00 Catholic Comm.-CYC 10:00 Brain Boot Camp-C 10:45 Depart: Lunch at O'Charley's 1:00 Poker Games-VS 1:30 Dr. Dodt-WC 6:30 Depart: Purdue Men's Basketball</p>	<p style="text-align: right;">2</p> <p>9:00 Lafayette Hearing-WC 9:00 Backpacking-VS 9:00 Depart Grocery Shopping 10:00 The World at War DVD Series-FF 10:00 Resident Prayer-CYC 2:00 Open Bridge-VS 3:00 Knit & Crochet-MH 5-6 Tippecanoe Chamber Dinner Music-DR 7:00 Tippecanoe Chamber Music Society-WH</p>	<p style="text-align: right;">3</p> <p>9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 9:30 Sing-a-long-CY 10:00 Stretcherise-FF/TT 1:00 BINGO-FF 6:30 Euchre-VS 7:30 Depart: Purdue Convocations</p>	<p style="text-align: right;">4</p> <p>TBA Depart: Purdue Football 4:00 Catholic Mass-FF</p>
<p style="text-align: right;">8</p> <p>Name Tag Week</p> <p>8-4 Medicine Drop-Off-WC 10:00 Cottage 'C' Meeting-C 10:00 Brain Boot Camp-TT 1:00 Poker Games-VS 1:00 Depart: Walmart/Meijer 7:00 Sundown Dance Band-WH</p>	<p style="text-align: right;">9</p> <p>Name Tag Week</p> <p>9:00 Backpacking-VS 9:00 Depart Grocery Shopping 10:00 The World at War DVD Series-FF 10:00 Resident Prayer-CYC 1:00 Chapel W/Chaplain-ALAR 2:00 Open Bridge-VS 2:00 Purdue Discovery Artist 'Naughton Sisters'-WH</p>	<p style="text-align: right;">10</p> <p>Name Tag Week</p> <p>9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 9:30 Sing-a-long-CY 10:00 Stretcherise-FF/TT 11:00 Veterans Day Program-WH 6:30 Euchre-VS 7:30 Depart: Purdue Convocations 7:30 Depart: Purdue Men's Basketball</p>	<p style="text-align: right;">11</p> <p>Name Tag Week</p> <p>Veterans Day 4:00 Catholic Mass-FF 7:30 Depart: Purdue Convocations</p>
<p style="text-align: right;">15</p> <p>9-11 WL Public Library-VS 10:00 Brain Boot Camp-C 1:00 Poker Games-VS 2:30 Protestant Comm.-FF 6:30 Depart: Purdue Women's Basketball 7:00 Westminster University- 'Aquatic Therapy' -WH</p>	<p style="text-align: right;">16</p> <p>8:30 Podiatrist-WC 9:00 Backpacking & Soap-VS 9:00 Depart Grocery Shopping 10:00 The World at War DVD Series-FF 10:00 Resident Prayer-CYC 1:00 Food Comm.-TT 1:00 Grieving Losses-MH 2:00 Open Bridge-VS 3:00 Knit & Crochet-MH 7:00 Westminster Duos-WH</p>	<p style="text-align: right;">17</p> <p>9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 9:30 Sing-a-long-CY 10:00 Hybrid 1 Meeting-HH1 10:00 Stretcherise-FF/TT 3:00 Meet the Conductor-C 6:30 Euchre & Board Games-VS</p>	<p style="text-align: right;">18</p> <p>12:30 Depart: Purdue Women's Basketball 4:00 Catholic Mass-FF 6:30 Depart: Purdue Men's Basketball 7:00 Depart: Lafayette Symphony Orchestra</p>
<p style="text-align: right;">22</p> <p>10:00 Brain Boot Camp-C 1:00 Poker Games-VS 1:00 Depart: Tippecanoe Mall</p>	<p style="text-align: right;">23</p> <p>Happy Thanksgiving!</p> <p>10:00 Resident Prayer-CYC 2:00 Open Bridge-VS</p>	<p style="text-align: right;">24</p> <p>9-12 Flea Market-LL 9:00 Coffee & Donuts-VS 9:30 Sing-a-long-CY 10:00 Stretcherise-FF/TT 6:30 Euchre-VS</p>	<p style="text-align: right;">25</p> <p>TBA Depart: Purdue Football 4:00 Catholic Mass-FF</p>
<p style="text-align: right;">29</p> <p>10:00 Brain Boot Camp-TT 10:30 Hospitality Comm.-C 1:00 Poker Games-VS 1:00 Christmas Comm.-C 7:00 Well Informed-TT/FF</p>	<p style="text-align: right;">30</p> <p>9:00 Backpacking-VS 9:00 Depart Grocery Shopping 10:00 The World at War DVD Series-FF 10:00 Resident Prayer-CYC 2:00 Open Bridge-VS 2:00 WL High School Orchestra-MH</p>		<div style="text-align: center;">  <p>GIVE THANKS</p> </div>

Thankful!



~

Rev. Joseph Seger
Center on Aging and
the Life Course
Susan Boots
Richard Arens
Rev. Mia Smith
Greg McCauley
Pastor Lore Blinn
Gibson
Nick Palmer
West Lafayette Public
Library
Rev. Lucia Oerter
St. E Nursing Students
Teresa Williams
Purdue Musical
Organizations
Sandy Lindahl
Traveler's Dream
American Red Cross



These ladies were introduced to the game "Bean Boozled" and everyone enjoyed it...even when they ended up eating jelly beans that tasted like stinky socks!



Helen Day took in the view from Ross-Ade Stadium during our luncheon at the Buchanan Club. It was lovely!



Jerry Goetsch enjoyed the Purduettes performance during AAW.



Bill McVay, De Dee Knaus, and Betty & Guthrie Carr enjoyed their horse drawn carriage ride!



With
Sympathy

Ruth Rowland
Sept. 19

~

JoAnn MacDonald
Sept. 19

Celebrating Advent Season With Chaplain Dawn

The season of Advent, which comes from the Latin word meaning *coming* or *visit*, begins four Sundays before Christmas and ends on Christmas Eve. It's intended to be a time of both remembrance and joyful anticipation through a variety of ways and I'm writing to invite you to participate. At Mass and Vesper services prior to the start of Advent, I will distribute a small devotional book to encourage you to remember and reflect. Also, please consider joining me for "Advent in Full Color"; a time for fellowship, food, fun and... coloring ... to inspire your anticipation. No artistic ability needed! It will take place Thursdays, November 30, December 7, 14, and 21 at 1:00 pm in the Meraki Studios.

Looking forward to being joy-filled together!

- Chaplain Dawn

Please note that "Advent in Full Color" will replace "Chapel with the Chaplain" in the month of December.

We Had a Fantastic Time Skydiving!!!

Residents Rosemary Benner & Nancy Bauman, along with employees John Meredith, Hannah Hurst, and Justina Phillips, all took the leap together!



Volunteer Corner



Marge Antonetti was born and raised in West Lafayette. After meeting her husband, Mario, at Purdue, the two married and moved from the area. Forty years later, retirement brought them back and they lived north of Westminster for 20 years until they moved to the Village just over two years ago. They became involved immediately and were recognized at this year's Volunteer Banquet with the Rookie Award.

Marge has an extensive volunteer background. As a stay-at-home mom, she could volunteer in her children's schools, at Boy/Girl Scouts and whatever the children participated in. She volunteered at St. Elizabeth Hospital for 20 years.

Marge continues her volunteer legacy at the Village and is involved with the Bazaar Committee, OMA Preparations, Flower Arranging, Meals on Wheels-Brown Bags, Employee Christmas Fund Committee, Intern Elder Mentor and Hybrid/Marketing Hospitality. Marge, Westminster truly benefits from the investment of your time and talents, thank you!



Transportation

- Lunch Bunch
O'Charley's
Wed., Nov. 1
Depart 10:45 a.m.
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- Purdue Convos  
Nov. 3, 10, 11, 12  
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- Lunch at Red Lobster and Holiday Shopping
Tues., Nov. 28
Depart 10:45 a.m.
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- Purdue Sports Football  
Sat., Nov. 4 & 25  
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- Women's Basketball  
Nov. 5, 15, 18  
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- Men's Basketball  
Nov. 1, 10, 12, 18, 28  
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- Laf. Symphony Orchestra
Sat., Nov. 18
Depart 7 p.m.
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- Payless  
Every Thurs. 9 a.m.  
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- Walmart or Meijer
Wed., Nov. 8
Depart 1 p.m.
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- Tippecanoe Mall  
Wed., Nov. 22  
Depart 1 p.m.

# November 2017

## Assisted Living Activities



A tour of Prophetstown State Park. Residents from left: Jana Forman, Nellie Van Sickle, Ivan Beaver, Bessie Frosch, Alice Messman, and Phyllis Sexton with park interpreter Angie M.

Happy Thanksgiving!

Our Tuesday morning Art Meditations group built and painted two scarecrows with the help of Rebekah and Emma. They are on display at Prophetstown State Park through November 5. There are many awesome scarecrows to look at in the park, but we think ours are the best!

November will be a busy month for us as we head toward the holiday season. We have all sorts of Thanksgiving crafts to work on and delicious autumn treats to make in our kitchen. We will try our hand at pumpkin cream cheese jellyrolls this year! Two of our favorite new games are Bocce Ball and the (Rubber) Cow Chip Chucking Contest. We are excited to welcome Cliff Martin back to play music for us—it has been several months since we last saw him. We can't wait!

## Health Center Happenings



Dortha Osmun at the Farmers' Market escorted by a Harrison High School Basketball Player

As the beautiful fall weather continues and the month of November arrives, we begin to think of things for which we are thankful. November 11 is Veterans Day and we are certainly very thankful for the many veterans living and working at Westminster who proudly served our country. On the fourth Thursday of this month we will celebrate Thanksgiving, a great day of prayer and feasting with loved ones to remember the many blessings we are afforded!

In the Health Center this month we have several performers who will visit, including Charis, Paula Dillard, Dave Laskey, Daryl Loveless, Jeff Anderson, Ray Snyder, and Ron Potts. Don't forget we have fresh baked cookies and milk in the Courtyard every other Tuesday and popcorn every Friday afternoon. I hope you'll find time to join us for an event or two this month.