



# 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
Accounting & Finance .....	
Director .....	Rick Fraley
Marketing Director .....	Scott Stansbury

## 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.

January 2019



Hello! I would like to introduce myself as your new Director of Sales & Marketing at Westminster Village West Lafayette. My name is Scott Stansbury and I am very excited to be a part of the Village family. I have 20+ years' sales experience with 12 years in the hospitality and tourism industry throughout the Midwest. I am a lifelong resident of Lafayette and have three children: Nate (19), Olivia (17) and Maggie (15). I love being outdoors as well as traveling and have been to 21 states in the USA with a goal to visit every state. In my spare time, I love watching our beloved Purdue Boilermakers, the Chicago Cubs and the Indianapolis Colts as well as coaching my children's youth sports teams. I look forward to meeting you!

## Trivia Whiz



Curt & Sarah Hopkins  
Paul Reed  
Gail Rudolph  
Fred & Gertrude  
Schmitz



### Remember When: Wooden Sleds

For generations of children, the combination of a winter snowfall and a nearby hill made for a day of sledding fun. One of the most popular means of riding the snowy slopes was aboard a Flexible Flyer. The iconic wooden sled with its eagle logo, red metal runners and hardwood seat slats was famous for a revolutionary feature—a flexible front-end steering bar that allowed the rider to control their course. Created in 1899 by a New Jersey manufacturer, millions of the sleds were sold up until the 1980s.



## Health & Wellness

### New Year's Resolutions

With the New Year upon us all it is a common time to come up with different ideas and ways that we can better ourselves. “New year, new me,” is a term commonly heard around this time of year. With that comes the idea of New Year’s resolutions. Some people hate them, some people take this as a time to try to add something new and positive into their lives. One type of resolution that is particularly positive for one’s life is to choose one related to your health. With that, there are good ways to form your resolutions, and good ways to help you stick to them.

There are many ways to help form your resolutions. First, you must be realistic. Don’t say you are going to set a goal of so many pounds to lose in the year; set a resolution to become

more active, and walk for thirty minutes three times a week. It’s also important to be specific. Saying you want to lose weight, or want to start eating healthier doesn’t leave you with guidelines on what you want to achieve. Being more specific, “I want to lose ten pounds this year,” or “I want to start eating vegetables at least one meal a day,” will help you to be able to gauge your progress. You should also set deadlines. If you have big goals, break them up into smaller increments and set deadlines for those. Doing it this way will help you to forge a plan of attack, and will give you time-constraints to ensure you are working toward your goals.

Key ways to help you stick to your new resolutions and goals are going to be to form your plan and stick to it. Many people think, “Well, I have all year,” but before you know it, snow is falling on the ground again and the year is almost up. Find a group of people to encourage you along your way. It could be that person who you eat dinner with, who pushes you to eat your serving of vegetables; or you could get a walking buddy so you have someone to go on your walks with, whatever it may be.

So with those tips being said good luck to you through the New Year as we each try to find ways to better ourselves whether it be our health or other ways!





Blue coffee mugs for National Law Enforcement Professional Day

### Purposeful Art to Start 2019!

The ceramics studios were full all throughout December making a very special gift for some very special people in our community. In honor of National Law Enforcement Professional Day on January 9th, art programming participants have been working to prepare a special thank you for our West Lafayette Police Department. The "Coffee for a Cop" program has had our ceramics groups hard at work learning different techniques to make an assortment of blue coffee mugs. Other classes have featured art with a "thin blue line" to include in the gift basket. We look forward to delivering our basket of goodies and thank-you notes along with donuts on January 9th!

### Beginning Boxing Class

Upper cut, hook, cross and jab are punches used in the sport of boxing. This month, we are starting a beginning non-contact boxing class.

You'll be able to throw upper cuts at the boxing dummy and punch the heavy bag with powerful crosses. Working on the speed bag can improve hand-eye coordination.

Classes will be held Mondays from 1:30 – 2:00 in the group exercise room of the LiveWell Fitness and Rehab Center.

Chad Welch, Wellness Center Coordinator, is the instructor. First class will be January 7.

Community gloves are available or you can purchase your own. Come throw a knockout punch!



### Spiritual

Dawn Bodi, Chaplain

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#### Joy in the Morning Bible Study

Tuesdays, 11 a.m.-Courtyard Chapel

#### Chaplain Chat

Thursday, 1/10 & 1/24, at  
1:00 p.m., Assisted Living Activity Room

#### Catholic Services

Mass, Saturdays, 4 p.m.  
Communion, Wednesday, 1/2-CYC

#### Episcopal Communion

Tuesday, 1/15, 1:30 p.m.

#### Protestant Communion

Wednesday, 1/16, 2:30 p.m.

#### Vespers

Sundays, 4 p.m. - Firefly  
1/6 - **Pastor Allen Weldy**, Rossville Church of the Brother  
1/13 - **Chaplain Dawn Bodi**, Westminster Village Chaplain  
1/20 - **Joseph Segar**, St. Andrews United Methodist  
1/27 - **Chris Danielson**, St. Andrews United Methodist

## Wellness



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#### Dr. Dodt

Wed., January 2  
1:30 p.m.

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#### Lafayette Hearing

Thurs., January 3  
9:00 a.m.

Make appt.: 448-6226

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#### Medication Drop-Off

Wed., January 9  
8:00 a.m.- 4:00 p.m.

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#### Registered Dietitian

##### Consulting

Thurs., January 10  
3:00 p.m.  
Appointment only.

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#### Podiatry

Thurs., January 17  
8:30 a.m.

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#### Grieving Losses

Thurs., January 17  
1:00 p.m.

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- 01 Luke Short
- 01 Edward Kirkpatrick
- 03 Solomon Gartenhaus
- 03 Peter Neisel
- 03 Jean Peterson
- 03 Robert Sanbloom
- 06 Darlene Adkins
- 07 Charles Brown
- 08 Guthrie Carr
- 08 John Oberholtzer
- 09 Bess Jafvert
- 11 Sharon Helmerick
- 11 Sherry McCutcheon
- 12 David Konzelmann
- 13 Carol Gentry
- 17 Bill Baumgardt
- 18 Margaret Hartwig
- 18 Sayed Gaafar
- 18 Harry Hirschl
- 20 Caryl Matthews
- 20 James Wilcox
- 21 Dorothy Baumgardt
- 23 Diane Johnson
- 24 Lynne Phillips
- 25 Emma Dalsimer
- 25 John Scanlon
- 26 Kathleen Kroll
- 27 Sadie Hudgens
- 28 Reuben Peterson
- 28 Eleanor Riggs
- 29 Thomas Ryan
- 30 Constance Hensley
- 30 Mary Nelson

**We Love Our Dining Staff**

We have the best dining staff around! Thank you to our kitchen crew and servers for their tasty meals and excellent service.

| Sunday                                                                                                                                                                                                                                    | Monday                                                                                                                                                                                                                                    | Tuesday                                                                                                                                                                                                                                                                                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>HAPPY<br/>New<br/>Year!</div>                                                                                                                                                                                                        |                                                                                                                                                                                                                                           | <div>New Year's1</div> <div>11:00 'Joy in the Morning' Bible Study-CYC<br/>1:00 Movie 'An Interview With God' Tune in to Channel 91<br/>1:30 Writing Interest Group-CANCELLED<br/>4-5 Mary Mother of God Mass-GER</div>                                                                              |
| <div>Name Tag Week6</div> <div>4:00 Vespers-FF<br/>Pastor Allen Weldy, Rossville Church of the Brother<br/>7:00 Sunday Night Movie 'Alice Adams' Tune In to Channel 91</div>                                                              | <div>Name Tag Week7</div> <div>10:00 Hybrid 3 Meeting-C<br/>10:00 Stretchercise-FF/TT<br/>12:00 Popcorn-VS<br/>1:00 Monday Movie 'Same Kind of Different as Me'-FF</div>                                                                  | <div>Name Tag Week8</div> <div>Floor Meetings<br/>9:00 Cottage "A" Meeting-C<br/>11:00 'Joy in the Morning' Bible Study-CYC<br/>11:00 Depart: IL Lunch Bunch to Spageddies<br/>1:00 Movie 'Alice Adams' Tune in to Channel 91<br/>2:30 Cookies &amp; Milk-CYAR</div>                                 |
| <div>13</div> <div>4:00 Vespers-FF<br/>Chaplain Dawn Bodi<br/>7:00 Sunday Night Movie 'Greater' Tune in to Channel 91</div>                                                                                                               | <div>Floor Meetings14</div> <div>10:00 Stretchercise-FF/TT<br/>10:30 Vespers Comm.-C<br/>12:00 Popcorn-VS<br/>1:00 Monday Movie 'Les Miserables'-FF<br/>1:30 Dementia Caregiver Support Group-C</div>                                     | <div>15</div> <div>10:00 Resident Council-C<br/>11:00 'Joy in the Morning' Bible Study-CYC<br/>1:00 Movie 'Greater' Tune in to Channel 91<br/>1:30 Episcopal Comm.-CYC<br/>1:30 Writing Interest Group-C<br/>6:15 Depart: Purdue Men's Basketball<br/>7:00 Coffman &amp; Turpin Comedy Show-WH</div> |
| <div>20</div> <div>1:15 Depart: Purdue Women's Basketball<br/>4:00 Vespers-FF<br/>Pastor Joseph Segar, St. Andrews United Methodist Church<br/>7:00 Sunday Night Movie 'Forever My Girl' Tune in to Channel 91</div>                      | <div>Martin Luther King Jr. Day21</div> <div>10:00 Hybrid 3 Meeting-TT<br/>10:00 Stretchercise-FF/TT<br/>12:00 Popcorn-VS<br/>1:00 Monday Movie 'Night at the Museum'-FF<br/>7:00 Kim &amp; Jared Pike (Pianist &amp; Guitarist)-WH</div> | <div>22</div> <div>10:00 All Resident Meeting-WH<br/>11:00 'Joy in the Morning' Bible Study-CYC<br/>11:00 Depart: IL Outing to Tippecanoe Battlefield Museum<br/>1:00 Movie 'Forever My Girl' Tune in to Channel 91<br/>2:30 Cookies &amp; Milk-CYAR</div>                                           |
| <div>27</div> <div>12:15 Depart: PU Men's Basketball<br/>2:30 Depart: PU Convo<br/>4:00 Vespers-FF<br/>Pastor Chris Danielson, St. Andrews United Methodist Church<br/>7:00 Sunday Night Movie 'Mary Poppins' Tune in to Channel 91</div> | <div>28</div> <div>10:00 Stretchercise-FF/TT<br/>10:00 Hosting Group-C<br/>12:00 Popcorn-VS<br/>1:00 Monday Movie 'Sneakers'-FF<br/>7:00 John Shively: "The Attack on the USS Franklin: The PU Connection"-WH</div>                       | <div>29</div> <div>11:00 'Joy in the Morning' Bible Study-CYC<br/>1:00 Movie 'Mary Poppins' Tune in to Channel 91</div>                                                                                                                                                                              |

# Westminster Village Event Calendar!

| Wednesday                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                   | Friday                                                                                                                                                                                        | Saturday                                                                                                                                                                                                                                                                                                                                      |
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| <b>2</b><br>10:00 Brain Boot Camp-C<br><b>10:00 Catholic Comm.-CYC</b><br>1:00 Poker Games-VS<br><b>1:30 Dr. Dodt-WC</b><br><b>2:00 IT Class-TT/FF</b><br><b>7:00 Scott Greeson Duo-Whitsel Hall</b>                                                                                                              | <b>3</b><br><b>9:00 Lafayette Hearing-WC</b><br>9:00 Depart Grocery Shopping<br><b>10:00 American Heritage: From Colonial Settlement to the Current Day DVD Series-FF</b><br>10:00 Resident Prayer-CYC<br>2:00 Open Bridge-VS<br><b>3:00 Knit &amp; Crochet-MH</b><br><b>6:15 Depart: PU Men's Basketball</b>                                              | <b>4</b><br>9-12 Flea Market-LL<br>9:00 Coffee & Donuts-VS<br>10:00 Stretchercise-FF/TT<br><b>1:30 Columbian Park Zoo-C/TT</b><br>6:30 Euchre-VS                                              | <b>5</b><br>4:00 Catholic Mass-FF<br><b>5:15 Depart: Purdue Women's Basketball</b>                                                                                                                                                                                                                                                            |
| <b>9</b><br><b>Name Tag Week</b><br><b>8-4 Medicine Drop-off-WC</b><br><b>9-11 WL Public Library-VS</b><br>10:00 Brain Boot Camp-TT<br><b>10:00 Cottage "C" Meeting-C</b><br>1:00 Poker Games-VS<br><b>1:00 Depart: Walmart/Meijer</b><br><b>7:00 Gary Varvel "Power of Visual Communication" Presentation-WH</b> | <b>10</b><br><b>Name Tag Week</b><br>9:00 Backpacking-VS<br>9:00 Depart Grocery Shopping<br><b>10:00 American Heritage DVD Series-FF</b><br>1:00 Chaplain Chat-ALAR<br>2:00 Open Bridge-VS<br><b>3:00 Registered Dietitian Consulting: APPT ONLY-WC</b><br><b>7:15 Depart: Purdue Women's Basketball</b>                                                   | <b>11</b><br><b>Name Tag Week</b><br>9-12 Flea Market-LL<br>9:00 Coffee & Donuts-VS<br>10:00 Stretchercise-FF/TT<br>6:30 Euchre-VS                                                            | <b>12</b><br><b>Name Tag Week</b><br><b>1:00 American Legion District HS Oratorical Scholarship Program-WH</b><br>4:00 Catholic Mass-FF<br><b>6:30 Depart: Purdue Convo</b>                                                                                                                                                                   |
| <b>16</b><br>10:00 Brain Boot Camp-C<br>1:00 Poker Games-VS<br><b>2:30 Protestant Comm.-FF</b><br><b>7:00 Westminster University-WH</b>                                                                                                                                                                           | <b>17</b><br><b>8:30 Podiatrist-WC</b><br><b>9:00 Amb. Aid Tune Up-WC</b><br>9:00 Backpacking & Soap-VS<br>9:00 Depart Grocery Shopping<br><b>10:00 American Heritage DVD Series-FF</b><br><b>12:30 Grieving Losses-MH</b><br><b>1:00 Food Committee-C</b><br>2:00 Open Bridge-VS<br><b>3:00 Knit &amp; Crochet-MH</b><br><b>7:00 Depart: Purdue Convo</b> | <b>18</b><br>9-12 Flea Market-LL<br>9:00 Coffee & Donuts-VS<br>10:00 Stretchercise-FF/TT<br><b>1:00 BINGO-TT/FF</b><br>6:30 Euchre & Board Games-VS<br><b>7:30 Depart: Purdue Convo</b>       | <b>19</b><br><b>1:15 Depart: Purdue Men's Basketball</b><br>4:00 Catholic Mass-FF                                                                                                                                                                                                                                                             |
| <b>23</b><br><b>8-10 St. E Nursing Students-VS</b><br><b>9-11 WL Public Library-VS</b><br>10:00 Brain Boot Camp-CANCELLED<br>1:00 Poker Games-VS<br><b>1:00 Depart: Tippecanoe Mall</b>                                                                                                                           | <b>24</b><br>9:00 Backpacking-VS<br>9:00 Depart Grocery Shopping<br><b>10:00 American Heritage: From Colonial Settlement to the Current Day DVD Series-FF</b><br>1:00 Chaplain Chat-ALAR<br>2:00 Open Bridge-VS                                                                                                                                            | <b>25</b><br>9-12 Flea Market-LL<br>9:00 Coffee & Donuts-VS<br>10:00 Stretchercise-FF/TT<br>6:30 Euchre-VS                                                                                    | <b>26</b><br><b>9:30 Saturday Morning at Westminster-WH</b><br>Kendall Smith-"Art Museum of Greater Lafayette-Past, Present, Future"<br>4:00 Catholic Mass-FF                                                                                                                                                                                 |
| <b>30</b><br>10:00 Brain Boot Camp-TT<br><b>10:30 Hospitality Comm.-C</b><br>1:00 Poker Games-VS<br><b>7:00 Well Informed-WH</b>                                                                                                                                                                                  | <b>31</b><br>9:00 Backpacking-VS<br>9:00 Depart Grocery Shopping<br><b>10:00 American Heritage: From Colonial Settlement to the Current Day DVD Series-FF</b><br>2:00 Open Bridge-VS<br><b>7:00 Riverboat Ramblers-WH</b><br><b>7:15 Depart: Purdue Women's Basketball</b>                                                                                 | Check for <u>changes</u> or <u>cancellations</u> posted on <b>Channel 91</b> , the <b>kiosk</b> , event <b>flyers</b> , <b>weekly highlights</b> , and/or on the <b>daily announcements</b> . | <b>C</b> Cardinal Room<br><b>CYC</b> Courtyard Chapel<br><b>FF</b> Firefly Room<br><b>LL</b> Lower Level<br><b>MH</b> Mendelsohn Hall<br><b>TT</b> Tulip Tree Room<br><b>VS</b> Village Square<br><b>WC</b> Wellness Clinic<br><b>WH</b> Whitsel Hall<br><b>WGE</b> Wellness Group Exercise Room<br><b>ALAR</b> Assisted Living Activity Room |



## Talk About It



Chip Goldsberry  
Tippi Choral Club  
Student Piano Recital  
Aaron Johnson  
Rev. Darlene DeHaih  
Celtic Midwinter  
Musical Celebration  
Columbian Park Zoo  
Lafayette Symphony  
Orchestra  
Richard Butler  
Central Indiana Music  
Society  
Dickens Carolers  
Dave Sattler  
Rev. Rich Stoll  
Big Swing Band

With  
**Sympathy**

~  
Marjorie Heman  
November 22

~  
Anna Berkovitz  
November 27



## Veterans Day Program 2018

We honored all of our Veterans from Westminster Village at our annual Veterans Day Program this year! Thank you to all of our residents and staff who served our country!



Veterans submitted photos that were hung on the Veterans Day Wall this year!



## West Lafayette High School Orchestra

We welcomed the West Lafayette High School Orchestra back to Westminster Village this year! 60 high school students came out to perform for us. They were enjoyed by all who attended!



We had a full room!



## Woodworking Shop

Our woodworking shop residents have been busy creating beautiful pieces of art in the shop! They have been making everything from grandfather clocks to model trains to modern art pieces and music boxes.

Some of these items show up in Westminster's annual Fall Bazaar, and others are decorative items in residents' homes or gifts for family members.

These residents are always looking for some more interested residents to come and join them in the woodworking shop! If you are interested in woodworking, you can contact resident, Paul Bien.

Keep an eye out for more pictures in next month's newsletter!



Pictured from Top to Bottom: Roy Barnhart's Work & Paul Bien's Work

## The Village With Vicki

Happy New Year! This year, 2019 is off to a fast start as the Village welcomes many new residents and a few new staff members. Did you know that in December the Department Directors and I restarted a luncheon event during which residents who are new to Westminster are hosted? The "Meet the Directors" luncheon will occur four times throughout 2019 (January, April, July and October).

If you have made Westminster your new home in the last quarter, welcome home! Look for details about the January luncheon in your special invitation.

The project to replace homes in the Cottage A area also began in December. Lincoln trail will be closed to through traffic as two homes are being constructed. Thank you for your patience and caution during this time.

Please be reminded that beginning this month you may contact the Wellness office to schedule an appointment with Julie Munsey (Registered Dietician). Look for the pub menu to change this month and some new offerings on the buffet in the main dining room. Here's to a healthy and happy New Year. Cheers!

- Executive Director, Vicki Gregory



## Extraordinary Impressions

I would like to reintroduce you to Extraordinary Impressions, the Life Care Services and Westminster Village vision for hospitality throughout the entire campus.

Westminster Village makes hospitality a top priority and Extraordinary Impressions is used as a vehicle to communicate the elements of this important initiative. The elements of this program are incorporated into daily routines to improve how residents, prospective residents, and other customers feel about the Village. The foundation of this program revolves around our hospitality promises. These promises coupled with the best practices found in many Life Care Services communities are utilized in the Westminster Village culture.

On January 23rd, the Extraordinary Impressions Committee will host our quarterly "EI Celebration." This celebration will be a joint activity between residents and staff. There will be more details in the coming weeks. We hope you will be able to attend!

- Associate Executive Director, Ben Blankenship



## Transportation



## Out & About

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### Purdue Men's Basketball

Jan. 3, 15, 19, 27

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### Purdue Women's Basketball

Jan. 5, 10, 20, 31

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### Lunch Bunch

Spageddies

Tues., Jan. 8

Depart: 11:00 a.m.

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### Walmart or Meijer

Wed., Jan. 9

Depart: 1:00 p.m.

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### Purdue Convo

Jan. 12, 17, 18, 27

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### Tippecanoe Battlefield Museum

Tues. Jan. 22

Depart: 11:00 a.m.

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### Payless

Every Thurs. 9 a.m.

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### Tippecanoe Mall

Wed. Jan. 23

Depart: 1:00 p.m.





# January 2019

## Assisted Living Activities



Nellie Van Sickle  
decorates the  
Christmas Tree.

Happy New Year!

2018 has come and gone in the blink of an eye. We have so many fond memories of friends, family, and fun to look back on. We received over 100 cards from our Across the United States holiday card exchange—we even saw a handful from Canada!

January brings us many new and exciting things, including new games and musicians, and our new Activity Assistants, Abrianna and Kamryn—we welcome you to our family. This month we will enjoy music from Dave Laskey (always a favorite), Mike Almon, and Darryle Loveless. We will step out for a special lunch to try the new restaurant on 52, and cut paper snowflakes for our windows.

May you have a wonderful year, and we hope you had a great New Year's Eve!

## Health Center Happenings



David & Connie Lux dressed for the  
Christmas festivities!

Happy New Year from the Health Center! Many wonderful events happened in the month of December! Residents enjoyed a delicious holiday dinner with family, listened to Christmas carolers, created beautiful holiday art, and helped assemble gift bags for the needy. The residents ended the 2018 year with a New Year's Eve celebration!

We're starting off the year with performances by Charis, Steve Michaels, Dan Robin, Pat Loro, Jeff Anderson, Randy Stirm, Dave Laskey, Mady, and Nola Nottingham. Please join us in listening to these great artists as well as many of our other great activities. We have popcorn on Friday afternoons, hot-chocolate socials on Thursday afternoons, and cookies and milk every other Tuesday!

Happy New Year!