

THE VILLAGE VIEW

THE VILLAGE AT GERMANTOWN

August/September, 2017



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Resident Council Meeting

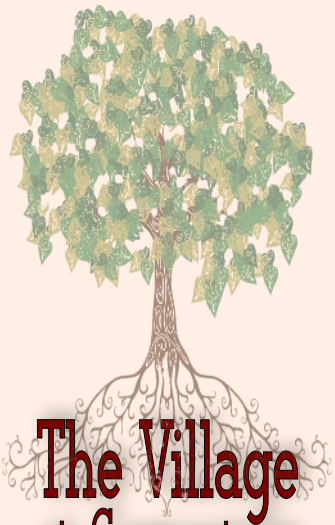
Auditorium
Wednesday,
August 30
2 pm



Jim & Janet Moore leading the pack at the Wally Simpson Fourth of July Golf Cart Parade. *(More photos on page 3)*



Julie & Jerry Klein with Louis Baioni at the fabulous dinner party he hosted on July 27 in the Auditorium. *(More photos on page 4)*



The Village at Germantown Foundation

Thank you to the following individuals who have so generously made donations through **August 7, 2017** to The Village at Germantown Foundation:

MEMORIALS

- Ellie Appling
- Judy Boshwit & Ray Shainberg
- Roger & Jill Buckmaster
- Betty Genkinger
- Walter & Mary Howard
- Frances Kauffman
- Jerry & Julie Klein
- Jeff & Louise Mann
- Jim & Janet Moore
- Dan & Virginia Norton
- Marie Starks
- Judy Steele
- John & Anne Stokes
- Gayle Toland
- Wes & Erwin Westmoreland

OTHER

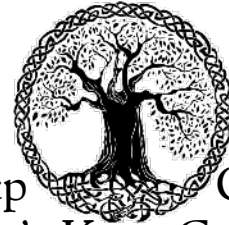
- Lou & Jeanne Cross
- Walter & Beverly Little
- Jack Williams

HONORARIUMS

- Rev. Dr. David Schieber

ITEMS DONATED

- Patricia Beard
- Artemis Barton
- Stew & Nancy Williams
- Barbara Fockler
- Marlene Griffin
- Beth Newman
- Nancy Randle
- Ann Vickery
- Family of John Voeller
- Mr. & Mrs. Richard Rubin
- Leo & Peggy Jalenak
- Jerry & Julie Klein
- Ramsay & Elizabeth Wall
- Peggy Hugg
- Jeanette Cooley
- Phil & Alyce Guichelaar



Keep Giving
& Let's Keep Growing!



Rebecca Cullison
Executive Director
The Village at
Germantown

It's hard to believe Summer is almost over! We have definitely had a busy Summer season at The Village. Our construction projects continue to go well and we only have a few apartments in the new Independent Living building left available. Many new residents are moving in and they are loving their new home.

We have good and bad news in our healthcare center. We are excited to welcome our new Director of Nursing, Sharon Camp. She comes with many years of nurse leader

experience and has already hit the ground running. We are sad to say goodbye to Julie Repking, Vice President of Healthcare Services. We appreciate her years of service and wish her the very best.

Please continue to submit nominations for Employee of the Month. We are receiving lots of great nominations and are excited to recognize these outstanding employees. I also encourage you to attend the Resident Council meeting each month where we formally recognize our Employee of the Month and discuss all the latest Village news. As always, please let me know if you have any questions, concerns or ideas about how we can be even better.

Rebecca



The Wally Simpson Memorial Fourth of July Golf Cart Parade

was enjoyed by all who gathered to watch the procession of colorfully decorated Villa golf carts. 1) Nancy Williams, Jerry Francisco, Jack Williams; 2) Ann Cox; 3) John Krosnes in uniform waiting on parade to line up; 4) John Dewald, Martha Horton, Sue Dewald & Joy Wiener; 5) Barbara Shane with Ellie Appling; 6) L.R. Jalenak celebrating in more ways than one; 7) Jeff & Louis Mann with Ellie Appling.





Baioni Dinner Party

Louis & Sylvia Baioni were the hosts of a grand dinner party in our Auditorium on July 27, with music for dancing by Irving Evans & His Orchestra. Among the guests were 1) Sue & John Dewald with their daughter; 2) Dorothy Fidler, Thelma Wilsford, Katherine Brock & Mary Davis; 3) Etta & George Browder; 4) Jane & Bob Carl; 5) Peggy & L.R. Jalenak; 6) Bettye Weathersby & Cecil Harris, and 7) Alice Funderburk & Jerry Francisco.





Upcoming EVENTS

Artist or Event	Date	Description/Location
Juke Box Party	Thursday, August 17 @ 7pm	Bring your quarters, Ice Cream & Dancing in the Auditorium (Costumes welcome!)
Bingo	Friday, August 18 @ 7pm	Fun & Prizes in the Auditorium with Jim Moore
Community Worship Service	Saturday, August 19th & Sept. 2 @ 7pm	Worship Service led by various guest Worship Leaders in the Auditorium
The Great American Solar Eclipse	Monday, August 21 @ 1 pm	Glasses provided, Moon Pies & Sunkist in the Front Circle, (Weather Permitting)
Margarita Monday	Monday, August 21 @ 4 pm	Polo Lounge
Musical Entertainment: Bob & Tally	Tuesday, August 22 @ 4 pm	Healthcare Activities Room
Musical Entertainment: Mark Cave	Friday, August 25 @ 7pm	Musical Variety Show in the Auditorium
Vespers	Sundays, August 27 & September 3 @ 6 pm	Prayer Service in the Card Room
Speaker: Jon Thompson The Fascinating Amelia Earhart	Tuesday, August 29 @ 7pm	Auditorium
Lunch & Learn: "Medicare & Supplemental Insurance...What is the Right Plan for You?"	Wednesday, August 30 @ Noon	Auditorium
Resident Council Meeting	Wednesday, August 30 @ 2 pm	Everyone Encouraged to Attend in the Auditorium
Musical Entertainment: Al Mahan	Thursday, August 31 @ 7pm	Gospel & Country Auditorium
Sing-A-Long with Irving Evans	Friday, September 1 @ 7pm	Sing-a-long time with Lyrics Provided, in the Auditorium
September Birthday Celebration	Tuesday, September 5 @ 5 pm	Celebrate our September Birthday Babies in the Auditorium
U of M Football Watch Party with Pouncer	Saturday, September 9 @ 6:30 pm	Polo Lounge
Ballroom Dance Classes	Thursdays, beginning September 14 @ 3:30pm	FREE Dance Classes in the Auditorium (Sign Up Required)
Musical Entertainment: David Holquin	Friday, September 15 @ 7pm	Acoustic Guitarist in the Auditorium




August Bus Trips

Please sign up in the Mailroom!

****A Friendly Reminder: For safety reasons, participants must be physically able to walk independently and get on and off our vehicles.**

Wednesday, August 16-

Redbirds Game

Redbirds vs. Nashville Sounds 

LOCATION: AutoZone Park

COST: FREE Ticket (donated by First Tennessee Bank); \$5 Transportation

DEPARTS: 5:30pm

First Tennessee donated the tickets so we will be watching the game in style in the First Tennessee Suite.



Thursday, August 24-

“Shrek, The Musical”

LOCATION: Theatre Memphis

COST: \$25; \$5 Transportation

DEPARTS: 6:45pm

Shrek, an embittered ogre, and his loyal steed Donkey embark on a quest to rescue the beautiful yet temperamental Princess Fiona from a fire breathing, love-sick dragon. Add the diminutive power-hungry Lord Farquaad, a gang of fairytale misfits and you’ve got the biggest, brightest musical comedy around making it a singing and dancing extravaganza.



Thursday, August 31-

IMAX “Aircraft Carriers in 3D”

LOCATION: Pink Palace

COST: \$9 Ticket; \$5 Transportation

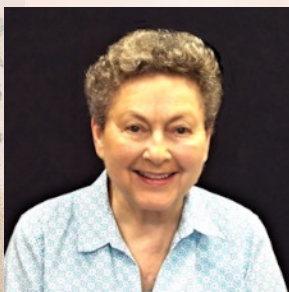
DEPARTS: 1pm

Aircraft Carrier: Guardians of the Sea focuses on the world of naval power and the astounding activity and air operations aboard a giant Nimitz-class aircraft carrier. The film presents the true scale and drama of carrier and fleet naval operations. A vast RIMPAC training exercise provides the setting for Aircraft Carrier: Guardians of the Sea.





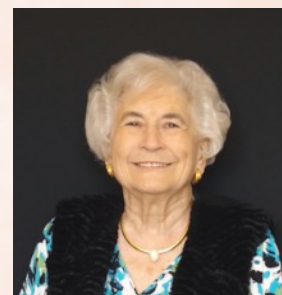
Welcome to Our
Newest Residents



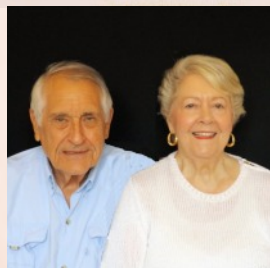
Barbara Apperson
Apt. E-140



Leanne Bailey
Apt. C-228



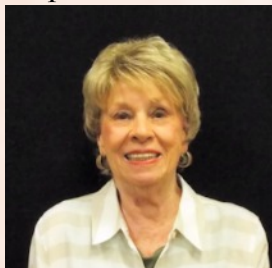
Jeanette Cooley
Apt. E-234



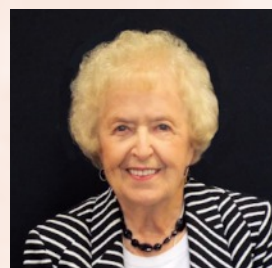
John & Carolyn
Dobson
Apt. E-137



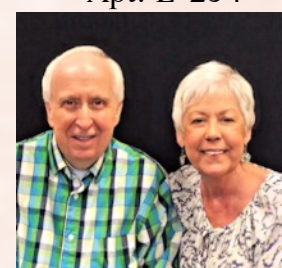
Dee & Bayless
Guenther
Apt. F-173



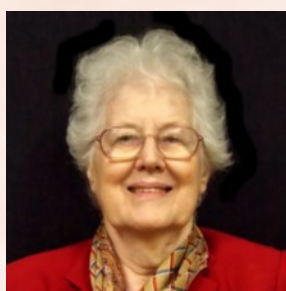
Peggy Hugg
Apt. E-241



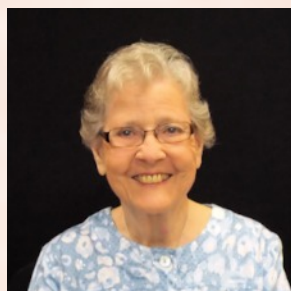
Ada Johnston
Apt. H-244



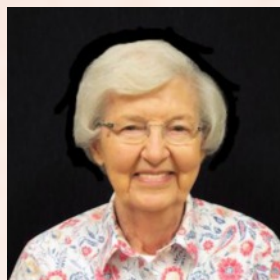
David & Voniss
Johnston



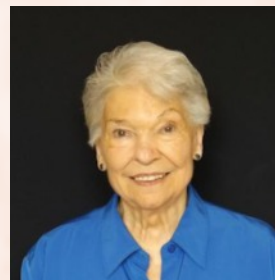
Betty Pelts
E-238



Ann Thurmond
Apt. F-171



Betty Warner
Apt. E-232



Edith Weathersbee
Apt. E-336



Library Reminder

Please take a minute and check your shelves: do you have Village Library books waiting to be returned? If so, come on down to your Library; turn them in; then pick out some more good books for your reading pleasure!

The Village at Germantown
Library Committee

Ellie Appling, Nancy Bogatin,
Jim Clancy, Dan Norton
& Bette Tilly

Thanks to You From 20/20

Thanks to the many residents at The Village who have donated eyeglasses to the Recycling Center at Emmanuel United Methodist Church. Volunteers clean, identify prescriptions and label each pair to be given to persons in need around the world. Sun glasses also are distributed for eye protection. Volunteer optometrists and their helpers travel to countries where the need is great to distribute these glasses.



There will be a pick-up at The Village soon, so be sure to donate your old glasses in the box located under the bulletin board in the Activities Room. Helen Dawson, one of the residents here, sponsors this project and would be happy to answer any questions you may have.

Thanks to all for sharing the gift of vision!



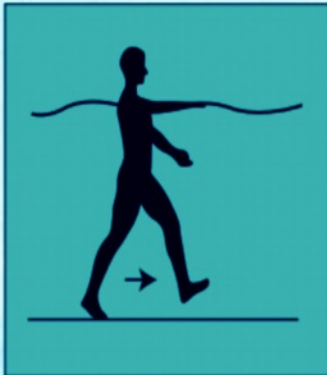
Health & Wellness



WATER AEROBICS

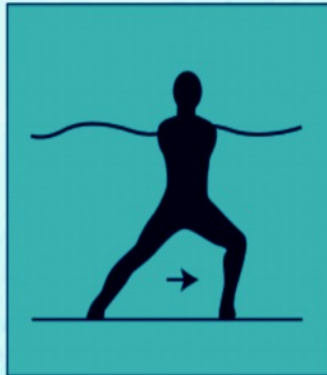
Exercising in the pool is the perfect opportunity to get fit at any age. Water aerobics is a fun way for seniors to exercise, especially so because it puts much less stress on the body than other types of workouts and can be easily modified to fit your personal comfort level. Aquatic exercise is not only beneficial in burning fat and strengthening muscles, it can also help ease chronic pain, fatigue, and inflammation for those suffering from conditions such as arthritis and fibromyalgia. Interested? Come join your friends already reaping the benefits to try out a class at The Village pool on Tuesdays and Thursdays at 9:15 am. Contact Cassandra in the Fitness Center for more information.

Aquatic Exercises to Try:



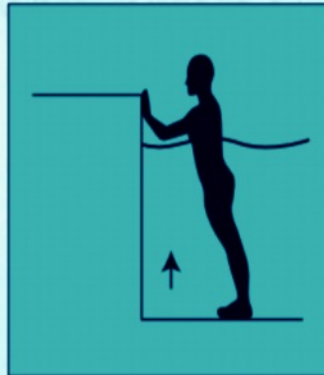
WALKING

Walking forward and backward in chest-high water works the leg muscles while exerting no impact of the knees or hips. This is particularly important for people who have arthritis in those joints.



SIDE LUNGE

Face the pool wall and take an oversized step to the side. Keep toes facing the wall of the pool. Repeat on the other side. Try three sets of 10 lunge steps. For variation, you can lunge-walk in a forward or sideways direction instead of standing in place.



PUSH-UPS

While standing in the water by the side of the pool, place your hands shoulder-width apart on pool edge. Press weight through your hands and raise your body up half-way out of the water, keeping elbows slightly bent. Hold for three seconds and slowly lower into pool.



Jerry Francisco, along with his classmates, presents instructor Cassandra Dotson with a handcrafted door stop at a recent class. Pictured (L to R) are: Carolyn Jennings, Ann Barnett, June Davidson, Janie Van Horn, Marian Marion, P.D. Miller, George & Etta Browder & Catherine Feldman.

Fitness Fanatic of the Month: Dr. P.D. Miller



This recognition goes to the resident who has participated in the most Water Aerobics classes in one month. Congratulations Dr. Miller, and keep up the good work!



Need a Massage?

At The Village we have our very own licensed Massage Therapist who specializes in massage for seniors!

Located in The Oasis Salon

Tuesdays - 10 am to 3 pm

Wednesdays - 9 am to 2 pm

Call the Oasis Salon

752-2558

for your massage appointment with Gwen!



Wellness Clinic

Temporary Location Apt. 201

Open Weekdays

8 am - 4:30 pm

Weekend Hours

Saturday - 8:30 am - 12:30 pm

Sunday - 12:30 pm - 4:30



Call

752-2566

To make an appointment



Monthly Podiatry Services are available in the Wellness Center

Village Enrichment Center



Adult Day Care
Offering half day or full day with both group & one-on-one programs for exercise, socialization & fun!

Call Carol Cook for a tour.
752-2562

Monthly Hearing Screenings



Second Tuesday of the Month @ 9 am in the Wellness Center

Comfort for Healing Hearts Support Group



For anyone dealing with the loss or caretaking of a loved one.

With Facilitator
Lowry Whitehorn

Held every Second Wednesday of the Month at 3 pm in the Reading Room

All conversations are confidential!



Companion Care

The Village Caregivers...
Always There, Always Caring!
Here to serve you if you are ill or just need those extra loving hands!

For more information call
Veronica 752-2545 or Melissa 752-2517

THE DOCTOR IS IN



Weekly Schedule:

Mondays:

Dr. Rahal

9:30 am - 12:30 pm

Wednesdays: Dr. Rahal

1:30 pm - 3:30 pm

Fridays: Dr. Ellen

10:00 am - 12:00 pm

Call Amber at 752-2566 to make

THE OASIS SALON



Located in The Reed Wellness Center

To make a Hairstyle Appointment with
Gayle, Sophia or Julie
or Manicure/Pedicure & Facial Appointment
please call the Salon at

752-2558

Julie in the Healthcare Salon - 752-2542

Now
Offering
Facials!

The Accounting Office is open on
Monday, Wednesday & Fridays
from 9 am to 11 am to
answer your questions.



The Village
at Germantown
An Affiliate of Methodist Healthcare
7820 Walking Horse Circle
Germantown, Tennessee 38138

Compliance Hotline
752-2530

The Village at Germantown Directors

Rebecca Cullison... Chief Executive Officer
Don Selheimer..... CFO & Exe.Vice President Finance
Melissa Rukstad..... Senior Vice President Operations
Jesse Crittendon..... Vice President of Operations
Pam Leet..... Vice President of Sales & Marketing
Susan Edwards..... Director of Resident Services
David Slaten Vice President/Healthcare Services
Sharon Camp Director of Nursing



Your "Home Town Bank" is located next to
the first floor elevator in C Wing .

Village Branch Bank Hours:
Monday, Wednesday & Thursday
9 am—12 pm

Tuesday 1 pm—3 pm

Other Hours Available by Appointment
Linda Gwin - 756-1340



This newsletter is
published monthly for
the residents of The
Village at Germantown
by the Resident
Services Director. We apologize for any
errors or omissions we may have over-
looked. Please let us know if you find
any information that is incorrect or
incomplete.

Contributions of photos, news, poetry,
stories or announcements are both
encouraged and welcomed! For
publication in the next newsletter,
please submit your contributions to
Susan in the Resident Services Office
no later than September 20, 2017.

Resident Services

Susan Edwards
Director of Resident Services
901-752-2522

Kaylee Jackson,
Resident Services Coordinator
901-752-2574

Chelsey Selheimer
Lead Concierge
752-2500