



VILLAGE VOICE

September 2023



TIPS: PREPARING FOR FALL AND WINTER

Senior citizens can prepare for the fall and winter seasons by taking several important steps to ensure their health and safety. First, it's crucial to focus on health maintenance. This includes getting flu shots and other necessary vaccinations, as older adults are more vulnerable to seasonal illnesses. It's also wise to schedule a check-up with a healthcare provider to address any health concerns and update medications. Staying active through indoor exercises, like yoga or Tai Chi, can help maintain mobility during the colder months.

Second, seniors should prepare their homes for the change in weather. This entails checking the heating system to ensure it is functioning properly, insulating doors and windows, and having a supply of warm clothing, blankets, and non-perishable food items in case of inclement weather. Additionally, seniors should consider installing handrails and non-slip mats in high-risk areas to prevent falls, which are more common during icy conditions.

Lastly, seniors should stay socially connected. Loneliness can be exacerbated during the fall and winter when outdoor activities become limited. Engaging in social activities, joining clubs or classes, or simply keeping in touch with friends and family through video calls can combat isolation and boost mental well-being. By proactively addressing health, home, and social aspects, senior citizens can better prepare for a safe and enjoyable fall and winter season. If you are thinking about other options, Westminster Village is a great place to do a trial stay during the winter months.



WESTMINSTER VILLAGE COMMUNITY EVENTS



Westminster Village is excited to partner with E. B. and Bertha C. Ball Center to offer interesting programs to the residents and community! Programs are held in the Legacy Commons Event Hall. Reservations are not required. Mark your calendars for the upcoming events!

September 11, 2023: 2:00 p.m. Speaker Karen Vincent - "Ball Jars: Each one tells a story"

September 18, 2023: 2:00 p.m. Trenton Bush - "Experience the Magic of Muncie"

Would you or a family member like to leave a lifelong legacy? You can make a contribution or memorial to the Westminster Village Foundation. To learn more about the foundation, go to www.wvmuncie.com/village-foundation-inc

September Special Events

9/1-4:00 p.m.
Social Hour

9/6-3:00 p.m.
Music with Robert Farmer

9/6-7:00 p.m.
Music with Larry Davis

9/7-2:00 p.m.
Around the World Series:
Visions of Austria

9/10-2:00 p.m.
Grandparents Day-Sundae Bar

9/11-2:00 p.m.
Speaker Karen Vincent-Ball Jars:
Each one tells a story

9/13-2:30 p.m.
Music with John Walker

8/14-2:00 p.m.
Musical Friends: Naomi Jackson

9/15-4:00 p.m.
Social Hour

9/15-5:00 p.m.
Reminisce Band:
Parking Lot Party

9/18-2:00 p.m.
Trenton Bush: Experience
Magic of Muncie

9/18-7:00 p.m.
Music with Paul White

9/19-7:00 p.m.
Music with Todd Berry

9/25-12:30 p.m.
Music with Rhatatat

9/26-7:00 p.m.
Music with Sweet Sounds

9/28-2:00 p.m.
Around the World Series:
Visions of France Provence

9/29-4:00 p.m.
Social Hour

9/30-3:00 p.m.
Music with Jeff Hubbard



NEXT-TO-NEW SHOPPE IS OPEN TO THE COMMUNITY

The Next-To-New Shoppe is a re-sale shop operated by a group of Volunteer Residents located in the Lower Level at Westminster Village. The Shoppe accepts clothing and jewelry items for donation and re-sales to Residents, Employees and the public.

All profits received from purchases are donated to fund the Tuition Assistance Grants for Westminster Village Employees. The Residents have given 86 grants and a total of \$55,348 to employees since 2009.

Open every Wednesday 1:00 p.m. to 3:00 p.m.

"SAFE & WARM" FOR FALL AND WINTER

Now is the time to start thinking about where you want to spend fall and winter. With life-enriching connections to enhance your mind, body, and spirit, you can celebrate the season in a warm, comfortable environment. Pack your bags and enjoy a fun and relaxing fall and winter!



For more information, call Tyler or Brenda at 765-288-2155



EMPLOYEE SPOTLIGHT

Name: Breanna Lynn

Job Title: Accounting Assistant

Department: Administration

What is your favorite hobby? Breanna likes to hike, explore new places, and travel.

What's one thing on your bucket list? She'd like to go to Israel.

What's a fun fact about you that many people may not know? Breanna is an ordained minister.

How long have you been with the company? She's been at Westminster Village for 4 years.

What do you enjoy most about working here? The friendships she has built and the family oriented atmosphere.



WESTMINSTER
VILLAGE

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