



# VILLAGE VOICE

February 2025

## Staying Active and Engaged: Simple Ways to Boost Health and Wellness in February



As we enter February, it's a great time to focus on ways residents can enhance their health and overall well-being. Staying physically active is one of the most important habits for maintaining both physical and mental health. Simple activities, such as walking, stretching, or chair exercises, can make a significant difference. Even small amounts of movement each day help improve circulation, flexibility, and strength, while reducing the risk of chronic conditions like heart disease and arthritis. Many Life Plan Communities offer fitness classes specifically designed to meet the needs of older adults, making it easy to stay active while having fun.

Mental engagement is equally important, especially during the winter months when many may feel less motivated to get outside. Staying mentally sharp can be achieved through activities like reading, puzzles, or games that encourage problem-solving. Social interaction is another crucial factor in maintaining mental health. Participating in group activities, whether virtual or in-person, helps foster a sense of connection, combating feelings of isolation. Staying engaged in conversations, hobbies, and community events can also boost mood and cognitive function.



Nutrition plays a key role in maintaining overall wellness, and February is a great time to focus on heart-healthy eating. Seniors should aim to eat a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Omega-3 fatty acids, found in fish like salmon and in flaxseeds, are particularly beneficial for heart health. Staying hydrated is equally important, so drinking plenty of water throughout the day is essential, especially as we tend to forget about hydration in colder months.

Finally, a good night's sleep is often overlooked but is vital for both physical and mental health. Seniors should establish a consistent sleep routine to ensure they're getting the rest they need. If sleep difficulties arise, it's important to talk to a healthcare provider to address any underlying issues. By focusing on these areas—physical activity, mental engagement, nutrition, and sleep—February can be a month of health and vitality, setting the stage for a positive and active year ahead.



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](http://www.wvmuncie.com/village-foundation-inc)

## FEBRUARY CALENDAR

**February 3**  
7:00 p.m.-Music: Brian & Mary Ross

**February 4**  
10:30 a.m.-SilverSneakers

**February 5**  
1:00 p.m.-Next-to-New  
2:00 p.m.-Abe Lincoln: American Hero

**February 6**  
10:30 a.m.-SilverSneakers

**February 7**  
5:00 p.m.-Social Hour

**February 9**  
6:30 p.m.-Football Frenzy

**February 10**  
2:00 p.m.-David Concepcion: BSU Philosophy Professor  
7:00 p.m.-Music: Denni Glander

**February 11**  
10:30 a.m.-SilverSneakers

**February 12**  
1:00 p.m.-Next-to-New

**February 13**  
10:30 a.m.-SilverSneakers

**February 14**  
1:30 p.m.-Cupids Quest Game Show

**February 15**  
3:00 p.m.-Music: Naomi & Friends

**February 17**  
7:00 p.m.-Masterworks Choral

**February 18**  
10:30 a.m.-SilverSneakers

**February 19**  
1:00 p.m.-Next-to-New

**February 20**  
10:30 a.m.-SilverSneakers

**February 21**  
5:00 p.m.-Social Hour

**February 22**  
5:45 p.m.-BSU Planetarium: Worlds of Mystery

**February 24**  
4:00 p.m.-Orchestra Indiana  
7:00 p.m.-Music: Paul White

**February 25**  
10:30 a.m.-SilverSneakers

**February 26**  
1:00 p.m.-Next-to-New

**February 27**  
9:30 a.m.-Watercolor Painting Class  
10:30 a.m.-SilverSneakers

## SAFE AND WARM TO ENJOY LIFE IN BALANCE

Want to try our lifestyle without committing? Through our Trial Program, you can stay at Westminster for any amount of time, at any level of living, and with any floor plan. 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 time at Westminster Village! For more information, call Tyler or Brenda at 765-288-2155.

## RE-PRICED APARTMENTS

Westminster Village is re-pricing a limited number of Residential Living Studios and One (1) BR Kitchenette apartments for immediate move-in. These apartments enjoy all of the same amenities as all of our apartments. Amenities include: three meals daily, bi-weekly housekeeping, weekly flat linen laundry, expanded satellite TV, wi-fi, routine maintenance, utilities (except telephone), and daily wellness checks. These apartments will go fast so don't wait to call for more information. You can call Tyler or Brenda at 765-288-2155 with any questions or to schedule a tour today!



## EMPLOYEE SPOTLIGHT

**Name:** Trisha Hewitt      **Job Title:** Clinical Assistant      **Department:** Nursing

**What is your favorite hobby?** Trisha enjoys hanging out with her fur babies.

**What's one thing on your bucket list?** She wants to go to Hawaii!

**What's a fun fact about you many people may not know?** Trisha is addicted to chewing ice.

**How long have you been with the company?** 22 years

**What do you enjoy most about working here?** Trisha enjoys the friendships she has made with co-workers and residents.



WESTMINSTER  
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