



# VILLAGE VOICE

August 2025

## Downsizing with Dignity: A Thoughtful Move to a Life Plan Community

Choosing to move into a Life Plan Community like Westminster Village is a proactive step toward comfort, connection, and peace of mind. It's an opportunity to embrace a lifestyle that removes the burdens of homeownership while offering security, wellness, and a vibrant social environment. But before you arrive at this new chapter, there's often one big step to take—downsizing.

Downsizing doesn't mean letting go of what matters—it means curating the items, memories, and experiences that you want to carry with you into this next phase of life. As you sort through your belongings, think about what brings you joy, what has purpose, and what stories you may want to pass along to loved ones. This process, while emotional, can also be empowering when approached with intention.

To make the transition smoother, start early, go one room at a time, and consider using your new floor plan to guide decisions. Bring in trusted support—whether family, friends, or move managers—and don't be afraid to ask for help. Downsizing is a personal journey, and when done with care, it can be a meaningful part of preparing for your future.

At Westminster Village, we're here to support you every step of the way. We believe in honoring your past while helping you build a fulfilling future. If you're considering a move to a Life Plan Community, let us show you how downsizing can be done with dignity, grace, and support.

## AUGUST ACTIVITY HIGHLIGHTS

Date:	Time:	Activity:
August 1	10:30 a.m.	Food Truck Frenzy: Chubby Burger
	10:30 a.m.	Social Hour
August 6	1:00 p.m.	Next-to-New Shop
August 7	11:00 a.m.	Cammack Station Outing
	2:00 p.m.	Adam's Voice
August 11	7:00 p.m.	Music: Glen Welch
August 13	1:00 p.m.	Beach Party
	1:00 p.m.	Next-to-New Shop
August 15	10:30 a.m.	Food Truck Frenzy: Smokey Drews
	5:00 p.m.	Social Hour

Date:	Time:	Activity:
August 18	10:00 a.m.	Fishing at WV Pond
	7:00 p.m.	Music: Paul White
August 19	3:15 p.m.	Expressions Quartet
August 20	1:00 p.m.	Next-to-New Shop
	7:00 p.m.	Music: Brian & Mary Ross
August 21	2:30 p.m.	Water Color Painting
August 22	10:00 a.m.	Annual Cookout: Residents & Staff
August 27	8:00 a.m.	Men's Breakfast
	5:00 p.m.	Senior Days: Minnetrista
	1:00 p.m.	Next-to-New Shop
August 28	2:00 p.m.	Sweet Sounds
	3:00 p.m.	Poets Society

To view the full activity calendars for Residential/Assisted Living and Health Center, visit our website at [wvmuncie.com/events-activities/](http://wvmuncie.com/events-activities/)

## Synchrony Strong: Energy Conservation

Energy conservation for the elderly is about helping older adults maintain their strength and independence while minimizing fatigue during daily activities. As people age, they may experience reduced stamina, mobility, or chronic conditions that make energy management essential. Here are practical tips and strategies:

### General Energy Conservation Principles

#### Plan Ahead

- Schedule activities during the time of day when energy levels are highest (often in the morning).
- Alternate High-effort tasks with periods of rest.
- Combine tasks to reduce movement (e.g., gather all cooking supplies before starting).

#### Prioritize Tasks

- Focus on essential tasks first.
- Ask for help with strenuous or non-urgent activities.

#### Pace Yourself

- Take frequent breaks before becoming too tired.
- Avoid rushing—slow, steady effort is more efficient.

#### Posture Matters

- Sit while doing tasks when possible (e.g., cooking, folding laundry).
- Maintain good body mechanics to avoid strain.

### Health & Lifestyle

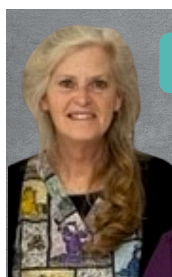
- **Nutrition:** Eat small, frequent meals with balanced nutrients to maintain energy.
- **Hydration:** Dehydration can increase fatigue—drink plenty of water.
- **Exercise:** Gentle exercises like walking, stretching, or tai chi help build endurance.
- **Sleep:** Prioritize good sleep hygiene to improve daytime energy.
- **Mental health:** Stress and depression can worsen fatigue—seek support when needed.

If fatigue is severe, persistent, or worsening, it may be a symptom of an underlying condition (e.g., heart disease, anemia, sleep apnea).

A physical or occupational therapist can create a personalized energy conservation plan.



*Synchrony Rehab is a partner of  
Westminster Village*



### Employee Spotlight

**Name:** Barb Bailey    **Job Title:** Housekeeping/Laundry Mgr.    **Department:** Housekeeping

**What is your favorite hobby?** Barb loves to sew and spend time with her playful pup.

**What's one thing on your bucket list?** Barb says that winning the lottery is the one big item on her bucket list.

**What's a fun fact about you many people may not know?** She loves to have fun and genuinely enjoys chatting with residents and coworkers.

**How long have you been with the company?** In September, Barb will celebrate her 11<sup>th</sup> year at Westminster!

**What do you enjoy most about working here?** Right from the start, Barb found joy in working alongside employees and getting to know all of the residents.



WESTMINSTER  
VILLAGE

5801 W Bethel Ave · 765-288-2155 · wvmuncie.com

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)