



# VILLAGE VOICE

September 2025



## SEPTEMBER IS HEALTHY AGING MONTH

September is recognized nationwide as Healthy Aging Month, a time to celebrate the positive aspects of growing older and to remind us that it's never too late to take charge of our health. Healthy aging is not just about adding years to life—it's about adding life to years. By focusing on physical activity, mental well-being, social engagement, and preventive health, older adults can continue to thrive and enjoy independence and vitality.

At Westminster Village, we are proud to support healthy aging every day through engaging programs, wellness activities, and opportunities to stay connected. This month, we encourage residents to take small but meaningful steps toward well-being: stay active with daily walks or group fitness classes, eat a balanced diet filled with fresh fruits and vegetables, and keep the mind sharp with puzzles, reading, or lifelong learning opportunities. Just as important is nurturing social connections—sharing meals, joining clubs, or attending community events can all boost mood and overall health. Together, let's embrace September as a reminder that aging well is about celebrating life at every stage.

## PARKING LOT PARTY

FRIDAY, SEPTEMBER 19TH  
5:00-8:00 PM

OPEN TO THE PUBLIC

FOOD TRUCKS

FREE ADMISSION



WITH SWEET SOUNDS

WESTMINSTER VILLAGE

5801 W BETHEL AVE, MUNCIE

BRING YOUR LAWN CHAIRS AND DANCE THE NIGHT AWAY!

## A WARM & WELCOMING WINTER AWAITS YOU!



Why face the winter blues when you could enjoy a season filled with comfort, connection, and joy?

At Westminster Village, you'll enjoy:

- Three meals daily
- Bi-weekly housekeeping
- Weekly flat linen laundry
- Expanded satellite TV
- Wi-fi
- Routine maintenance
- Utilities (except telephone)
- Daily wellness checks

Leave winter worries behind and step into comfort, connection, and joy.

Call Tyler Ewing or Brenda Williamson at 765.288.2155 to schedule a tour TODAY!

## SEPTEMBER ACTIVITY HIGHLIGHTS

| Date:        | Time:     | Activity:  |
|--------------|-----------|--|
| September 3  | 3:00 p.m. | Naomi Jackson & Friends                          |
| September 5  | 5:00 p.m. | Social Hour                                      |
| September 8  | 2:00 p.m. | Flags of Honor: Minnetrista                      |
|              | 3:00 p.m. | Piano Performance: Jenny Eley                    |
|              | 7:00 p.m. | Music: Glen Welch                                |
| September 9  | 3:15 p.m. | Expressions Quartet                              |
| September 11 | 2:00 p.m. | Music: Tony Hopkins                              |
| September 12 | 9:30 a.m. | St. Michael's Archangels in Action: Fun Activity |
| September 15 | 7:00 p.m. | Music: Paul White                                |
| September 17 | 7:00 p.m. | Music: Brian & Mary Ross                         |

| Date:        | Time:      | Activity:                                  |
|--------------|------------|--|
| September 18 | 2:30 p.m.  | Water Color Painting                       |
| September 19 | 5:00 p.m.  | Social Hour                                |
|              | 5:00 p.m.  | Parking Lot Party with Sweet Sounds        |
| September 22 | 2:30 p.m.  | Muncie Symphony Orchestra                  |
| September 24 | 8:00 a.m.  | Men's Breakfast                            |
|              | 5:00 p.m.  | Roho's Martini Bar                         |
| September 25 | 9:00 a.m.  | Synchrony: Fall Prevention                 |
|              | 11:30 a.m. | Lunch Bunch: Olive Garden                  |
|              | 3:00 p.m.  | Poets Society                              |
| September 29 | 2:00 p.m.  | Madness of John Terrell by Stephen Terrell |

## SEPTEMBER IS FALL PREVENTION MONTH

Fall prevention education is essential for helping seniors maintain independence, mobility, and safety. One in four older adults falls each year and may result in fractures, head injuries, loss of independence. Risk factors include muscle weakness, balance issues, medications, vision problems, and unsafe environments.

### The following tips may help prevent the risk of fall or further injury.

- Remove tripping hazards (rugs, cords, clutter).
- Install grab bars in bathrooms and near stairs.
- Use non-slip mats in tubs and showers.
- Ensure proper lighting, especially in hallways and stairways.
- Rearrange furniture for clear walking paths.
- Wear supportive, non-slip shoes.
- Avoid walking barefoot or in socks on slick surfaces.
- Use assistive device if recommended by physician or physical therapist.

### Regular exercise to improve strength and stability:

- Tai Chi, yoga, or gentle stretching.
- Strength training and balance-focused workouts.
- Physical therapy if mobility is limited.

### Work with a pharmacist or doctor to:

- Identify medications that cause dizziness or drowsiness.
- Adjust dosages or eliminate unnecessary prescriptions.



The Art of Healing...A History of Caring

Synchrony Rehab is a partner of Westminster Village

## Employee Spotlight

**Name:** Sheila Poor

**Job Title:** Hair Stylist

**Department:** Beauty Shop

**What is your favorite hobby?** Sheila loves spending time with her grandsons.

**What's one thing on your bucket list?** One thing on Sheila's bucket list is to travel out west and watch the sunsets.

**What's a fun fact about you many people may not know?** She is shy!

**How long have you been with the company?** She has been with Westminster Village for 13 years!

**What do you enjoy most about working here?** Sheila enjoys her co-workers and making the residents feel good when they leave the shop!



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)