



VILLAGE VOICE

January 2023



HEALTHY, HAPPY AGING LIFESTYLE TIPS FOR 2023

We expect to live to 100 and maintain mobility as well as be injury and illness-free. We need to take steps to make this a reality, not just a dream. What can we do?

Tip 1: SLEEP

As we age, the harder it is to get the sleep that we need. If you are someone that struggles falling asleep, try taking a hot bath, shower, or creating a relaxing area to go to before bed.

Tip 2: STRETCH

Inflexibility can lead to a variety of injuries and health problems, including chronic back pain, muscle strains, and falls. We will lose our muscles if we don't use them in activity.

Tip 3: EXERCISE

There are a number of age-related changes we may begin to notice that can be reversed with physical activity. Our immune system is strengthened through regular exercise, so our cold and flu symptoms are reduced as a result of a regular walk, which lowers blood pressure, heart rate, and increases lung capacity.

Tip 4: HEALTHY DIET

In order to reduce the effects of aging on our cells, fruits, vegetables, and legumes should be a part of a healthy diet.

Tip 5: REDUCE SUGAR INTAKE

A number of chronic diseases, including cancer, diabetes, and arthritis, are related to inflammation caused by sugar.

January Special Events

1/4-7:00 p.m.

Music with Larry Davis
(Legacy Commons)

1/6-5:00-8:00 p.m.

Festival of Trees

1/11-7:00 p.m.

Music with Megan Biner
(Legacy Commons)

1/12-11:00 a.m.

Lunch Bunch-Mancino's

1/16-7:00 p.m.

Music with Paul White
(Legacy Commons)

1/18-7:00 p.m.

Music with Tom Wright
(Legacy Commons)

1/20-4:00 p.m.

Social Hour

1/23-6:30 p.m.

On Your Feet! Artist Series at
Emens Auditorium

1/23-7:00 p.m.

Music with Chris & Angi
(Legacy Commons)

1/25-7:00 p.m.

Music with Denni Glander
(Legacy Commons)

1/27-4:00 p.m.

Social Hour

1/30-7:00 p.m.

Music with Rhatatat
(Legacy Commons)

"SAFE & WARM" FOR THE WINTER

Now is the time to start thinking about where you want to spend this winter. At Westminster Village you can celebrate the season in a winter wonderland filled with life enrichment connections to enhance your mind, body, and spirit. Just turn down the thermostat, pack a bag, and get ready to enjoy a safe and entertaining winter.

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



LIFE AS A RESIDENT

The Residents and Employees had a great time at our yearly Christmas Party! There was lots of music, singing, food and fun had by everyone that attended. The residents also attended shows at Emens, Civic Theatre and had several evenings with musical guests here at Westminster Village.



SWEETHEARTS DANCE

Westminster Village invites you to join us as you spin your favorite sweetheart around the dance floor, or just come to listen. Senior couples and singles are welcome to attend!

Westminster Village-Legacy Commons
February 10th · Starts at 7 p.m.
5801 W Bethel Ave · Muncie

FREE EVENT · OPEN TO THE PUBLIC

EMPLOYEE SPOTLIGHT



Name: Julie Walker

Job Title: Health Center Marketing and Admissions Director

Department: Health Center Admissions and Marketing

What is your favorite hobby? Boating and spending time outside with family and friends.

What's one thing on your bucket list? To go on a Cruise. We have scheduled one for October 2023.

What's a fun fact about you many people may not know? I've been in Long Term Care for almost 36 years. I started at Parkview Nursing Center as an Office Manager/Bookkeeper then moved into the role of Admissions and Marketing.

How long have you been with the company? I have been with Westminster Village for almost 6 years on April 3rd. I wasn't looking for a job until I met with Mary Jo Crutcher and she just wanted to show me around and then I was hooked.

What do you enjoy most about working here? I enjoy the friendships that I've made with the staff, residents and their families. I enjoy listening to the stories of the residents.



WESTMINSTER
VILLAGE

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