

## Westminster Village Resident Spotlight



*"We love living here with so many friends and colleagues we've known through our church and Ball State, and we've met so many new friends. After taking care of our parents' homes in other cities and states, we didn't want to put that burden on our girls, since they all live away from Muncie. Westminster Village was the perfect solution for us!"* –Norm and Joyce Beck, Residents of Westminster Village.

Norm received his B.S, M.S, and Ph.D from Ball State, and began his career there. He retired in 2004 as an Associate V.P. of Human Resources and Auxiliary Services at BSU. He was the former Ex. Dir. of the George and Frances Ball Foundation and an Elder at First Presbyterian Church. Before retiring, Joyce was an Executive Secretary with the Ball Associates – Ball Foundation.

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## Lunch & Learn with Sherry Brown



For anyone who is considering a move, or just needing to downsize, consider attending the *Lunch*

& Learn with Sherry Brown at Westminster Village on Thursday, November 10<sup>th</sup>, from 11:30 am – 1:00 pm. Sherry Brown, a Professional Organizer and owner of *Senior Organizing Pros Db a Organize This, LLC*, will be discussing how she can assist older adults and their families with all or any part of downsizing, and the moving process. Even if you aren't planning a move at this time,

Sherry's helpful ideas will prove beneficial to you now or in the future. Lunch is being catered and seating is limited so an "RSVP" is required by noon, Thursday, November 3<sup>rd</sup>, to Erin Ailstock at 288-2155. There is no cost for this event.

## CCRC Living – Fact vs Myth

**Myth:** "I will lose control of my daily activities or my life."

**Fact:** Moving anywhere new is a big transition, especially if you're coming from a place where you had an established routine and set of friends. Letting go



of long-held habits can be difficult and may require a major adjustment. However, at Westminster Village, we provide ample opportunities for you to meet new people and form new bonds. Even though it may take time, our compassionate staff is available to help in any way we can. We believe living in a CCRC (Continuing Care Retirement Community) will give you an added sense of security, as you're surrounded by those committed to your care. At the same time, we want to ensure you have the independence and privacy you deserve.



### Senior Moments Been There...Done That!

Abraham Lincoln served as captain during the Black Hawk War of 1832. One day he found himself leading a militia company across a field and toward a gate. The proper command for directing the troops through the gate escaped him completely. "This company is dismissed for two minutes," he finally shouted in desperation, "and will fall in again on the other side of the gate!"

Veterans Day is Friday, November 11, 2022. Today and every day we are grateful! 

## Safe & Warm For the Winter

If staying alone in your home during the long, cold winter doesn't sound like something you want to do this year, Westminster Village has an idea for you! Come and spend the winter in a comfortably furnished apartment. You can participate in



our activities, exercise in the Wellness Center on the

equipment or in one of our exercise classes, get your hair done in the Beauty Salon, shop in our Village Shoppe, shop in the Next-to-New Shoppe or attend one of our events in the Legacy Commons Event Hall. *Safe & Warm for the Winter* includes meals, apartment cleaning, linen

laundry, utilities, free TV and WiFi,



with monthly rates beginning at \$2,305 for a one bedroom/full kitchen apartment, on a 1 Meal Plan. If you would like to schedule a tour, or just ask a question, call Tyler or Melody at 765-288-2155.

If you would like to opt out of this newsletter, please call Erin at 765-288-2155.

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wvmuncie.com

