



VILLAGE VOICE

June 2023



Tips for preventing injuries among senior citizens!

National Safety Month is an important observance aimed at raising awareness about various safety issues and promoting measures to prevent injuries and accidents. When it comes to senior citizens, ensuring their safety becomes particularly crucial due to age-related vulnerabilities. Here are some key areas to focus on for preventing injuries among senior citizens during National Safety Month:

1. **Fall Prevention:** Falls are a leading cause of injury among older adults. To prevent falls, make sure the living environment is free from hazards such as loose rugs, cluttered pathways, and inadequate lighting. Install grab bars in bathrooms and use non-slip mats.
2. **Medication Safety:** Older adults often take multiple medications, increasing the risk of adverse drug interactions and other medication-related issues. Ensure that seniors understand their medication regimen and are taking the right dosage at the right time. Help them organize their medications using pill organizers or medication management systems.
3. **Fire Safety:** Educate senior citizens about fire safety measures, such as installing smoke detectors in their homes and regularly checking their batteries. Teach them how to respond in case of a fire, including having an escape plan and knowing how to use fire extinguishers.
4. **Home Security:** Seniors may be more vulnerable to theft and home invasions. Help them secure their homes by installing proper locks on doors and windows, using a peephole or intercom system, and reinforcing entry points if necessary.
5. **Driving Safety:** If seniors are still driving, it's important to ensure they maintain their driving skills and follow safe driving practices. Encourage regular vision and hearing tests, as well as evaluations of physical and cognitive abilities that may affect driving. If necessary, explore alternative transportation options or arrange for driving assistance.
6. **Community Engagement:** Encourage senior citizens to engage with their community and participate in social activities. Loneliness and isolation can contribute to physical and mental health issues. Staying socially active and connected can enhance their overall well-being and reduce the risk of accidents or health emergencies going unnoticed.

Promoting safety for senior citizens requires a comprehensive approach that involves education, awareness, and support from family members, caregivers, and the community. By focusing on these areas during National Safety Month and beyond, we can help ensure the well-being and security of our senior population.

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

June Special Events

6/1-11:00 a.m.
Music with Lee Whiteman

6/3-2:00 p.m.
Piano Recital

6/5-2:15 p.m.
Music with John Walker

6/5-7:00 p.m.
Music with Chris & Angi

6/8-10:00 a.m.
Bible Study-Main Lounge

6/8-11:00 a.m.
Lunch Bunch-Ruby Tuesday

6/9-4:00 p.m.
Social Hour

6/14-7:00 p.m.
Music with Larry Davis

6/19-7:00 p.m.
Music with Paul White

6/20-7:00 p.m.
Music with Todd Berry

6/21-7:00 p.m.
Music with Denni Glander

6/23-4:00 p.m.
Social Hour

6/26-7:00 p.m.
Music with Rhatatat

6/27-7:00 p.m.
Sweet Sounds



NOW ACCEPTING MEDICAID IN OUR HEALTH CENTER

Westminster Village is excited to announce that we are now accepting Medicaid in our Health Center. This allows us to serve more of the community with the same great care that we have provided for over 49 years.

- Professional nursing staff is available 24 hours a day.
- Comfortable and spacious private suites are available.
- Free-111 Channel in-house TV, Telephone & in-room Wi-Fi.
- Selective menus that meet a variety of nutritional needs and change daily.
- Regularly scheduled entertainment.
- Variety of Spiritual and worship programs offered.

Call for more
information

"COOL & COMFORTABLE" FOR SPRING & SUMMER

Now is the time to start thinking about where you want to spend spring and summer. With life-enriching connections to enhance your mind, body, and spirit, you can celebrate the season in a cool, comfortable environment. Pack your bags and enjoy a fun and relaxing spring and summer!



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



EMPLOYEE SPOTLIGHT

Name: John Mock Job Title: Apartment Coordinator/Head Carpenter
Department: Maintenance

What is your favorite hobby? Riding his Harley Davidson.

What's one thing on your bucket list? John would like to go to Australia.

What's a fun fact about you that many people may not know? John loves to cook and try new things.

How long have you been with the company? 12 years

What do you enjoy most about working here? The one thing that he enjoys the most is the interaction with the residents.



WESTMINSTER
VILLAGE