



# COFFEE TIME Newsletter

## Westminster-Thurber Community

January 7, 2015

Hello Friends,

Here we are at the beginning of a new year. **Welcome to 2015!** There are many metaphors used to describe this transition into a new beginning. In 2015, are you going to *“turn over a new leaf”*, *“begin a new adventure”*, *“write a new chapter”*, or better yet, close the old book on yourself and *“write a new book”*? Your new book of life is just beginning... the pages are empty ready for you to write on them the experiences you are yet to enjoy. T.S. Eliot once said, *“For last year’s words belong to last year’s language and next year’s words await another voice, and to make an end is to make a beginning.”*

**Life is a series of new beginnings.** Many people use the milestone of a new year to make new resolutions toward the new and improved person they wish they could be. During this season, lists are written, posted on the refrigerator, tucked inside a book or put in a drawer. In time, the list becomes just a bunch of words, and the desire to accomplish the list fades. Most people don’t strive for new beginnings because the unknown is scary. Even though people may not like where they are at – taking action steps forward becomes too overwhelming. **Many of us get stuck in the familiar.** We love what is familiar, comfortable and predictable. Those kinds of settings require minimal effort. If you are unhappy with something – your relationships, your home, your life – change it! I know it is difficult and scary, but that’s what makes life exciting. **So I challenge you to take a chance and make a change.** See inside this newsletter for action steps to make a fresh start and experience a deeper more meaningful life in 2015.

At Westminster-Thurber, **2015 will provide us many new beginnings.** The much anticipated **Goodale Landing** (our new independent living residence) will open in the Fall of 2015. A few weeks ago we reached a significant milestone, as the last concrete pour was completed on the 8th and final floor. Goodale Landing has 68 apartments and 59 are already reserved. Look inside for your opportunity to attend an Informational Meeting to learn more about how Goodale Landing could be a new beginning for you. We also look forward to the completion of our other construction projects: **new dining venue, new indoor pool and new Nursing Home enhancements being completed in 2015.** These three amenities will give our residents more access to healthy eating and more fitness opportunities. A new exercise program that Westminster-Thurber will offer in 2015 is called **Delay the Disease.** For those individuals who are diagnosed with Parkinson’s disease (PD), scientific evidence has proven that not only can motor function improve with exercise, but mood and a “feeling of well being” is clearly related to routine activity. The new exercise program Westminster-Thurber will offer can provide a sense of purpose and direction, offering the opportunity to improve stability, strength, flexibility, and management of tremor. If you are interested in this exercise program, please let us know – it is open to the public.

As 2015 unfolds for you, **I hope you will be healthy and filled with joy.** If the staff at Westminster-Thurber can be of any assistance to you or your family, please don’t hesitate to give us a call. With our almost 50 years of experience, we have the expertise to give guidance toward aging successfully. Please enjoy the rest of this newsletter and I look forward to seeing you at one of our programs soon.

Take care and stay active,



Joel Wrobbel  
Director of Marketing  
jwrobbel@westminster.oprs.org

*Happy New Year!*

# Upcoming COFFEE TIME Events!

10 a.m. Coffee & Refreshments / 10:30 a.m. Featured Speaker

## **WARNING** February 3, 2015 "Senior Scam"

In an effort to increase awareness of scams targeting seniors and to provide practical tips to help prevent fraud, Mr. Ryan Lippe, a Consumer Educator with the Ohio Attorney General's office will be updating us about this important topic. He will educate us on what to be aware of since many "scams" come in many shapes and sizes. We hope that you can attend this informative consumer awareness presentation. All participants will receive a free Senior Advocate Fraud Education (SAFE) Toolkit.

## March 3, 2015 For the love of food... We do it everyday...eat...

Have you ever wondered about the stories behind the foods we eat. **Lisa Abraham**, food editor with the Columbus Dispatch will share her stories about food. There is room for you at our table, please join us.



**What is Coffee time?** Coffee Time is a **FREE** event that provides you an opportunity to learn something new, be entertained or be informed about a topic or issue affecting older adults. Monthly, Westminster-Thurber offers fresh baked breakfast refreshments and coffee at 10 a.m. Then, at 10:30 a.m., we move to the auditorium to hear from our scheduled Coffee Time speaker. RSVPs are required, as the coffee portion can only accommodate 65 guests, but our main presentation can accommodate over 150 guests.

Church groups and senior centers are welcome!

## Be part of something New ...

Goodale Landing is under construction and going up fast.

This new independent residence consists of 68 apartments with underground heated parking and is slated to open in the Fall of 2015. You can learn more about this exciting opportunity to be part of something new by attending one of the upcoming Informational Meetings. Each informational meeting is about 75 minutes long with a time for questions and answers. Now is the time to explore your options.



### Informational Meeting Dates:

Thursday, January 22 at 2 p.m.

Thursday, February 19 at 2 p.m.

Thursday, March 26 at 2 p.m.

Call 614.228.8888 today to request a brochure or to RSVP to one of the meetings.

**Don't delay ... Only 9  
apartments left.**

## Coming up on the **Journey Through Aging** radio program ...

Joel Wrobbel, host of the weekly hour-long radio program Journey Through Aging, provides helpful information every Saturday morning at 8 a.m. on radio station 880AM. Each week you can explore, discover and learn about issues affecting today's retirees and their families.

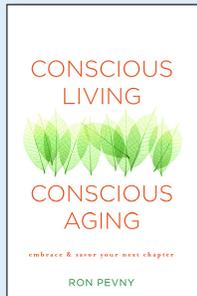
Every Saturday morning Joel has on a variety of guests who provide expertise on a wide range of topics. Please consider tuning in to this valuable radio resource, or you can listen to all the back broadcasts at the website: [www.journeythroughaging.com](http://www.journeythroughaging.com)

In the upcoming weeks Joel will explore two new books, along with looking at embracing physical therapy and financial matters.



### Radio Guide for **Journey Through Aging**

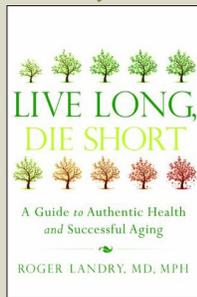
January 17, 24 and 31



Author Ron Pevny will join Joel to discuss his latest book – *Conscious Living, Conscious Aging – Embrace & Savor your next chapter*. Over 3 broadcasts get to know Ron and his ideas about successful aging. Ron's book is an empowering guide with practical tools to help you live a passionate, fulfilling second half of life. Each interview with Ron is about 10 minutes and is packed with great insights.

Beginning on January 17, 2015, **Cara Carramusa, Director of Therapy Services from Park Vista of Youngstown** will share her passion for embracing Physical Therapy. Being physically fit is important and so is being safe in how we transfer and walk. Cara and Joel will explore some of the realities of how to stay engaged in your everyday. Cara's 3 part series will air on January 17, 24, 31.

### February Broadcasts



During the month of February a major focus of the radio broadcasts will be about another new book *Live Long, Die Short – A Guide to Authentic Health and Successful Aging*. Author Dr. Roger Landry will join Joel to discuss his career, how medicine has changed and how science is revealing new models to aging well. Beginning on February 7, you can tune in to hear Dr. Landry's story and why he is committed to mapping out a clear direction toward authentic health. Each Saturday in February, Dr. Landry will be on the program sharing his insights and educating us about how to build resilience, how to make neurogenesis and neuroplasticity happen and the importance of staying socially connected.

*Tune in every Saturday. Join others across Ohio who expand their knowledge about aging issues.*

## Community Highlights



### Overheard at Westminster-Thurber Community ....

At the annual WTC Christmas Celebration on Thursday, December 11, 2014 many positive comments were expressed about the Christmas program. This year the WTC staff presented to the residents their rendition of the Christmas story "The Polar Express." The auditorium was packed with about 170 residents and at the end of the program, the staff came on stage to sing "We Wish You A Merry Christmas." Overheard at the event were these two comments....

**Staff Comment:** *I have never been a part of any community that was so caring. There is such a great love from the staff to the residents and from the residents to the staff! It really feels like One BIG family, I am so proud to be part of it!!!* Amanda Butcher, RN

**Resident Comment:** *It was so delightful to see so many staff members participate in the program. I loved the singing, the drama and the sound effects were great! There was such enthusiasm as we celebrated the Christmas season.*



# Westminster-Thurber Community

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 **COFFEE TIME** Newsletter  
From your Friends at

**Westminster-Thurber  
Community**

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## *We Have Exciting News For You!*

Take a few moments and read about the exciting opportunities available to you and your friends. This  **COFFEE TIME** Newsletter includes:

-   Schedules for **February** and **March** – invite a friend and join us.
-  Be part of something new ... Goodale Landing
-  Coming up on the Journey Through Aging Radio program
-  Community Highlights
-  Action Steps toward new beginnings
-  There is a better way to recover after a hospital stay!

Visit us online at [www.westminsterthurber.org](http://www.westminsterthurber.org)