Above: The 2016 Resident Council Members are from L-R: Betty Tilly, Jack Henton, Dr. Jerry Francisco, Martha Ann Corlew, Jim Moore, president, Carolyn Tyler, Lew Cross, Julie Klein & Walter Howard.

Below: Village Choir Director Ruth Himebook & Pianist Ann Keller after the choir performance in the Auditorium on the evening of April 25.

Right: Joy Brown Wiener with Accompanist Cecile Skaggs after their triumphant performance to benefit the Village Foundation May 8. (More photos & story on page 5.)
Thank you to the following individuals who have so generously made donations through April 30, 2016 to The Village at Germantown Foundation:

**MEMORIALS**

- Ellie Appling
- Roger & Jill Buckmaster
- Bob & Jane Carl
- Mary Davis
- Jeff & Louise Mann
- Jim & Janet Moore
- Dan & Virginia Norton
- Lavinia Skinner
- Jack & Virginia Walker

**HONORARIUMS**

- Ellie Appling
- John & Sue Dewald
- Nancy McCraw
- Dan & Virginia Norton

**OTHER**

- Arts Council
- Philip & Alyce Guichelarr, Veterans Memorial
- Kitty Lammons, Veterans Memorial
- Jack Williams

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When Mayor Palazzolo was here to give his presentation on the future of Germantown, he discussed the problems we all have with the intersection at Neshoba and Exeter. He gave me the statistics resulting from the traffic study; and, the results do not indicate an immediate need for a traffic light. I know this is a conclusion in which we all disagree.

The Mayor is truly sympathetic to our needs and concerns and is working with appropriate departments to evaluate the situation and determine a solution. As the plans are made available, I will share them with the Council and all of you.

While this process is underway, I will continue to get input through the Resident Council to share with city officials.

The data from the traffic study is available in my office and any Resident may request a copy. Contact Becky if you want a copy of the report.

2016 is turning out to be a great year at The Village with many new Residents and planned new facilities. It is most important that we continue to have the culture of concern and care for each other that makes The Village unique and the best senior living community.

Thank you for your support and for allowing me to be part of this very special family.

Have a wonderful spring.

Ron
Walter Howard, Wellness- A new walking group, the Trail Blazers meets on Mondays & Wednesdays at 8:45 am, see Cassandra if you would like to join. A Ceremony to dedicate the Veteran’s Memorial is planned for Friday, May 27.

Lew Cross-Building & Grounds- There are four new beds in the Village Garden. The Germantown Rd. Entrance will be evaluated for enhanced nighttime visibility. Our new IT Administrator is Matt Cox, who will begin on 5/2/16. Status Solutions demonstrated a new iPad system for the community.

Martha Ann Corlew, Dining- A new Polo Lounge menu features sliders and beverage specials. Jesse reminds everyone that no one is to wear jeans, shorts or hats in the Monarch. For safety, all mobility devices need to be stored in the auditorium or in the hallway while dining at The Village. New dining staff are Alyssa, Brooke & Lauren. The Spring Food Show is on Thursday, May 12, from 4-6 pm. Be sure to fill out your resident survey and return to the Front Desk.

Jack Henton, Healthcare/AL- The first phase of renovation of Healthcare & inspections should be complete by the end of May. The second phase begins when the present residents are moved to the new area. As of 4/27/16 there are no vacancies in the second and third floors of AL, and five in Memory Care. A new marketing campaign will begin to the outside for Memory Care & Daycare. Norm Stringer is the Resident Rep from AL and reports that everything is going well, residents would like larger name tags, and open houses are being held for residents to visit one another.

Jim Moore, Chairman-The Joy Brown Wiener Concert was a huge success, raising over $4,000 for the VAG Foundation. He gave a summary of the Foundation finances with assets of $1.6 M. The goal of the Foundation is to be a safety net for residents who have financial needs in the future. Rita Sparks, daughter of resident Bernie Taylor, was introduced as a new member of the VAG Board of Directors. The Board expressed concern that new construction least impact on Village residents as possible.

Bette Tilly urged residents to use the Village Library. There is a group of large print books that may be checked out, read and returned. For more information, you may contact Frances Kauffman or Bette Tilly.

Judy Boshwit, Arts Committee-Two luggage racks were donated by the Littles, two chairs were sold for $40 and will be donated to the Foundation, a Memphis in May poster featuring Canada was donated by the Buckmasters. The committee has hung a large 3-section screen just past the bank; also a painting in the Monarch and the private dining room. Items in the front entry hall have been painted and freshened so the initial entry into the Village is more attractive.

Gus Waldrington, Village Garden- Winter plantings have been removed & spring planted. Two beds are still available and room for one more tomato plant. If you are interested, please sign up in the mailroom. There will be a Spring Fling at the end of May and a Mr. Tomato as well as a Village Tomato winner this year.

Ron Rukstad, Executive Director- thanked Becky Chunn on Admin Assistants Day and introduced the staff Village Stars for April: Kaylee, Activities; Megan, Marketing; Maria, Dining; Megan, Dining; Connie, Administration; Teresa, Housekeeping; and Getty, Healthcare for being shining examples of service at the VAG. Ron also announced that when the new Healthcare is complete, it will have 100 residents. A new van for HC use will soon be ordered. It is adaptable for 6 people and wheelchairs or 12 people without or a combination. This bus will save us by providing transportation that we have been contracting out at greater expense and also providing for evening trips for smaller groups than our bus. We have made a request to our Postmaster to lower our mailbox in the mailroom. Our current resident photo directory will be reconfigured and new photos will be taken. Staff turnover was discussed, it is very low and most who leave do so for further opportunities or are let go after three write-ups for not measuring up to Village standards. Ron takes this process very seriously.

The First Quarter 2016 Financial Review was given and is available for further study in the Library.

Brian Schneider, Construction- First Phase of SNF & Rehab is on track to be completed by late May. Cars of construction workers will no longer park on Village grounds. The Common area finishes will be upgraded and are being priced out now. Floor plans are now on display for for residents to see how the finished product will look. The new IL building has passed Germantown City pre-construction review and contractor began work last week. The south entrance to C wing will be closed and west entrance is open, no B wing or garden parking is effected for now. Construction should be complete by March, 2017.

The Veteran’s Memorial Wall should be complete by mid-May in time for the May 27th dedication.

Parking expansion is on hold for now. Discussion is on-going with our neighbors to the north.

Kit Ravenel, Recycling-Showed an example of styrofoam which is not recyclable and reminded us that there are signs to help identify what is acceptable. Be sure to wash out all bottles and before depositing them. The Village earns a rebate on all items that are acceptable, and our profit is reduced when things are examined and discarded.

next meeting

Wednesday, May 25
Auditorium
2 pm
BUD REYNOLDS ROMEO CLUB
(Retired Old Men Eating Out)

WE MEET EACH DAY--AT FIVE TILL FIVE
THOSE OF US--THAT ARE STILL ALIVE
WE STAND IN LINE--THOSE THAT CAN
TO EAT THE MEAL--ON THE VILLAGE PLAN

BUD ASKS THE GROUP--TO GATHER AROUND
SO HE CAN COUNT--AND MAKE HIS PLAN
TO ASK FOR TABLES--THAT WE WILL NEED
FOR THE VILLAGE STAFF--TO START OUR FEED

THE WOMEN STAND BACK--AS THE ROMEOS GO IN
SO THEY WON'T BE HURT--WHEN THE RUSH BEGINS
THEY SHAKE THEIR HEADS--AND TRY TO SMILE
THINKING WHEN DID GALLANTRY--GO OUT OF STYLE?

BUD'S ROMEOS CLUB--IS A SIGHT TO SEE
TO JOIN IT'S RANKS--IS ENTIRELY FREE
DON'T TRY TO TALK--YOUR FIRST DAY THERE
JUST SHUT YOUR MOUTH--LOOK LIKE YOU CARE

EVERYONE AT THE TABLE--KNOWS EVERYTHING
YOU'LL GET AN ARGUMENT--ABOUT ANYTHING
TAKE THE GAME LAST NIGHT--THEY'LL BE QUICK WITH BLAME
IT'S ALWAYS THE COACH--THAT LOSES THE GAME

MAYBE THE NEW YEAR--WILL BRING A CHANGE
THEY'LL BE MORE TOLERANT--SHOW A LITTLE SHAME
THAT'S TOO MUCH TO ASK--IT WON'T COME ABOUT
THEY'RE ROMEOS--Retired Old Men Eating Out ???

BILLY MILLER JANUARY 2016

The Worship Committee presented a special worship on Good Friday entitled “The Way of the Cross with Mary”. The beautiful crosses pictured above were carved, stained and polished by the Village Woodshop and given to each attendee at the program. The presenters were from L to R: Beth Newman, Ann Keller, Cecile Acker, Anita Keathley, Lucy Wall, Virginia Norton (as Mary), Dan Norton, Ruth Morrison, Wayne Hudson, Rae Podgorski, Nancy McCraw & Gerre Gourley.
It was ladies only in the Monarch on the Saturday before Mother’s Day, enjoying the company of all the wonderful women in their lives. 1) Lois Sandusky with her daughter-in-law, Mona; 2) Virginia Norton (center) with her sister, daughter & daughter-in-law; and 3) Barbara Fockler, Vivienne Seeley and Peggy Huffman.

Joy Brown Wiener enthralled all who were fortunate enough to obtain a ticket for an unforgettable evening April 8. Joy graciously donated her time and talent for a violin & piano concert to benefit our Foundation, raising well over $4,000. For those of you who were unable to attend, there are DVD’s available for $10, with $5 from each sale going back to the VGT Foundation! (Above) Joy entertained the crowd with stories behind the music, and (Right) Resident Council Chairman Jim Moore expressing our appreciation for the amazing evening of music and Joy’s gift to the Village.
<table>
<thead>
<tr>
<th>Event</th>
<th>Date/Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Drum Circle, First Session and Second Session</td>
<td>Wed., May 11 @ 3pm and Thurs., May 12 @ 10:30am</td>
<td>Auditorium</td>
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<tr>
<td>Food Show</td>
<td>Thurs., May 12 From 4 - 6 pm</td>
<td>Auditorium</td>
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<tr>
<td>Musical Entertainment “Side Street Steppers”</td>
<td>Friday, May 13 @ 7 pm</td>
<td>Auditorium</td>
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<tr>
<td>Joy Brown Wiener Student Recital</td>
<td>Saturday, May 14 @ 2 pm</td>
<td>Violin performance, Auditorium</td>
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<tr>
<td>Acclamation Brass Band</td>
<td>Saturday, May 14 @ 4 pm</td>
<td>Grand Lobby</td>
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<tr>
<td>Margarita Monday</td>
<td>Monday, May 16 @ 4 pm</td>
<td>Happy Hour in the Polo Lounge</td>
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<tr>
<td>Book Review &amp; Community Life</td>
<td>Wednesday, May 18 @ 2 pm &amp; 3 pm</td>
<td>Card Room</td>
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<tr>
<td>Sing-a-Long with John Martin Barger</td>
<td>Friday, May 20 @ 7 pm</td>
<td>Sing-a-long with lyrics provided in the Auditorium</td>
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<tr>
<td>Community Worship Service</td>
<td>Saturdays, May 21 @ 7 pm</td>
<td>Auditorium</td>
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<td>First Tennessee Dessert &amp; Coffee</td>
<td>Tuesday, May 24 @ 6 pm</td>
<td>Auditorium</td>
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<tr>
<td>Resident Council Meeting</td>
<td>Wed., May 25 @ 2 pm</td>
<td>Auditorium</td>
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<tr>
<td>Veteran’s Memorial Dedication</td>
<td>Friday, May 27 TBA</td>
<td>Auditorium</td>
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<tr>
<td>Bingo</td>
<td>Friday, May 27 @ 7 pm</td>
<td>Auditorium</td>
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</tbody>
</table>
**Upcoming Trips**

**Please sign up in the Mailroom!**

**Thursday, May 12**
**“Tour Agape Biblical Garden/Lunch at The Silver Caboose”**

LOCATION: Collierville
COST: FREE Tour; Lunch on your own; $5 Transportation
DEPARTS: 9:30am

Nestled in the backyard of a Collierville home is one of the more unique gardens in town - a garden inspired by both the word and the love of God. With roots dating back to 2001, Agape is a Biblical-themed garden located at Windharp, the home of Charles and Joan Baker. Charles noted the Bible makes reference to approximately 125 plants, shrubs, and flowers and the Baker’s garden features between 40 and 50 of the Biblical plants. One of Agape’s focal points is a 30 ft. long reflection pool featuring two fountains and stones etched with the names of the 66 books of the Bible. This is definitely a tour you don’t want to miss!

****TBA Cooper Young Garden Walk (Saturday, May 21st)**

**Friday, May 27**
**“Dinner at Wolf River Café”**

LOCATION: Rossville, TN
COST: Dinner on your own; $5 Transportation
DEPARTS: 4:15pm

“The best catfish either side of the river!” Come and enjoy great southern food in a casual and friendly atmosphere. This restaurant does not take credit cards, so make sure you bring cash.

**Friday, June 3**
**“Tour of Elmwood Cemetery /Lunch at Paulette’s”**

LOCATION: Downtown Memphis
COST: $15 Tour; Lunch on your own; $5 Transportation
DEPARTS: 10:30am

Enjoy a bus tour of historic Elmwood Cemetery. Elmwood Cemetery is one of the most beautiful historic cemeteries in the South. Established in 1852 as a rural garden cemetery, it has 80 acres of rolling grounds, flowering dogwoods and crepe myrtles, ancient towering trees, and impressive memorials among winding paths and lanes. Elmwood Cemetery, the Office Cottage, and the Entry Bridge are all on the National Register of Historic Places. The tour will last approximately an hour and a half. Afterwards, we will have lunch at Paulette’s.

**Memphis Redbirds Game Dates:**

LOCATION: AutoZone Park
COST: FREE Ticket (donated by First Tennessee Bank); $5 Transportation
**First Tennessee donated the tickets so we will be watching the game in style in the First Tennessee Suite.**

Dates: Sunday, June 19
Sunday, July 24
& Sunday, August 28

Times & Teams TBA and enjoy great southern food in a casual and friendly atmosphere. This restaurant does not take credit cards, so make sure you bring cash.
Companion Care
The Village Caregivers...
Always There, Always Caring!
Here to serve you if you are ill or just need those extra loving hands!

Call Renee Payton 752–2545 or Melissa 752-2517

Welcome to Our Newest Residents
Photos not yet available for:
Tena Grinder, 161-J
Dr. PD & Greene Miller 351-H
Wanda Webb, 1531 Appaloosa Dr.

Carolyn Pinsel
Apt. #328-C

Ruthann Schroth
Apt. #111-C

(Above) The Coups for the Troops Coupon Clippers gather every Friday in the Card Room at 3 pm to clip coupons for the military: Sudie Davis, Ann Tucker, Carolyn Jennings & Kit Ravenel. (Right) Coupon Clipping Queen Clara Shipman gets a “little” help from Mary Dickinson while Betty Borroni looks on.

If you love to visit and be of help to those who need a little lift, come be a part of the Village Sunshine Team! We would love to have you join us! Just see Susan or Kaylee if you would like to sign up!
Did you know that cooking equipment is the leading cause of home fire injuries, followed by heating equipment? When cooking do not leave food unattended. You do not want to burn food and possibly set off the smoke alarm to your apartment, house, or the facility.

Security has scooters that we can loan out to the residents on a short term basis if needed. The rental fee is $20.00 per day.

Paying a recent visit to Coach were (from L to R) Kermit Davis, Tupelo, former Head Basketball Coach, MSU; Charles Weatherly, Starkville, MS, Former Alumni Director at MSU and football teammate who played for Coach; Coach Leonard McCullough, former Director of Continuing Education and football coach at MSU; Wayne L. Mangum, Memphis, Retired Pupil Services Administrator for Memphis City Schools and football teammate who played for Coach McCullough at MSU; Robert Red Collins, Eads, TN, Former Assistant Coach at White Station High School, Administrator at Memphis City Schools and football teammate who played for Coach McCullough at MSU.

Mary Howard (left) & Ann Barnett, Betty Coleman, Mary Porter & Betty Askins (above) enjoyed the Coloring Club sponsored by Senergy Home Care. (Right) Ray Shainberg celebrated his April 8 birthday with a special custom made crossword puzzle cake.
12 Benefits of Walking
Walking is easy to do & offers many benefits, especially for people with arthritis.

What’s not to like about walking? It’s free, easy to do, and it’s easy on the joints. And there’s no question that walking is good for you. Walking is an aerobic exercise; a University of Tennessee study found that women who walked had less body fat than those who didn’t. It also lowers the risk of blood clots, since the calf acts as a venous pump, contracting and pumping blood from the feet and legs back to the heart, reducing the load on the heart. Walking is good for you in other ways as well.

1. Walking improves circulation. It also wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart. Studies at the University of Colorado at Boulder and the University of Tennessee found that post-menopausal women who walked just 1 to 2 miles a day lowered blood pressure by nearly 11 points in 24 weeks. Women who walked 30 minutes a day reduced their risk of stroke by 20 percent to 40 percent when they stepped up the pace, according to researchers at the Harvard School of Health in Boston.

2. Walking shores up your bones. It can stop the loss of bone mass for those with osteoporosis, according to Michael Schwartz, MD, of Plancher Sports Medicine in New York. In fact, a Brigham and Women’s Hospital, Boston, study of post-menopausal women found that 30 minutes of walking each day reduced their risk of hip fractures by 40%.

3. Walking leads to a longer life. Research out of the University of Michigan Medical School and the Veterans Administration Ann Arbor Healthcare System says those who exercise regularly in their fifties and sixties are 35 percent less likely to die over the next eight years than their non-walking counterparts. That number shoots up to 45 percent less likely for those who have underlying health conditions.

4. Walking lightens mood. A California State University, Long Beach, study showed that the more steps people took during the day, the better their moods were. Why? Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.

5. Walking can lead to weight loss. A brisk 30-minute walk burns 200 calories. Over time, calories burned can lead to pounds dropped.

6. Walking strengthens muscles. It tones your leg and abdominal muscles – and even arm muscles if you pump them as you walk. This increases your range of motion, shifting the pressure and weight from your joints and muscles – which are meant to handle weight – helping to lessen arthritis pain.

7. Walking improves sleep. A study from the Fred Hutchinson Cancer Research Center in Seattle found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn’t walk.

8. Walking supports your joints. The majority of joint cartilage has no direct blood supply. It gets its nutrition from synovial or joint fluid that circulates as we move. Impact that comes from movement or compression, “squishes” the cartilage, bringing oxygen and nutrients into the area. If you don’t walk, joints are deprived of life-giving fluid, which can speed deterioration.

9. Walking improves your breath. When walking, your breathing rate increases, causing oxygen to travel faster through bloodstream, helping to eliminate waste products and improve your energy level and the ability to heal.

10. Walking slows mental decline. A study of 6,000 women, ages 65 and older, performed by researchers at the University of California, San Francisco, found that age-related memory decline was lower in those who walked more. The women walking 2.5 miles per day had a 17% decline in memory, as opposed to a 25% decline in women who walked less than a half-mile per week.

11. Walking lowers Alzheimer’s risk. A study from the University of Virginia Health System in Charlottesville found that men between the ages of 71 and 93 who walked more than a quarter of a mile per day had half the incidence of dementia and Alzheimer’s disease, compared to those who walked less.

12. Walking helps you do more, longer. Aerobic walking and resistance exercise programs may reduce the incidence of disability in the activities of daily living of people who are older than 65 and have symptomatic OA, shows a study published in the Journal of Clinical Outcomes Management.

Fitness Fanatic of the Month:
George Browder

George helps Cassandra lead our Trail Blazers on walks throughout Germantown. He is always encouraging and makes our walks enjoyable and safe. Thank you for being so committed to our walking club!
Eye Care Support Group
Next Meeting:
Thursday, December 3
Card Room @ 3 pm
Questions about your bill?

If you have a question concerning your statement or meal tickets, please come by during our Accounting Office Hours:
Monday thru Friday
9 am til 12 pm

The Village at Germantown Directors

Ron Rukstad .......... Chief Executive Officer
Don Selheimer........ Chief Financial Officer &
                    Executive Vice President Finance
Melissa Rukstad..... Senior Vice President Operations
Jesse Crittendon..... Vice President of Operations
Pam Leet.............. Vice President of Sales & Marketing
Susan Edwards....... Director of Resident Services
Julie Repking ........ Vice President Healthcare Services

Denise Watson .......Director of Nursing
Joan Werkau .........Rehab Program Director
Lindsay Bennett .......Social Services & Admissions

Resident Services

Susan Edwards
Director of Resident Services
901-752-2522

Kaylee Jackson,
Resident Services Coordinator
901-752-2574

Connie Barnhart
Lead Concierge
752-2500

This newsletter is published monthly for the residents of The Village at Germantown by the Resident Services Director. We apologize for any errors or omissions we may have overlooked. Please let us know if you find any information that is incorrect or incomplete.

Contributions of photos, news, poetry, stories or announcements are both encouraged and welcomed! For publication in the next newsletter, please submit your contributions to Susan in the Resident Services Office no later than May 27, 2016.