



VILLAGE VOICE

A Lincoln Lodge/Jefferson Plaza/Patriot Place Publication • March 2015

Welcome Home!

We would like to welcome our new resident:
Roberta (Bobbie) Frank Garden Home 5553

MARCH BIRTHDAYS

- March 4 Miriam J
- March 9 Flo S
- March 13 Bobbie F
- March 16 Barbara D
- March 22 Jane H

*Join us for our Birthday Celebration
Wednesday, March 25th.*

♪ ♪ MUSIC MUSIC MUSIC ♪ ♪

-
- Anthony Kojak** **March 3rd-1:30**
 - Stan the Banjo Man** **March 12th-1:30**
 - Jazz Gents** **March 16th-7:30**
 - Judi Meister** **March 17th-1:30**
 - Shepherd Singers** **March 26th-2:00**



Bible Study

Sponsored by Northminster Presbyterian Church

Wednesday - 1:00pm - Meet in the Library

March 11-Ephesians 2:1-10
John 3:14-21

March 25- Mark 14:1-15:47

Letter from the GM

Notes from Robin:

Greetings!

Only 20 days until Spring! Now if we can just have some warmer temperatures! We had a wonderful time celebrating so many things with you in February; Super Bowl, Sweetheart Dinner, Gene Bone- Pianist, and Mardi Gras just to name a few. Looking forward to more memories in March!

Last month we talked about the new trash bins. I have not received any feedback on the new system. We will assume all is going well unless we hear otherwise. Along the same lines, I did meet with the rep from Republic to discuss recycling. She is working on a proposal that we will present soon.

The renovations in Lincoln Lodge are beginning. The corridors will begin first (painting/wallpaper) and be ongoing. We will do our best to keep you posted on each new project as scheduled.

Just an FYI...Citizens Water will be doing some extensive drain repair which will include trenching and removing trees. This will be in the garden home area near the walking path and smaller part of the lake. We don't have an exact date this will occur as of yet. The repair work is a result of excess flooding in surrounding areas and homes- not at American Village.

With Spring quickly approaching, please let me personally know of your landscape comments (garden home). Also, for residents interested in using the garden, please let me know so I can reserve a space for you.

As always, please do feel free to drop in and see me. This is why I moved my office; to be closer to all of you!

Have a terrific month!

Yours truly,
Robin Van Overwalle
General Manager



Resident of the Month



Antoinette (Toni) and Jerry are the Residents of the Month for March.

Toni was born on April 15th. Her hometown is Kankakee, Illinois.

Jerry, born on February 19th, is from Lafayette, Indiana.

They have 2 children, William and Melissa and 5 grandchildren, Kristan, Lindsey, Kathryn, John, and Anna.

Toni enjoys doing word searches and cross word puzzles. Her favorite book is the Bible and a few of her favorite verses are Romans 8:28, 29 and 1 Peter 5:7.

Her favorite foods are Italian & Chinese.

She spent 4 years teaching in Wayne Township Schools in Title 1 for children at risk. She taught math and reading. She has also helped 2 families keep their businesses going.

Jerry's favorite pastime is visiting Civil War Battlefields and reading books by Tom Clancy. His favorite book is Trilogy on the American Civil War by Shelby Foote.

His favorite food is fried chicken.

Jerry graduated from Lafayette Jeff in 1957 and Purdue University School of Pharmacy in 1961. He was in the Indiana National Guard for 20yrs. He enjoys Civil War reenactments and has portrayed Dr. Jacob Ebersol of the 19th Indiana Iron Brigade. He visited every Civil War Battlefield from Vicksburg to Charleston S.C. and has been to Gettysburg 13 times.

---Reminders---

- **Senior Fitness** – Every Monday at 9:15am & Saturday at 10:30am
- **Reading out Loud** – Every Monday at 1:30pm
- **Ask a Nurse** – Every Wednesday at 11:30am
- **Hearing Aid Service** – Second Wednesday at 10:00am
- **Sit and Stretch Yoga** – Every Thursday at 11:00am

---Always Available---

- **Corn Hole**
- **TV in the Activity Room**
- **Computer**

Let the front desk know of your interest. We will be glad to assist in setting it up.

March 2015

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>1</p> <p>9:30 Christ the King 10:30 Northminster 1:00 Movie & Popcorn 'Oh God 2' 3:15 Church Service – Lincoln Lodge</p>	<p>2 8:55 New Energy 9:00 Mending 9:15 Senior Fitness 10:00 Muffin Monday 10:30 Lil Marsh/Chase 1:30 Lil Marsh/Chase 1:30 Reading out Loud 3:15 CVS</p>	<p>3 9:15 Exercise 10:00 Coffee Time 10:00 H&R Block 1:30 Anthony Kojak-Pianist 2:15 Mass @ Washington Manor 3:30 Happy Hour & Trivia</p>	<p>4 8:55 New Energy 9:15 Exercise 10:00 Computer Class 10:00 Indiana Curiosities 11:30 Ask a Nurse 1:30 Farkle Fun 1:30 Carol Burnett Video 3:00 Out & About- Macy's 6:00 Dominoes</p>	<p>5 10:00 Coffee Time 11:00 Yoga 1:30 Art & Poetry 3:30 Travel Video 6:00 Euchre</p>	<p>6 8:55 New Energy 9:15 Exercise 10:00 Stories w/Sara 1:00 Wal-Mart 1:30 I Love Lucy Video 3:30 Happy Hour-Jackie Wood-Pianist 6:00 Games Chatard Day of Service 9:30AM-12:00PM</p>	<p>7</p> <p>10:00 Scrabble 10:30 Senior Fitness 1:30 Movie & Popcorn 'The Phantom of the Opera' 7:00 Lawrence Welk</p>
<p>8</p> <p>9:30 Christ the King 10:30 Northminster 1:00 Movie & Popcorn 'A Man Called Peter' 3:15 Church Service-Lincoln Lodge Day Light Savings Time Begins Spring Forward </p>	<p>9 8:55 New Energy 9:15 Senior Fitness 10:30 Marsh/PNC 1:30 Marsh/PNC 1:30 Reading out Loud 3:15 Cornhole</p>	<p>10 9:15 Exercise 10:00 Coffee Time 1:30 Men's Group 1:30 Bingo w/Gayle 3:30 Happy Hour W/Dave Graf-Pianist</p>	<p>11 8:55 New Energy 9:15 Exercise 10:00 Computer Class 10:00 Hearing Aid Service 11:30 Ask a Nurse 1:00 Bible Study 2:00 Remember When & Pecan Ice Cream 3:00 Out & About-Value World 6:00 Dominoes</p>	<p>12 10:00 Coffee Time 11:00 Yoga 1:30 Popcorn 1:30 Stan the Banjo Man 1:30 Crochet Class 2:30 Food Committee 3:30 Travel Video 6:00 Euchre</p>	<p>13 8:55 New Energy 9:15 Exercise 10:30 Journaling 1:00 Target/Macy's 1:30 Big Valley Video 3:30 Happy Hour-Jerri Williamson-Pianist 6:00 Games</p>	<p>14 10:00 Scrabble 10:30 Senior Fitness 1:00 Hobby Lobby Trip 1:30 Movie & Popcorn 'Emma' 6:30 Ed Sullivan – Musical Moments</p>
<p>15</p> <p>9:30 Christ the King 10:30 Northminster 1:00 Bus Ride 1:00 Movie & Popcorn 'Born Free' 3:15 Church Service - Lincoln Lodge</p>	<p>16 8:55 New Energy 9:00 Mending 9:15 Senior Fitness 10:00 Muffin Monday 10:30 Lil Marsh/Chase 1:30 Lil Marsh/Chase 1:30 Reading out Loud 3:15 Walgreen 7:30 Jazz Gents</p>	<p>17 9:15 Exercise 10:00 Coffee Time 11:00 Wellness Program 1:30 Judi Meister-Violinist 1:30 Neat Knitters 3:30 Happy Hour W/Rita England-Pianist</p>	<p>18 8:55 New Energy 9:15 Exercise 10:00 Computer Class 11:30 Ask a Nurse 1:30 Pecan Pie Social 3:00 Out & About-Pet Store 6:00 Dominoes</p>	<p>19 10:00 Coffee Time 11:00 Yoga 11:30 Out to Lunch-Pawn Shop 1:45 Afternoon Tea 3:30 Travel Video 6:00 Euchre</p>	<p>20 8:55 New Energy 9:15 Exercise 10:00 Great Care Treats 10:30 Card Making 1:00 Wal-Mart 1:00 Easy Listening CDs 3:30 Happy Hour-Larry Von Essen 6:00 Games</p>	<p>21 10:00 Scrabble 10:30 Senior Fitness 1:30 Movie & Popcorn 'The Way We Were' 7:00 Lawrence Welk</p>
<p>22</p> <p>9:30 Christ the King 10:30 Northminster 1:00 Movie & Popcorn 'Radio' 3:15 Church Service - Lincoln Lodge</p>	<p>23 8:55 New Energy 9:15 Senior Fitness 10:30 Marsh/PNC 1:30 Marsh/PNC 1:30 Reading out Loud 3:15 Cornhole</p>	<p>24 9:15 Exercise 10:00 Coffee Time 12:00 Lunch w/Ashleigh 1:30 Dance Class 2:00 Resident Meeting 3:30 Happy Hour w/Greg Bacon-Saxophonist</p>	<p>25 8:55 New Energy 9:15 Exercise 10:00 Computer Class 11:30 Ask a Nurse 1:00 Bible Study 1:30 Drum Class 3:00 Out & About-Dollar Tree 6:00 Dominoes Birthday Dinner</p>	<p>26 10:00 Coffee Time 11:00 Yoga 2:00 Shepherd Singers 3:30 Travel Video 6:00 Euchre</p>	<p>27 8:55 New Energy 9:15 Exercise 10:00 Show-n-Share 1:00 Aldi's 1:30 Men's Group 3:30 Happy Hour-Dave Graf-Pianist 6:00 Games</p>	<p>28 10:00 Scrabble 10:30 Senior Fitness 1:30 Movie & Popcorn 'Harry Potter and The Chamber of Secrets' 7:00 Lawrence Welk</p>
<p>29</p> <p>9:30 Christ the King 10:30 Northminster 1:00 Movie & Popcorn 'The Bucket List' 3:15 Church Service - Lincoln Lodge</p>	<p>30 8:55 New Energy 9:00 Mending 9:15 Senior Fitness 10:00 Donut Day 10:30 Kroger 1:30 Kroger 1:30 Reading out Loud 3:15 Putting Practice</p>	<p>31 9:15 Exercise 10:00 Coffee Time 1:30 Bingo w/Gayle 3:30 Happy Hour w/Carl Hines-Pianist 5:30 Out to Dinner-George's</p>				

Out & About

Christ the King Church	Every Sunday @ 9:30
Northminster Church	Every Sunday @ 10:30
Lil Marsh/Chase Bank	March 2 & 16 @ 10:30 & 1:30
Marsh/PNC Bank	March 9 & 23 @ 10:30 & 1:30
Kroger	March 30 @ 10:30 & 1:30
Mass @ Washington Manor	March 3 @ 2:30
Out To Dinner	March 31 @ 5:30
Out & About	Every Wednesday @ 3:00
Out To Lunch	March 19 @ 11:30
Wal-Mart	March 6 @ 1:00
Target/Macy's	March 13 @ 1:00
JC Penney	March 20 @ 1:00



*GARDEN HOMES, INDEPENDENT
& ASSISTED LIVING APARTMENTS*

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At Your Service

General Manager	<i>Robin Van Overwalle</i>
Activities Director	<i>Sara Federle</i>
Marketing Director	<i>Debbie Kennedy</i>
Dietary Manager	<i>Lakesha Smith</i>
Housekeeping Supervisor	<i>Carol Shannon</i>
Office Manager	<i>Wanda McCarthy</i>
Maintenance Supervisor	<i>Scott Horn</i>
Health Promotions Coordinator	<i>Kayla Kuryvail</i>

Health Notes from Kayla Kuryvail New Energy Wellness

March Health Article

Relaxation Techniques for Health: An Introduction

Relaxation techniques include a number of practices such as progressive relaxation, guided imagery, biofeedback, self-hypnosis, and deep breathing exercises. The goal is similar in all: to consciously produce the body's natural relaxation response, characterized by slower breathing, lower blood pressure, and a feeling of calm and well-being. Relaxation techniques are also used to induce sleep, reduce pain, and calm emotions.

- **Deep breathing or breathing exercises.** To relax using this method, consciously slow your breathing and focus on taking regular and deep breaths.
- **Guided imagery.** For this technique, focus on pleasant images to replace negative or stressful feelings and relax.
- **Progressive relaxation.** For this relaxation method, focus on tightening and relaxing each muscle group. Progressive relaxation is often combined with guided imagery and breathing exercises.
- **Autogenic training.** When using this method, focus on the physical sensation of your own breathing or heartbeat and picture your body as warm, heavy, and/or relaxed.