



# THE VILLAGE

— at Germantown —

A METHODIST HEALTHCARE AFFILIATE

## THE VILLAGE VIEW

*Monthly Newsletter*

7820 Walking Horse Circle • Germantown, TN 38138 • (901) 752-2500

### Heart Health

Knowing the warning signs of heart trouble can save lives—especially when symptoms aren't always obvious. Classic signs of a heart attack include chest discomfort or pressure lasting more than 15 minutes, pain that radiates to the arms, back, neck, jaw, or upper abdomen, and symptoms such as cold sweats, nausea, lightheadedness, or shortness of breath. However, many people—particularly women and older adults—may experience more subtle or atypical signs. These can include unusual fatigue or weakness, discomfort in the jaw, back, shoulders, or throat, digestive issues like indigestion or nausea, anxiety, sleep disturbances, or clammy skin.

Protecting your heart also means prioritizing daily lifestyle habits. A heart-healthy diet rich in fruits, vegetables, whole grains, legumes, nuts, and lean proteins such as fish can make a significant difference, while limiting saturated fats, trans fats, added sugars, and excess salt. Regular physical activity is equally important—aim for at least 150 minutes per week of moderate movement, such as brisk walking, chair yoga, swimming, or light strength training. Managing stress through deep breathing, meditation, gentle movement, hobbies, and social connection helps reduce strain on the heart, while routine medical care ensures blood pressure, cholesterol, and blood sugar stay in healthy ranges. Quality sleep (7–9 hours per night) and moderation with alcohol—up to one drink per day for women—also support heart health.

### February 2026

Finally, sharing awareness with friends and family can make a powerful difference, as early recognition of symptoms saves lives. Consider joining heart health programs or support groups in the community for education, encouragement, and accountability. Small, sustainable habits—like taking the stairs, walking after meals, reducing salt in recipes, or adding heart-smart ingredients to your meals—can add up to meaningful, long-term benefits for your heart. Your heart works hard for you every day. Take small steps now through a few mindful choices to protect your heart health for years to come.

#### *Broad River Rehab*



Donna Poort and Bill Sossaman rang in the New Year! More pictures on page 2

## A Jewish Perspective

The 15th of the month of *Shevat* on the Hebrew calendar, celebrated this year on February 2, is a Jewish holiday that marks the beginning of a "new year" for trees. Commonly known as *Tu Bishvat*, this day marks the season in which the earliest-blooming trees in the Land of Israel emerge from their winter sleep and begin a new fruit-bearing cycle. In contemporary Israel, trees are planted and the day is celebrated as an ecological awareness day. In America, *Tu Bishvat* became treated as the Jewish "Earth Day," with many Jewish communities emphasizing actions and activism related to the environment and the stewardship of God's creation.

Jews celebrate *Tu Bishvat* by eating fruit, particularly from the kinds that are singled out by the Torah in its praise of the bounty of the Holy Land: grapes, figs, pomegranates, olives and dates. Fruit trees were awarded special status in the Torah because of their importance in sustaining life and as a symbol of God's divine favor. Even during times of war, God warns the Israelites, "When in your war against a city you must not destroy its trees...Only trees that do not yield food may be destroyed." (Deuteronomy 20:19-20)

*Marcia Levy*



## New Year's Eve at the Village



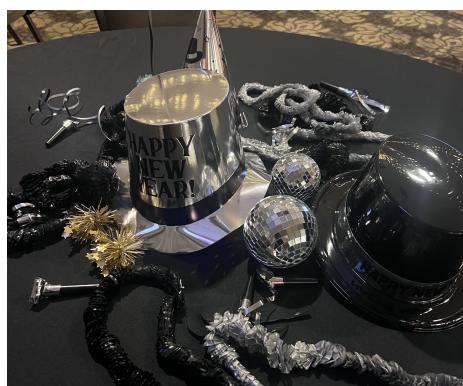
Nancy Willingham rang in the New Year fully accessorized and absolutely adorable!



Barbara Adams and Lucy Wilkinson grabbing a few bites before the music started



Marilyn McDaniel and Ann Fraser enjoying music by the Michelle Shrader Jazz Band



A New Year's tradition in the Village is forming a conga line to "When the Saints Go Marching In."



## Wellness Highlight

The Broad River Rehab therapy dept is excited to be partnering with The Village in the month of February to celebrate the 2026 Winter Olympic Games being held in Milan and Cortina d'Ampezzo, Italy! Starting on Friday, February 6, with an Opening Ceremony to mark the start of the Games, your rehab staff will be organizing games and exercise classes, designed to mimic the sports featured in the Winter Games, and the types of exercises the athletes might employ to train their bodies. The events will culminate with a Closing Ceremony on Monday, February 23, to celebrate the fun

and achievements during our Olympic events. Be on the lookout for more details as the opening date approaches! We hope you will join us!

*Michelle Bond, Fitness Coordinator*



## Black History Month

Black History Month is a meaningful time for senior living communities to reflect on the rich history, resilience, and lasting contributions of Black Americans. It offers an opportunity to recognize how this legacy history continues to shape our nation – and our community- today.

At The Village at Germantown, Black History Month also provides a moment to express appreciation for many of the dedicated professionals who support our residents each day. Caregivers, nurses, dining team members, housekeeping and administrative staff, bring not only skill and commitment

to their work, but also unique perspectives and lived experiences that enrich the care, comfort and connection found throughout our community.

Observing Black History Month affirms the value of these contributions and honors the broader history in which they are rooted. It reflects The Village at Germantown's commitment to dignity, respect, and unity—principles that guide how we live and work together and that strengthen the community we share.

*Mark Brown, Resident Services Assistant*

## Chaplain's Corner

February, of course, will always be associated with the subject of love. Valentine's Day falls smack in the middle of the month and reminds us "what the world needs now is love, sweet love- It's the only thing that there's just too little of."

From a biblical perspective, we could agree that love is a central theme in both the Old and New Testament. The Bible declares "God is love" and the command is clear that we love God and our neighbor as ourselves.

But what does love look like at The Village? It looks like residents

- reaching out to meet and include new people in their circle of friends;

- extending encouragement to others who may be experiencing a difficult challenge;

- looking past differences and uniting with others based upon common circumstances;

- celebrating the unique personalities and backgrounds of our wonderful residents;

- expressing thanks to the various people who serve us, drive us, clean our rooms, etc.

Take a moment and reflect upon the love you've received from God and ask Him to help you express His love to the people you rub shoulders with every day.

*Chaplain Billy Spink*

# February 2026

TH	Theatre	AE	Aerobics Room	AR	Activity Room
CR	Card Room	VP	Village Pool	WC	Wellness Clinic
PL	Polo Lounge	LI	Library	GL	Grand Lobby
AU	Auditorium	CA	Cafe	MP	Multipurpose Room
MD	Monarch	BR	Billiards Room		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:30 MD Sunday Brunch 1:30 TH Movie "Kate & Leopold" 7:00 TH Movie "The Great Escape"	2 9:30 AE Tai Chi Video 10:30 AU The Village Choir 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Art Class 1:00 AE Meditation Class 1:00 CR Rummikub 1:00 VP Water Aerobics 2:00 AE Balance Class 3:00 AR Brain Joggers 4:00 PL Margarita Monday! 7:00 AU BINGO!	3 8:30 WC Podiatry Services 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 CR Rummikub 2:00 AE Balance Class 2:00 PL Samba Card Game 3:00 AE Golden Oldies 5:00 AU Monthly Birthday Party	4 9:30 AE Tai Chi Video 10:45 AE Line Dancing 12:00 PL Dominoes 1:00 CR Rummikub 2:00 LI Loops of Love 2:00 AE Strength Class 3:00 CR BUNCO 7:00 TH Movie "Eternity" (New!)	5 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 AU Bible Study with Chaplain Spink 11:30 GL Bus Trip to Memphis Botanic Gardens & Lunch at Fratelli's 12:00 AE Gentle Yoga 1:00 PL Hand & Foot Canasta 2:00 AE Mobility Class 4:15 PL Trivia with Bud Demetriou 7:00 TH Documentary "The Book of Manning" (2nd showing)	6 9:30 AE Tai Chi Video 10:00 CR Holy Catholic Communion led by Holy Spirit Church 11:00 TH Curiosity University 12:00 AU Winter Olympics Lunch & Learn & Ceremony 1:00 CR Rummikub 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 4:00 PL TGIF 6:30 TH Wicked: For Good (New!) (starting earlier due to length)	7 1:00 PL Rummikub 7:00 AU Community Worship Service led by Chaplain Spink 7:00 TH Movie "Hamnet" (New!)
Black History Month Movie Week 8 11:30 MD Sunday Brunch 1:30 TH Movie "Hidden Figures" 5:00 PL Super Bowl Party! (60th!)	9 9:30 AE Tai Chi Video 10:30 AU The Village Choir 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Art Class 1:00 AE Meditation Class 1:00 CR Rummikub 1:00 VP Water Aerobics 2:00 AE Balance Class 7:00 TH Movie "Lee Daniel's The Butler"	10 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 CR Rummikub 2:00 AE Balance Class 2:00 PL Samba Card Game 3:00 CR BUNCO 7:00 TH Movie "Roman J Israel, Esq"	11 9:30 AE Tai Chi Video 10:45 AE Line Dancing 12:00 PL Dominoes 1:00 CR Rummikub 2:00 LI Loops of Love 2:00 AE Strength Class 3:00 CR BUNCO 7:00 TH Movie "Roman J Israel, Esq"	12 9:30 VP Water Aerobics 10:00 AE Zumba Gold 10:30 GL Bus Trip to Old Dominick Distillery & Lunch at McEwan's (10:20am) 11:00 AU Bible Study with Chaplain Spink 12:00 AE Gentle Yoga 1:00 PL Hand & Foot Canasta 2:00 AE Mobility Class 4:15 PL Trivia with Bud Demetriou 7:00 AU Guest Speaker, Dr. Elton H. Weaver III, "Black History Snapshots: How African Americans have shaped our community through their contributions."	13 8:30 CA The Village Breakfast 9:30 AE Tai Chi Video 10:00 CR Holy Catholic Communion led by Holy Spirit Church 11:00 TH Curiosity University 1:00 CR Rummikub 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 4:00 PL TGIF 7:00 AU Jubilation Jazz '40s Radio Show	14 Valentine's Day 1:00 PL Rummikub 1:30 TH Movie "The Shawshank Redemption" 7:00 TH Movie "Fences"
15 11:30 MD Sunday Brunch 1:30 TH Movie "Vertigo" 6:00 CR Vespers Service led by Jim Eoff 7:00 TH Movie "Edge of Tomorrow"	16 Presidents Day 9:30 AE Tai Chi Video 10:30 AU The Village Choir 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Art Class 1:00 AE Meditation Class 1:00 CR Rummikub 1:00 VP Water Aerobics 2:00 AE Balance Class 3:00 AR Brain Joggers 7:00 AU History Night with Mark Brown	17 Mardi Gras 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 CR Rummikub 2:00 AE Balance Class 2:00 PL Samba Card Game 3:00 AE Golden Oldies 4:45 AU Mardi Gras Party with live music by the Mighty Souls Brass Band 7:00 TH Movie "Song Sung Blue" (New!)	18 9:30 AE Tai Chi Video 10:45 AE Line Dancing 11:00 AU Ash Wednesday Service led by Dr. Jack Henton 12:00 PL Dominoes 1:00 CR Rummikub 2:00 CR Episcopal Holy Communion 2:00 LI Loops of Love 2:00 AE Strength Class 3:00 CR BUNCO 7:00 TH Movie "Song Sung Blue" (New!)	19 9:00 GL Bus Trip to Civil Rights Museum & Lunch at the Arcade (9:15am) 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 AU Bible Study with Chaplain Spink 12:00 AE Gentle Yoga 1:00 AR "Craftersoon" 1:00 PL Hand & Foot Canasta 2:00 AE Mobility Class 4:15 PL Trivia with Bud Demetriou 7:00 AU Guest Speaker, Eric Leto, Chaplain for the National Guard	20 9:30 AE Tai Chi Video 10:00 LI Book Club 10:00 CR Holy Catholic Communion led by Holy Spirit Church 11:00 TH Curiosity University 1:00 CR Rummikub 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 4:00 PL TGIF 5:00 PL Lunar New Year 7:00 AU Friday Night Entertainment: "Alice Hasen Trio"	21 1:00 PL Rummikub 7:00 AU Community Worship Service led by Tom Sauer 7:00 TH Movie "Charlie Wilson's War"
22 11:30 MD Sunday Brunch 1:30 TH Movie "The Notebook" 7:00 TH Movie "Runaway Bride"	23 9:30 AE Tai Chi Video 10:30 AU The Village Choir 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Art Class 1:00 AE Meditation Class 1:00 CR Rummikub 1:00 VP Water Aerobics 2:00 AE Balance Class 7:00 AU Mike Ellicott "The History of Divided Germany"	24 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 CR Rummikub 2:00 AE Balance Class 2:00 PL Samba Card Game 3:00 AU Golden Oldies 7:00 TH Movie "The Bridge on the River Kwai"	25 9:30 AE Tai Chi Video 10:00 AU "Vocal Point" Ensemble from Hutchison (coffee & donuts) 10:45 AE Line Dancing 12:00 PL Dominoes 1:00 CR Rummikub 2:00 LI Loops of Love 2:00 AE Strength Class 3:00 CR BUNCO 7:00 TH Movie "Now You See Me: Now You Don't" (New!)	26 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 AU Bible Study with Chaplain Spink 12:00 AE Gentle Yoga 12:00 AU MOAA 1:00 PL Hand & Foot Canasta 2:00 AE Mobility Class 2:00 AU Resident Council 4:15 PL Trivia with Bud Demetriou 7:00 AU Joy Wiener's Student Violin Recital	27 8:30 CA The Village Breakfast 9:30 AE Tai Chi Video 10:00 CR Holy Catholic Communion led by Holy Spirit Church 11:00 TH Curiosity University 1:00 CR Rummikub 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 4:00 PL TGIF 7:00 AU Friday Night Entertainment "Tim Stank"	28 1:00 PL Rummikub 7:00 TH Movie "War Room"
						



Our puzzle crew has been hard at work trying to finish a custom puzzle of the Village containing 3,000 pieces. The finished product is featured on our walking track. Pictured above: Margaret Owens, Carolyn Tyler, and Red Rodenmeyer



Some of our Bunco ladies! Join us every Wednesday at 3pm in the card room! It's a lot of fun with no skill required! Pictured above: Ann Fraser, Dory Heideman, Hilda Mullen, and Jane Dalton



Our art class hard at work on their watercolor creations. This new class meets Mondays from 1–3 p.m. in the Multi-Purpose Room, and artists of all skill levels are welcome to join instructor Stacey Meredith.

## February Birthdays

Feb 1	Betty Borroni
Feb 2	Marlene Griffin
Feb 5	Barbara Apperson
Feb 6	Joy Rodenmeyer
Feb 7	Linda Oakes
Feb 7	Terry Orgel
Feb 9	Nancy Roberts
Feb 10	Bette Tilly
Feb 11	Nancy Deaton
Feb 11	Pat Plunk
Feb 13	Musette Fahy
Feb 13	Frank Inman Jr.
Feb 14	Tom Sauer
Feb 17	Margaret Garland
Feb 19	John Krosnes
Feb 19	Bob Parker
Feb 20	Jane Cohen
Feb 22	Carol Boals
Feb 23	John Dollar
Feb 24	Joan Johnston

Feb 25	Patricia Stephenson
Feb 27	Ian Frankfort



## February Upcoming Events

6	Winter Olympics Lunch & Learn and Ceremony Watch Party
8	60th Super Bowl Party!
12	Black History Month Guest Speaker, Dr. Elton Weaver III
13	Jubilation Jazz '40s Radio Show
16	Presidents Day History Talk with Mark Brown
18	Ash Wednesday Service led by Jack Henton
19	Guest Speaker, Chaplain Eric Leto, National Guard Chaplain
20	Lunar New Year Dinner in the Bar
20	Friday Night Entertainment "The Alice Hasen Trio"
23	Guest Speaker Mike Ellicott "Divided Germany"
25	"Vocal Point" Ensemble Hutchison School
26	Joy Wiener Winter Student Recital
27	Friday Night Entertainment "Tim Stanek, pianist"



## An Afternoon Tea With Assisted Living and Long-Term Care



Betty Wiseman celebrating International Hot Tea Day at (SNAR) activity area.



Judy Boshwit at the Hot Tea Day activity.



Long-Term Care's tea party folks



Merna Keeney enjoying some girls time with tea.



Gloria Cherry all dressed up for the tea event.



Lee Mayer dressed to the nines with her pastels.

## Meet Your New Neighbors!



Meet Barbara Adams! Barbara was born in Michigan and moved to Tennessee at the age of 10. She later attended Tennessee Tech and built a successful career in banking, which eventually brought her to Germantown, where she later retired. Barbara enjoys gardening, decorating, watching movies, and playing games. She has a wonderful family, including two sons, two stepsons, and ten grandchildren. Her husband, Buddy Adams, is already a resident in our skilled nursing community. Welcome her to The Village when you see her around!



Meet Sheila Akin! Sheila was born in New Orleans, raised in Houston, and has called Memphis home since 1978. An avid reader and Hallmark movie fan, she enjoys quieter moments—especially rewatching holiday classics.

One of her proudest achievements was returning to college in 1983, graduating *cum laude* with a B.S. in Management Information Systems. She spent 28 years with William Howard & Co., retiring in 2024 at age 78. A devoted mother of three, Sheila looks forward to enjoying dining, auditorium shows, and becoming more active at The Village. Give her a warm welcome when you see her around!

# Word Search



## Category: Lunar New Year



1. <u>Lunar</u>	8. <u></u>	15. <u></u>
2. <u></u>	9. <u></u>	16. <u></u>
3. <u></u>	10. <u></u>	17. <u></u>
4. <u></u>	11. <u></u>	18. <u></u>
5. <u></u>	12. <u></u>	19. <u></u>
6. <u></u>	13. <u></u>	20. <u></u>
7. <u></u>	14. <u></u>	
<b>Word Search Solution:</b>		
1. Abundance	8. Firecracker	15. Noodles
2. Bamboo	9. Gold	16. Rat
3. Cakes	10. Jade	17. Red
4. Celebration	11. Lantern	18. Rice
5. Chinese	12. Lion	19. Snake
6. Clean	13. Lunar	20. Tiger
7. Dim Sum	14. Monkey	
<b>Scrambled Letters:</b>		
GIR E C R A C K E B H T N	E G E L E B R A D I O N T	Y A N D C O N T E I N T M
C P E G E R K I T Y E Q U E S E	R I N U A G O N D E M D O A	G R A M D U D D A Y E N T O D
D E L L U A K A N D E M D O A	S E E R A S M I V E E D A J O E	R E E D E K @ Q E O U E S E
D N E E M W I L A N D E M D O A	D N E E M W I L A N D E M D O A	G P E E K @ Q E O U E S E
M A N S H M E S E N I H G E	M A N S H M E S E N I H G E	G P E E K @ Q E O U E S E
N E E R R S I U L C A N T E R N	N E E R R S I U L C A N T E R N	G P E E K @ Q E O U E S E
W A S T H M E S E N I H G E	W A S T H M E S E N I H G E	G P E E K @ Q E O U E S E



Our reigning trivia champions! JMLRT — named for the initials of each member — is ready to take you on in the next game. Pictured above: Leanne Bailey, Roy Stephenson, Trish Stephenson, Martha Ann Corlew, and Jack Henton.