



THE VILLAGE

— at Germantown —

A METHODIST HEALTHCARE AFFILIATE

THE VILLAGE VIEW

Monthly Newsletter

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

The Village Celebrates 21 Years!

This Month marks the 21st birthday of The Village at Germantown. We asked Melissa Rukstad, Senior VP of Operations, to share her thoughts to mark the occasion. Melissa joined the Village well before the first resident moved in and is our longest-tenured associate.

21 YEARS!!! Wow. As I reflect on the past 21 years, I am filled with gratitude for the opportunity to be part of this community and to witness how much it has grown, changed, and strengthened over time. You can see how much our residents love The Village just by looking around. When I first began working here, the community looked different in many ways, but the heart of who we are has remained the same.

This community began with a vision my father-in-law had more than 25 years ago, and that vision came to life when we opened our doors in 2005. At the time, I was a nurse delivering babies and did not know if senior living was the path for me. But I was inspired by his passion for this work, not only for the residents but for every staff member he met. He and his son, my husband, helped get this place started, and I am honored to help carry it forward.

Over the years, the changes have been remarkable. We have seen expanded services, improved buildings, updated programs, and a deeper understanding of what residents and families need. Retirement living itself has changed. Residents today are looking for

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more than a place to live; they want purpose, independence, friendship, safety, and a true sense of belonging. It has been meaningful to watch The Village grow alongside those expectations while honoring the original vision that made this community so special.

One of the greatest blessings of this work has been the connections we make with our residents. They become part of our daily lives, our conversations, our memories, and our hearts. It is never easy to say goodbye, but I am always thankful for the opportunity to know them and grateful they chose to call the Village home.

I hope to be blessed with many more years here, alongside other associates who have also seen how beautiful The Village truly is. It is a community built on vision, strengthened by service, and made meaningful by the residents and staff who bring it to life every day. There is no other place like The Village at Germantown!

Melissa Rukstad



A Jewish Perspective

This year the holiday of Simchat Torah is on October 4. On Simchat Torah, Jews celebrate the completion of the annual reading of the Torah and affirm Torah as one of the pillars on which we build our lives. The Torah contains the first five books of the Hebrew Bible: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The words of Torah are written in Hebrew by a professionally trained scribe (*sofer*) on a parchment scroll made from the skin of a kosher animal. A quill cut from a kosher bird feather, such as a turkey or goose, is used with special black ink. Metal pens or iron tools are forbidden because iron is used to make weapons of war. Exactly 304,805 letters make up the text. An error can invalidate the entire scroll. An average Torah weighs 20-25 pounds.

As part of the celebration, the Torah scrolls are taken from the ark and carried or danced around the synagogue. During the Torah service, the last section of Deuteronomy is read, and immediately following, the opening section of Genesis is read. This practice represents the cyclical nature of the relationship between the Jewish people and the reading of the Torah.

Marcia Levy

Grandparents' Day!



Carolyn Tyler along with her granddaughter-in-law, Ashley, sweet great-granddaughter, Ella, and great-granddaughter number 2 coming soon!



Marilyn McDaniels' great-grands were thrilled to have their faces painted and receive fun balloons.



Four generations for the Davis family. Bill Davis was thrilled to have his son, grandson, and great-grandson celebrate Grandparents' Day with him!



John Adamson walking in with great-granddaughter, Nora, smiling at all the kiddos with face paint!



Spencer Fullen and his great-granddaughter enjoying all the Grandparents' Day festivities.



Did somebody hear an invite to an open ice cream sundae bar? Terry Orgel and grandson, Adam, were thrilled to enjoy an ice cream sundae together!

The Spirit of the Wood Shop



Walter Schrimper, Ken Plunk and Bob Parker began designing and building this beautiful sleigh for the FedEx Lebonheur House, similar to the Ronald McDonald House. The house provides families with a place to stay free of charge while their loved ones receive medical care away from home.

This special sleigh will be part of a Christmas fundraising display, with two sleighs featured—one at the FedEx House and one at FedEx Corporate Headquarters.

We are so proud of our talented Woodshop men and the time, creativity, and heart they put into this wonderful project!

Chaplain's Corner

One of the books I own is entitled *Crazy Busy*. It's a thoughtful look at how easily life gets out of control and seems to be moving in several different directions at the same time!

Even in our retirement, we can find ourselves extremely busy trying to keep up with our doctors' appointments, daily activities, and family situations. What may look like a peaceful day can easily become a busy day!

I remind myself when life gets crazy that I ought to be thankful for all the opportunities afforded me. Boredom would be painful!

I also have to remind myself that being busy is not necessarily being godly (busyness does not equal godliness). God has created us for being active and productive, but He has also commanded us to find rest for our souls (that "Shalom" we all need).

May we all find that peace "that passes all understanding" every day—especially the crazy busy ones!

Chaplain Spink



Polly Schrimper was our resident storyteller as we introduced the new kids section of our library.



Thank you to all of you who donated children's books! We hope it will be a benefit to you with visiting grandkids.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 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 PL Hand & Foot Canasta 2:00 AE Mobility Class 3:00 AU Drama Club 4:15 PL Trivia with Bud Demetriou 5:00 AU Party Like It's 1776!	2 9:30 AE Tai Chi Video 10:00 CR Holy Catholic Communion led by Holy Spirit Church 11:00 TH Curiosity University 12:00 AE Core Plus 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 4:00 GL “Cheers to 21 Years” (The Village Anniversary) 7:00 TH Movie “Practical Magic”	3 1:00 PL Rummikub 2:30 PL Football In the Bar! 7:00 AU Community Worship Service (speaker to be announced) 7:00 TH Movie “The Graduate”
4 11:30 MD Sunday Brunch 1:30 TH Movie “Fiddler on the Roof” 7:00 TH Movie “National Treasure”	5 9:30 AE Tai Chi Video 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Open Painting Session 1:00 VP Water Aerobics 2:00 AE Total Body Circuit 3:00 AR Brain Joggers 4:00 PL Margarita Monday! 7:00 AU BINGO!	6 8:30 WC Podiatry Services 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VVP Water Aerobics 10:00 AE Zumba Gold 11:00 AE Core Class 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 PL Samba Card Game 2:00 AE Total Body Circuit 3:00 AU Golden Oldies 5:00 AU “Oktoberfest” Birthday Party 6:30 Putt Putt Golf - Putting Green	7 9:30 AE Tai Chi Video 10:30 AE Line Dancing 12:00 PL Dominoes 2:00 LI Creative Needle Arts 2:00 AE Strength Class 3:00 AU Guest Speaker: Barbara Edward “Assistance Dogs.. Dogs for Life” 7:00 TH Movie “The Russians are Coming, The Russians are Coming”	8 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 PL Hand & Foot Canasta 2:00 AE Mobility Class 3:00 AU Drama Club 4:15 PL Trivia with Bud Demetriou	9 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 12:00 AE Core Plus 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 7:00 AU Friday Night Entertainment “The Side Street Steppers”	10 1:00 PL Rummikub 2:30 PL Football In the Bar! 3:30 FC Oklahoma Baptist University Marching Band 7:00 TH Movie “Dances With Wolves”
11 11:30 MD Sunday Brunch 1:30 TH Movie “Hello Dolly” 6:00 CR Vespers Service led by Gerry Peak	12 Columbus Day 9:30 AE Tai Chi Video 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Open Painting Session 1:00 VP Water Aerobics 2:00 AE Total Body Circuit 7:00 AU History Night with Mark Brown	13 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VP Water Aerobics 10:00 AE Zumba Gold 11:00 AE Core Class 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 PL Samba Card Game 2:00 AE Total Body Circuit 3:00 AU Golden Oldies 6:30 Putt Putt Golf - Putting Green 7:00 TH Movie “The Iron Claw”	14 9:30 AE Tai Chi Video 10:30 AE Line Dancing 12:00 PL Dominoes 2:00 LI Creative Needle Arts 2:00 AE Strength Class 3:00 CR BUNCO 7:00 TH Movie “Irena’s Vow” (New!)	15 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 “Crafternoon” 1:00 PL Hand & Foot Canasta 2:00 AE Mobility Class 3:00 AU Drama Club 4:15 PL Trivia with Bud Demetriou	16 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 12:00 AE Core Plus 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 7:00 AU Friday Night Entertainment “Jim Cornfoot, piano & Bethann Easterly, flute”	17 1:00 PL Rummikub 2:30 PL Football In the Bar! 7:00 Fall Concert Series “Fil-Am Fiddle Fest”
18 11:30 MD Sunday Brunch 1:30 TH Movie “A Walk to Remember” 7:00 AU Community Worship led by Don Riley 7:00 TH Movie “GoldenEye”	19 9:30 AE Tai Chi Video 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Open Painting Session 1:00 VP Water Aerobics 2:00 AE Total Body Circuit 3:00 AR Brain Joggers 7:00 TH Documentary: Woman in Motion: Nichelle Nichols, Star Trek and the Remaking of NASA	20 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VVP Water Aerobics 10:00 AE Zumba Gold 11:00 AE Core Class 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 PL Samba Card Game 2:00 AE Total Body Circuit 3:00 AU Golden Oldies 6:30 Putt Putt Golf - Putting Green 7:00 TH Movie “Ghostbusters” (1984)	21 Purple Day 9:30 AE Tai Chi Video 10:30 AE Line Dancing 12:00 PL Dominoes 2:00 LI Creative Needle Arts 2:00 AE Strength Class 3:00 CR BUNCO 4:00 PL “Purple Day Happy Hour” 7:00 TH Movie “The Brink of War” (New!)	22 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 Military Officers Association of America 1:00 PL Hand & Foot Canasta 2:00 AE Mobility Class 2:00 AU Resident Council 3:00 AU Drama Club 4:15 PL Trivia with Bud Demetriou	23 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 12:00 AE Core Plus 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 7:00 AU Fall Concert Series “Homegrown Tomatoes”	24 1:00 PL Rummikub 2:00 AU Birthday Party for Tom Baranski 2:30 PL Football In the Bar! 7:00 TH Movie “Remember the Titans”
25 Alfred Hitchcock Movie Week 11:30 MD Sunday Brunch 1:30 TH Movie “Rear Window” 6:00 CR Vespers Service led by Jim Eoff	26 9:30 AE Tai Chi Video 11:00 AE Light Aerobics 12:00 AE Gentle Yoga 1:00 MP Open Painting Session 1:00 VP Water Aerobics 2:00 AE Total Body Circuit 7:00 TH Movie “The Birds”	27 9:00 CR Man2Man Coffee & Devotional with Chaplain Spink 9:30 VVP Water Aerobics 10:00 AE Zumba Gold 11:00 AE Core Class 11:00 CR Heart2Heart Women's Devotional 1:00 CR Poker 1:00 PL Samba Card Game 2:00 AE Total Body Circuit 3:00 AU Golden Oldies 6:30 Putt Putt Golf - Putting Green 7:00 TH Movie “Vertigo”	28 9:30 AE Tai Chi Video 10:30 AE Line Dancing 11:00 AU Cyber Safety for Seniors: Presented by DeAirrius from Security 12:00 PL Dominoes 2:00 LI Creative Needle Arts 2:00 AE Strength Class 3:00 CR BUNCO 7:00 AU Memphis Symphony Preview Concert	29 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 PL Hand & Foot Canasta 2:00 AE Mobility Class 3:00 AU Drama Club 4:15 PL Trivia with Bud Demetriou 7:00 TH Movie “Psycho” (1960)	30 9:30 AE Tai Chi Video 10:00 CR Holy Catholic Communion led by Holy Spirit Church 11:00 TH Curiosity University 12:00 AE Core Plus 2:00 AE Mobility Plus 3:00 BR Pool & Billiards 5:00 AU Annual Halloween Costume Party! (Alfred Hitchcock themed)	31 Halloween 1:00 PL Rummikub 2:30 PL Football In the Bar! 7:00 TH Movie “North By Northwest”

2

9:30

AE

 Tai Chi Video

10:00

CR

 Holy Catholic Communion led by Holy Spirit Church

11:00

TH

 Curiosity University

12:00

AE

 Core Plus

2:00

AE

 Mobility Plus

3:00

BR

 Pool & Billiards

4:00

GL

 "Cheers to 21 Years" (The Village Anniversary)

7:00

TH

 Movie "Practical Magic"

Bus Trips!



A group of our residents went to Brownsville, Tennessee to visit Christ Episcopal Church and Temple Adas Israel.



Christ Episcopal Church was built in 1832 and is the oldest church building in Brownsville. The residents loved getting to hear all about it.



Our residents had a chance to hear the history behind the oldest synagogue in West Tennessee.

October Birthdays

Oct 1	Jack Liles
Oct 4	Allegra Brown
Oct 4	Ann Fraser
Oct 4	Bill McMullen
Oct 5	Dr. Billy Cochran
Oct 5	Sandra Oates
Oct 7	Henry Crais
Oct 8	Carole Bond
Oct 8	Kay Donaho
Oct 9	George McGaha
Oct 11	Rose Merry Brown
Oct 12	Elizabeth Wall
Oct 14	Peggy Jalenak
Oct 14	Dr. Jerold Rehg
Oct 15	Larry Hak
Oct 18	Harolyn Joyner
Oct 18	Abe Massey
Oct 18	Patricia Zanone
Oct 19	Dot Wieters

Oct 23	Curtis Ringold
Oct 24	John Adamson
Oct 24	Bette Arndt
Oct 24	Laverne Giger
Oct 26	Marilyn McDaniel
Oct 26	Andy White
Oct 27	Elizabeth Balton
Oct 27	Tom Baranski
Oct 27	Kim Sauer
Oct 29	Barbara Ruth Chase
Oct 29	Dr. Rick Paskowitz
Oct 30	Mary Dickinson



October Upcoming Events

1	Active Aging Week "Revolutionary War Dinner" (sign up)	12	History Talk with Mark Brown
2	"Cheers to 21 Years" The Village Anniversary	15	"Crafternoon"- Holiday Greeting Cards
6	"Oktoberfest" Birthday Party! with live music by the Jim Mahannah Band	16	Jim Cornfoot & Bethann Easterly
7	Guest Speaker, Barbara Edward, "Assistance Dogs... Dogs For Life"	17	Fall Concert Series "Fil-Am Fiddle Fest"
9	Friday Night Entertainment "The Side Street Steppers"	21	"Purple Day Happy Hour"
10	Oklahoma Baptist University Marching Band	23	Fall Concert Series "Homegrown Tomatoes"
		24	96th Birthday Party for Tom Baranski!
		28	Memphis Symphony Preview Concert
		30	Halloween Costume Party!



Healthcare Happenings!



All ready for fall! George Seeley proudly shows off the festive wreath he made to decorate his door.



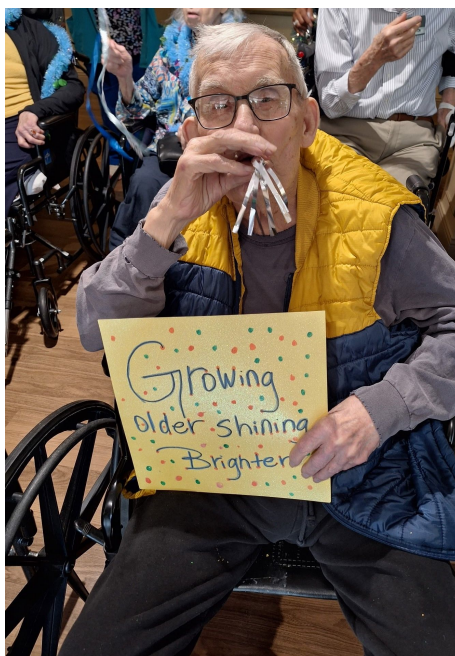
Congratulations to Ann Mauck, our Citrus Match-Up Taste Test winner!



Our August celebrant, Ann McGee! She had a wonderful time celebrating her big day with Elvis.



Nancy Crais celebrating National Senior Citizens Day with a bright smile and a joyful spirit!



Robert Craft in action as we celebrate National Senior Citizens Day.



Judith Boshwit, Rohey Bojang, and Harolyn Joyner marched the parade as we celebrated National Senior Citizens Day with fun, laughter, noise and community spirit!

Meet Your New Neighbors!



Meet Arlene Graves! Arlene is originally from South Carolina and raised in Mississippi. Arlene enjoyed a career in management with a public utility company before retiring. She moved to Germantown to be closer to family and enjoys reading, crafting, health, fitness, and continuing education. She looks forward to getting involved at The Village.



Meet Leigh Packard! A lifelong Memphian, Leigh enjoyed a 45-year career in education, including teaching at MUS. She also traveled extensively throughout Europe as a student chaperone. Leigh loves spending time with her daughter and granddaughter, Tillie, and cheering on the Tennessee Volunteers.



Meet Ann King! Ann enjoyed traveling the world with her late husband and is a trained scuba diver. She enjoys playing bridge, hopes to learn Mahjong, and looks forward to swimming and water aerobics at The Village. She also has a great sense of direction and is sure to learn her way around quickly!

Word Search

Category: October

OCTOTSEVRAHBER
OPOPLORANGEARA
SPAENOTSDAEHRL
EKASHALLOWEENU
FCELUACIREMALD
AIXNMBINGDEMON
YTPACTMSOKRNC
ASLMOEEUOCIHLL
DMOALAROLKILEA
IOREOSPRPOADLC
LOESRSIMAFCEG
ORRHFTUINZOGTR
HBHEUPWAYLITOW
INTEL RQMDLTBHY

- | | | |
|------------|-----------|-----------|
| 1. Harvest | 8. _____ | 15. _____ |
| 2. _____ | 9. _____ | 16. _____ |
| 3. _____ | 10. _____ | 17. _____ |
| 4. _____ | 11. _____ | 18. _____ |
| 5. _____ | 12. _____ | 19. _____ |
| 6. _____ | 13. _____ | 20. _____ |
| 7. _____ | 14. _____ | |

Word Search Solution:

1. America	8. Explorer	15. Opal
2. Bizarre	9. Fall	16. Orange
3. Broomstick	10. Gold	17. Pumpkin
4. Calendula	11. Halloween	18. Sea
5. Cider	12. Harvest	19. Seaman
6. Colorful	13. Headstone	20. Spook
7. Columbus	14. Holiday	

OCTOTSEVRAHBER
OPOPLORANGEARA
SPAENOTSDAEHRL
EKASHALLOWEENU
FCELUACIREMALD
AIXNMBINGDEMON
YTPACTMSOKRNC
ASLMOEEUOCIHLL
DMOALAROLKILEA
IOREOSPRPOADLC
LOESRSIMAFCEG
ORRHFTUINZOGTR
HBHEUPWAYLITOW
INTEL RQMDLTBHY



Bud Demetriou and Dr. Rick Paskowitz with the Memphis cheerleaders for 901 day!