

# Westminster House

## A PLACE FOR FAMILY

By: Susan Meinholz



If it's Monday, it must be Bingo, Thursday it's Scrabble, Saturday is Water Aerobics and everyday (except Sunday) is exercise day at Westminster House, a senior living community in Kingwood. With a calendar jam-packed with daily activities, these residents, with an average age of 83, fill their days with fun and fellowship. Tucked inside the gates at Kingwood Village Estates, Westminster House is home to more than 70 young-at-heart residents. Family owned and operated by the Snider family since 2004, residents enjoy daily activities, delicious chef prepared meals and the attention of a warm and caring staff.

Jennifer Thomas, Activities Director and Marketing Events Coordinator enjoys planning

fun and innovative ways to keep the residents active. "We want them to be stimulated mentally, physically," spiritually and emotionally. We look at the whole person," said Jennifer. "They may have physical and mental challenges, but life doesn't have to stop."

The residents love to play games but not just common ones like cards, Bingo and bridge. They play Jeopardy, hold Wii bowling and baseball tournaments and even dress up in Halloween costumes to compete in their own version of "Let's Make a Deal." They do arts and crafts, take field trips around the community, "do lunch" and have Bible study. There are many opportunities for physical exercise including chair dancing and a sit

and tone program offered six days a week.

Dee and Fred Stow are regular attendees to the sit and tone class. "There are a lot of activities here that I can do. It get's me moving around," he said. "It get's the heart pumping good," Dee added.

Dorothy Stroka has always exercised throughout her 81 years of life. She enjoys the exercise classes and also does leg and arm exercises on the work out equipment in the gym. Helen Cook has been at Westminster for three years and is a regular at the exercise classes "It helps keep you limber and strong," she said.

One feature at Westminster that is unique to the area is their heated indoor pool. Each Saturday, residents can exercise in the pool and enjoy a low-impact workout while having fun splashing in the pool.

Craig Currin, the youngest resident at 55, finds working out in the pool very beneficial as he recovers from the debilitating affects of a stroke. "The pool is very nice and clean," said Craig. "I have fun and I can move my legs in the water."

Each day at 2:30 is teatime and many residents share the time catching up with each other. "We get together and talk. We all care about each other," said Betty Mensing.

Additional amenities at Westminster House include weekly housekeeping, private dining



cord in your room when you are playing Bingo or making your way down the hall," added Bob.

Westminster has 134 units located on 12 acres. There are three spacious floor plans to choose from, each designed to offer retired adults a range of comforts and necessities. All utilities are included, except for phone.

The dining room has flexible hours for serving three meals every day. The chef prepares all food on-site and if a resident doesn't find something on the menu appetizing, the chef will prepare something to their liking. "We get raving reviews for our food," said General Manager Chuckie Snider. "Our chef also has his own catering company and he serves the same food here that he does for weddings and other events."

Charlie Snider and his son, Chuckie are regular fixtures at Westminster and residents visit with them regularly.

room, movie theater, chapel, basic cable television, limousine service, salon/barber shop, and an on-site physical therapist and

For the Sniders, the residents are extended members of their family. "Our work has been wrapped around our seniors and in meeting their needs. Our work has become a part of our daily lives," said Charlie. "Because we are privately owned and operated, we don't have a corporate structure to follow. Every person is different and their

needs are different. We can accommodate them on a customized level," added Chuckie, who, after graduating from Baylor University in 2006 came on board full-time to follow the vision his father started.

Residents June and Ted Paulow have lived at Westminster for only 6 months and already feel like they are part of a big family. They enjoy the exercises, playing Bingo and when the piano is played. "They keep us so busy and the food is excellent," said June.

At 95, Annette Robnett can't get enough of the fun activities at Westminster. She has fun participating in spelling bees and games that challenge her mind, like Jeopardy. The exercises are great for relaxing her muscles. "It feels good," she said.

Earline Zelenevitz also enjoys the exercises and enjoys the camaraderie with the other residents. "I like the friendships you make," she smiled.

For Bob, Westminster has provided a wonderful home for he and his wife. He is excited about the upcoming "auction" where he can spend his 2,500 "bucks" he earned by participating in activities and answering trivia questions.

"Sandy and I continue to be amazed at how well the operation is run. Problems, when they arise, are handled in a very professional and timely basis. The various activities offered to all residents go from a chess group to exercise classes. There are weekly outings and special days each month," said Bob. "The facility itself is well maintained. It is a reflection on the entire staff and the pride they take in running a top-flight operation. I have to mention that this is a gated community. Keep in mind that this isn't intended to keep our residents in, but rather to offer the security that limits the ingress and egress out of the place we all call home."

On Saturday, March 27, the community is invited to an Easter Egg Hunt and games for children ages 3-12.

For more information about Westminster House, visit [www.kwestates.com](http://www.kwestates.com). ♦

chiropractor care.

There are no doctors or nurses on staff at Westminster House. There is an independent home health agency with offices on site called Health Solutions offering "comprehensive home care services" including Skilled Nursing, Physical Therapy, Occupational Therapy, Speech Therapy and Home Health Aides to all residents and the community at large. Health Solutions is an on-site healthcare company that offers services from bathing to other homemaker services, including medication management. Unlike assisted living and nursing home facilities, residents only pay for services they need—they don't need to meet a certain level of care. Residents can receive these specially tailored services and have a nurse check on them several times a day, or not use the services at all. "It's like an a la carte list of services," said resident Bob Chapman who has lived at Westminster with his wife, Sandy, for over a year. "If they have medical needs, Health Solutions is there. One might not have any physical limitations today but tomorrow that could change. If they do develop a debilitating condition, they don't have to move. And a visit to the hospital need not be a trauma when trying to come back home—Health Solutions is there!" Each resident also has a 24-hour monitoring pendant that can be used to alert the staff of any immediate need. "What good is a pull

