



INTRODUCING THE SPEAKERS BUREAU



From Westminster Village, A Life Plan Community

For bright minds and engaging personalities, speaking on topics that affect senior adults every day, you can count on the Speakers Bureau we've assembled at Westminster Village. Our professionals are prepared to discuss topics ranging from nutrition and fitness to skilled nursing and long-term care, as well as general health, wellness and rehab. Contact us if you'd like to have one of our team members speak at your informative event.



CARISSA COLVIN, LBSW

Social Services

With 13 years of practical experience, Carissa serves as a problem-solver in Westminster Village Health & Rehab, helping residents discharge safely and successfully back to their homes. She holds a degree in social work from Evangel University in Missouri.

- Advanced Care Planning
- Abuse and Neglect
- Understanding Depression
- Behavioral Management
- End-of-Life Care and Support



LAUREN KELSHEIMER

Fitness Manager

Lauren oversees Westminster Athletic Club where she teaches fitness classes and develops wellness programs. She is a graduate of Indiana State University with a bachelor's in Exercise Science and works specifically with active aging adults.

- Fitness Prescriptions
- Exercise Modifications for all Levels
- Basics of Balance and Exercise
- The Dimensions of Wellness



JULIE BRASHER

Therapy Department Manager

With 13 years of professional experience in physical therapy, Julie works with Westminster Village residents in both outpatient and skilled nursing settings—with an emphasis on balance and fall prevention. She is a graduate of Clark State University in Ohio.

- Fall Prevention Exercises
- Creating a Safe Home Environment
- Self-Awareness and Fall Prevention



WESTMINSTER VILLAGE SPEAKERS BUREAU

Contact us to arrange an appearance by one of our credentialed professionals. **(812) 242-4600**

THE SPEAKERS BUREAU

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JACOB ELLIOTT

Administrator

Jacob is a licensed Administrator, charged with overseeing the Health & Rehab Center as well as the Assisted Living neighborhood at Westminster Village. He studied at Indiana University and has been with Life Care Services communities for six years.

- Choosing the Right Post-Acute Care Community
- Transitioning from Hospital to Skilled Nursing



KEN HORSTMAN

Dining Services Director

Ken has an extensive array of experience in the restaurant and dining services field, spanning over 36 years in the Terre Haute area, including his tenure at Westminster Village.

- Healthy Cooking Techniques
- Menu Planning



LISA ORR, LPN

Admissions & Marketing Coordinator

Lisa has over 20 years of experience in health care. At Westminster village, she serves as a transition expert, compassionately consulting with individuals seeking post-acute care.

- Understanding Medicare Benefits
- Navigating Levels of Care



CLAY SMITH

Director of Nursing

With over 20 years of experience in nursing care in a senior living setting, Clay is uniquely positioned to help residents and families making skilled nursing and long-term care decisions at Westminster Village. He also acts as a liaison with the hospital community.

- Preventing Re-hospitalization/ Re-admission
- Acute Care in a Long-term Care Setting



DAN SMITH

Executive Director

Dan is proud to apply his 13 years of senior living experience to a Life Plan community with over three decades of service to the Wabash Valley's seniors and their families. He holds a bachelor's in social gerontology from Miami University in Oxford, Ohio, and nursing home administrator licenses in three states.

- The Financial Benefits of a Life Plan Community
- Understanding the Options in Senior Living

**CONTACT US TO ARRANGE
AN APPEARANCE BY ONE
OF OUR CREDENTIALLED
PROFESSIONALS.**



1120 E. Davis Drive
Terre Haute, Indiana 47802

WestminsterVillageIN.com

Managed by Life Care Services*

(812) 242-4600