

The United Methodist Village

Where Living Is Easy.

5201 Asbury Avenue
Godfrey, IL 62035
Phone: 618.466.8662

We're on the Web!
www.unitedmethodistvillage.com



Bank Runs: Thursday, August 2, 11:00 a.m.

Tuesday, August 16, 11:00 a.m.

Shopping Trips:

- Thursday, August 2, 1:30 CVS / Walgreen's
- Tuesday, August 7, 1:30 Schnucks
- Thursday, August 9, 1:30 Walmart
- Tuesday, August 14, 1:30 Shop N Save / Dollar Tree
- Thursday, August 16, 1:30 Target
- Tuesday, August 21, 1:30 Michael's/Dierburg's
- Thursday, August 23, 1:30 CVS / Walgreen's
- Tuesday, August 28, 2:00 Aldi / Dollar General
- Thursday, August 30, 1:30 Walmart

Note: Reading Machine

This machine has been re-located to a new, more user-friendly desk in the library. Volunteers are available for a private tutorial/training. Please inquire at the WP desk.



Happy Birthday!!

Resident Birthdays

Marty Pfeiffenberger	8-02
Erma Maloney	8-07
Sharon Jenkins	8-07
John Toigo	8-08
Kathy Carroll	8-12
Mickey Patton	8-12
Donald Horney	8-14
Kay Crowder	8-15
Lois Panzier	8-15
Dorothy Sherman	8-16

Staff Birthdays

Helen Orban	8-18
Rosemary Boedy	8-19
Sue Gorline	8-19
Denise Smith	8-21
Mark Strelow	8-23
Donald Cornell	8-26
Betty Strelow	8-28
Bernice Allen	8-29
Debra Taylor	8-14
Joann Maher	8-14
Caveta Chapman	8-17
Edward Hawkins	8-28

The United Methodist Village honors and respects our residents and welcomes people of all faiths.

THE UNITED METHODIST VILLAGE

THE VILLAGER

AUGUST

2018

WELCOME NEW RESIDENTS:

- Lorraine Nielsen
WT 115
- Jack & Pearl Green
WP 241
- Sharon Rowden
WT 129
- John & Jemmalee
Hisaw
5221 Aldersgate
Myrtle Collins
WT 136



4th of July
Alton Fireworks



Viewed from the
Audubon Center



Come dressed like a watermelon!

*Celebrate National Watermelon Day with
Fresh watermelon slices on the DR Patio*

1:30—2:30 Friday, August 3

Sign up so we know how many watermelons we need!



Anita's Ad-libs



Dear Residents,

Staying connected with each of you is very important to me. I am always open to your thoughts and ideas about everyday life at UMV. I genuinely value your input. While the quarterly Executive Director's meetings are important and provide current updates about our Village, I realize that this format is not comfortable for many for open dialogue and discussion. I've been pondering about opportunities to enhance communication. I will begin having a monthly "Ask Anita" gathering. My first "Ask Anita" will be in our Riverbend Room on August 21 from 10:00 a.m. - 11:00 a.m. Feel free to drop by or stay the entire hour and share your thoughts, ideas, and questions. It will be informal and I'll have no agenda. I'll just be available for conversation and ultimately offer resolution or obtain your feedback on life at UMV. Of course, please know that I'm always open to your phone calls or visits 24/7.

Maintaining our competitive position in the Riverbend Area is extremely important. Our image and reputation is never taken for granted. We thank you for your choice to live at UMV and want you to know that we genuinely strive each and every day to ensure your satisfaction. We value our position as being an exceptional provider of Senior Care! We are also keenly aware that with competition entering our market, we are working diligently to maintain our competitiveness.

As I shared during my Executive Director's meeting at the beginning of August, I am working closely with the Envision Committee to assess the appearance of our common areas. I know that our lobby areas and coffee areas are greatly used and enjoyed. The Envision Committee will be receiving thoughts and ideas from three different design firms about how we could provide a fresh new and functional look. Upon selection of a firm, we anticipate that our renovation plans would roll out in phases potentially spanning the next 2-3 years. We are very sensitive about ensuring that our design meets your needs. As shared, we will be welcoming resident's insight. Soon we will invite a few residents to join this committee to select styles and finishes. If you are interested, please let me know. This will be an exciting project for the future of UMV. This upgrade will not be funded through our daily operation and capital accounts; therefore, it will not impact monthly fees in the future.

Recently, many of you have been asking me about the plans for the maintenance and repair of your exterior decks and exterior repair of the villas. I want you to know that

(Continued on page 3)





(Continued from page 2)

Rick Taylor and I have been discussing and preparing for the 2019 Capital Budget. We will be planning for the deck repairs in 2019. We will provide a systematic approach and plan for this major endeavor.

However, if you have existing problems with your decks, please submit a work order and we will repair accordingly.

Friendly reminders...because we care!

1. Please move your assistive devices or allow us to move your assistive devices in the dining room. This is extremely important for the safety of our residents, guests, and employees.

2. Our residents continue to be contacted by outside entities asking for money or for participation in sweepstakes. **PLEASE DO NOT BELIEVE THESE CALLERS. THEY EVEN POSE TO BE FROM THE LOCAL AREA CALLING FROM 618 AREA CODES. AGAIN, PLEASE ASK FOR OUR HELP IF YOU ARE BEING CONTACTED AND DO NOT SEND ANY CASH, CHECKS, OR MONEY ORDERS. WE CONTINUE TO HAVE RESIDENTS ACTUALLY SEND LARGE SUMS OF MONEY. THIS IS VERY SERIOUS.**

They are not targeting UMW directly but are contacting you through many outside sources. Again, when in doubt, please ask for help.

On a personal note, I would like to thank everyone for your prayers and concern regarding my daughter. I can't tell you how much it has meant to me, my family, and especially Andrea. We're getting closer to having results and answers regarding her health. Your genuine care and concern has helped me in more ways than you'll ever know. I appreciate each of you and your friendship.

Thank you,

Anita



Your Council Members

Bonnie Tyler, President	466-8535	Fred Seymour	466-3050
Helen Stairwalt, V. President	466-4446	Harry Hill	208-7979
Mary Chase, Secretary	467-0076	Alice Banghart	467-6428
Nancy Price, Asst. Secretary	850-212-2876	Kay Fitzpatrick	433-1787
Jeanette Weihe	466-0695	Mary Ann Forcade	920-3361
June Sproull	466-0644	Bob Wallace	433-9549

Council Chronicle

The Resident Council had a meeting on Tuesday, July 17.

The minutes are available on the Information Center Bulletin Boards.

The next regular Resident Council meeting is set for **September 19** at 1:00 pm in the Conference Room.

A fond (and tearful) farewell to Dawn Steinbach as she says good-bye to UMV residents and co-workers. Dawn and her husband are moving to southern Missouri to be closer to their daughter and grandchildren.

We wish her many blessings— as she has been a blessing to so many!



Health Services

Blood Pressure Checks

- Every Monday with Jan/Absolute Healthcare 1:00-2:15 in the TV Room
- Every Thursday with OSF Healthcare 10:00-11:00 in the HS Office (WP 3rd Fl, next to elevators)

Lauren will be your leader for two new Physical Wellness classes:

Balance Plus &

Chair Dynamics

Read the class descriptions in the pink boxes on page 12.

Hi! My name is Lauren Lepchenske,

I have over 5 years of experience working with diverse populations of varying ages and ability levels. I am a certified personal trainer through the American Council on Exercise as well as a health coach.

One of my favorite things is to help people improve their day to day lives through exercise. I love hearing stories about how tasks in people's lives are getting easier due to exercise and improving mobility.

I am excited to be back at the village and look forward to seeing you Wednesdays and Fridays at 10am for class!

Health Fair 2018

Thank you to all the vendors and residents who attended!





“UMV Life Style and Wellness Program”



Physical Wellness

CHAIR DYNAMICS

Every Wednesday at 10 a.m.
in the Riverbend Room.

Come out for full body work out incorporating cardiovascular intervals & resistance training in chair dynamics. This class is a moderate intensity class that will help you get stronger and burn calories at the same time.

BALANCE PLUS

Every Friday 10:00 a.m. in the Riverbend Room

Come test out and improve your balance and range of motion as well as improve your endurance. This class will incorporate many familiar balance exercise as well as some Tai Chi movements and mindfulness. We will also incorporate some cardiovascular exercise to improve endurance.

OSF Health Education Programs

Presented Monthly by OSF Home Healthcare

Topic: Swallowing Difficulties

Wednesday, August 8, 11:00 Chapel

SIT & BE FIT

Every Monday, Wednesday and Friday
at 3:00 pm in the Riverbend Room.

Among many other things, this form of exercise maintains and increases joint range of motion, decrease joint pain and stiffness, and improves physical conditioning while reducing stress and helping to maintain a positive attitude.



Lead by Community
Life Services Staff

CHAIR YOGA

This class now meets on a **TBA** schedule
Mon-Fri at **8:45 a.m.** in the Gathering Room

Check the bulletin boards for
additional class time announcements
Lead by Suzanne Cogan.

Get Movin' with Dawn

Every Monday 10:00 to 10:45 a.m.
in the Riverbend Room

Step It Up!

Every Thursday at 10:00 in the Riverbend Room.
Dawn leads this dance-infused fitness class.
Can be done seated or standing.

From the Desk of the Director of Weston Terrace

Dee Cunningham, RN

Greetings Everyone,

Expressions of love . . . what are they? How do we convey that we care to those who matter most to us? Do those around you, who interact with you every day, and truly matter to you, know how important they are in your life? Do **you** know how important they are in your life?

It is very easy to slip into a routine and allow the significance of relationships around us to fade into our surroundings nearly unnoticed. For those of you who are familiar with the “Our Daily Bread” devotional, you may have seen the piece titled Pictures of Love on the 29th of last month.

The writer of the piece starts out by explaining that she and her children had begun a new practice each evening at bedtime. When the events and chores of the day were over, they would collect colored pencils and light a candle together. Asking God to light their way, the children would get out their journals and write or draw answers to two questions: *When did I show love today?* and *When did I withhold love today?*

The writer of the article stated, “When my kids and I reflect, we find that in our lives love takes shape in simple actions: sharing an umbrella, encouraging someone who is sad, or preparing a favorite meal or dessert.”

Withholding love is reflected in such things as gossip, refusing to be kind in the simplest of ways, or satisfying our own needs without thinking of the needs of others.

As this family discovered, some of the simplest kindnesses are the most effective ways to reveal to someone that they really matter to you. Time is a very precious thing and we need to stay aware that opportunities to invest ourselves and our love into the lives of those we care about are fleeting.

We are living our lives moment-by-moment and are not able to retrieve time once it is gone. Take advantage of every chance to be kind, patient, forgiving, and encouraging toward others. Determine to share your heart in generous and loving ways so that when others think of you their heart is warmed and they cannot help but smile.

Life seems too long sometimes, but in all truth it is like a vapor and gone all too soon. Let us be grateful for the time we have with each other and the positive impact we can have on the lives of others while traveling our individual journeys through life.



I can BEE KIND
by doing things for others without expecting something in return.



Make an impact on the world! Reveal the beauties that lie within you that are designed by our Maker to be shared with those around us. Leave a lovely legacy! Be kind! Care about others and let them know that you do!

Blessings to All,

Dee

Regular Activities:

Joy of Crafting

Wednesdays, Aug. 1, 8, 15, 29 1:00 pm Riverbend Rm. Bring your choice of craft supplies or join in the workshop activity led by Debbie Totten. Enjoy creative fellowship & shared inspiration!

Mending & More by Gail

Wednesdays, August 8 & 22 at 10:00—TV Room Gail Humiston will be here for one hour collecting items to be sewn or mended.

Reflexology, Gail Humiston, Certified Reflexologist Gail will resume sessions later this summer.

Artistic Expressions with Gail

Wednesday, Aug. 22 at 1:00—Gathering Room Gail Humiston suggests new art projects, demonstrates art techniques, & helps artists develop their skills in repeated sessions.

Hearing Health Care— no charge

Thursday, August 2 at 11:30 in the Rendezvous Rm Brian, Hearing Instrument Specialist, will be here to provide hearing aid service and repairs, ear wax removal, hearing test & ear care.

Massage Day with Holly Short, LMT

Thurs., Aug. 30 from 10 to 4 - Riverbend Room Holly Short, Certified Massage Therapist, will soothe your tired or stiff muscles & joints with therapeutic massage techniques.
Sign up at the front desk.

Choir Practice

Wednesdays, Aug. 15 & 29 at 2:00—Chapel

Coffee Hour

Fridays at 9:00am—Dining Room

Armchair Travels

Every Saturday 1:00pm—Gathering Room

Consider This

By A. Nony Moose

Definition of a race horse:
The only animal who can take several people for a ride at the same time.

“Walk in the Park”

will be at the Audubon Center on Tuesday, August 28

This is a beautiful place to walk and watch the birds.

Bring your binoculars!

Departing WP at 8:45 a.m.



Annual Inservice Training Day

Tuesday, August 7

The Riverbend Room is reserved for staff

Activities normally in the RB Room

8:30 a.m.– 4 p.m. are cancelled

Thank you for your cooperation

Men’s SUMMER EXCURSION

Wednesday, August 22

Depart 10:30

Lunch at Ravanelli’s followed by Imax Theater at the Science Center And then..... Ted Drew’s .

UMV Men — bring a lady friend.

Ladies, we want a full bus—sign up to be called for any open seats

Hello Hula! It’s a Luau!

Traditional Entertainment

August 24

4:00p.m. in the Dining Room

Don’t forget your Hawaiian print shirt!



2018 Summer Garden Show

Bicentennial Blooms is a season-long birthday celebration for the U.S.’s 21st state – and this year’s theme for the L&C Monticello Sculpture Gardens’ 5th annual curated summer garden show.

Bicentennial Blooms will explore the rich history of Illinois and the Godfrey area. Visitors will journey through time to discover the region’s natural history and our state’s achievements in agriculture, industry and human development through interpretive panels installed at viewing points across L&C’s Godfrey Campus.

Self-guided tours of the show’s 11 pocket gardens are completely free. Come by campus anytime during the day and grab a free tour map from Security to take a stroll at your own pace. Peak dates will be in June and July.

The Monticello Sculpture Gardens is a botanic garden as well as a signature garden of the Missouri Botanical Gardens. Each year, the annual curated summer garden show aims to connect people with plants as part of the educational continuum of Lewis and Clark.

The United Methodist Village has a free group tour scheduled for Thursday, August 2 departing at 9 a.m.

Sign up for this outing Wednesday, August 1 at 11 a.m. in the Conference Rm.



We will be collecting eye glasses and hearing aids until August 31. Look for the collection container near the coffee machine in the TV Room.

Please direct any questions to Chaplain Judy Thank you!



Come One, Come All! Weekly Bible Study

Join us every Thursday

10:30-11:30a.m.

In the Conference Room



Ladies Bible Study

Join us every Wednesday

10:30-11:30a.m.

In the Gathering Room

Weston Terrace

Bible Study Fellowship International classes

will start Saturday, September 15 from 10:00—11:30 in the Conference Room

Main Street
United Methodist Church
Services every Sunday
8:00 a.m in the Chapel



CATHOLIC MASS
Every Saturday
3:30 p.m. Chapel
Worship led by
Father Wickenhauser



SPIRITUAL WELLNESS

Communion
Friday, August 10 at 11:00
In the Gathering Room

Catholic Communion
Friday, August 3 at 10:00
In the Gathering Room



"Village Pray-In"
August 17, 11:30 — 12:00
In the Chapel

All are welcome

*"They shall know
we are Christians
by our love."*



Rosary Recitation
Tuesdays at 3 p.m.
In the Chapel

Wisdom for Confusing Times

Something weighing on your mind?
Experiencing a personal loss,
or troubled by issues in the news?



Join Chaplain Judy Miller
and Father Jerry Wickenhauser
Friday, August 31 at 10 a.m.
in the Conference Room for a time to
share concerns & wisdom in an
uplifting, positive environment.

In Memory...

At this time, we would like to remember the families and friends of **Virginia Porter**, resident; **Glova Williams**, resident; **Corinne Podesva** and **Peggy Wilson**, former residents; **Stacy Scott**, granddaughter of resident Barb Scott, **Tony Capozzi**, brother of resident Nick Capozzi, **Ramona Lawson**, grandmother of employee Stephanie Spurgeon and Katie Bunt, niece of Carla Watson.



Outings:

Bicentennial Blooms Tour at LC Comm. College

Thursday, August 2 depart at 9:00 a.m. Free
See page 11 for more information

Farmer's Market and brunch at IHOP

Saturday, August 4 depart at 8:30 a.m.

Encounter Performance @ Main Street UMC

Sunday, August 5 depart at 3:30 p.m. Free

Farmer's Market and dinner at Wendy's

Wednesday, August 8 depart at 4:30 p.m.

Alton Myny Band Season Finale at Hatheway Hall

Thursday, August 9 depart at 7:00 p.m. Free

Lunch Out— Wittmond Hotel/Calhoun Peaches

Saturday, August 11 depart at 11:00 a.m.

STAGES "Mamma Mia" & dinner Brio's

Sunday, August 12 depart at 12:30 p.m. Ticket \$43

Hayner Library Presents:

George Portz & the Friends of Bluegrass

Tuesday, August 14 depart at 5:30 p.m. Free
Lively concert in 225 Alton Square upper level

Dinner Out—Alzheimer's Fundraiser at Applebees

Wednesday, August 15, depart at 4:00 p.m.

Lunch Out— Olive Garden

Sunday, August 19 depart at 11:00 a.m.

Gameday Luncheon, Riverbender \$7 at door

Tuesday, August 21 depart at 9:45 a.m.

Michaels and Dierburg's

Tuesday, August 21 depart at 1:30

Men's Summer Excursion- Ravanelli's & Science Ctr and Ted Drew's

Wednesday, August 22 depart at 10:30 a.m.

1st & 2nd Dinner Out— Schneithorsts

Thur., Aug. 23 & Thur., Aug. 30, depart 3:45 p.m.

Dinner & A Movie — La Casa

Saturday, August 25, Movie & depart time TBA

Carillon Concert at Gordon Moore Park

Sunday, August 26 depart at 3:45 p.m.

Lunch or Dinner at Roma's Alzheimer's Fundraiser

Wed., August 29 depart at 11:00 p.m. or 4:00 p.m.

Dinner Out—VFW

Friday, August 31 depart at 4:45 p.m.

Stay for music or get a ride back to UMV after dinner.

Events & Entertainment:

Sign up for all Events & Outings at the front desk WP
August Activities Sign-Up Day— Wed. Aug. 1, 11AM

National Watermelon Day Party

Friday, August 3 at 1:30 p.m. on the DR Patio
Dress like a watermelon and come enjoy fresh
watermelon slices.

OSF Health Education Program

This month's topic is to be announced.
Led by OSF Home Healthcare
Wednesday, August 8 at 11:00 am in the Chapel

Joe Powell

Friday, August 10 at 1:30 p.m. in the Chapel

Double Play

Monday, August 13 at 1:30 in the Chapel
The dynamic Flute & Tuba duo return to UMV.

Phil Capello

Wednesday, August 15 at 1:30 p.m. in Weston

Ask Anita—an informal monthly meeting

Tuesday, August 21 at 10:00 a.m. in the Riverbend Rm

Hawaiian Luau

Friday, August 24 at 4 p.m. in the Dining Room

"CARD PARTY" FUNDRAISER for ALZHEIMER'S

Tuesday, August 28, 11-2 in the Dining Room \$9

Breakfast Buffet

Friday, August 31 at 9 a.m. in the Dining Room

Rekha Dravina

Friday, August 31 at 6:30 p.m. in the Chapel

Announcing...

"Ask Anita"

Tuesday, August 21
10:00—11:00 in the Riverbend Rm

A new monthly gathering
with your
UMV Executive Director

Please stop by to share your thoughts, ideas,
and questions with Anita