

# 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, January 3, 11:00 a.m.

Thursday, January 17, 11:00 a.m.

**Shopping Trips:**

Thursday, January 3, 1:30 CVS / Walgreen's

Tuesday, January 8, 1:30 Schnucks

Thursday, January 10, 1:30 Target

Tuesday, January 15, 1:30 Aldi / Dollar General

Thursday, January 17, 1:30 Walmart

Tuesday, January 22, 10:30 Magianno's & Trader Joe's

Thursday, January 24, 1:30 Schnucks / Dollar Tree

Tuesday, January 29, 1:30 Walmart

Tuesday, January 31, 1:30 Aldi / Dollar General



## Happy Birthday!!

**Resident Birthdays**

KATHERINE JENNINGS	1-05
GEORGIA BERMES	1-08
POLLY LEKKAS	1-08
MARY JANE BERRY	1-10
KAY CHILDS	1-15
ANITA WENZEL	1-15
BARBARA SCOTT	1-19

JOHN HISAW	1-20
BERTHA LAVITUS	1-20
MARY RAWE	1-21
SHIRLEY ASZMAN	1-24
MARY WOODCOCK	1-25
LORETTA VAN BUREN	1-26

**Staff Birthdays**

CYNTHIA LINDSAY	1-01
DEBORA HESTER	1-04
TRICIA KEAGY	1-18
CATHY WIEGAND	1-29

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

THE UNITED METHODIST VILLAGE

# THE VILLAGER

JANUARY

2019

## Glad Tidings for Christmas...

**WELCOME  
NEW  
RESIDENTS:**

Dorothy  
Kleinschnittger  
WT 132

Rosemary Yoder  
5210 Aldersgate

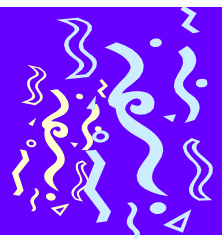


January 1  
New Year's Day

January 21  
Martin Luther  
King, Jr. Day



and a Happy New Year!



## Anita's Ad-libs



### Greetings UMV Residents

2019 has arrived. We are looking forward to a wonderful year full of happiness, joy and God's blessings. It is my wish that the coming year is all that you are hoping for and that your New Year's wishes come true!!

The UMV Leadership join me in wishing you all a wonderful holiday season and the Happiest of New Year's!

Anita



Best Wishes for the New Year from  
Chef Rick, Anita, Joyce, Carrie, Cathy, Chaplain Judy,  
Gail, Jana, Rick & Tricia



### Health Services

#### **Blood Pressure Checks**

- Every Monday with Jan/Absolute Healthcare  
1:00-2:15 p.m. in the TV Room
- Every Tuesday & Thursday with  
OSF HealthCare  
8:00-10:00 a.m. in the OSF Clinic at WP206

**OSF HealthCare invites you to an informative breakfast  
on Friday, Jan. 11 from 9:00—10:00 a.m. in the Dining Room**

Urologist Dr. Adekoya will share important information regarding bladder and prostate health and incontinence, including available treatments and therapies for both men and women. Learn how to recognize and talk to your doctor about signs and symptoms.

**Please plan to attend!**

#### **Safety First!**

Please allow OSF HealthCare professionals to perform a safety check on your mobility devices.

Bring your walkers, canes, and other mobility aids to the Riverbend Room on Tuesday, January 22 from 1:00-3:00 p.m.



# "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 by OSF HealthCare  
"Peace of Mind"

Wednesday, January 9, 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 meets Monday, Wednesday, Friday  
at 8:45 a.m. in the Gathering Room  
Lead by Suzanne Cogan

### OSF presents "Fitness Fusion"

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

### OSF presents "Pure Power"

Every Thursday at 10:00 in the Riverbend Room



*Santa checks off his list...*  
Naughty:  
  
Nice:  
  
*Only Santa knows for sure!*



# From the Director of Marketing

Carrie Carter

Alas it is time to take down the trees, UN-deck the halls and ring in the New Year!!!!

I would like to take this time to Thank our Resident Ambassadors who, as always, were a huge help to us and to your new neighbors in 2018... so THANK YOU!!!

I also would like to make a note of the new window in the door of our marketing suite. I have heard some concerns and just wanted to explain the few reasons why we had that installed. The main function of our job is to meet with prospective new residents and, also, have many phone conversations with them. During these meetings, we are discussing private things such as health and finances. We tend to close the door of our office to keep those private things, private... however, I felt like we were making ourselves look unavailable and that concerned me. With the window, we can keep the door closed when need be but still doesn't close us off from the residents and guest. We also want to be easily found. When guests are here visiting and looking for the sales suite, we want to stand out so that is less confusing for them. I appreciate the feedback I have received, but we felt that it was the best thing for us to do to respect the privacy of not only the guest we are meeting with but also the current residents who come in to discuss private things.

Hopefully, all the residents here at the United Methodist Village will be as helpful to the Marketing Department as you were last year!!! Trust me, we are counting on it!!

As most of you know, we have a resident referral program here at UMV. Residents that refer their friends to United Methodist Village market rate apartments and patio villas receive \$500.00 off a month's rent as does the friend they referred. You are the best method of marketing and we truly appreciate all your help and wish you nothing but a fabulous 2019!!

Happy New Year!!!

Carrie Carter

Director of Marketing

## January Evening Worship Services Sundays in the Chapel at 6:30 pm

- ◆ January 6 led by Judy Miller/Communion
- ◆ January 13 led by Rev. Debra Hoertel
- ◆ January 20 led by Mike Solomon
- ◆ January 27 led by Rev Bill Pyatt



### Service Cancellation

Rosary is cancelled on January 1 to observe New Year's Day.

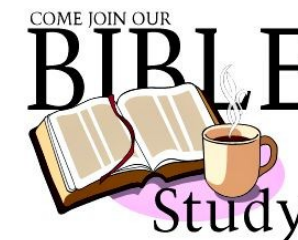
Recitations will resume on Tuesday, January 8 at 3:00 p.m. in the Chapel

### 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

Hello, ladies. Bible study continues Saturdays at 10:00 am in our Conference Room.

Further information is available at [bsfinternational.org](http://bsfinternational.org) or contact Pam Sevier at (618) 466-7464. Hope you'll join us!

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, Jan. 11 at 11:00  
 In the Gathering Room

*Catholic Communion*  
 Friday, Jan. 4 at 10:00  
 In the Gathering Room



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

**“Village Pray-In”**  
 Jan. 18, 11:30 — 12:00  
 In the Chapel  
 All are welcome  
*“They shall know we are Christians by our love.”*

*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, January 25 at 10 a.m.  
 in the Conference Room for a time to  
 share concerns & wisdom in an  
 uplifting, positive environment.

## Your Council Members

Bonnie Tyler, President	466-8535	Fred Seymour	466-3050
Helen Stairwalt, V. President	466-4446	Harry Hill	208-7979
Nancy Price, Asst. Secretary	850-212-2876	Alice Banghart	467-6428
Mary Chase	467-0076	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 Wednesday, November 14.  
 The minutes are available on the Information Center Bulletin Boards.  
 The next regular Resident Council meeting is set for **January 9** at 1:00 pm in the Conference Room.

**MUSIC — MOVIES — THEATER**  
**JANUARY OUTINGS**

- Friday, January 18, Dpt. 9:00—Powell Hall Coffee Concert \$27.50  
 Beethoven and Schuman
- Saturday, January 19, Dpt. TBA—Dinner & A Movie – Wang Gang
- Sunday, January 20, Dpt. 1:00—ALT: *On Golden Pond* \$20  
 dinner at Moonlight

## In Memory...

*At this time, we would like to remember the families and friends of*  
**Charles Kane, resident; Jackie Tchoukaleff, resident;**  
**Janet Williams, resident; Helen Littleton, wife of resident Marvin Littleton;**  
**Will Ross, son of Deb Ross, Director of Absolute Health Care., Harriet Ayres, former**  
**Resident and John Seymour, son of resident, Fred Seymour.**



## New Year's Day is a Staff Holiday

There will be no outings or activities led by staff on January 1.

Sign-up for January activities is on Wednesday, Jan. 2 at 11:00 a.m. in the CR

**Happy New Year!**

*How do you say "brunch" in German?*

Hofbräuhaus

Enjoy a festive meal at this landmark restaurant in Belleville!

Sunday Brunch

\$24.95 plus tip

January 13

DPT at 11:00 a.m.

## CALLING ALL KEMOLL'S FANS

This month's 1st and 2nd dinners out will be the last chance to dine at the current Kemoll's location in downtown St. Louis. They are moving to a new location in Westport Plaza.

1st dinner out: Thurs., January 24

2nd dinner out: Thurs., Jan. 31

## It's TRIVIA Time!!

Are you a fountain of fun facts?  
Love to jog your memory for trivial tidbits?

Then gather your team for  
**TRIVIA in the AFTERNOON**  
**Thursday, January 24 from 1:30-3:30**

**In the Riverbend Room**

Prizes will be awarded  
Sign up for a table by Jan. 21

## Regular Activities:

### Joy of Crafting

**Every Wednesday at 1:00 pm— Riverbend Rm.**  
Join Debbie for a different craft each week.  
We welcome your ideas and requests for future projects.

### Sadie the Therapy Dog

**2nd Tuesday at 10:15 am— Sadie wags her way around WT, WP & Mck to say hello.**

### Mending & More by Gail

**Wednesdays, Jan. 2, 16, 30 at 10:00—TV Rm**  
Gail Humiston will be here for one hour collecting items to be sewn or mended.

### Hearing Health Care – no charge

**Thursday, Jan. 3 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.

### Mid America Audiology – no charge

**Thursday, Jan. 10 from 10-12:00 - Rendezvous Rm**  
Tim Fick, Doctor of Audiology, performs hearing health screenings, hearing aid battery checks, and can schedule complete hearing tests.

### Massage Day with Holly Short, LMT

**Thurs., January 31 from 10 to 4 - Mck116**  
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

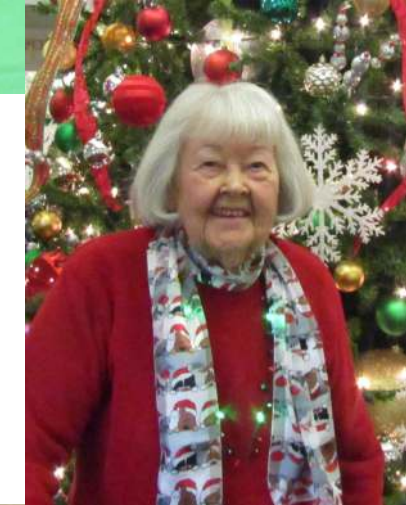
**Wednesdays, Jan. 2, 16 & 30 at 2:00pm —CH**

### Coffee Hour

**Fridays, Jan. 4 & 18 at 9:00am—Dining Room**  
**Friday, Jan. 11 is an OSF HealthCare event with breakfast included. Please attend!**

### Armchair Travels

**Every Sunday 1:00pm—Gathering Room**





## Outings:

**Sign up for all Events & Outings at the front desk WP  
January Activities Sign-Up – Wed. Jan. 2, 11:00 AM**

### Lunch Out— Decaro's

Tuesdays, January 8 depart at 10:45 a.m.

### Brunch Out—Hofbräuhaus St. Louis

Sunday, January 13 depart at 11:00 a.m.  
Brunch \$24.95 plus tip

### Gameday Luncheon, Riverbender \$7 at door

Tuesday, January 15 depart at 9:45 a.m.

### Lunch Out— Little Mexico

Tuesday, January 15 depart at 10:45 a.m.

### St. Louis Symphony Coffee Concert at Powell Hall

Friday, Jan. 18 depart at 9:00 a.m. Ticket \$27.50  
Featuring the music of Beethoven and Schuman

### Dinner & A Movie — Wang Gang

Saturday, January 19, Movie & depart time TBA

### ALT "On Golden Pond" - dinner at Moonlight

Sunday, Jan. 20 depart at 1:00 p.m. Ticket \$20

### Lunch & Shopping at Magianno's & Trader Joe's

Tuesday, January 22 depart at 10:30 a.m.

### 1st & 2nd Dinner Out—Kemoll's

Thursday, Jan. 24 & Fri., Jan. 31, depart 4:30 p.m.

### Lunch Out—Wittmond Hotel & eagle watching

Sunday, January 27 depart at 11:00 a.m.

### Men's Lunch Out— Joker's Wild, Chesterfield, IL

Wednesday, January 30 depart at 10:30 a.m.

## Events & Entertainment:

### Music Therapy St. Louis

Monday, January 7 at 11:15 a.m. in the RB

### Ask Anita

Tuesday, January 8 at 10:00 a.m. in the RB

### OSF Health Education Program

This month's topic is "Peace of Mind"  
led by OSF Home Healthcare  
Wednesday, January 9 at 11:00 am in the Chapel

### The Singing Sheriff

Friday, January 11 at 1:30 p.m. in the Chapel

### Veterans Coffee Talk

Wednesday, January 16 at 10:15 p.m. in the CR

### Rekha Dravina

Friday, January 18 at 6:30 p.m. in the Chapel

### Breakfast Buffet

Friday, January 25 at 9:00 a.m. in the DR

### Trivia in the Afternoon

Thursday, January 24 from 1:30-3:30 p.m. in the RB

### Old Folks are Worth a Fortune!

Old folks are worth a fortune: With silver in their hair, gold in their teeth, stones in their kidneys, lead in their feet and gas in their stomachs. I have become a lot more social with the passing of the years; some might even call me a frivolous old gal. I'm seeing five gentlemen every day.

As soon as I wake, WILL POWER helps me get out of bed. Then I go to see JOHN. Then CHARLEY HORSE comes along, and when he is here he takes a lot of my time and attention. When he leaves, ARTHUR ITIS shows up and stays the rest of the day. (He doesn't like to stay in one place very long, so he takes me from joint to joint.) After such a busy day, I'm really tired and glad to go to bed—with BEN GAY. What a life!

P.S. The preacher came to call the other day. He said that at my age I should be thinking about the hereafter. I told him I do—all the time. No matter where I am—in the parlor, upstairs in the kitchen or down in the basement—I ask myself, "Now, what am I here after?"