



Bank Runs: Tuesday, June 5, 11:00 a.m.
Tuesday, June 21, 9:00 a.m.

Shopping Trips:
Tuesday, June 5, 1:30 Schnucks
Thursday, June 7, 1:30 CVS / Walgreen's
Tuesday, June 12, 2:00 Aldi / Dollar General
Thursday, June 14, 1:30 Target
Tuesday, June 19, 1:30 Shop N Save / Dollar Tree
Thursday, June 21, 2:00 Walmart
Tuesday, June 26, 1:30 Aldi / Dollar General

There are three garden spaces available!

They are cleared and ready to plant

As you can see, a mix of herbs, veggies and flowers are thriving in the established plots.

Please contact Gail Stucker in Community Life Services if you want to plant your own.



Happy Birthday!!

Resident Birthdays

June Funkhouser	6-01	Kathleen Toigo	6-20
Mildred Seger	6-01	Doris Cornelius	6-23
June Elliott	6-04	Glova Williams	6-24
Pat Hastings	6-04	Bonnie Tyler	6-25
Myra Keiser	6-05	R. Wickenhauser	6-29
Rebecca Seymour	6-08	Jane Flaherty	6-29
June Sproull	6-12	Ann Barton	6-30
Harry Hill	6-12		
Robert Phegley	6-13	Staff Birthdays	
Mary Ann Barnard	6-15	Matt Sackmann	6-14
Janet Ahlemeyer	6-15	Dawn Steinbach	6-17
		Adriane Croxton	6-24

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

WELCOME NEW RESIDENTS:

Neil Cannon
Mck 315

Donnie Calvin
WT 111

Meg Gregory
5219 Aldersgate

June 14
Flag Day

June 17
Father's Day

June 21
Summer Begins

Mother's Day Luncheon



More Photos on pages 14-15



Anita's Ad-libs

Dear Village Family,

Happy June! A few of our residents made a request to provide an overview of our emergency pull-cord procedure. I thought that this review would be helpful for everyone. As a friendly reminder, this information is available in our resident's handbook.

Our Village staff is available 24 hours per day to respond to emergency pull cords and fire alarms. Interventions will be limited to those activities within the skill set of the responder that can be performed safely to avoid injury to the resident and/or employee. The Village of Godfrey emergency resources will be called for situations involving medical, smoke/fire, and security emergencies. UMV contracts with a third party to assist with emergency alarm monitoring.

Upon the activation of a pull cord, an on-staff emergency responder will dial the phone number listed for the resident. The staff member will verify the problem with the resident if possible. If there is no answer on the telephone, the staff will immediately go to the alarm location. The staff will knock loudly on the resident's door and identify themselves. If there is no answer, the staff will enter using the appropriate key. Again, as they enter, they will state their name and why they are there. They will locate the resident, assess the situation, and call 911 if an obvious medical or other emergency exists. In addition, staff will notify the emergency contact person immediately when a resident is taken to the hospital. This is a friendly reminder to alert the receptionist if you have a change in emergency contact information to ensure that we can reach someone on your behalf.

Please remember that your concerns are my/our concerns. I really do appreciate your feedback which is helpful not only for me but for our entire Village family. Our entire team is committed to exceeding each resident's satisfaction and ultimately, ensuring that YOU ARE LIVING LIFE EASY! Thank you for choosing UMV to be your home!



**Cardinal Ballgame!!!
A great time was had
by all!**





Mother's
20



HERE'S THE NEWS for Theater Goers

Alton Little Theater's New Policy: Everyone (including groups) must prepay for tickets to any Benefit Performance.

What this means for UMV: For shows that will definitely be popular like *Hair* on July 15 and *Always...Patsy Cline* on Sept. 28, tickets should be purchased as soon as possible; but here's the problem:

I work from 9:00-2:00; ALT Box Office is open from 10:00-2:00; and I can't take off work early every time tickets are purchased to make sure that residents get theirs before a show sells out.

However, if you **PAY WITH CASH**, I can go online and purchase the ticket immediately by charging it to my credit card and keeping the cash. This will definitely increase the probability that you will get a ticket to a popular show.

Linda Hall
ALT Group Ticket Coordinator & Village Resident



Many Thanks to our Joy of Crafting participants for making these golf-themed centerpieces!

Join in on the creativity every Wednesday at 1p.m. in the RB

Bring your own craft project to complete or work along with the group on that week's directed activity.

Your Council Members

Kathy Carroll, President	433-9902	Nancy Price	850-212-2876
Sandra Cooksey, V. President	217 899-8833	Helen Stairwalt	466-4446
Fred Seymour	466-3050	Bonnie Tyler	466-8535
Reka Holder	433-8313	Mary Chase	467-0076
		Mary Haxel	466-3861

Council Chronicle

The Resident Council had a meeting on Wednesday, May 9.

The minutes are available on the Information Center Bulletin Boards.

Resident Council members will select new Officers on June 20 at 12:30p.m. in the Chapel prior to the new member installation ceremony

The next regular Resident Council meeting is set for **July 11** at 1:00 pm in the Conference Room.

Last month, Resident Council was faced with the task of finding six new members. The Council selected a list of candidates and the Nominating Committee approached each candidate about what it means to be a Resident Council member. Remarkably, **ten** candidates volunteered to be on the ballot. It takes courage just to put your name out there; Thank-You to all who were chosen and agreed to run for office.

This year, the voting process for new members was opened to *all* residents, signaling a return to the original Resident Council voting process. Joyce Wild quickly typed a ballot; Reka delivered them to those in the main building; Sandra distributed them to villas and houses. By that evening, everyone had a ballot.

Friday, May 11th, members of the Nominating Committee met to tally the returned ballots. They were overjoyed at such a nice response...**83** ballots had been returned! It was a close competition, too. All ten candidates had votes within a narrow margin of one another. In fact, the committee felt the need to recount the ballots three times!

Every candidate who volunteered to serve and everyone who voted is greatly appreciated. Thank you for your show of support.

Sincerely,

The Nominating Committee

The following new Resident Council members will be installed on June 20, 1:00 p.m.:

Alice Banghart	Don Huber
Kay Fitzpatrick	June Sproull
Harry Hill	Bob Wallace

The following Resident Council members are retiring in June:

- Kathy Carroll
- Sandra Cooksey
- Reka Holder



Health Services

OSF Health Education Programs

Presented Monthly by OSF Home Healthcare

“Concussions & Rehab”

Wednesday, June 13, 11:00 Chapel

Blood Pressure Checks

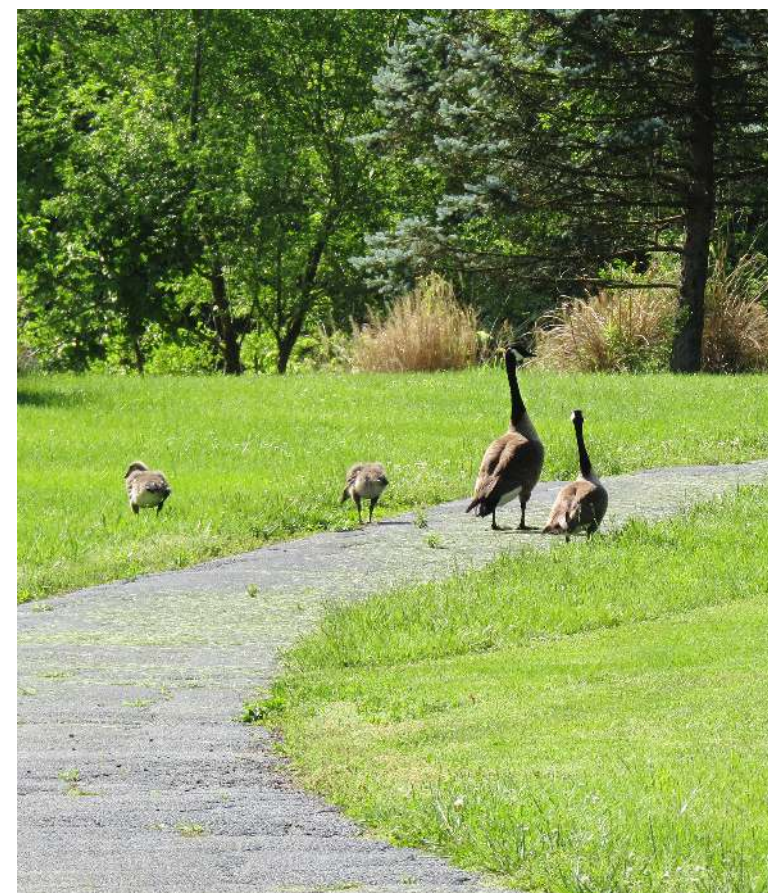
Every Monday 1:30-2:30 TV Room

Every Thursday 10:00-11:00 HS Office
(WP 3rd Fl, next to elevators)

JUNE IS

SENIOR FITNESS AND HEALTH MONTH

Watch for more information about the
Exercise Challenge that starts June 1



Birds of a feather WALK together!

Join us for a “Walk In The Park”
Every Tuesday

Departing WP at 8:45

Track your minutes for an
easy way to participate in
the Exercise Challenge
and to prepare for the
National Walk to End Alzheimer's
coming up in autumn



“UMV Life Style and Wellness Program”



Physical Wellness

Senior Fitness Tests

A RehabCare Wellness Coordinator will be conducting Senior Fitness Tests on Tuesday, May 1 at 10a.m. in PT

The Senior Fitness Test is evidence based and will help you determine your strengths and discover areas for improvement.

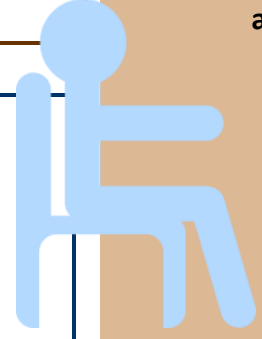
Each resident can expect to spend 20 to 30 minutes while testing upper body strength, lower body strength, flexibility, endurance and balance. Results will be entered into a database and the Wellness Coordinator will contact you to go over an action plan.

Sign up for a scheduled time at the Wiseman Pollock Receptionist’s Desk

STRONG FOR LIFE

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

This is a chair-based class that encourages you to go at your own pace and can help with overall health and fitness. During the class you will be working on cardiovascular endurance, muscle strengthening, flexibility and balance. Led by a Senior Services Plus employee



SIT & BE FIT

This class meets Monday, Wednesday and Friday at 3:00 pm in the Riverbend Room.

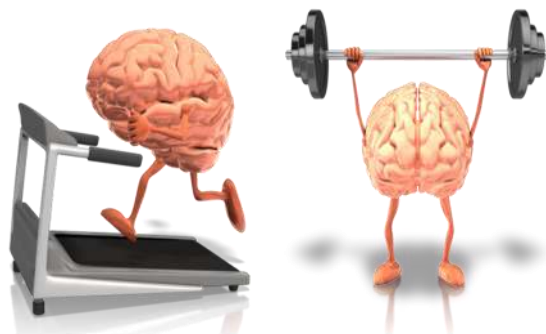
Among many other things, this form of exercise maintains and increases joint range of motion, decreases joint pain and stiffness, and improves physical conditioning while reducing stress and helping to maintain a positive attitude. Lead by Community Life Services Staff

Memory Essentials

Every Friday at 11:00 a.m.

Class Held In the Rendezvous Room

Boost your brain power and join SSP instructor, Ben Brooks, in this fun & challenging class!



BIG CHANGES IN CHAIR YOGA

This class now meets on a TBA schedule Mon-Fri at 8:45 a.m. in the Gathering Room
Class will meet Tues., June 5 & Friday, June 8
Tuesday, June 12 & Wednesday, June 13

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

BIG CHANGES in 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.

All About Love Packages

Reka Holder tells about this special organization we will tour on Thursday, June 28. Please sign up for the outing on June 1, 10AM

You have probably noticed the small baskets/containers around UMV—on the bulletin board shelf in Wiseman Pollock on the 2nd floor, in McKendree under the 1st floor bulletin board, and on the floor near the coat rack in the dining room waiting area. These are containers for Christian literature: prayer guides, Bibles, any Christian literature. Bibles can have coffee spills, pages torn out, writing on all the pages...ANY condition. All the donated items are taken to an organization named Love Packages in Butler, IL, a little town just past Litchfield, to a huge warehouse where they are sorted and packaged for shipment to remote areas in Eastern countries. Sometimes the material is even smuggled into areas where Christian literature is not available and where it can be very dangerous to distribute. The last bulletin I had from Love Packages told of a man who had walked about 8 or 9 miles to possibly get a few pages from a Bible. Seldom are there enough Bibles to give a whole intact Bible.

The gentleman who is in charge of sorting, packing, and mailing does all of this through donations only—along with his own time, all the workers are volunteers. He started this project in his basement with nine Bibles his church gave him with the instructions, “Do something good with them.” He now has a huge warehouse where all the donations are sorted and packaged in preparation for shipment somewhere on the east coast to go on from there to destinations across the sea. He said the last shipment made a total of 102 tons of material this year. He is hoping to reach 200+ tons by year-end. He has built a huge dormitory where volunteers get three meals a day and can stay for a week at a time. A most impressive part of this project is when the packages are loaded and ready for shipment and all the volunteers go out, place their hands on the semi as he blesses the material, and the truck is sent on its way to the east coast.

ALL of this—the building, all the equipment for packing, the dormitories, kitchen and equipment for cooking, and the semi truck is made possible by volunteers and donations. Quite a growth from one man packing the donated Bibles and shipping from his basement!

All donated materials, any kind of Christian literature, especially Bibles, even Bibles with pages missing, coffee spills, extensively marked up pages—all are very much appreciated. Please check your book shelves for Christian literature you can donate to Love Packages.

A tour of Love Packages and lunch in Litchfield is planned for June 28.

Sign up if you would like to join us!



Sign up for a Special Walk in the Park at the Audubon Center. There will be an introductory short film about the center, then walk on paved paths, sit inside in comfort using spotting scopes to view a beautiful variety of birds and wildlife or sit outside and observe the lovely grounds. Tuesday, June 12, depart at 8:15 a.m.

Nellie's Closet

Meet your friends for coffee hour and then Shop,Shop,Shop!

Friday, June 22

9:00 – 2:00 in the

DR Atrium & Rendezvous Room

Father's Day Lunch

with a Photo Booth and music by Rob Callmeyer

Friday, June 15

12:00 in the Dining Room



Regular Activities:

We've combined Joy of Coloring and Needles & Pins in a NEW CLASS called Joy of Crafting

Wednesdays, June 6, 20 & 27, 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, June 13 & 27 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, June 13 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, June 7 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., June 28 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

Monday, June 4 at 1:00pm—Chapel

Wednesday, June 20 at 2:30pm—Chapel

Coffee Hour

Fridays, June 1 and 15 at 9:00am—TV Room

Fridays, June 8 and 19 at 9:00am—Dining Room

Armchair Travels

Every Saturday 1:00pm—Gathering Room

JUST IN TIME FOR THE DOG DAYS OF SUMMER...

Alice the Dog will perform in the Riverbend Room
Friday, June 8 at 1:30



Chaplain's Chat

Judy Miller



Greetings as Spring is upon us, the sun is warm, and the flowers are beautiful. I trust you have your garden spot picked out and maybe even planted by now...

Keeping a small garden is just one of the many opportunities for personal enjoyment and healthy living here at UMV. Please also note the programs being offered for your fellowship and spiritual enrichment and plan to attend when you can. I have often wondered ,where would we be if we didn't have Chapel Services? Remember: Catholics start off with Saturday Mass; Main Street UMC is at 8:00 a.m. on Sunday morning; then we have various clergy on Sunday evenings at 6:30 p.m. Please join us at any or all services and show God you love Him.

We will be hosting a new program soon called "The Bible Study International." It will be led by resident Pam Sevier. The meeting time and date will be announced soon. We won't start until Fall, but it sounds exciting.

The Ignite Musical Group will be here to entertain us on June 24th. These are the young people from Godfrey United Methodist Church. They will be here about 6:30pm and the performance will last about 45 minutes. Mark you calendar now and enjoy the music!

Looking forward to seeing you in the Chapel,

Chaplain Judy

June Evening Worship Services

Sundays in the Chapel at 6:30 pm

- ◆ June 3, led by Rev. Bill Pyatt (Communion will be served)
- ◆ June 10, led by Ed Kreitner
- ◆ June 17, led by Chaplain Judy Miller
- ◆ June 24, Ignite Middle School Choir

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, June 8 at 11:00
In the Gathering Room

Catholic Communion
Friday, June 1 at 10:00
In the Gathering Room



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

Come One, Come All! Weekly Bible Study



Join us every Thursday
10:00-11:00a.m.
In the Conference Room



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, June 29 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 residents,
Betty Garvey and Mary Bush, Valle Harold "Zeke" Funk,
father of Richard Funk, Sr. VP Life Care Services; **Mark Stewart,**
employee, Scottie Howard's brother; **Beverly Jean Theesfeld,** former
resident; **Dave Lingenfelter,** son-in-law of resident Lois Panzier.



Outings:

Sign up for all Events & Outings at the front desk WP
June Activities Sign-Up Day- Friday, June 1, 10AM

Explorer's Breakfast

Alton Museum of History and Art— Breakfast at
Steak n' Shake Saturday, June 2 depart at 8:45 am

Hayner Library Concert "Switchback" and dinner at IHOP

Sunday, June 3 depart at 1:00 p.m. Free admission
B. Godfrey Chapel on LCCC Campus

Dinner & A Movie — Bob Evans, Collinsville

Saturday, June 9, Movie & depart time TBA

Carillon Bells Concert at Gordon Moore Park

Sunday, June 10 depart at 4:00 pm

Special Walk in the Park at Audubon Center

Tuesday, June 12 depart at 8:15 a.m. WP

Lunch Out— Olive Branch

Tuesday, June 12 depart at 11:30 a.m.

1st & 2nd Dinner Out— Ravanelli's

Thur., June 14 & Thur., June 28, depart 4:00 p.m.

Dinner Out—VFW

Friday, June 15 depart at 4:30 p.m.

Concert at Haskell Park, Alton Muny Band

Sunday, June 17 depart at 6:00 a.m.

Gameday Luncheon, Riverbender \$7 at door

Tuesday, June 19 depart at 9:45 a.m.

Lunch out at Hardin Riverdock (Mel's)

Saturday, June 16 depart at 10:30 a.m.

STAGES "I Do, I Do" & dinner at PF Changs

Sunday, June 24 depart at 1:00 p.m. Ticket \$43

Men's Lunch Out— Wittmond Hotel

Monday, June 25 depart at 10:30 a.m.

Lunch Out— SSP Schoolhouse Grill

Tuesday, June 26 depart at 11:00 a.m.

Hayner Library Concert "Jonathan Len"

Tuesday, June 26 depart at 5:30 p.m. Free
Upper Level Alton Square

Farmer's Market and dinner at McDonald's

Wednesday, June 27 depart at 4:30 p.m.

Tour of Love Packages & lunch in Litchfield

Thursday, June 28 depart at 8:30 a.m.

Grafton Fireworks

Saturday, June 30 depart at 7:00 p.m.

Events & Entertainment:

Alice the Dog

Friday, June 8 at 1:30 p.m. in the Riverbend Room

OSF Health Education Program

This month's topic is "Concussions & Rehab"
led by OSF Home Healthcare
Wednesday, June 13 at 11:00 am in the Chapel

Father's Day Lunch w/music by Rob Callmeyer

Friday, June 15 at Noon in the Dining Room

Healthy Learning Lecture

Presented by Dawn Laws, RehabCare
Tuesday, June 19 at 10:00 a.m. in the Chapel

Attention All Resident Veterans:

Veteran's Coffee Talk

Heartland Healthcare invites all UMW Veterans to
share treats and good conversation.
Wednesday, June 20, 10:15 am in the Conference Rm

Villas and Homes Resident Block Party-by invitation

Thursday, June 28 from 1:30-2:30
Villas gathering location TBA
Homes gather at Pam Sevier's home (4400 McKendree Dr.)

Nellie's Closet

Friday, June 22, 9:00-2:00 in the 1st floor WP and RR

Rob Callmeyer

Wednesday, June 27 at 1:30 p.m. in the Chapel

Breakfast Buffet

Friday, June 29 at 9 a.m. in the Dining Room

Rekha Dravina

Friday, June 29 at 1:30 p.m. in the Chapel

Consider This

By A. Nony Moose

I was in line at the motor vehicle bureau and the line was inching along for almost an hour until the man ahead of me finally got his license. I turned to the gentleman beside me and said, "I'm going to be looking pretty grouchy by the time I get to where they take the picture." He said, "Well, it's OK because that's how you will look when the cops pull you over!"