



**Bank Runs:** Tuesday, March 6, 11:00 a.m.

Tuesday, March 27, 10:00 a.m.

**Shopping Trips:**

Thursday, March 1, 1:30 CVS/Walgreens

Tuesday, March 6, 1:30 Schnucks

Tuesday, March 13, 1:30 Aldi/Dollar General

Thursday, March 15, 1:30 Walmart

Tuesday, March 20, 1:30 Shop N Save/Dollar Tree

Thursday, March 22, 1:30 Target / Alton Square

Tuesday, March 27, 2:00 Schnucks

Thursday, March 29, 1:30 Walmart

**Welcome New**

**Resident:**

Nancy Burtis

Mck #302

2018 Mardi Gras King & Queens



**March 11**  
Daylight Savings Time Begins

**March 17**  
St. Patrick's Day

**March 20**  
Election Day

**March 29**  
Maundy Thursday

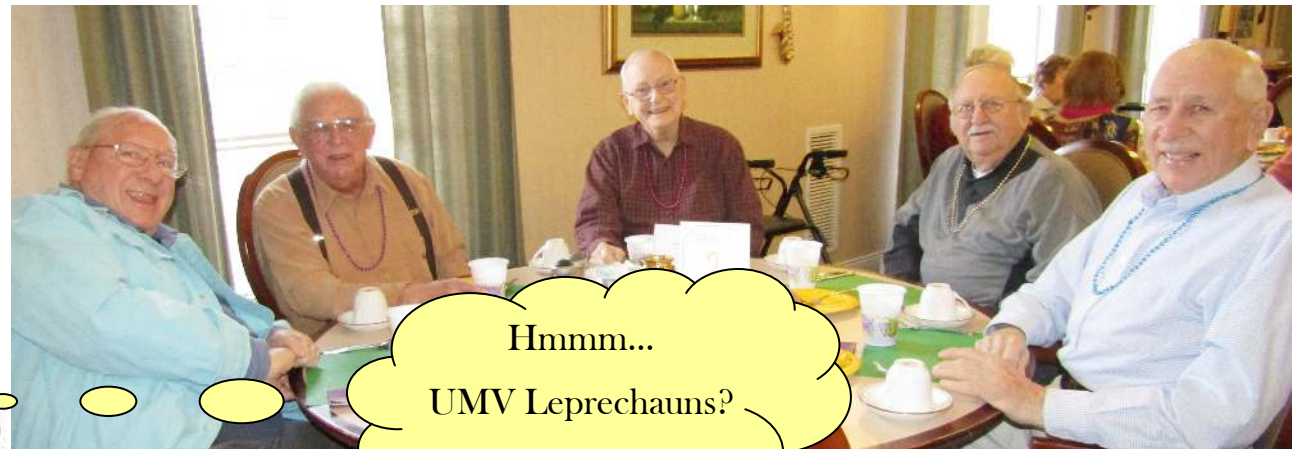
**March 30**  
Good Friday



**Consider This**

By A. Nony Moose

"Forgiveness is the greatest gift you can give yourself"



Hmmm...  
UMV Leprechauns?



Happy Birthday!!

**Resident Birthdays**

BETTY JO CORNELL	3-05
BERENICE BATES	3-06
SANDRA COOKSEY	3-06
FRED SEYMOUR	3-07
RAYMOND WEISS	3-07
JOSEPH DUCEY	3-09
BONNIE BERRY	3-10
HARRY HAZEN	3-10
WILLIAM BARNARD	3-11
COOKIE DAILL	3-12
CARL DRAPER	3-12
SHIRLEY STIEGEMEIER	3-13

GLORIA SNYDER	3-18
BONNIE ARMSTRONG	3-18
ALICE BANGHART	3-22
MARY JO DUCEY	3-24
MARY CHASE	3-27

**Staff Birthdays**

A'MIRACLE GRAY	3-07
BARB STUTZ	3-14
ANNE BLASIOLI	3-21
HANNAH WEID	3-21
LAVITA BLUE	3-26
RILEY FOSHA	3-26
GEORGIANN URSCH	3-28



# Anita's Ad-libs



Dear Residents,

February has gone by quickly and March has arrived reminding us that spring is around the corner. I wanted to provide a friendly reminder that although our weather has tempted us to think that winter flu season is behind us, we have been made aware that the flu is still outbreaking in other Senior Living communities. Please be reminded to avoid public areas when feeling ill and eliminate spreading of illnesses. Our signs are still posted to discourage visitors from bringing it to our Village as well. In addition, the news continues to cover stories about outbreaks in the St. Louis community. Stay well...we are almost there!

This is a friendly reminder that I will be having my Executive Director's Quarterly Update this Thursday, March 1 at 1:30 pm in the Chapel. I look forward to sharing operating results from last year, current occupancy, mini-market locations, Resident Satisfaction Survey results, launching of our bus campaign, roof repair, neighbor-to-neighbor opportunities, sprinkler repair status, Shining Star changes, and golf tourney highlights. In addition, our directors will provide you with updates from their departments.

I am very excited to share that we will be having a new addition to our UMV family! I am very pleased to share that we are actively interviewing for a new position of Nurse Navigator. This will be a part-time position for 2018 with possibilities of leading to a full-time role in 2019. The Nurse Navigator is responsible for building relationships, solving problems and locating resources for our residents transitioning throughout the continuum of care. The Navigator will also assist residents in facilitating their wellness and healthcare needs. This person is responsible for coordinating the programs designed to meet these needs and to develop future programs. Programming will include the LCS Lifestyle & Health Services Wellness Program which focuses on the following dimensions of wellness: intellectual, vocational, social, environmental, spiritual, emotional, health services and physical wellness. The goal of the Navigator is to guide residents through successful transitions to achieve optimal levels of health and wellness. We are in hopes of having our Nurse Navigator in place by May 1. I will provide you with further updates on this role in future communications.

In response to resident's request during our Resident Council meetings, vending machines are now available on the second floor of Wiseman-Pollock near the entrance to Weston. The new machines are now more centrally and conveniently located. As always, we welcome resident's suggestions and feel positive when we can put those suggestions into action.

Finally, an Irish prayer to share....

*"May God give you for every storm, a rainbow; for every tear, a smile; for every care, a promise; a blessing in each trial. For every trial, a faithful friend to share; for every sigh, a swing song; and an answer for every prayer!"*

Happy March!

Anita Martínez

March



Gras



2018







# Mardi Gras Luncheon





*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	Don Miller	978-3415

*Council Chronicle*

The Resident Council had a meeting on Wednesday, January 10. The minutes are available on the Information Center Bulletin Boards. The next regular Resident Council meeting is set for **March 14** at 1:00 pm in the Conference Room.

			6	1	4			
2			5					
	9			8	2	7	4	
7						9		6
	4			5			3	
1		8						2
	6	9	8	4			7	
					5			8
			1	6	7			

**Rules of Sudoku**

- 1) Each block (box with nine spaces inside of it) can only use the numbers 1-9 once.
- 2) Each row (horizontal line of spaces) can only use the numbers 1-9 once.
- 3) Each column (vertical line of spaces) can only use the numbers 1-9 once.
- 4) There is only one solution.




**Health Services**

**OSF Healthy Lecture Series**  
 Sponsored Monthly by OSF Healthcare  
 “Pelvic Floor Physical Therapy – Incontinence and Pain”  
**Wednesday, March 14, 11:00 Chapel**  
 Comprehensive presentation on normal pelvic floor anatomy and functions, including physical therapy treatments for common diagnoses of incontinence and pain.

**Blood Pressure Checks**  
 Every Monday 1:30-2:30 TV Room  
 Every Thursday 10:00-12:00 HS Office  
 (WP 3rd Fl, next to elevators)

**Presentations by OSF Homecare**  
 Sponsored Quarterly by OSF Healthcare  
 This quarter’s presentation is on  
 “Diabetes”  
**Wednesday, March 28, 11:00**  
 In the Riverbend Room




**Don’t let tax season get you down... Help is on the way!**  
 An AARP representative will be here for all your tax preparation needs.  
 A sign-up sheet will be available as soon as we have a definite date and time.

**Healthy Learning Lecture “Balance”**  
 Presented by Janelle Wenstrup

Most people take balance for granted. They navigate without thinking, effort, or fear. For millions of others, poor balance is a problem. Falls are one of the leading causes of injury and death for seniors. However, you don’t have to fall prey to this statistic. If you would like to learn more about improving your balance please come to our lecture

**Tuesday, March 20 at 10am in the chapel.**

# “UMV Life Style and Wellness Program”



## Physical Wellness

### Senior Fitness Tests

Janelle Wenstrup, RehabCare Wellness Coordinator, will be conducting Senior Fitness Tests on Tuesday, March 6 at 10a.m. in the Riverbend Rm

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

### Don’t Forget Our New Class!

#### Memory Essentials

Every Monday, 10:00 a.m.

#### Class Now Held In the Rendezvous Room

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

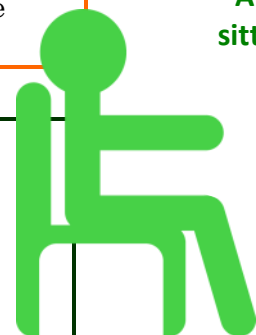


### CHAIR YOGA

This class meets every Tuesday & Thursday at 8:45 a.m. in the Gathering Room

A gentle form of yoga that is practiced sitting on a chair. Lead by Suzanne Cogan.

### 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

### Get Movin’ with Janelle

Every Tuesday 9:00 to 9:45 a.m. in the Riverbend Room.

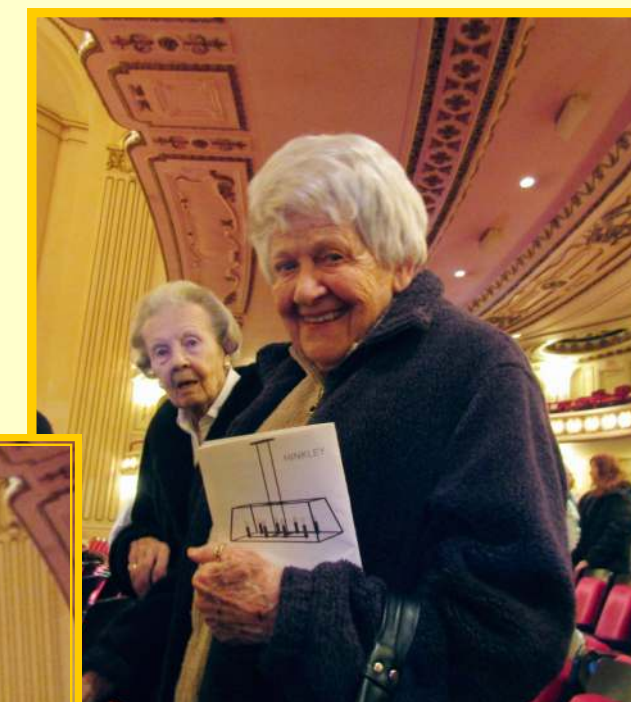
### Step It Up!

Every Tuesday at 11:30 in the Riverbend Room. Janelle leads this dance-infused fitness class. Can be done seated or standing.



## EVERYONE IS INVITED TO A PARTY!

Please join Fred and Becky Seymour in celebrating their recent wedding and Fred’s birthday! Enjoy refreshments and good cheer on Sunday, March 4 from 2:00-4:00 in the Riverbend Room.



Ladies at *La Valse*, St. Louis Symphony’s February Coffee Concert





It's Time For a Spring Shopping Spree!

## Nellie's Closet



Monday, March 12  
10:00 – 3:00 in the DR Atrium  
& Rendezvous Room

## Anita Says...

"Looking forward to seeing you at my Executive Director's Quarterly Update!"

Please join Anita on Thursday, March 1 at 1:30pm in the Chapel

## St. Patrick's Day Lunch Buffet

with entertainment by Rhoda & Larry



Thursday, March 15  
12:00 in the Dining Room

Please make a reservation at the front desk by March 12

## Announcing the Residents' Hallway Sale!

Time to clear out your closets and sell your stash.

Set up your sale table outside your door on Friday, March 16 from 10:30-2:30

Please tell Gail by March 13 that you want to be included on the Hallway Haul sale map.

## Regular Activities:

### Mending & More by Gail

Wednesdays, Mar. 7 and 21 at 10:00—TV Room  
Gail Humiston will be here for one hour collecting items to be sewn or mended.

### Hearing Health Care—no charge

Thursday, Mar. 1 at 11:30 in the Rendezvous Room.  
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

March 29 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.

### The Joy of Coloring

Tuesdays, Mar. 13 and 27, 2:00 pm—Riverbend Rm.  
Coloring has become a popular activity for many adults. If you haven't tried it, please come.

### Reflexology, Gail Humiston, Certified Reflexologist

with 30 years experience will be here for appointments on March 7, location will be announced. Increase circulation, promote relaxation and reduce stress. \$10 /10-minute session, \$1 each minute after.

Sign up for appointment at the front desk.

### Needles & Pins

Wednesday, March 7 at 1:00 Riverbend Rm  
Make adorable Kitchen Bunnies for Easter!  
\$3 for supplies.

### Bead Making

Thursday, Mar. 22 at 10:15 am WT Gathering Rm  
Make your own beads to string!

### Choir Practice

Wednesdays, March 14 & 28 at 2:00pm—Chapel

### Armchair Travels

Every Saturday 1:00pm—Gathering Room  
Journey to faraway lands without the hassles of travelling. Do you have a slideshow of your favorite vacation destination? Talk to Gail Stucker about being an Armchair Travels host.



## Chaplain's Chat

Judy Miller

Dear Residents,

This is a reminder about the upcoming events for the month of March.

We will be continuing **Lenten Bible Studies** at 10:00 am in the Conference Room throughout the month, "The God We Can Know": Exploring the "I AM" Sayings of Jesus. If we have not completed our book by March 29, we will continue into April until we finish.

Thursday, March 1<sup>st</sup>, the **Village Pray-In** will be held from 11:30 am to 12:00 noon. Please meet us in the Chapel and we will pray together!

Friday, March 2<sup>nd</sup>, the **Spiritual Life Team** meets at 10:00 am in the Conference Room. Please come and share your ideas. Your comments and suggestions are welcome.

On Thursday, March 15<sup>th</sup> we are planning a "**Day of Remembrance**". We will gather together in the chapel for a special time to remember those residents who we have lost from May, 2017 to February, 2018.

On Thursday, March 29<sup>th</sup> we will have Lenten Bible Study in the morning and **Maundy Thursday Services** at 1:30 pm in the Chapel.

March 30<sup>th</sup> is **Good Friday**. On this day, the Chapel will be available from 8 am to 8 pm for a quiet day of prayer. There is no need to sign up for a special time, please feel free to visit at any time. There will be prayer lists available on the pews if you prefer to use one. Everyone is welcome.

On Friday, March 30<sup>th</sup>, we will also have our "**Wisdom for Confusing Times Discussion**" in the Conference Room at 10:00 am following Coffee Hour. We will be talking about whatever is on your mind.

Chaplain Judy Miller

Principia College Department of Music  
Concert Series:

## Russian String Orchestra

Friday, March 2 | 7:30 pm  
Cox Auditorium



www.KremlinOnTour.com

"... The Moscow-based players delivered an intense performance imbued with heightened emotion, lush, vibrant sonorities and flawless intonation... Rachlevsky shaped the performance splendidly with its big, dramatic outbursts given maximum impact. This was a thoughtfully conceived, musically vital realization of one of the seminal works of the string repertoire."

The Miami Herald

(on Schoenberg's Verklärte Nacht | Transfigured Night | at the Adrienne Arsht Center for the Performing Arts)



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, March 9 at 11:00  
In the Gathering Room

**Catholic Communion**  
Friday, March 2 at 10:00  
In the Gathering Room



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



We are reconsidering  
our meeting times.  
Please watch for updates  
on Ch.900 and on the  
bulletin boards



## 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, March 30 at 10 a.m.  
in the Conference Room for a time to share  
concerns & wisdom in an uplifting, positive environment.

## "Village Pray-In"

March 1, 11:30 — 12:00  
In the Chapel

All are welcome

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



## In Memory...

At this time, we would like to remember the families and friends of residents **Joe Pogue** and **Jim Hayden**; **Buford Clark**, employee Amanda Menke's brother; **Phillip Parks**, Rehab Care employee Dawn Laws' father; **Dodie Roberts**, former resident.

All are welcome to join in a **Day of Remembrance Chapel Service** at 1:30 on Thursday, March 22.



## Outings:

Sign up for all Events & Outings at the front desk WP  
March Activities Sign-Up Day-Friday, Mar. 2 at 11AM

Russian String Orchestra Concert at Cox Auditorium, Principia College

Friday, March 2, depart at 6:00 p.m. Free concert

Explorer's Breakfast — IHOP & Lewis and Clark Interpretive Center

Saturday, March 3 depart at 9:00 am

Lunch Out — Rigazzi's & Missouri Bakery

Thursday, March 8 depart at 10:30

Dinner & A Movie — Pasta House

Saturday, March 10, Movie & depart time TBA

Breakfast Out at Joe K's

Tuesday, March 13 depart at 8:30 a.m.

Heartland Quilters' Guild Quilt Show, Heartland Baptist Church. Lunch (\$5) served by church.

Saturday, March 17 depart at 9:00 a.m. Tickets \$5

ALT: Exit Laughing — dinner at Chinese Buffet

Sunday, March 18 depart at 1:00 p.m. Ticket \$17

GACA: Tony Pace — dinner at Chinese Buffet

Sunday, March 18 depart at 3:00 p.m. Ticket \$25

If you love Vegas-style entertainment, you'll love this singer, impressionist, comedian!

Gameday Luncheon, Riverbender \$7 at door

Tuesday, March 20 depart at 9:45 a.m.

1st & 2nd Dinner Out— Hendel's Market

Wednesday, Mar.21 and Mar. 28, depart 4:15 p.m.

Powell Hall Coffee Concert — Pines of Rome

Friday, March 23 depart at 9:00 a.m. Ticket \$27.50

Lunch Out— Decaro's

Tuesday, March 27 depart at 11:30 a.m.

Men's Lunch Out—Bandana's in Collinsville

Wednesday, March 28 depart at 11:00 a.m.

ALT: Dawn Turlington

Saturday, March 31 depart at 5:30 p.m. Ticket \$25

## Are you a fan of the theater?

Linda Hall will be selling Alton Little Theater season tickets for \$75.00 on Friday, March 16 from 2:30—3:30 in WP front room.

## Events & Entertainment:

Executive Director's Quarterly Update

Thursday, March 1 at 1:30 p.m. in the Chapel

Phil Capello

Wednesday, March 7 at 1:30 p.m. in the Chapel

Juke Box Trio

Friday, March 9 at 1:30 p.m. in the Chapel

OK Kids Music Club from the OK Overflow Children's Ministry sponsored by Abundant Life Church

Sunday, March 11 at 1:30 p.m. in the Chapel

Enjoy bells, percussion, vocal and instrument solos and ensembles performed by kids ages 5-11.

Nellie's Closet

Monday, March 12 from 10:00-3:00 DR Atrium & RR

Crusader Children's Choir—Main Street UMC

Wednesday, March 14 at 7:00 p.m. in the Chapel

St. Patrick's Dau Lunch Buffet w/ Rhoda & Larry

Thursday, March 15 at 12:00 pm in the Dining Room  
Join us for the "Wearing of the Green"

Residents' Hallway Sale

Friday, March 16 from 10:30—2:30 in WP, McK,& WT.

ALT Season Tickets For Sale \$75.00

Friday, March 16 2:30-3:30 a.m. in WP front room

Attention All Resident Veterans:

Veteran's Coffee Talk

Heartland Healthcare invites all UMW Veterans to share treats and good conversation.

Wednesday, March 21, 10:15 am Gathering Room

OSF Health Education Lecture Series

"Pelvic Floor Physical Therapy – Incontinence & Pain" led by OSF Healthcare Wednesday, March 14 at 11:00 am in the Chapel

Healthy Learning Lecture

The topic for this month is "Balance" Tuesday, March 20 at 10:00 a.m. in the Chapel

OSF Homecare Presentation

"Diabetes" led by OSF Healthcare Wed., March 28 at 11:00 am in the Riverbend Room

Breakfast Buffet-no buffet in March

Join us on Friday, April 6 at 9 a.m. in the Dining Room