



**Bank Runs:** Tuesday, May 1, 11:00 a.m.  
Tuesday, May 22, 10:00 a.m.

**Shopping Trips:**  
Tuesday, May 1, 1:30 Schnucks / CVS / Walgreen's  
Thursday, May 3, No Shopping Scheduled  
Tuesday, May 8, 1:30 Aldi / Dollar General  
Thursday, May 10, 10:00 Galleria / Cheesecake Factory  
Thursday, May 10, 2:15 Walmart  
Tuesday, May 15, 1:30 Shop N Save / Dollar Tree  
Thursday, May 17, 1:30 CVS / Walgreen's  
Tuesday, May 22, 2:00 Schnucks  
Thursday, May 24, 1:30 Walmart  
Tuesday, May 29, 1:30 Target

**There are three garden spaces available!**

They are cleared and ready to plant

Please contact Gail Stucker in  
Community Life Services if you  
want to stake your claim.



# Happy Birthday!!

## Resident Birthdays

EMILY HOWALD	5-03
LORENE FLOWERS	5-15
ROYCE SAVAGE	5-15
HELEN STAIRWALT	5-15
NANCY McDOW	5-16
MARY JANE LACKE	5-21
ELLEN LEDESMA	5-21
ROSEMARY BECHTOLD	5-22
JUNE DOWNING	5-22
ROBERT WALLACE	5-22
VIRGINIA PORTER	5-23
CATHERINE BOCKSTRUCK	5-27

LUCIA O'DONNELL	5-28
EDNA GRIESBAUM	5-30
ALVA BECKEMEYER	5-30
RED McVEY	5-30

## Staff Birthdays

STEPHANIE SPURGEON	5-04
ANGELA COPELAND	5-05
TINA TINDALL	5-05
DIANE CARTER	5-19
LOUIS CONLONE	5-23
DANIELLE GILLEAN	5-26

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

# THE UNITED METHODIST VILLAGE

## THE VILLAGER

MAY

2018

### WELCOME NEW RESIDENTS:

Denise Smith  
McK 319

Carol Apple  
WP 112

May 3  
National Day  
of Prayer

May 5  
Cinco de Mayo

May 13  
Mother's Day

May 28  
Memorial Day

### Consider This

By A. Nony Moose  
*"Wherever you  
go...there you are  
Are you where  
you want to be?"*



Just a few of our  
talented residents!  
Find your creative  
expression at one,  
or more, of the  
monthly activities.

Shown here:  
UMV Choir  
Joy of Crafting  
Bead Making





# Anita's Ad-libs



Happy May UMV Family!

As I write this, I have to reflect a few minutes about our exciting April. Once again, please accept my sincere thank you to those who have supported our 2018 Village Voyager Bus Campaign. It's because of the generosity of our residents and one private matching donor that our UMV family can enjoy a pleasant, smoother ride and enjoy events in our metro area! We're waiting for selections for the exterior design of the bus. Can't wait until our new signage is complete!

Hopefully, everyone has seen or has participated in our Riverbend Growth Association Business of the Month Award for April. We're very honored about receiving this award and very appreciative of the recognition in RBGA's newsletter, local newspapers, local radio and media sources. Our commitment to our community is very important to us, and we are proud to have been recognized as an important partner with our Riverbend Growth Association.

Yes, we are definitely in "The Swing of Things" with our 2018 Annual Golf Tournament. Friday, June 8<sup>th</sup> is just around the corner! This year, we are planning an afternoon tournament. We are very pleased to, once again, join Senior Services Plus in this annual event. To date, we have generated over 500 sponsorship letters, sent 1800 emails to prospective golfers through the local golf courses, hand delivered flyers to local churches and businesses and have advertised in local organizations' newsletters. We're excited that sponsorships are starting to come in and we have a few teams registered to golf already. However, we are truly in need golfers. *We would greatly appreciate our residents help in spreading the word about our tournament and encouraging friends and families to come out to golf.* Last year we were low on golfers and this year, we've set a goal to exceed last year's number. Thanks for your support!

I wanted to clarify our smoking policy. UMV has not nor *does not allow smoking inside any of our apartments, Villas or homes for any residents, employees or guests. This policy also applies to no smoking on Wiseman Pollock or McKendree patios, decks or even deck closets.* We have designated areas and smoking containers at each entrance of the apartment buildings which are 15 feet from the entrances. Residents who live in our Villas are permitted to smoke on their patios but *not* inside of the Villa. Please keep in mind that upholding this policy ensures the safety of everyone. If you are aware of violators, it is extremely important that violations be reported immediately. Thank you for your 100% cooperation.

On a personal note, I will be in Kansas City from May 10<sup>th</sup> thru May 13<sup>th</sup>. Our daughter and son are both graduating from Rockhurst University on the same day! We're proud parents as our daughter receives her Master of Business Administration and our son receives his Bachelor of Science in Accounting. We're so happy that 20 members of my family will be joining our celebration in KC!

I'm sorry that I'll be missing our annual Mother's Day Celebration. You'll be in my heart.... I extend a message to all of our UMV women...

*just because of You!*  
**Happy Mother's Day!**  
*May your day be as special as you are.*





We've got spirit!  
Yes, we do!  
We've got spirit!  
How 'bout you?  
Cardinals Home Opener Party  
April 5, 2018



Spring Baseball  
Card Party Luncheon  
Cards played in a full house!  
We had a great crowd  
and a great time  
April 24, 2018



*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, March 14.  
 The minutes are available on the Information Center Bulletin Boards.  
 The next regular Resident Council meeting is set for **May 9** at 1:00 pm in the Conference Room.



**Health Services**

**OSF Health Education Programs**  
 Presented Monthly by OSF Home Healthcare  
 "Sleep Hygiene"  
 Wednesday, May 9, 11:00 Chapel

**Blood Pressure Checks**

Monday, May 14 & 23 - 1:30-2:30 TV Room  
 Every Wednesday 10:00-11:00 HS Office  
 \*This month only—day change to Wednesdays\*  
 (WP 3rd Fl, next to elevators)

**May is Mental Health Month**

OSF will host free mental health screenings  
 Thursday, May 17 from 1-4pm in the WP 3rd floor Hospitality Suite

**Please make your session appointment at the front desk by May 15.**

The process begins with a questionnaire, followed by a private session with the therapist.  
 They will review the results and give recommendations for optimal mental health.  
 A variety of printed materials on general mental health and wellness will also be available.



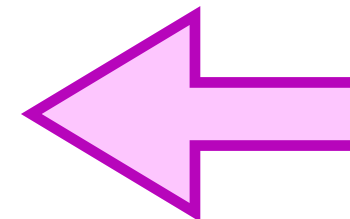
The United Methodist Village receives the Riverbend Growth Association Small Business of the Month Award for April 2018

Another reason to be proud of your Senior Living Community!

**Is your favorite Physical Wellness class changing?**

Be sure to take note of the new times and days for:

- CHAIR YOGA
- GET MOVIN' WITH CALEB
- STEP IT UP
- MEMORY ESSENTIALS





## “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

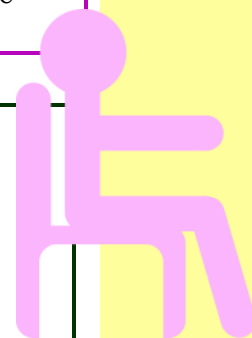
Every Wednesday at 10 a.m.  
in the Riverbend Room.

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



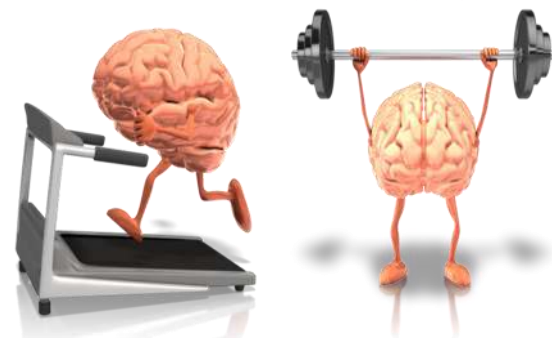
#### NEW DAY & TIME

#### 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 participants will be notified on a week to week basis as to what day the instructor is available.  
Lead by Suzanne Cogan.

#### Get Movin' with Caleb

**ATTENTION: NEW TIME & DAY**  
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.  
Caleb leads this dance-infused fitness class.  
Can be done seated or standing.

## From the Director of Marketing

Carrie Carter

How is it already May?!?! The kids will be getting out of school soon and summer will be upon us.

Welcome to our newest residents who moved in during April. Carol Apple in Wiseman Pollock and Neil Cannon in McKendree. If you see these new faces around, please stop and say “Hi, Welcome to the Village!!!”

On May 18<sup>th</sup>, we are going to have Jenny King from Jersey State Bank come and talk about fraud protection. She will speak in the Chapel at 10:30. This will be very informative, and she can answer questions about protecting yourself financially from potential scam situations. From 10:30-12:30, there will also be a Shred-It truck here which you can take any papers you would like to be destroyed. (\*\*You do not have to remove staples) We hope everyone will take advantage of these two very beneficial resources.

As always, thank you to our wonderful Resident Ambassadors who give freely and graciously of their time on the weekends to represent the Village when I cannot be here. Without your presence here on the weekends, I strongly believe we would be missing out on new residents. I am extremely grateful for you all!!

Please remember the Marketing Department needs your referrals! 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! Please, Please, Please!! We need your help!

Have a Great Memorial Day,  
Carrie Carter  
Director of Marketing



## MEMORIAL DAY NOTICE

Physical Wellness activities will be cancelled in observance of Memorial Day, May 28.

Also, NO LUNCH served on Mon., May 28

**The UMV Mini Market is  
NOW OPEN  
inside the library  
(WP 1st floor)**

**Market hours are  
Monday, Wednesday, Friday  
10:00 am—1:00pm**

Purchases are billed to resident.  
No cash necessary.



**Mother's Day  
Lunch  
with music by  
Senior Harmony Singers**

**Friday, May 11  
12:00 in the Dining Room**

Put on your walking shoes...

**"Walks In The Park" resume on  
May 15, Depart WP at 8:45  
This first walk will be around UMV grounds**

## Regular Activities:

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

**Wednesdays, May 2, 9, 23 and 30, 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, May 2, 16 and 30 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**

with 30 years experience will be here for appointments on **May 30**, 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.**

**Artistic Expressions with Gail**

**Wednesday, May 16 at 1:00—Riverbend Room** Gail Humiston suggests new art projects, demonstrates art techniques, & helps artists develop their skills in repeated sessions.

**Hearing Health Care— no charge**

**Thursday, May 3 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**

**May 31 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.**

**Bead Making**

**Thursday, May 24 at 10:15 am Gathering Room** Make your own beads to string!

**Choir Practice**

**Wednesday, May 9 at 2:00pm—Chapel**

**Armchair Travels**

Every Saturday 1:00pm—Gathering Room

### **May Evening Worship Services**

#### **Sundays in the Chapel at 6:30 pm**

- ♦ May 6, led by Rev. Dennis Price
- ♦ May 13, led by Rev. Faye Edmiaston
- ♦ May 20, led by Rev. Lois Mitchell (tentative)
- ♦ May 27, led by Chaplin Judy Miller



*The Annual*  
**NATIONAL  
DAY OF  
PRAYER**

*First Thursday of May*

There will be a brief prayer service in the Chapel at 11:30 a.m. on May 3



**Fellowship and Fun awaits at the  
UMV Southern Gospelfest**

**On Saturday, May 19, 11am—2pm**

Enjoy the outdoor Gospel Sing with Dee Cunningham and her fellow musicians in First Calling, as well as other gospel groups

**Watch the bulletin boards for more information and location**

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, May 11 at 11:00  
In the Gathering Room

**Catholic Communion**  
Friday, May 4 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, May 25 at 10 a.m.  
in the Conference Room for a time to share  
concerns & wisdom in an uplifting, positive environment.



**NEW DATE**  
"Village Pray-In"  
May 18, 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  
**Daisy Lewis, resident; Don Miller, resident;**  
**Mary Lou Hewitt, former resident; Spencer Bacus, former employee;**  
**Verda MacDonald, former resident**



## Outings:

Sign up for all Events & Outings at the front desk WP  
May Activities Sign-Up Day-Wednesday, May 2, 11AM

**Hayner Library Concert "Steve Davis: Elvis! Live!"**  
Tuesday, May 8 depart at 5:30 p.m. Free admission  
Upper Level Alton Square

**St. Louis Galleria and Cheesecake Factory**  
Thursday, May 10 depart at 10:00 a.m.

**Explorer's Outing & Lunch**  
**Wood River Museum — Lunch at Los Tres Amigos**  
Saturday, May 12 depart at 11:00 a.m.

**ALT "Camelot" & dinner at Red Lobster**  
Sunday, May 13 depart at 1:00 p.m. Ticket \$22

**Gameday Luncheon, Riverbender \$7 at door**  
Tuesday, May 15 depart at 9:45 a.m.

**Lunch Out— My Just Desserts**  
Tuesday, May 29 depart at 10:45 a.m.

**Hayner Library Concert "Scott Latham & Karl  
Holmes Duo"**  
Tuesday, May 22 depart at 5:30 p.m. Free  
Upper Level Alton Square

**St. Louis Cardinals Baseball Game**  
Wednesday, May 23 depart at 10:00 a.m.

**1st & 2nd Dinner Out— Kreis' Steak House**  
Thur., May 24 & Wed., May 29, depart 4:00 p.m.

**Dinner & A Movie — Bella Milano**  
Saturday, May 26, Movie & depart time TBA

**Florissant Civic Center Theater "You're A Good  
Man, Charlie Brown"**—dinner TBA, depart time 12:30  
p.m. Tickets \$16.00

**Men's Lunch Out — Barefoot Bar, Hardin IL**  
Wednesday, May 30, depart at 10:45 a.m.

**This month's Theme Dinner**  
**Cinco de Mayo!**  
**Mexican Buffet**  
Friday, May 4  
4:00 in the Dining Room

## Events & Entertainment:

**Joy Singers**  
Wednesday, May 2 at 2:00 p.m. in the Chapel

**Cinco de Mayo Mexican dinner buffet**  
Friday, May 4 at 4 p.m. in the DR

**OSF Health Education Program**  
This month's topic is "Sleep Hygiene"  
led by OSF Home Healthcare  
Wednesday, May 9 at 11:00 am in the Chapel

**Mother's Day Lunch w/ Senior Harmony Singers**  
Friday, May 11 at Noon in the Dining Room

**Attention All Resident Veterans:  
Veteran's Coffee Talk**  
Heartland Healthcare invites all UMV Veterans to  
share treats and good conversation.  
Wednesday, May 16, 10:15 am in the Gathering Room

**Healthy Learning Lecture**  
This month's topic is "Outdoor Health"  
Tuesday, May 15 at 10:00 a.m. in the Chapel

**Wiseman-Pollock Residents' Block Party-by invitation**  
Friday, May 18 from 1:30-2:30 WP  
1st floor in the RR / 2nd floor in the LR / 3rd floor in the HS

**Identity Theft Presentation and Shred-It Event**  
**Presentation** is Friday, May 18 at 10:30 a.m. in Chapel  
Bring confidential items for **shredding from 10:30am-  
12:30pm in WP**

**Southern Gospelfest-Outdoor Gospel Sing  
w/First Calling and additional groups**  
Saturday, May 19 from 11am—2pm

**Piano Recital for Cheryl's Students**  
Sunday, May 20 at 2:00 p.m. The private students of  
UMV music therapist, Cheryl Houck, will perform their  
recitals in the LR. Residents are welcome to listen.

**Breakfast Buffet**  
Friday, May 25 at 9 a.m. in the Dining Room

**Phil Capello**  
Friday, May 25 at 6:30 p.m. in the Chapel

*Please remember:  
always check Channel 900 or the bulletin  
boards for any last minute changes or  
additions to the Activities Calendar*