

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



Your UMV Choir will perform at the Valentine's Day Luncheon in the DR on February 15 at noon.

Please sign up before February 12 and get your ticket to the luncheon.



Bank Runs: Tuesday, February 5, 11:00 a.m.
Tuesday, February 26 10:30 a.m.

Shopping Trips:
Tuesday, February 5, 1:30 Schnucks
Thursday, February 7, 1:30 CVS / Walgreen's
Tuesday, February 12, 1:30 Aldi / Dollar General
Thursday, February 14, 1:30 Walmart
Tuesday, February 19, 1:30 Schnucks
Thursday, February 21, 1:30 Target
Tuesday, February 26, 1:30 Walmart
Tuesday, February 28, 1:30 Aldi / Dollar General

Happy Birthday!!

Resident Birthdays

ANNA LEE HOPKINS	2-04
BILL STAIRWALT	2-04
JOANN RAYMOND	2-07
DAVID ALLEN	2-08
DOROTHY SCHULZ	2-13
RETHA SITZE	2-14
DARLENE GULOVSEN	2-18

GEORGIA SALZMAN	2-19
WALTER MCDONALD	2-18
RITA WYATT	2-24
JEANETTE WEIHE	2-25

Staff Birthdays

JANA FERGUSON	2-04
JAMES SEARLES	2-13
DEBORAH TOTTEN	2-17
RICK TAYLOR	2-27



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

THE UNITED METHODIST VILLAGE

THE VILLAGER

FEBRUARY

2019

WELCOME NEW RESIDENTS:

Catherine
"Susie" Hale
5214 Aldersgate

February 2
Groundhog Day

February 14
Valentine's Day

February 18
President's Day



Anita's Ad-libs

Winter Greetings! As I prepare for this month's newsletter, the Midwest is preparing for some of the coldest temperatures in quite some time. Please be reminded to use caution when making plans to navigate in this type of weather. I hope that you are taking advantage of the many conveniences of living at UMV, such as our mini market, meal delivery and bus trips to the grocery store and other area stores. If our services aren't covering your needs and making life convenient, please share your thoughts and ideas. We really are here to make living easy!

Please be reminded, for those of you who use assistive devices, to please allow us to utilize our dining-room valet service. Our dining-room staff assist you in removing your assistive devices and park them in designated areas. This is important for the safety of everyone including staff, guests and residents. Thank you for caring and complying!

I hope that everyone is planning to attend our Envision Committee's Town Hall Meeting scheduled for this Friday at 3:00 p.m. in the Chapel. I realize that this is an unusual time for this type of meeting; however, this was the only time that the entire Committee could meet. The meeting is being held to provide you with the plans for the Main Lobby renovation, as well as share a few other new updates. Our Envision Committee is comprised of six Board Members, one former Board Member, and four UMV employees. We're looking forward to seeing you on Friday!

The Villa's window repair project has been completed. The vendor completed this project during very inclement weather; however, it is wonderful to have this enhancement completed.

Recently, every resident received the new resident handbook. Our smoking policy is outlined in the handbook. For clarification, smoking is not permitted inside any area of our Community. Smoking is not permitted on any patio, patio closet, or deck in McKendree, Wiseman Pollock, or Weston. In addition, smoking is not permitted inside any of the Patio Villas. This applies not only to residents but to any guests as well. Violations of this policy can lead to violations of residency agreements which include emergency discharge. It is extremely important that this policy be upheld at all times. If you are aware of others not upholding this policy, please share this immediately. The safety of our entire Community is critical. Thank you for your concern about this very important matter.

Your input, thoughts, ideas, and constructive criticism are welcome always. As you know, our entire team is committed to listening and responding. Thoughts and recommendations can sometimes be acted upon and resolved immediately; however, some require approval of the Resident Council, management, outside agencies, and sometimes our Board. Individual recommendations that benefit the entire Village are usually quickly implemented but some may not be if it only represents individual needs or perceptions. Some recommendations are brought to a specific committee or Resident Council and are voted upon. Ninety nine percent of the recommendations are approved; however, some may not be. We appreciate those recommendations that are not upheld to be discussed with me, individual Directors, or your Resident Council versus voicing criticism to others. I've received concerns that negative conversations are casting a negative tone for our Community. Residents have expressed that cooperative and positive spirits are needed during conversations and I'm passing along this concern with a request to be understanding and focus on positive versus negative communications. Again, thoughts, ideas, concerns, criticism, and recommendations are welcome; however, please share those concerns with the appropriate individuals. Thanks for your understanding!



Heart Failure: Warning Signs of a Flare-Up

You have a condition called heart failure. Once you have heart failure, flare-ups can happen. Below are signs that can mean your heart failure is getting worse. If you notice any of these warning signs, call your healthcare provider.

Swelling

- Your feet, ankles, or lower legs get puffier.
- You notice skin changes on your lower legs.
- Your shoes feel too tight.
- Your clothes are tighter in the waist.

You have trouble getting rings on or off your fingers.



Shortness of breath

- You have to breathe harder even when you're doing your normal activities or when you're resting.
- You are short of breath walking up stairs or even short distances.
- You wake up at night short of breath or coughing.
- You need to use more pillows or sit up to sleep.

You wake up tired or restless.

Other warning signs

- You feel weaker, dizzy, or more tired.
- You have chest pain or changes in your heartbeat.
- You have a cough that won't go away.

You can't remember things or don't feel like eating.

Tracking your weight

Gaining weight is often the first warning sign that heart failure is getting worse. Gaining even a few pounds can be a sign that your body is retaining excess water and salt. Weighing yourself each day in the morning after you urinate and before you eat, is the best way to know if you're retaining water. Get a scale that is easy to read and make sure you wear the same clothes and use the same scale every time you weigh. Your healthcare provider will show you how to track your weight. Call your doctor if you gain more than 2 pounds in 1 day, 5 pounds in 1 week, or whatever weight gain you were told to report by your doctor. This is often a sign of worsening heart failure and needs to be evaluated and treated before it compromises your breathing. Your doctor will tell you what to do next.



February is Heart Month

OSF "Spotlight"



“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 Kirstin Fischer, PT

“Guide for Staying on Two Feet: Tips and Strategies for Avoiding Falls”

Wednesday, February 13, 11:00 Chapel

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 am in the OSF Clinic, WP206

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 is cancelled until further notice

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

Joy of Crafting

Join the fun every Wednesday at 1:00 in the Riverbend Room

Crafts for February will be:

Feb. 6, Valentine Cards, Feb. 13, Jewelry making w/ paper beads, Feb. 20, Coloring & Creative Cards and Feb. 27, Seasonal Decor.



A Note from the Director of Weston Terrace
Brandi Knipfer, R.N.

Hello Everyone!

I wanted to take a moment to introduce myself as I am new to United Methodist Village.

My name is Brandi Knipfer (pronounced like Nip-fer, only the K is silent ☺). I am a Registered Nurse and I obtained my Bachelors in Nursing through Barnes School of Nursing. I am the New Director of Weston. I come to your beautiful home with an extensive back ground in Oncology and Leadership in Hospice and Home Care.

Born and raised in Alton, I am so grateful to be working so close to home now. I am literally 5 minutes from work! Talk about being spoiled. My husband and I have 4 boys between the both of us and 2 Old English Sheepdogs.

In my free time I enjoy reading, shopping (what girl doesn't?) and I am currently working on my first quilt.

My grandmother loved quilting, and I always found it of interest so I too decided to give it a go. Fingers crossed that I can be as good as she was.

I look forward to meeting you all. Please feel free to seek me out with any questions or concerns! I am available to all.

Thank you! ☺

Brandi Knipfer, BSN RN

Spiritual Wellness Update:

In response to our need to provide support to those experiencing the loss of loved ones, UMV is in the process of creating a Grief Support Group.

Details forthcoming, hopefully, in the next 30 days.



Chaplain's Chat

Judy Miller



Dear Residents,

I would like to share the letter I received from the Midwest Mission Distribution Center in response to your generous donation to the hurricane relief fund. It is copied below:

Dear Brothers & Sisters in Christ at UM Village Retirement Communities,

Thank you for your generous donation of \$475.00 for Hurricane Relief. Each donation is a blessing God uses to bless you and others. Your donation will leave Midwest Mission and be a practical example of God's love in the world to the "least of these". "The King will reply, "Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me." Matthew 25:40 (NIV)

It is due to your generosity and partnership with Midwest Mission that we can touch so many lives for Christ around the world and around the corner. Thank you so much for blessing others through the ministry of Midwest Mission!

Yours in Christ,

Chantel Corrie,

Executive Director, Midwest Mission Distribution Center

Day of Remembrance

Tuesday, February 12, 1:30 in the Chapel

This is a special time set aside to remember those we have recently lost. Please plan to be there for this meaningful service as each name is read and celebrated with a rose. Please let us know if you would like us to include your loved one in our tribute which can be family or friends outside The Village.

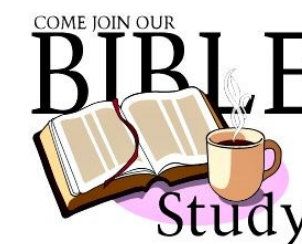
Come One, Come All!

Weekly Bible Study

Join us every Thursday

10:30-11:30a.m.

In the Conference Room



Ladies Bible Study

Join us every Tuesday

10:30-11:30a.m.

In the Conference Room

Wiseman-Pollock

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 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, Feb.8 at 11:00
 In the Gathering Room

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

“Village Pray-In”
 Feb. 15, 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, February 22 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
Lorene Sileven, resident; **George Lewis, Jr.**, employee **Lou Colone’s**
 brother-in-law and **Cindy Kinsella**, daughter of resident **Mary Chase**.

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, January 9.
 The minutes are available on the Information Center Bulletin Boards.
 The next regular Resident Council meeting is set for **March 13** at 1:00 pm in the Conference Room.

MUSIC — MOVIES — THEATER
MARCH OUTINGS

St. Louis Symphony Coffee Concert at Powell Hall
 Friday, Feb. 8 depart at 9:00 a.m. Ticket \$27.50
 Featuring the music of Mozart and Brahms, Lunch at Ruby Tuesday’s

Dinner & A Movie — Cleveland Heath
 Saturday, February 9, Movie & depart time TBA

Hayner Library Presents “Scott Latham & Karl Holmes Duo”
 Tuesday, Feb. 12 depart at 5:45 p.m. Free

Alton Symphony “A French Connection” at Hatheway LCCC
 Sunday, February 24 depart at 2:00 p.m. Tkt \$5.00

Hayner Library Presents “Jared Hennings”
 Tuesday, Feb. 26 depart at 5:45 p.m. Free

An Important Announcement!!

All special events in the dining room now require a ticket. Tickets will be given out when the resident signs up for the event.



Wedding Photo Display

UMV Men & Women!

Please submit your wedding photo or bridal portrait to Gail Stucker by February 8 to be included in the

Valentine's Wedding Photo Display

Celebrate your love all over again!

DON'T MISS OUT ON MOZART

This month's St. Louis Symphony coffee concert features music by Mozart, Vaughan Williams and Brahms.

A terrific opportunity for only \$27.50!

(Lunch at Ruby Tuesday's)

Concert is on February 8

Depart at 9:00 a.m.

Think you know all about Hedy Lamarr?

She was more than just a movie star. Join Gary Jackson for an entertaining and informative presentation on this multi-faceted celebrity.

**Friday, February 8 at 1:30
In the Riverbend Room**

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. Here is the activity list for January:

Sadie the Therapy Dog

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

Maizy the Therapy Dog

3rd Tuesday at 10:15 am— Maizy has been a furry friend of The Village for many years. She would love to greet you around the Weston Terrace Lobby.

Mending & More by Gail

Wednesdays, Feb. 13 & 27 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, Feb. 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.

Mid America Audiology – no charge

Thursday, Feb. 14 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., February 28 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, Feb. 13 & 27 at 2:00pm —CH

Coffee Hour

Fridays at 9:00 am—Dining Room

Armchair Travels

Every Sunday 1:00pm—Gathering Room





Outings:

**Sign up for all Events & Outings at the front desk WP
February Activities Sign-Up – Fri. Feb. 1, 11:00 AM**

St. Louis Symphony Coffee Concert at Powell Hall

Friday, Feb. 8 depart at 9:00 a.m. Ticket \$27.50
Featuring the music of Mozart and Brahms
Stop for lunch at Ruby Tuesday's in Collinsville.

Dinner & A Movie – Cleveland Heath

Saturday, February 9, Movie & depart time TBA

Lunch Out— Joe's Pizza

Tuesday, February 12 depart at 11:00 a.m.

Hayner Library Presents "Scott Latham & Karl Holmes Duo"

Tuesday, Feb. 12 depart at 5:45 p.m. Free Concert

Brunch Out— Baker and Hale

Sunday, February 17 depart at 11:00 a.m.

Gameday Luncheon, Riverbender \$7 at door

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

1st & 2nd Dinner Out—Hendel's

Thurs., Feb. 21 & Thur., Feb. 28 , depart 4:15 p.m.

Alton Symphony "A French Connection" at Hatheway LCCC

Sunday, February 24 depart at 2:00 p.m. Tkt \$5.00

Hayner Library Presents "Jared Hennings"

Tuesday, Feb. 26 depart at 5:45 p.m. Free Concert

Men's Lunch Out— Ravanelli's

Wednesday, February 27 depart at 10:30 a.m.

Events & Entertainment:

Music Therapy St. Louis—Date Change for this month

Thursday, February 21 at 11:15 a.m. in the RB

Ask Anita

Tuesday, February 12 at 10:00 a.m. in the RB

Hedy Lamarr Biographical Presentation/Gary Jackson

Friday, February 8 at 1:30 in the Chapel

Day of Remembrance

A time to remember those we have recently lost.
Please plan to be there for this meaningful service.
Tuesday, February 12 at 1:30 p.m. in the Chapel

OSF Health Education Program

This month's topic is "Guide for Staying on Two Feet: Tips
and Strategies for Avoiding Falls"
led by OSF Home Healthcare
Wednesday, February 12 at 11:00 am in the Chapel

Valentine's Day Luncheon with the UMV Choir

Friday, February 15 at 12:00 p.m. in the DR

Remember to sign up and get your ticket to this event

Joe Powell

Friday, February 15 at 6:30 p.m. in the Chapel

Veterans Coffee Talk

Wednesday, February 20 at 10:15 p.m. in the RR

Bryan Foggs

Wednesday, February 20 at 1:30 p.m. in the Chapel

Breakfast Buffet

Friday, February 22 at 9:00 a.m. in the DR

Rockin' 50s Diner with John Scott

Wednesday, February 26 at 12:00 p.m. in the DR
Any poodle skirts, scarves, saddle oxfords or letter
jackets out there? We would love to see your style
from the 50s? Come enjoy the music and the food!!!

Remember to sign up and get your ticket to this event

