

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:
Tuesday, May 7, 10:30 a.m.
Tuesday, May 28, 10:30 a.m.

Shopping Trips:
Thursday, May 2, 1:30 Schnucks Godfrey
Tuesday, May 7, 1:30 CVS/Walgreen's (senior discount day)
Thursday, May 9, 1:30 Walmart
Tuesday, May 14, 2:00 Aldi / Dollar General
Thursday, May 16, 10:30 Lunch Out—The Hill Bakery/Rigazzi's
Tuesday, May 21, 1:30 Target
Thursday, May 23, 1:30 Schnucks Alton / Dollar Tree
Tuesday, May 28, 1:30 Walmart
Thursday, May 30, 1:30 Aldi / Dollar General

Remember the Victory gardens of the WWII era?

Growing your own veggies is making a huge comeback, and UMV has garden spaces available.

Reserve a plot with Gail Stucker to get started on your own food and flower garden.

We are also looking for landscaping volunteers. Please call Gail with your interest.



HAPPY BIRTHDAY!

Resident Birthdays

JERRY GRANT 5-01
GARY BUCK 5-01
LORENE FLOWERS 5-15
HELEN STAIRWALT 5-15
NANCY MCDOW 5-16
JANE KODROS 5-17
ELLEN LEDESMA 5-21
ROSEMARY BECHTOLD 5-22

ROBERT WALLACE 5-22
CATHERINE BOCKSTRUCK 5-27
LUCIA O'DONNELL 5-28
EDNA GRIESBAUM 5-30
RED MCVY 5-30

Staff Birthdays

ANGELA COPELAND 5-05
TINA TINDALL 5-05
DIANE CARTER 5-19
LOUIS COLONE 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

2019

WELCOME NEW RESIDENTS:

Harry Marienau
WP 305

Norma Keagy
WT 142

Sampok Rippee
McK 116

Mary Anne Washburn
WT 126

Doris Hetherington
WT 139

May 2
National Day of Prayer

May 12
Mother's Day

May 27



Spring has sprung at The United Methodist Village!
It's a beautiful day in our neighborhood!

Becky and Fred Seymour prepare their garden spaces. See the back page for more information on garden plots.





Anita's Ad-libs



Dear UMV Family,

I hope that everyone had a very Happy Easter! It is wonderful that it's already time to wish a very Happy Mother's Day to all of our UMV family. We have planned special luncheons for our women to commemorate motherhood and appreciate all mothers and mother figures including grandmothers, great-grandmothers, stepmothers, foster mothers and mother-like women. We are looking forward to honoring and celebrating each of you. Please see the newsletter highlights for details.

Our main lobby renovation continues to draw near to a start date. Upon confirmation from the contractor of the flooring, as previously shared, we will provide you with a start date and reminder of where temporary services will be held such as coffee, bible studies, card and puzzle playing etc. Thanks for your understanding and patience during our construction phase. As shared during our Renovation Update Meeting and Ask Anita Meeting, we will have periodic communications to keep you updated along the way. The renovation will soon be behind us and everyone will be enjoying our lobby once again!

As previously shared, we are soon to announce our rebranding and our new name. **A "Reveal Party" has been planned to share our exciting news on May 23rd at 10:00am in the main dining room.** Please arrive promptly as the reveal of our rebranding won't take but a few minutes. Of course, we'll celebrate with a cake and punch reception following the announcement!

The exterior power washing, deck repair and gutter cleaning will begin any day now. Thanks for your understanding during these projects as it might require a little scrubbing and a lot of water, but soon we'll be sparkling. In addition, the lake fountain will be flowing soon! Thanks to Rick Taylor for all his efforts in coordinating these projects including the recent McKendree hot water heaters.

I'm looking forward to our annual UMV Cardinal Day on May 8th. It's been a fun annual outing for all of us. I'll be praying for good weather and of course, a winner!

Finally, I just want to share that I'm a phone call and a visit away. I want each of you to feel comfortable sharing your thoughts and ideas. I will always do my best to resolve your thoughts and concerns to the best of my ability. Remember, maybe your thought or idea is someone else's as well. Together... we're better. If I can ever do anything for you, please just ask!

It is always a gift and honor to serve UMV and soon to be _____ 😊



OSF[®] HEALTHCARE

Monthly News and Activities

OSF Health Education Program

The Resilient Amazing You: Keeping Stress in Check

Presented by: Lea Anne Varble, LCSW

Wednesday, May 22, 11:00 in the Chapel

A healthy lifestyle can help prevent the onset of stress, as well as chronic conditions. Learn about the mind-body connection and how to promote a Relaxation Response with self care strategies.



A few ways to celebrate Mental Health Awareness month:

- Wear a green ribbon or green clothing
- Learn about mental health to reduce the stigma surrounding mental health issues
- Be supportive of those with mental health concerns
- Seek help if you think you have a mental illness



Health Services

Blood Pressure Checks

- Every Monday with Jan/Absolute Healthcare 1:00-2:15 p.m. in the TV Room
- Every Tuesday with OSF HealthCare 2:30-4:30 p.m. in the OSF Clinic at WP206
- Every Thursday with OSF HealthCare 8:00-10:00 a.m. in the OSF Clinic at WP206



“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.

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
- decreases joint pain and stiffness
- improves physical conditioning
- reduces stress and helps to maintain a positive attitude

Lead by Community Life Services Staff



OSF presents “Fitness Fusion”

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

If you are looking for an exercise class to get FIT and have FUN, this class is it! Fitness Fusion uses resistance bands to improve strength and endurance. This class can be performed sitting or standing (whatever you like!) and lasts 45 minutes! We listen to a variety of upbeat tunes ranging from the 50's to Classic Rock! You won't want to miss this class!

OSF presents “Pure Power”

Every Thursday at 10:00 in the Riverbend Room

If you are looking for an exercise class to keep you moving, Pure Power is for you! This class is a lot like Zumba and uses your ENTIRE body to build your strength, endurance, and improve your balance while jamming out to some upbeat tunes! This class can be performed sitting or standing (whatever you like!) and lasts 30 minutes! If dancing and exercise sounds FUN to you, you won't want to miss this class!



Office of the Inspector General

SOCIAL SECURITY ADMINISTRATION

News Release

FOR IMMEDIATE RELEASE

March 20, 2019

<https://oig.ssa.gov>

Social Security and OIG Launch Public Service Announcement Campaign

Agency Alerts Public about Telephone Impersonation Scheme

The Social Security Administration (SSA) and its Office of the Inspector General (OIG) have launched a joint Public Service Announcement (PSA) campaign addressing a nationwide telephone impersonation scheme. Social Security and the OIG continue to receive reports from across the country about fraudulent phone calls from people falsely claiming to be Social Security employees. Calls can even “spoof” Social Security’s national customer-service number as the incoming number on caller ID. The new PSAs will air on TV and radio stations across the country to alert the public to remain vigilant of potential fraud.

“These calls appear to be happening across the country, so we appreciate SSA’s partnership in this national public outreach effort,” said Gail S. Ennis, the Inspector General for the Social Security Administration. “Our message to the public is simply this: If you or someone you know receives a questionable call claiming to be from SSA or the OIG, just hang up.”

Social Security employees do occasionally contact people—generally those who have ongoing business with the agency—by telephone for business purposes. However, Social Security employees will never threaten a person or promise a Social Security benefit approval, or increase, in exchange for information. In those cases, the call is fraudulent and people should not engage with the caller. If a person receives these calls, he or she should report the information to the OIG Fraud Hotline at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.

“We urge you to always be cautious and to avoid providing sensitive information such as your Social Security number or bank account information to unknown people over the phone or Internet,” said Nancy A. Berryhill, Acting Commissioner of Social Security. “If you receive a call and are not expecting one, you must be extra careful—you can always get the caller’s information, hang up, and contact the official phone number of the business or agency the caller claims to represent. Do not reveal personal data to a stranger who calls you.”

The new PSA addressing the telephone impersonation scheme is available online at <https://www.youtube.com/socialsecurity>.

For more information, please visit <https://oig.ssa.gov/newsroom/scam-awareness>. For media inquiries, please contact the OIG Communications Division at (410) 965-2671.

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 among us.

A BIG Welcome to our newest residents who moved in during April. If you see these new faces around, say Hi! Welcome to the Village!!!

We have been extremely busy here in the Marketing Department. We have already had 20 sales with 20 move-in's for the year. May will be a busy month with many more new faces. We hope to keep the momentum going and want to say THANK YOU to our residents for the referrals! With that, please remember the Marketing Department needs your continued referrals. Residents that refer their friends to United Methodist Village **market rate apartments** and **patio villas** receive **\$500.00** off a months' rent as does the friend they referred! Please, Please, Please!! We need your help!

Dayna will be celebrating her big ONE year anniversary with UMV this month. I am so thankful for her and her commitment to UMV and the residents. Congratulations Dayna!!!

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 we 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!!

Have a Great Memorial Day,

Carrie Carter

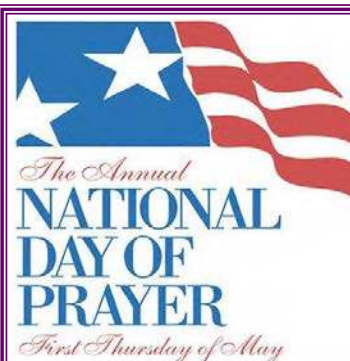
Director of Marketing

Health & Wellness Navigator Update

It's that time of year to update your Vial of Life. I will be visiting with you individually to ensure that your information is complete. I will drop a note off at your door to provide you with notice of when I'll be visiting.

Thank you,

Tricia Keagy



The National Day of Prayer is on May 2

Please feel free to pray in the chapel any time between 9:00 am and 7:00 pm on Thursday, May 2.

There will be a handout with suggestions for prayer. Let's all remember our loved ones on this National Day of Prayer.

May Evening Worship Services

Sundays in the Chapel at 6:30 pm

- ◆ May 5, led by Rev. Steve Livengood
- ◆ May 12, led by Frank Akers
- ◆ May 19, led by Doug Pasco
- ◆ May 26, led by Rev. Cory Beckwith

Come One, Come All! Weekly Bible Study

Join us every Thursday

10:00-11:00a.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, May 17 at 11:00
 In the Gathering Room

Catholic Communion
 Friday, May 3 at 10:00
 In the Gathering Room

“Village Pray-In”
 May 17, 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, May 31 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
**Penny Parish, resident and wife of Bob Parish; Martha Clark,
 Dorothy Kleinschnittger, former residents.**

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

If anyone would be interested in serving on the Resident Council, please contact a council member.
 If a council member wants to nominate someone, please be sure that they have agreed to serve.

Council Chronicle

The Resident Council had a meeting on Wednesday, March 13.
 The minutes are available on the Information Center Bulletin Boards.
 The next regular Resident Council meeting is set for **May 15** at 1:00 pm in the Conference Room.

There are Angels God puts on this Earth
 who care for us and guide us.
 You can feel their love and gentleness
 as they walk through life beside us.

They do great things for us every day
 they whisper in our ears,
 they even hold us in their hearts
 when we are filled with all our fears.

They are always there to give a hug
 and try to make us smile.
 They treat us with respect and love,
 they treat us like their child.

God blessed me with an Angel,
 I'm proud to call my own.
 She's been with me throughout my
 life, been with me as I've grown.

She's guided me the best she can,
 she's taught me like no other,
 and I'm thankful I'm the lucky one
 who gets to call her... *Mother*



Don't miss the big announcement!

A "Reveal Party" is set for Thursday, May 23 at 10:00 a.m. in the Dining Room

Cake and punch to follow.

McKendree Residents
It's time for your Block Party!

Friday, May 17
1:00 – 2:00 PM

1st, 2nd, 3rd floor McK residents meet at your floor's common area.

Designer Direct Jewelry

Shop this collection of jewelry with styles ranging from classic to trendy. ALL PRICED AT OR BELOW \$19.99!

1st Floor
Wiseman Pollock
Friday, May 31
9:45 a.m.—2:00 p.m.



Regular Activities:

Music Therapy St. Louis

Monday, May 6 at 11:15 a.m. in the RB

Joy of Crafting

Every Wednesday at 1:00 pm— Riverbend Rm. Join us 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.

Mid America Audiology – no charge

Thurs., May 9 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., May 30 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

Wednesday, May 22 at 2:00pm — CH

Games with Emily from Southern IL Healthcare

Thurs., May 23 at 1:30pm—Rendezvous Room

Coffee Hour

Fridays at 9:00 am—Dining Room

Armchair Travels

Every Sunday 1:00pm—Gathering Room



UMV tulips—photo by Polly Chase



STL Cardinals vs. Phillies
Wednesday, May 8
Depart at 10:00 a.m.

Sign up for your free ticket to the outing at Busch Stadium





Outings:

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

**St. Louis Symphony Coffee Concert at Powell Hall
& lunch at Bob Evans**

Friday, May 3 depart at 9:00 a.m. Ticket \$27.50
Featuring the music of Tchaikovsky

GACA “The Lesters” and “The Chosen Ones”

Saturday, May 4 depart at 6:00 p.m. \$20 Make
checks out to GACA

STL Cardinals vs. Philadelphia Phillies

Wed., May 8 depart at 10:00 a.m. Home game at
Busch Stadium starts 12:15. Complimentary tickets

Lunch Out— Cracker Barrel

Saturday, May 11 depart at 10:00 a.m.

ALT: “Mamma Mia” and dinner at Tony’s

Sunday, May 12 depart at 1:00 p.m. Ticket \$25

Lunch Out— Cracker Barrel

Tuesday, May 14 depart at 10:00 a.m.

Day Out— The Hill Bakery & Rigazzi’s for lunch

Thursday, May 16 depart at 10:30 a.m.

Dinner & A Movie — Mike Shannon’s

Saturday, May 18, Movie & depart time TBA

Lunch Out— Grantfork Diamond Mineral Springs

Sunday, May 19 depart at 11:00 a.m.

Gameday Luncheon, Riverbender \$7 at door

Tuesday, May 21 depart at 9:45 a.m.

1st & 2nd Dinner Out—Bella Milano

Thurs., May 23 & Thurs., May 30, depart 4:00 p.m.

Carillon Concert and dinner at Sports Tap

Sunday, May 26 depart at 4:00 p.m. free concert at
Gordon Moore park.

Ladies Night Out— Brass Door

Tuesday, May 28 depart at 4:00 p.m.

Men’s Lunch Out— Reno’s Pizza, Carlinville

Wednesday, May 29 depart at 10:30 a.m.

Events & Entertainment:

Pat Joyce

Wednesday, May 1 at 1:30 p.m. in the CH

Mark Raborn Sing-A-Long

Friday, May 3 at 6:30 p.m. in the CH

Mother’s Day Luncheon w/ Jared Hennings

Tuesday, May 7 at 12:00 p.m.

Complimentary Mother’s Day luncheon in the DR
Please be sure to make your reservation by May 3.

Mother’s Day portraits taken from 11:00 to 12:00

Ask Anita

Thursday, May 9 at 1:30 p.m. in the RB

Phil Capello

Friday, May 10 at 6:30 p.m. in the CH

Veterans Coffee Talk

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

McKendree Residents’ Block Party

Friday, May 17 from 1:00-2:00 p.m.

1st, 2nd, 3rd floor common areas in McKendree

New Jerusalem Singers

Friday, May 17 at 6:30 p.m. in the CH

OSF Health Education Program

This month’s topic is “Keeping Stress in Check ”
Wednesday, May 22 at 11:00 am in the Chapel

Reveal Party

Thursday, May 23 at 10:00 a.m. in the DR

Joe Powell

Friday, May 24 at 6:30 p.m. in the CH

John Scott

Wednesday, May 29 at 1:30 p.m. in the CH

Breakfast Buffet

Friday, May 31 at 9:00 a.m. in the DR

Designer Direct Jewelry Sale

Friday, May 31 at 9:45 a.m.—2:00 p.m. 1st floor WP