

# 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, June 4, 10:30 a.m.  
Thursday, June 20, 11:30 a.m.

**Shopping Trips:**  
Thursday, June 6, 1:30 Schnucks Godfrey  
Tuesday, June 4, 1:30 CVS/Walgreen's (senior discount day)  
Thursday, June 13, 1:30 Walmart  
Tuesday, June 11, 2:00 Aldi / Dollar General  
Tuesday, June 18, 1:30 Target/Kohl's  
Thursday, June 20, 1:30 Schnucks Alton / Dollar Tree  
Tuesday, June 25, 2:00 Walmart  
Thursday, June 27, 1:30 Aldi / Dollar General

Growing your own veggies is making a huge comeback, and UMV has garden spaces available. Reserve a plot with Gail Stucker in Community Life Services 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

June Funkhouser 6-01  
June Elliott 6-04  
Pat Hastings 6-04  
Art Lemmon 6-06  
Rebecca Seymour 6-08  
June Sproull 6-12  
Harry Hill 6-12  
Pat Schultis 6-12

Mary Ann Barnard 6-15  
Janet Ahlemeyer 6-15  
Kathleen Toigo 6-20  
Bev Herzog 6-21  
Pearl Green 6-24  
Bonnie Tyler 6-25  
R. Wickenhauser 6-25  
Jane Flaherty 6-29  
Ann Barton 6-30

### Staff Birthdays

Brandi Knipfer 6-12  
Matt Sackmann 6-14  
Adriane Croxton 6-24

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

# THE UNITED METHODIST VILLAGE

# THE VILLAGER

JUNE

2019

## WELCOME NEW RESIDENTS:

Kathy Carroll  
WP 233

Martha Darr  
WP 232

Anita Forbes  
WP 302

Norma Golike  
McK 112

Oliver & Iola Reszler  
WP 314

Leo & Dorothy Strohbeck  
WP331

Raymond Zimmerman  
WT 128

Robert Ryan  
5208 Aldersgate

Jo Spillman  
WT 135

June 14  
Flag Day

June 16  
Father's Day



*Beautiful ladies,  
Beautiful smiles!*



## Anita's Ad-libs

Dear Residents,

Thank you for your enthusiasm and patience with the much-anticipated announcement of our new name – **Asbury Village**. Thanks for attending the reveal party as well! As shared in many settings, meetings, and communications, the new name reflects our community's broad appeal of all faiths and backgrounds while honoring our Methodist history. Our new name was chosen to reflect our Village of friends and neighbors. We want everyone to feel welcome!

During our reveal party many of you asked very candid questions about what lies ahead. We have worked closely with Angell Marketing, UMV's marketing partner, to develop a rebranding strategy and timeline. Our rebranding plan will take almost a full year to implement which includes 4 phases. Please be assured that we will communicate the components that apply to you through written communication. Our goal is to keep you advised along the way. Thank you for your continued support and enthusiasm as we evolve in meeting your expectations while focusing on hospitality and fostering good health and wellness.

Thank YOU for your understanding as the construction continues for the front lobby. I do apologize as some of the work has necessitated periods of time where the lobby has limited access without advanced notice. When the tile was removed from the entrance, the glue under the tile took more time to remove than anticipated. We hope that those unexpected challenges are few. However, we are aware of our next planned future challenge and that will include the laying of the tile in the main corridor and around the elevator area. We are planning on closing one elevator at a time and leaving one elevator operable in Wiseman Pollock for ease. We will do our best to generate a written memo to each of you to let you know when the work will begin. The contractor advised us that this should begin very soon. We will need to potentially close off the main entrance for periods of time. The logistics are still being planned and we'll let you know. Again, thanks for your patience and understanding.

I'd like to extend a very Happy Father's Day to the Men of Asbury Village. We look forward to honoring you in the month of June. I believe that this quote from Mark Wahlberg is the perfect message to share with our Fathers....

**"I pray to be a good servant to God, husband, father,  
a son, a friend, a brother, an uncle, good neighbor,  
good leader to those who look up to me, a good follower  
to those who are serving God and doing the right thing."**

Have a wonderful month of June! Please remember, I'm always here for you!

Thank you,  
Anita



**OSF<sup>®</sup>**  
**HEALTHCARE**

### Monthly News and Activities

#### OSF Health Education Program

#### "Chronic Pain in the Elderly"

Presented by: OSF HealthCare

Wednesday, June 12, 11:00 in the Chapel

### LCS 5th Annual 60-Day Exercise Challenge

*It's once again that time of year!*

*Beginning June 2, all participants will be able to log their purposeful exercise time.*

*Exercise and physical activity are ways to make our brains healthier.*

*You will receive a letter with all the details about getting involved!*

*Inspired to raise awareness for  
Alzheimer's disease.*

#### HEALTH & WELLNESS

##### Podiatry Services

Dr. Fredrick Peet visits UMV on a monthly basis. If you have questions or would like to sign up for services,

please contact:

Tricia Keagy, Health & Wellness Navigator or

Brandi Knipfer, Weston Director

They will be happy to assist you in making an appointment and make sure that you have needed paperwork completed in advance of your appointment.

To reach Tricia or Brandi, just call the reception desk at 466-8662, and they will connect you to their extensions.



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"

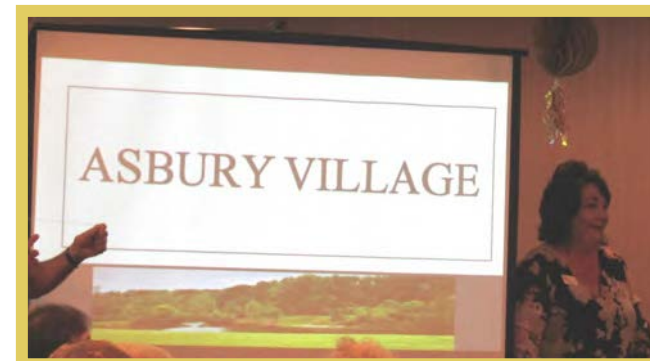
Every Thursday at 10:00 in the Riverbend Room

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

## REVEAL PARTY!

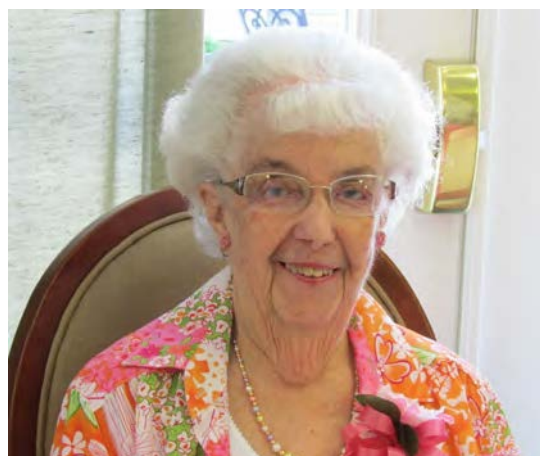


5..4...3....2.....1!





*More  
Beautiful  
Ladies  
Of  
UMV*



*A note from our Chaplain.....*

***Greetings to all:** My note today is centered toward the men of UMV. After talking with some of you, I believe we have enough men to start a "Men's Bible Study". I would like to discuss this with you gentlemen at a meeting in the 4rd floor Conference Area in Wiseman-Pollock on Tuesday June 4th at 10 am. I will not be leading the study, but I do have a volunteer that is willing. Please come if you can or leave me a message at the desk if you would be interested.*

***The Ignite Singers** from Godfrey United Methodist Church will be here on June 9th for their concert with us. This year we will be taking up an offering that night for the youth. Services will be starting at 6:30, so come early for a good seat.*

*Blessings  
Chaplain Judy*

*June Evening Worship Services  
Sundays in the Chapel at 6:30 pm*

- ♦ June 2, led by Rev. Bill Pyatt
- ♦ June 9, led by Ignite Singers
- ♦ June 16, led by Chaplain Judy Miller
- ♦ June 23, led by Rev. Raymond Weiss
- ♦ June 30 led by Rev. Dennis Price

***Come One, Come All!**  
**Weekly Bible Study***

*Join us every Thursday  
**10:00-11:00a.m.**  
In the Chapel*



***Ladies Bible Study***

*Join us every Tuesday  
**10:30-11:30a.m.**  
In the **Gathering Room**  
Weston Terrace*

***Men's Bible Study Meeting***

***Tuesday, June 4 at 10:00 a.m., WP 3rd Floor Conference Area**  
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, June 14 at 11:00  
 In the Gathering Room

**Catholic Communion**  
 Friday, June 7 at 10:00  
 In the Gathering Room




**“Village Pray-In”**  
 June 21, 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, June 28 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  
**Mary Chase, resident; Berenice Bates, resident and sister of Dorothy Sherman, also a resident and Donnie Calvin, a resident.**



## Your Council Members

Bonnie Tyler, President	466-8535	Helen Stairwalt, V. President	466-4446
Alice Banghart	467-6428	Mary Ann Forcade	920-3361
Kay Fitzpatrick	433-1787	Bob Wallace	433-9549
Jeanette Weihe	466-0695	Harry Hill	208-7979
June Sproull	466-0644		

If you have questions or concerns please contact one of the above council members and it will be discussed at our next meeting.

## Council Chronicle

The Resident Council had a meeting on Wednesday, May 15. The minutes are available on the Information Center Bulletin Boards. The next regular Resident Council meeting is set for **July 17** at 1:00 pm in the WP 3rd Floor Conference Area.

**On Monday, June 17 at 1:30 in the, the new members and officers will be installed Everyone is invited, refreshments will follow outside the Rendezvous Room**

## Dining Room Committee

Carol Apple  
 Katherine Battuello  
 Ilene Bowman  
 Alice Lemmon  
 Mary Jane McDaniels  
 Marti Pfeiffenberger  
 Mary Ann Forcade, Chairperson  
 This committee meets every two months.  
 If you have questions, concerns, suggestions or compliments regarding the dining room, please contact one of these members and it can be discussed at the next meeting.

## Activity Committee

Kay Agard  
 Darlene Gulovsen  
 Linda Hall  
 Linda Rainey  
 This committee meets on a monthly basis to discuss and plan activities for the following month.  
 Suggestions for outings or activities are welcome. Feel free to contact one of these members with your ideas to be discussed at the next meeting.

**SCAM ALERT**  
 It has come to our attention that two UMV residents have received identical letters stating that they could be the recipient of a large amount of cash. Both letters asked for personal information and were written from the same person, GLORIA ALVES.  
**Please DO NOT RESPOND to this letter. IT IS A SCAM!**

WE have once again been offered complimentary tickets to a Cardinal Baseball Game. June 18, 2019 for a 7:15 night game. We will depart at 5:30 p.m. If you are interested, please sign up as soon as possible.

**Villa & Home Residents**  
It's time for your Block Party!

Tuesday, June 25  
2:00 – 3:00 PM

Location to be announced.

All Men of UMV are invited to attend the annual Father's Day Luncheon Friday, June 14 12:00 in the Dining Room

This is a complimentary. Please sign up at WP Reception by June 11

**New Outing!**  
**Resale Road Trips**

This month we will go shopping at Caravan Thrift Store which benefits the Oasis Women's Shelter. Lunch at My Just Desserts DPT 10:30 a.m. Tue., June 18

## Regular Activities:

### Music Therapy St. Louis

Monday, June 3 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., June 13 from 10-11:30 - Location TBA Tim Fick, Doctor of Audiology, performs hearing health screenings, hearing aid battery checks, and can schedule complete hearing tests.

### Maisy the Support Dog

3rd Tuesday at 10:15 am— Maisy has been a friend of the Village for a long time. She loves greeting the residents and staff.

### Massage Day with Holly Short, LMT

Thurs., June 27 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– New Day! New Time!

Thursdays, June 6 and 20 at 3:00pm — CH

### Games with Emily from Hospice of Southern IL

Thurs., June 27 at 1:30pm—Rendezvous Room

### Coffee Hour

Fridays at 9:00 am—Dining Room

### Armchair Travels

Every Sunday 1:00pm—Gathering Room

Every Tuesday Morning  
8:30 – approx. 10:00 AM

### **Walk in the Park**

Join us for a stroll at area parks.

Meet at WP or sign up for a pick up at your villa

## Attention all crafters, creators and those who would like to be:

A special class is being organized that will meet in the Riverbend Room every Friday afternoon at 1:00 p.m. "Cricket", will be our instructor. She is overflowing with creative ideas and enthusiasm. Please plan to come by and have fun with other residents while creating something very special that you and your families will cherish. The first project will be a Junk Journal.

*Okay, so what exactly is a Junk Journal?*

*It's keeping a journal in a carefree way. There are no rules! They can be complex or simple, whatever you want. You can begin by decorating pages with photos, items that spark a sweet memory, like movie tickets, brochures, etc. It's a chance to be creative with all those things that are special to you.*



The following is a list of items you might want to include in your journal:

Photos, menus, ticket stubs, buttons, stamps, wrapping paper you love, envelopes, letters, stickers, paper that you love, patterned napkins, cards, newspaper clippings, images from magazines you love, music sheets, receipts, pictures that your children or grandchildren have made, program sheets, calendars, small decorative bags, stationary, recipes, index cards, recipe cards, rolodex cards, grid paper, old computer paper, any type of interesting paper to use for the pages, textured paper, parchment paper.



To All Veterans of UMW:

Plans are to participate in some of the above festivities on Labor Day Weekend, August 30 through September 2. More details will be distributed at a later date.

Anyone of you who might be interested in volunteering to be in the parade on Saturday morning, please let Gail Stucker in Community Life Services know as soon as possible. An escort will be provided for you and a place to ride in the parade will be reserved for you along with other veterans from the same time era. You will not be expected to walk.

The parade will include military members from the past and present. If you have questions, please call Gail.

## Outings:

**Sign up for all Events & Outings at the front desk WP  
 June Activities Sign-Up – Mon. June 3, 10:00 AM**

### Hayner Library—Wanda Mountain Boys

Southern gospel music, great harmonies  
 Tuesday, June 4 5:30 p.m. Free concert

### Lunch Out— Prairietown Inn (fish today)

Friday, June 7 depart at 11:00 a.m.

### Dinner & A Movie — Texas Roadhouse

Saturday, June 8, Movie & depart time TBA

### Lunch Out— La Casa

Sunday, June 9 depart at 11:00 a.m.

### Lunch Out— Eckerts Belleville

Thursday, June 13 depart at 10:00 a.m.

### Alton Farmer's Market & breakfast at Joe K's

Saturday, June 15 depart at 8:00 a.m.

### Concert at Haskell Park, Kinder Konzert

#### w/Thomas Jostlein

Sunday, June 16 depart at 6:00 p.m.

### Gameday Luncheon, Riverbender \$7 at door

Tuesday, June 18 depart at 9:45 a.m.

### Quilter's Field Trip— Rosemary's Fabric & Quilts followed by lunch at URBAN FARMHOUSE EATERY and PIE CO in Highland Illinois

Wednesday, June 19 depart at 9 a.m.

### 1st & 2nd Dinner Out—Longhorn Steak House

Thurs., June 20 & Thurs., June 27 , depart 4:00 p.m

### Stages: "The Boy from Oz" & dinner at Kreis' Steak House

Sunday, June 23 depart at 1:00 p.m. Ticket \$45

### Resale Road Trip—Caravan Thrift Store & lunch at My Just Desserts on Broadway in Alton

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

### Men's Lunch Out— Blue Springs, Home of the FootHiPies in Highland, IL

Wednesday, June 26 depart at 10:30 a.m.

## Events & Entertainment:

### Patio Party—Dining Room Patio

Tuesday, June 4 12:00 pm Complimentary

### Lynn Wellman—Vibraphone Concert

Wednesday, June 5 at 1:30 p.m. in the CH

### OSF Health Education Program

This month's topic is "Chronic Pain "  
 Wednesday, June 12 at 11:00 am in the Chapel

### Double Play

Wednesday, June 12 at 1:30 p.m. in the CH

### Father's Day Luncheon , no fee

Friday, June 14 12:00 DR, Sign up at WP Reception

### Resident Council Installation of new members

Monday, June 17 1:30 p.m. in the CH, Refresh-  
 ments following in WP 1st Floor

### Ask Anita

Tuesday, June 18 at 10:00 a.m. in the RB

### Veterans Coffee Talk

Wednesday, June 19 at 10:15 p.m. in the GR

### Villas and Homes Residents' Block Party

Tuesday, June 25 from 2:00-3:00 p.m. Location TBA

### Nitpickers

Wednesday, June 26 at 1:30 p.m. in the CH

### Breakfast Buffet

Friday, June 28 at 9:00 a.m. in the DR

### Bryan Foggs

Friday, June 28 at 6:30 p.m. in the CH

## PICNIC on the PATIO

Everyone is invited to join us  
 on Tues, June 4 at 12:00 pm.  
 Chef Rick will be firing up the  
 grill and treating us to a tasty  
 complimentary lunch on the  
 patio outside the dining room!