



*New Residents*

**June Huff, Weston Gardenview 107**

**Melba Curry, Wiseman Pollock 204**

**Merna Buhs, Weston Parkside 128**



# Anita's

## Ad-libs

Dear Asbury Family,

Happy March! I just can't believe that it's March already. Better yet, the first day of Spring is around the corner, March 20<sup>th</sup>! I know that we are all thrilled to have Winter behind us! It feels like it was a long winter.

**8 Dimensions of Wellness** - As we continue to move forward in 2022, we are very excited to surround our community life and services around "Feeling Your Best." Your health and wellness through our 8 dimensions of wellness are our priority. We started the year with a focus on Spiritual Wellness through Chaplain Jackie's Spiritual Wellness journey and planning. We appreciated and enjoyed our guest speaker, Sarah Dierker who is Alton Memorial Hospital's Chaplain. She shared an inspirational guidance for spiritual well-being that was received with great accolades by those who attended.

Throughout March, several new community life events will focus on Social Wellness. Making connections so that you feel like you belong is very important to us. With music, arts and crafts, cards and games, holiday parties and more, it's easy to socialize, build meaningful relationships and expand your support system. Don't think twice – we welcome you to participate!

**First Floor Wiseman-Pollock Renovation Update** – During Ask Anita and in the newsletters, I have provided you with updates about the scope of work of this project. However, I know that you can see the renovation projects are well underway. The goal is to have a majority of the contract work completed by the end of the month. With my update, below, we're hopeful to have our first floor completed by mid-April. It's all moving quickly.

- **Fitness Center** - The new additions to our fitness equipment have arrived and once the new area is completed, we'll be sure to have the existing and new equipment moved back in quickly.

- **New Furniture** - The furniture will be arriving the beginning of April. We're waiting for confirmation and will keep you posted. The furniture is for the new game room area, the new conference room/private dining area which is the former library. The Auditorium is slated for new flooring, paint, new mobile chairs and tables and a theater style movie curtain.

- **Beauty Salon** - Yes, the Beauty Salon is scheduled to be renovated as well. However, in order to avoid closing the salon twice, we are scheduling the Salon to be renovated when Cheri, the beautician, goes on vacation. So, mark your calendars for April 15<sup>th</sup> through April 25<sup>th</sup>.

- **Market-Café-Gift Shop** – This project is evolving. We're pleased to have received an additional kind gift of the refrigerator case. The project was on hold for a bit as the room really needed to be designed around this case. It's now here and the project will continue.

In addition, the café counter has arrived, too. It's been a challenge planning work as goods have been on back order. Exciting plans are being created for this new area – all for you!

**Ask Anita** – As shared previously, I've moved my Ask Anita to a quarterly resident meeting. Please mark your calendars for Weston on March 15<sup>th</sup> at 1:30 pm in the Gathering Room and March 24<sup>th</sup> at 10:00 am in the Chapel. The Directors will be joining the meeting and will provide updates on their departments. In addition, I'll provide the overview of the Resident Satisfaction Survey. This meeting will be held in the Chapel. Looking forward to gathering.

**COVID Updates** – As you know, the Governor has lifted the mask mandate for the general public, effective February 28<sup>th</sup>. However, senior living is still required to wear masks at this time. Based on my most recent update with IDPH on Friday, February 25<sup>th</sup>, I do anticipate that the CDC will be providing revised guidance for us shortly. Please know that Leading Age of Illinois and Nationally are advocating for reform for Senior Living mask usage. I do anticipate that changes will be forthcoming soon. Please know that I'll share immediately. Thank you for your continued understanding and support.

**Employee Support** - Thank you for your consideration in participating in our care and support of our employees that are facing medical challenges and treatments. We have several plans to express our support and appreciate your participation in the events planned in March for them. Details are forthcoming.

**Have a wonderful month!**

*Anita*



***Your Council Members***

Ollie Reszler (President)	314 285-5078	Carol Apple	610-3396
Gary Buck	407-2123	Don Cornell	433-9245
Herb Crede	720 301 7522.	Martha Darr	830-7174
Pam Sevier	466-7464	Mary Pat Thomas	823-7766
Jeanne Vowels	760 213-0004	Jackie Williams	462-6584

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

***Asbury Village Board Members***

<i>Cary Beckwith</i>	<i>James Herndon</i>	<i>Donna Massey</i>
<i>Donna Bemis</i>	<i>Paul J. Jun</i>	<i>Rev. William Pyatt</i>
<i>Andy Bowan</i>	<i>John Keller</i>	<i>Stephen Schwartz</i>
<i>Ralph Bowles</i>	<i>Jeff Lauritzen</i>	<i>Kim Stuby</i>
<i>Sue Hardin</i>	<i>Mike McCormick</i>	<i>Karen Wilson</i>

***Dining Room Committee***

**Carol Apple**  
**Kay Fitzpatrick**  
**Anita Forbes**  
**Mary Pat Thompson**  
**Nancy Price**  
**Ollie Reszler**  
**Sharon Hogan**

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 Rainey**  
**Jeanne Vowels**

This committee meets monthly 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.

***Your Village Ambassadors*****Wiseman-Pollock**

**Carol Apple**  
**Jackie Williams**  
**Bonnie Tyler**

**McKendree**

**Reka Holde**  
**Martha Darr**  
**Lorene Flowers**

**Villas**

**Shirley Bachman**

**Homes**

**Pam Sevier**

## **“Tidbits” from Gail Stucker, Director of Community Life Services**

*Dear Residents,*

*March is here and with it comes a sense of excitement for the many opportunities in our activity calendar. We have compiled a variety of events and outings that will get us all in the mood for Spring! Please check the calendar closely and sign up for all that you would like to participate in. If you have any questions, please don't hesitate to call me.*

*As we continue through the **8 Dimensions of Wellness**, we will be concentrating on Social Wellness. Below is a list of activities that will give everyone the opportunity to meet new people, make new friends and enjoy one another's company.*

*March 8 - Turn Around Tuesday, an opportunity to dine with someone new in our dining room.*

*March 10—Corn Hole Competition while enjoying fresh popped corn!*

*March 15—Tea 4 Two Tuesday, a cup of tea, cakes and great conversation.*

*March 17—St. Paddy's Day Happy Hour and Irish Dinner in the Dining Room.*

*March 31—March Madness Basketball Tournament*

*March 8 & 29—Block Parties for different areas of the Village. A great chance to meet your neighbors. Watch for your invitation!*

*Every Wednesday afternoon we have Craft Classes with Cricket! It's always a good time to visit and be creative with something new every week.*

*Every Thursday afternoon and every Monday evening, BINGO in the BGA!*

*There are several outings scheduled: lunches out, dinners out, a joyride, a Men's dinner out and a Ladies Day! We even included an afternoon at Argosy Casino.*

*Please enjoy the month, and if you need assistance signing up or questions about an event, I would be happy to help.*

*Gail*

### **New Groups Forming at the Village**

*In getting to know our residents, we have learned that we may have some interest in the following groups. If you would like to be part of one of them, please sign up at the WP Reception desk, and we will get in touch with you*

**Sewing Circle**; *this could be quilting, sewing, crocheting or knitting, any type of needlework.*

**Book Club**: *We have many readers here at the Village. This is obvious by how many books go in and out of the library. What a wonderful way to spend time.*

**Cards & Board Games**: *Do you have a favorite card game or board game that you would love to play. Let's form a group!*

# Chef Rick's Retirement Party!

Good Luck  
Chef Rick!



Happy Retirement!  
You will be missed!

*Congratulations*





# EMPLOYEE

## Jana Ferguson

### An Interview with Jana Ferguson

Jana Ferguson was born in Alton, Illinois at St. Joseph's Hospital. She had one older brother. After Grammar School, Jana attended Southwestern High School in Piasa, Illinois. After high school graduation, Jana enrolled at Lewis and Clark Community College where she earned an Associate in Applied Science Degree in Accounting. Her first job was in the Reconciliation Department at Mercantile Bank.

She met her husband, through a mutual friend. They married on September 16, 1989. Her husband, Jeff was employed at Scott Air Force Base as a manager in Network Operations & Administration in support of Global Drone Operations until recently when he transferred to AT&T as a Principal Solutions Architect.

Jana and Jeff have two children, Lauren and Trevor. Trevor has a degree in Political Science and Pre-Law. Lauren, who worked in our dining room while in high school, is now working at Andersen Hospital Cancer Center as a phlebotomist while waiting for a call up class to start study to become a Physician's Assistant.



Jana began her employment at United Methodist Village, now Asbury Village on October 29, 2001. From one upgrade in accounting to another, Jana has proven her skills in the area of accounting and finance and has shown that she is one cool lady who is always ready to help residents in any way she can. We are all blessed to have her at Asbury Village.

Interview by Don Cornell



# SPOTLIGHT

## Dennis Dey

Our employee spotlight for the month of March is Dennie Dey. Dennis is the Kitchen Manager, and he has been with us at Asbury Village for nine months.

Dennis has been married to Shannon for 22 years. They have five children and eight grandchildren, seven boys and one girl. Dennis's hobbies include gardening and woodworking, and he likes to travel. He likes to relax by doing computer games, fishing and diamond art! Dennis loves Italian food and his favorite things to cook are soups and sauces. His favorite movie is "Eight Seconds". Something that Dennis always has with him is his Chapstick and nail clippers. Be sure to say "hello" if you spot him.

Written by Martha Darr







Spiritual

# SPIRITUAL WELLNESS

## A message from Jackie Havis, Chaplain



### Blessing the Dust:

### A Blessing for Ash Wednesday

All those days you felt like dust, like dirt, as if all you had to do was turn your face toward the wind and be scattered to the four corners or swept away by the smallest breath as insubstantial.

Did you not know what the Holy One can do with dust? This is the day we freely say we are scorched. This is the hour we are marked by what has made it through the burning. This is the moment we ask for the blessing that lives within the ancient ashes, that makes its home inside the soil of this sacred earth. So let us be marked not for sorrow. And let us be marked not for shame. Let us be marked not for false humility or for thinking we are less than we are but for claiming what God can do within the dust, within the dirt, within the stuff of which the world is made, and the stars that blaze in our bones, and the galaxies that spiral inside the smudge we bear.

-Jan Richardson

### Services for Ash Wednesday

Chaplain Jackie and Father Jerry are excited to offer the invitation this year to begin the Lenten Season together by celebrating Ash Wednesday, March 2nd. At 10:00 am, all are invited to be a part of this beautiful ecumenical service where we can enter into a season of penitence and reflection. As our foreheads are marked with the cross of dark ashes, we repent and believe the gospel. All are welcome!



**March 2nd**

**10:30 a.m.**

**Asbury Village Chapel**

# ***SPIRITUAL WELLNESS***



## ***JOIN US IN PRAYER: PEACE IN EUROPE***

Each Wednesday during Lent, beginning March 9<sup>th</sup>, all are invited to join in the Chapel at 11:45 am for prayer. Chaplain Jackie and Father Jerry will be in attendance as we call upon God's mercy and grace. With the war in Eastern Europe we realize our world is in need of prayer during these difficult times.

The prayer time will only last 10-15 minutes. For those of you who have served as Veterans may feel especially vulnerable in these times as you remember your own experiences.

Feel free to join us! All are invited to pray!



### ***In Memory...***

*At this time, we would like to remember the family and friends of*

***Myra Keiser**, former Resident of the Village and  
**Jeannine Garvey**, also a former Resident.*





Physical

# “UMV Life Style and Wellness Program”

## Physical Wellness



Physical



### SIT 2 FIT EXERCISE CLASSES

Led by Abbey, Senior Services Plus  
**Monday and Wednesday**  
 11:00 a.m.  
 Benjamin Godfrey Auditorium  
 The class will be 45 minutes



### GET FIT EXERCISE CLASSES

Presented by Alton Physical Therapy  
**Tuesday, Thursday and Friday**  
 11:00 a.m.  
 Benjamin Godfrey Auditorium  
 Led by Meredith



### SIT & BE FIT

Every Monday, Wednesday and  
Friday at

**3:00 pm on Channel 900**

- 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, helps maintain a positive attitude

### Morning Exercise

**Channel 900**

*Monday—Saturday mornings  
at 10:00 a.m.*

*If you have any questions,  
please call Gail in  
Community Life Services.*

## Village Fitness Center

**OPEN**

**Located at WP 206 temporarily.**



Health Services

# Chris Hoover, Health & Wellness Navigator

New hours: Monday-Thursday 8:30-3:30

Friday 8:30-2:30

## CRYSTAL CLEAR

### MOBILE PROVIDERS

#### Our Services

We are able to provide the same level of medical care in your home, work, our office, or other alternate location as you would receive through regular office visits in a brick and mortar office.

Services include, but are not limited to:

Primary Care and Acute Visits

General Health

Prevention and Wellness

Medication Management

Palliative Care

Wound Care Evaluation and Treatment

IV Therapy

Chronic Disease Management and Treatment for Chronic obstructive pulmonary disease (COPD); Diabetes; Congestive Heart Failure (CHF); Hypertension; Stroke; Arthritis; Cancer; Alzheimer's disease; Parkinson's disease; ALS; Asthma

Coordination of all Home Care services and DME medical equipment

Coordination for laboratory services and portable x-ray testing in the home, if you qualify.



Crystal Stone, FNP-BC  
423 N High St  
Belleville, IL 62220  
Office: (618) 416-7738

**Our Waiting Room is Your Living Room!**

Email: [Crystal@CrystalClearMobileProviders.com](mailto:Crystal@CrystalClearMobileProviders.com)  
Website: [www.CrystalClearMobileProviders.com](http://www.CrystalClearMobileProviders.com)

### FAQ

#### What will it cost?

We accept Medicare and many other insurance. Deductibles and/or co-payments for medical services are handled in the same way as a trip to the doctor's office. No extra surcharge or extra fee for our services.

#### What insurance plans do you take?

Aetna  
Blue Cross Blue Shield  
BCBS Community Medicaid  
Cigna  
Coventry  
Healthlink  
Humana  
Illinicare Medicaid  
Medicare  
Medicaid  
Meridian  
Molina  
Tricare  
United Healthcare

We DO NOT take Essence.

If you do not see your insurance plan listed, please give us a call. We are in the process of contracting with many other insurance plans and may not have your plan listed above.

*Please note that symptoms indicating a potential life-threatening medical emergency such as chest pain, shortness of breath, or head injuries with loss of consciousness should be directed to 9-1-1.*

# Asbury

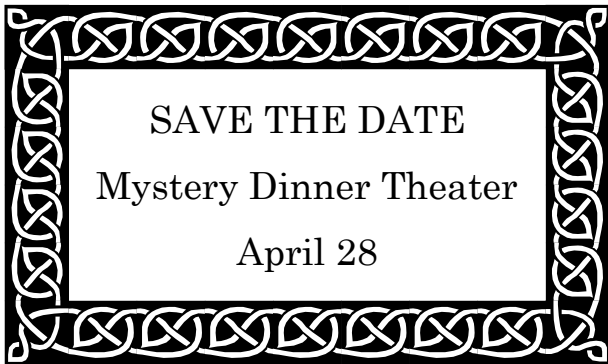
## VILLAGE

Vibrant Senior Living



5201 Asbury Ave., Godfrey, IL 62035  
Phone: 618.466.8662

We're on the Web!  
[www.asburyvillagegodfrey.com](http://www.asburyvillagegodfrey.com)



<u>Bank Runs:</u>	
	March 3 at 9:00 a.m.
	March 29 at 9:00 a.m.
<u>Shopping Trips:</u>	
Tuesday, March 1	CVS/Walgreens 10:30 am
Tuesday, March 1	Schnucks 1:30 pm
Thursday, March 3	Walmart 10:30 am
Thursday, March 3	Dollar General 1:30
Tuesday, March 8	Aldi's 10:30
Tuesday, March 8	Dollar Tree 1:30
Thursday, March 10	Target 10:30 pm
Thursday, March 10	Big Lots 1:30
Tuesday, March 15	Schnucks 1:30 pm
Thursday, March 17	Walmart 10:30
Thursday, March 17	Dollar General 1:30
Thursday, March 24	Dollar Tree 1:30
Tuesday, March 29	Walgreens/CVS 10:30
Tuesday, March 29	Schnucks 1:30
Thursday, March 31	Target 10:30
Thursday, March 31	Dollar General 1:30

*NOTE: Please remember that we would like to know if you are planning to be away from the Village overnight or for an extended time. Please contact the WP Reception desk with this information.*

*Thank you so much!*



# HAPPY BIRTHDAY

<u>RESIDENT BIRTHDAYS</u>		<u>STAFF BIRTHDAYS</u>	
Cooksey, Sandra	3-06	Retzer, Deavon	3-17
Berry, Bonnie	3-10	Schum Chad	3-21
Stiegemeier, Shirley	3-13	Ditterline, John	3-24
Wheeler, Floy	3-16	Ursch, Georgiann	2-28
Banghart, Alice	3-22	Griggs, Autumn	3-31
Darr, Martha	3-29	McFarlane, Lani	3-31

*\*Asbury Village honors and respects our residents and welcomes people of all faiths.\**