



Welcome New Residents:
Vern & Mary Henley, 4418 McKendree
Carol Herzog, McK 113

Anita's

Ad-libs

Happy May Everyone!

It's wonderful that we're springing into Spring and Summer with new beginnings which include our new renovation of the first floor. We're working on the final details of the installation and waiting for some back orders of furniture and artwork. We're hopeful that the month of May will allow us to complete the projects in their entirety. We will plan for an official dedication in June if everything arrives.

Renovation Update - As you can see, the café and market are nearing completion as well. We're targeting the opening by the first week of June. We will open with modified hours initially and adjust accordingly based on your response. Salads, panini-type sandwiches, pizzas, cookies, fresh fruit, breakfast-type items, smoothies, and milk shakes are on the café menu. We're planning to expand the market-type items that we have always had available in our market and eventually, we will have boutique-type gifts as well. June will be here before we know it. We appreciate your thoughts and ideas as we prepare for our grand opening.

Dinner Theater - We'd like to extend a special thanks to Chaplain Jackie Havis Shear and her husband, Reverend Doctor John Shear, for planning the wonderful dinner theater featuring "Who Shot Johnny Woo?" We are in awe of Doctor Shear's talent in writing and producing the show. A special thanks to the cast and crew. I think that when we agreed to participate, we had no idea what we were getting ourselves into. Well, I sure hope our Asbury Village Family enjoyed the chuckles and the show. Special thanks to Chef Dominic and the entire Food Service team for preparing and serving the wonderful dinner. We thank those who attended. It was a sellout show! How about that for our first dinner theater? We hope that we'll be able to have another dinner theater later in the year.

Happy Nurses Week – We are grateful and proud to recognize, appreciate and honor Shannon Dey, RN, Weston Director, and Chris Hoover, LPN, Health and Wellness Navigator, on National Nurses Day, May 6th! We are very grateful for their nursing talents and caring hearts that they so willingly share with us. The theme of this year's nurses day message includes the following, "Nurses rooted in strength, forged in fire and growing in power. Rooted in strength, we create our new path forward as leaders in healthcare." Thanks Shannon and Chris for being our healthcare leaders!

Memorial Day Parade – We're excited, once again, to participate in the Alton Memorial Day Parade on Monday, May 30th. We're honored to participate and recognize our Asbury Village Veterans. This year the grand marshal of the parade is our very own Asbury resident, Rich Wickenhauser. Congratulations and thank you to Rich for this distinguished honor! We're planning to have our veterans join us again on our bus and Asbury vehicles. If others who are non-veterans are interested in joining us in the actual parade, please sign up at the Wiseman Pollock reception desk. We will do our best to accommodate everyone if we can. Last year we had a wonderful time. More details will be forthcoming as they are shared with us. We would like to make a large presence in the parade and show our support of this special event. Again, thank you to the brave men and women who have made the ultimate sacrifice. Let us count our blessings and stand strong.

Dining Room – We're waiting for the additional tables to arrive mid-May. Once the tables are here, dinner guests will be welcomed. For now, we hope that you are enjoying having guests for lunch. Thank you for your patience.

Other Guests – I hope that everyone is aware that guests may now join you in our public areas. Your card groups and social groups are welcome to enjoy our public areas. We encourage you to reserve those areas by contacting the Wiseman Pollock reception desk and if catering etc. is needed, please contact Dominic Gramaglia and he'll coordinate with you.

Happy Mother's Day to all the Asbury Women - Your love is powerful and has left its own mark on all of us. We look forward to honoring each of you during our special celebrations planned in May. Please refer to the calendar for our plans and please don't forget to make your reservations.

Happy May!

Anita



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

April Showers bring May Flowers!!

We are definitely seeing spots of color everywhere; how exciting! Spring is here, and it won't be long until we are surrounded with the beautiful display of color that blesses us every year.

As we talked about last month, great things are happening at the Village. A few new groups have formed and plans are continuing for more.

Rotation Pinoche *has gotten off to a good start. There is quite a group that meets every Tuesday morning from 10:00 am to 12:00 pm in the Wiseman-Pollock Coffee area. If you would like to join the group, please sign up at the front desk and you will be given a list of the guideline we use to play. We look forward to adding to our group for some fun, great conversation and a chance to meet new residents.*

Asbury Book Club. *We have a few residents who have shown interest in starting a book club. We would like to begin by having our first meeting at 11:00 am on Thursday, the 19th in the WP Living Room.*

National Library Workers Day—*This was a very successful day, and those involved volunteered to have a work day once a month. We will be meeting on Thursday, May 19 from 9:00 to 11:00. At 11:00, we would like to meet for our very first Book Club.*

Garden Club—*Good news! All garden spots have been spoken for, and I'm sure it won't be long before they are filled with plants galore. We are very fortunate to have many residents that have an interest in gardening. During the first part of May, we will be hanging plants and filling the flower pots near the entrances with flowers. If you would like to help add to the beauty of our Village, please call me. Your help would be greatly appreciated.*

If you have a suggestions for activities, events or outings, I would love to hear it. We are always looking for new ideas.

Hope your day is wonderful!

Gail Stucker, Director of Community Life Services





As we anticipate allowing guests in the dining room for dinner service, (hopefully second week in May pending on the arrival of the tables), I wanted to communicate some policies to ensure that we can provide the best service to you and your guest.

Reservations for 4 - no more than a total of 6 in the party. Reservations must be made at the front desk preferably 24 hours in advance. Shorter notice may be accepted pending dining seating availability.

Special events for larger groups need to be arranged with Dominic at least two weeks in advance. Larger group accommodations are subject to approval pending on dining and group catering availability.

As always, please feel free to reach out to me with questions.

Thank you,

Dominic Gramaglia
Food Service Director

SPIRITUAL WELLNESS



*A message from
Jackie Havis, Chaplain*

2022 National Day of Prayer Theme

Below is an article from the President of the National Day of Prayer Task Force, Kathy Branzell. The theme for this year's National Day of Prayer is "EXALT THE LORD, WHO HAS ESTABLISHED US" based o Colossians 2:6-7 NASB.



President Branzell writes, "I have recently been reminding our staff and our network of volunteer leaders that we have the tremendous privilege of getting up every day and contending for the soul of our nation in prayer. Our mission hasn't changed. Three hundred and sixty-five days a year, we "get to" mobilize unified public prayer for America. From coast to coast, state to state and community to community, millions of men and women just like you and me are spending time on their knees, interceding and travailing in fervent prayer for our nation and its leaders. As II Chronicles 7:14 reminds us, when we "humble ourselves and pray, and seek His face, and turn from our wicked ways", then, He will "hear from heaven, forgive our sins, and heal our land." Friends, that's still our promise today.

In Memory...

At this time, we would like to remember the family and friends of Shirley Aszman, resident of Asbury Village.



From the desk of Chris Hoover, Health & Wellness Navigator



Health Services

Physical Wellness is what we are focusing on here at Asbury in May as part of our 8 Dimensions of Wellness.

Here are some benefits of physical wellness for seniors.



Environmental

Get Physical with exercise

Here are some benefits of physical activity

- *Helps maintain ability to live independently and reduces risk of falls and fracture.
- *Reduces risk of heart disease, high blood pressure, colon cancer and diabetes
- *Helps with chronic disabling conditions
- *Reduces symptoms of anxiety and depression improves your mood.
- *Helps maintain healthy bones, muscles, and joints.

Get a good night's sleep

Healthy adults require 7-9 hours of sleep a night this helps to maintain

- * Helps maintain cognitive function and better mental wellbeing.
- *Increase ability to perform daily activities
- *If you don't sleep well contact your Dr.

Enjoy a Healthy Diet and Maintain a Healthy Weight

As we grow older our metabolism slows down and we need fewer calories. Be sure to eat a variety of foods to get all the nutrients you need.

- *Lean proteins---lean meats ,seafood, eggs and beans
- *Fruits and vegetables----look for orange, red, green, and purple
- *Whole grains—brown rice and whole wheat pastas
- * Low fat dairy—milk and milk alternatives like soy, almond, cashew



Physical

“Lifestyle and Wellness Program”

Physical Wellness



Physical



SIT 2 FIT

EXERCISE CLASSES

Monday, Wednesday and Friday

11:00 a.m.

Benjamin Godfrey Auditorium

Led by AJ

Senior Services Plus



GET FIT

EXERCISE CLASSES

Tuesday and Thursday

11:00 a.m.

Benjamin Godfrey Auditorium

Led by Meredith

Alton Physical Therapy



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

UPCOMING ACTIVITIES

Here are some events that you might consider participating in. Please plan to sign up soon to get your name on the reservation list.

We will be representing Asbury Village in the Alton Memorial Day Parade again this year. We would like to fill the Asbury vehicles with Veterans and Residents from the Village. We will be leaving the Village at 9:00 a.m. in decorated vehicles to participate in the actual parade. Please plan to join us. Sign up at the WP Reception Desk.



CARDINAL BALL GAME



Each season, the St. Louis Cardinal Organization is very generous and awards us tickets free of charge through the Community Program.

This year, our tickets are for the Cardinal vs. Oriole game on Thursday, May 12. In the past, these games have been something we look forward to all year. It's a great time. Please plan to go along. Sign up at the WP desk.



STAGES of St. Louis

Proudly presents

The Karate Kid, The Musical

Sunday, June 5, 2022

Depart the Village at 12:30 p.m.

Tickets: \$45.00

Sign up at the WP Reception Desk

Asbury

VILLAGE

Vibrant Senior Living



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

We're on the Web!
www.asburyvillagegodfrey.com

Bank Runs:

May 5 at 9:00 a.m.
May 31 at 9:00 a.m.

Shopping Trips:

Tuesday, May 2
Thursday, May 5
Thursday, May 5
Tuesday, May 10
Tuesday, May 17
Thursday, May 19
Thursday, May 19
Thursday, May 26
Tuesday, May 31
Tuesday, May 31

CVS/Walgreens 10:30 am
Schnucks 10:30 am
Dollar Tree 1:30 pm
Dollar Gen./Ruler Foods 1:30
Aldi's 1:30 pm
Walmart, 10:30
Target 1:30 pm
Trader Joes 10:30 & Lunch out
Walgreens/CVS 10:30 am
Schnucks 1:30 pm



HAPPY BIRTHDAY



Resident Birthdays

Gary Buck 5-01
Martha Farson 5-09
Dee Copley 5-09
Lorene Flowers 5-15
Helen Stairwalt 5-15
David Chiolero 5-15
Nancy McDow 5-16
Ellen Ledesma 5-21
Birdie Bockstruck 5-27
Lucia O'Donnell 5-28
Ada Lawton 5-29
Edna Griesbaum 5-30

Alva Beckemeyer 5-30
Mary Henley 5-31

Staff Birthdays

Tina Bailey 5-05
Ken Dierks 5-05
Dominic Gramaglia 5-15
Diane Funk 5-19
Louis Colone 5-23
Shannon Dey 5-26
Danielle Gillean 5-26

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