

Anita's

Ad-libs

Dear Village Family,

I cannot believe that we are officially halfway through 2022! While I prepare this message today, I am extending my Happy Independence Day to all! As I reflect upon the meaning of Independence Day:

A civil holiday for the celebration of the anniversary of the beginnings of national independence, specifically July 4 observed as a legal holiday in the U.S. in commemoration of the adoption of the Declaration of Independence in 1776.

I am so grateful for the many blessings we share in our great Nation. We never want to take for granted our independence as other nations do not have the freedoms and independence as the U.S.A. I know that we are all sensitive about the war in Ukraine and we continue to pray for the people of Ukraine among other nations afflicted with strife.

ALTON PHYSICAL THERAPY! Yes...it's official! We are thrilled to have Alton Physical Therapy begin services starting July 5th. Our residents will be able to engage in quality therapy right here on our campus... convenience and the best therapy is just a few steps away from your door! **Please plan to join the Welcome and Information Session planned for July 28th at 9:30 am in the chapel followed by a coffee and donut social in the Wiseman Pollock Coffee Area.** Prior to the 28th, if you personally feel the need to improve your mobility, pain, or range of motion, please don't hesitate to begin therapy ASAP. Discuss your needs with your physician and if needed, Chris Hoover or Shannon Dey would be more than happy to discuss your needs with you too. Please see more information in this newsletter or in postings throughout our community.

Gardens are growing and gorgeous! I know that our entire Village is admiring the gardening talents of our resident gardeners. It has been so exciting seeing the gardens grow and flourish. We have admired all of the hard work and TLC given to the gardens. It has been fun to see all the different personalities and talent approached with our gardens. We are all appreciating time and dedication (sweat, too) with watering, weeding, and sprinkling your gardens with magic. Looks like the best is yet to come!

COVID UPDDATE: The month of June reminded us that COVID continues to surface within our own Village. I hope that you are all confident about the measures we have taken to minimize COVID. If you are not feeling well.....cold, sniffles, watery eyes – not necessarily fever, **PLEASE REMAIN IN YOUR APARTMENTS UNTIL YOU ARE TESTED.** Please report those symptoms to your physician. If after hours or on the weekends, obtain COVID testing through area urgent cares and/or pharmacies. If we are here, we will test you. Again, do not think twice...please test and don't expose others.

Exterior Grounds Update! Each of the homes, apartments, and villas patios and entrances have distinct personalities. While we admire individual tastes, it has been brought to my attention that some exterior decorations – yard ornaments, pots, plants etc. - might be excessive. To date, we do not have a formal exterior-grounds guideline. We will be developing those guidelines in the month ahead. If anyone would like to share thoughts and ideas, I welcome them!

Happy July! If you need anything, please feel free to contact me. Hope everyone stays well and happy!

Anita

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

Hello Everyone!

July is looking to be an interesting month with a variety of new and different events and activities. Please be sure to look over the calendar closely as there have been a few changes to avoid conflicts in scheduling. I hope you will take advantage of some or all of the activities that are planned.

*One of the things that you have been requesting is the “Order Lunch In”
There are two opportunities to order and have lunch delivered to your door.
Please call me at my extension directly to order.*

BROWN BAG BISTRO

(All sandwiches include chips and a pickle)

The New Yorker \$12.50

House-made roast beef, melted provolone, red onion, and our homemade creamy horseradish sauce on a grilled everything bagel. Served with a side of Au Jus.

Ultimate Ham & Cheese \$12.00

Ham, Gruyere Swiss, Provolone, and our house-made strawberry dijon on an inside out croissant.

Chicken Salad \$11:00

This house recipe is made with roasted chicken breast, celery, green onion, red grapes, and tossed in our sweet poppy seed dressing. Served with Greenleaf lettuce on a buttery croissant.

Adamo \$11.50

Our toasted Italian Sub with Salami, Ham, Pepperoni, Provolone, shredded lettuce, tomato, red onion, our house vinaigrette & house dressing served on Parisian Bread.

CARVERS BBQ

Pulled Pork Sandwich with chips and a pickle \$9.00

This is our specialty! Pork shoulder is hickory-smoked, hand-pulled into tender strips served sauce on the side.

Pulled Chicken Sandwich with chips and a pickle \$9.00

A juicy mixture of white and dark meat from our smoked chicken.

Additional side \$3.00

Potato Salad, Sweet Slaw or Pork & Beans

New Exercise Opportunities at Senior Service Plus

SSP offers a variety of exercise classes, and they are willing to schedule a shuttle to transport our residents to attend some of these classes depending on the number that might be interested. If you feel that this is something that you would like to do, please sign up at the WP Reception Desk and we will proceed with this great opportunity.

CHAIR YOGA Mondays and Fridays 12:00 p.m.

Tai Chi Mondays and Wednesdays 10:00 a.m.

ZUMBA GOLD Tuesdays and Thursdays 10:00 a.m.

Balance & Flexibility Tuesdays and Thursdays 9:00 a.m.



“Lifestyle and Wellness Program”
Physical Wellness

Physical

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.*

Fitness Center

Meredith, from Alton Physical Therapy, will be holding orientation on the equipment in the Fitness Center. Please sign up for a time at the WP Reception Desk.

Tuesday, July 12 and Thursday, July 21 11:45 am-12:15 pm

Thursday, July 14 10:30-11:00 am

Updates from Shannon Dey, R.N.

Weston Assisted Living Director

But if I can still catch COVID,
what's the point of a booster?



A booster gets you back on your feet faster and will likely keep you out of the hospital.

If you are boosted and exposed to COVID-19, it will take about 4-5 days for your immune response to fully kick in. The omicron variant has a shorter incubation period than other variants and can make you sick in as little as 2-3 days. This means that even if you catch omicron, you might only be sick for a day or two before your immune system fights it off.

Without a booster, you could be sicker for much longer and even get more seriously ill.

COVID BOOSTER CLINIC

PROVIDED BY MEDICINE SHOPPE WOODRIVER

**Thursday, July
7th**

10a-12p

**Conference
Room**

**SIGN UP NOW
AT
WISEMAN-
POLLOCK
DESK**

**Will we need boosters again
in another 6 months?**



We don't know yet.

Because the pandemic is still infecting people in large numbers all over the globe, there's a possibility for more variants that might challenge our existing immunity.

Once the pandemic is under control, some experts think that COVID-19 shots could be part of a yearly plan and some companies are working on a combination COVID-19/flu vaccine.



**ALTON PHYSICAL THERAPY
LAUNCHES SERVICES
ONSITE AT THE VILLAGE
JULY 5TH
WESTON TERRACE
THERAPY GYM**



MICHAEL COALSON, M.P.T.

SERVICES INCLUDE;
**-FALL PREVENTION/BALANCE
ASSESSMENT**
-PAIN MANAGEMENT
-ASSISTIVE DEVICE TRAINING
-NEUROLOGICAL REHAB
-POST SURGICAL REHAB



BLAKE MCAFEE, D.P.T.

**IF YOU ARE INTERESTED IN
THERAPY SERVICES, ASK
YOUR PHYSICIAN TO CALL
HIS/HER REFERRAL TO
618-462-1133**

**BE SURE TO ATTEND
THERAPIST MEET & GREET
THURSDAY JULY 28TH 9:30AM IN CHAPEL
COFFEE & DONUTS TO FOLLOW**