

Village Voice



Welcome New Residents:

Dale Dintelmann 109 Gardenview

Rita Gwyn 5203 Aldersgate

Herbert Hatten 130 Parkside

Denver "Mac" McCollum 320 Wiseman-Pollock

Glenn & Virginia Thomas 322 Wiseman-Pollock

Judy Zumwalt 202 McKendree





Anita's *Ad-libs*



Dear Asbury Village Family,

Happy August! I hope that everyone has been enjoying the summer. It's hard to believe that it's August already! I often think that it's the time of year when we're starting to transition the 2nd half of the year and before we know it, it'll be Christmas. Thus far, we're grateful to have been spared on the flooding.

Heat Advisory - Speaking of weather, as we are keenly aware, our metropolitan weather has frequently forecasted heat advisories. As a result, we've had to periodically cancel our scheduled outdoor outings. Going forward, if heat advisories are in effect of if temperatures are above 90 degrees, we will cancel all outdoor related events. We appreciate your understanding as it's about everyone's well-being.

Security Update - As a friendly reminder, please timely report any concerns that you may have regarding suspicious or unfamiliar activity. Please call the security numbers provided to you or call 911 if an emergent situation occurs. The Neighborhood Watch Programs are the most effective way to maintain a safe and respectful way of living. We are grateful that our community remains a safe and peaceful place to live. Our security and monitoring may not always be visible to everyone but please be assured that we are closely monitoring. Discussions are underway for future enhancements. If you have any thoughts that would like to share, I welcome them. Again, it is much better to over report that under report your concerns. **Together we are better.**

Covid Update - Going forward, our COVID updates will be shared in our COVID Community Corner Update in each addition of the newsletter. Please know that we are always here to answer your individual questions at any time.

The Café/Market Update - We're almost there! We're 99% ready to have our soft opening as promised; however, we must finalize the details with the cash register/card reader company. We're so close but have not finalized the transaction to purchase the equipment with them. Once finalized, we will provide announcements to you about our process of obtaining individual resident purchasing cards, café/market hours, and provide a soft opening s that you may taste and see. Again and again, thanks for your understanding and patience.

Community Life - Wow, we have planned a fun month ahead. Please, don't think twice about participating. Come join the fun and don't forget to read and mark your calendars. We're planning all the fun just for you. Also, a special thanks to those residents who are planning weekend fun days. Next month, I'll be sure to recognize those involved but thanks to all!

Alton Physical Therapy - We are very pleased that Alton Physical Therapy is well underway with providing onsite therapy! Many residents have expressed their positive comments and gratitude about progress already being made!

If you missed the Meet and Greet on July 28th, please don't hesitate to reach out to them on an individual basis. They are very responsive and timely with their follow up. Please be on the lookout for additional postings to help you with navigating your therapy needs. In addition, feel free to reach out to Chris Hoover or Shannon Dey to help you connect with them.

SHHH! Please don't tell Chaplain Jackie or Father Jerry that donuts and juice were served in the chapel! Hopefully, they won't see these photos taken! Ha Ha!

Have a wonderful August! Please don't hesitate to reach out to me. I'm always here for you!

Anita



*Our beautiful
Village!*



Your Council Members

Ollie Reszler (President)	314 285-5078	Mary Jane McDaniel	618 466-6240
Martha Darr (V. President)	618 830-7174	Bob Parish	618 535-6781
Gary Buck	618 407-2123	Arnie Saaf	618 219-5773
Marcia Callis	618 520-4936	Mary Pat Thomas	618 823-7766
Gayle Eardley	618 433-9453	Jeanne Vowels	760 213-0004
Mary Ann Forcade	618 920-3361	Jackie Williams	618 462-6584

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

**Sharon Hogan
Kay Fitzpatrick
Anita Forbes
Nancy Price
Ollie Reszler
Donna McCoy**

Jerry Wickenhauser

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
Cecil Edwards
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

**Linda Rainey
Martha Darr
Lorene Flowers**

Villas

**Shirley Bachman
Helen Stairwalt
Cecil Edwards
Arnie Saaf**

Homes

Pam Savier

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

August is here!

It's hard to believe that we are so far into the summer. Days are speeding by. I hope you have been able to enjoy some of the activities that were offered in July. It has been a good month!

There are many new items on the August calendar. Be sure to look closely so you won't miss a thing. There are many special days that we are taking advantage of just for fun. For example; one day there will be ice cream sandwiches delivered to your door, and another day there will be trail mix. There is even a day to wear a bow tie!

*This month is designated as **Emotional Wellness Month**. A guest speaker from Live Well Counseling Services will be here to speak on Optimal Emotional Wellness on the 18th in the Chapel. On Wednesday, the 17th, Bella from “Got Your Six Therapy Dogs, will be here to visit. She will be in the Wiseman-Pollock Lobby areas on the 1st and 2nd floor. Be sure to read Chris Hoover's page in this publication where she gives us tips on how to remain emotionally well!*

***National Garage Sale Day** happens to be the second Saturday in August. We are going to take advantage of that day and invite all residents to set up a table in the WP Lobby area for our own garage sale. We are even offering time for a presale on Friday the 12th. If you would like to participate as a seller, please let me know so that I can make sure we have room for everyone. This is your chance to clean out a closet or a drawer and make a little in the process.*

***Muffins** are now be offered on Wednesday mornings in the WP Coffee area for breakfast. Help yourself and enjoy some coffee and conversation with friends.*

*We have added a night for **Travelogues** on Channel 900. Now, not only do we have movies on Tuesdays and Saturdays, Thursdays will offer the chance to travel from your easy chair. Be sure to check it out.*

***“Old Time Rock n' Roll will be the theme of Happy Hour** on the 11th. Pull out your poodle skirts and saddle oxfords, leather jackets and pony tails. This will be a great time, and later we will have entertainment from Dan Sproat who has a variety of music to share from the rock n roll era.*

*Later in the month, we will be having a **LUAU accompanied by Happy Hour** beverages. Pull out your tropical, island apparel and come for a great meal and lots of fun.*

*On Thursday, the 25th, the Activity Department is holding a **“Minute to Win It”** competition! Don't miss all the silliness and giggles as we hurry to accomplish requested tasks that don't require a lot of skill, just the desire to have a good time with friends. See you there!*

Looking ahead! Mark your calendars!

*We are planning our **Annual Car Show** for **September 17th**.*

If you know anyone with a show car that would like to participate, please have them contact me. It will be a great day with cars, gift baskets for raffle, food and local vendors.

Hope you all have a great month. Please call me with any questions or ideas!

Gail Stucker, Director of Community Life Services

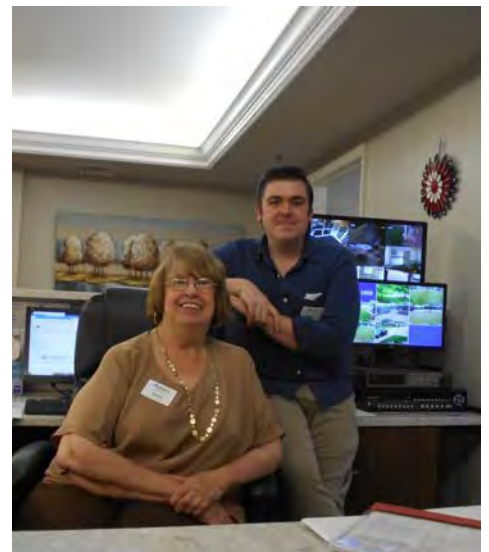
EMPLOYEE SPOTLIGHT

Spencer Domer

Spencer has worked for Asbury Village for two years. He works in numerous capacities for us. He takes us to appointments and play music for us at dinner time. Spencer lives in Alton and has two brothers. He also has two sheepdogs and a cat named Clementine. He will be starting his senior year at Millikan this fall. His major is Music Performance. He hopes to attend grad school and travel in the future. Something we didn't know about Spencer is that he played football as a pre-teen and he likes to cook to relax.

I asked Spencer if he carries anything special with him, and he told me that he had found a special note at one time that really touched him and he has kept it ever since.

If you see Spencer on campus, please say “Hi” to him and let him know how much we appreciate him and all his help!





Health Services

From the desk of Chris Hoover, Health & Wellness Navigator

Just a reminder to all residents: If you are interested in the Nurse Practitioner or the Physical Therapy that is available here at the Village, Please let me know, and I will work with you to get these services.



August will be Emotional Wellness Month. What is Emotional Wellness?

The term refers to an awareness, understanding and acceptance of your emotions and the ability to deal with challenges and change. Emotional wellness for seniors is key to a happier, healthy life.

Here are some tips to maintain emotional wellness in these uncertain times.

1. Be Positive - Give yourself credit for the good things you do each day. Surround yourself with positive, healthy people. Everyone makes mistakes. Forgive yourself and others.
2. Get Connected - Strengthen your social circle.
3. Relieve Stress - Get enough sleep, 30 minute walks daily, Social networking, Spending time in nature, Speak with a mental health professional if needed.
4. Quality Sleep - Get to bed at the same time and get up at the same time each day. Sleep in a dark, quiet, comfortable environment.
5. Establish Boundaries - The feeling of having too much to do can cause frustration, anxiety and stress. Have clear priorities. Make sure you spend time doing things that bring you joy and help you feel better about yourself.
6. Be Mindful - Mindfulness is about being completely aware of life around you.
7. Cope with Loss - Take care of yourself, Talk to caring friend, support group, therapy with a professional.
8. Accept Yourself - This is a gateway to a happier and healthier life. Surround yourself with positive affirmations and things that inspire you.
9. Ask for Help - If you are suffering from emotional distress, its ok to ask for help from others, a friend or a family member you trust who is a good listener is a good place to start. Seek the advice of a mental health professional.

SPIRITUAL WELLNESS



Spiritual

A message from Jackie Havis, Chaplain

From the Wizard of Oz to the Mordern Marvels of Jesus

Last month in our time of Devotion and Chapel, we remembered the many ways in which Paul encouraged the church at Rome to be empowered with the Holy Spirit, and practice the renewing of minds, while knowing we are more than conquerors in Christ, and ultimately living a life of confidence and belief that Christ is real in each of us! We “hung out” in the letter that Paul wrote to the Romans because the Apostle Paul had such wisdom in his old age, writing the last letter of his life.

Of course, as we took the scriptures very seriously, we anecdotally compared the story of the Wizard of Oz to Paul’s writings! The scarecrow really needed some renewing of his mind! The Lion needed to know the confidence of being, “King of the Jungle.” The Tin Man was very serious about wanting a contrite heart! And, at the end of our series, just as the movie taught us, we really were reminded that we have these gifts within our nature. We just need to internally find them and then believe that God has placed into the very souls of our beings, all that we need for our calling in Christ.

Well this coming month during Chapel, we will remember the Modern Marvels of the Miracles of Jesus Christ! We will remember Jesus turning water into wine! Really? Wine? Yes, and the lessons we learn in application for today, the Modern Marvel is that the life of Jesus continues to offer hospitality when we think we are running on empty! The stories we share will encourage us to believe in the hospitality of food in our very midst when otherwise the worry of hunger would be very threatening! The woman who touched the hem of the robe of Jesus, reminds us of the Modern Marvel of just touching a tassel at times of the woven fabric of the nature of Jesus can heal and transform our lives! And what about the blind man? Was he physicaly healed? Or was his heart healed to see and hear the voice of God in a way that those who might have sight can’t hear? What is the Modern Marvel there? Well... you’ll have to join us in Chapel during August to understand and discover more of the possibilities that God has upon our lives to empower us for the good things of God!

Join us 10 am on Friday mornings!

In Memory...

Katherine Batuello - Resident

Theresa McLasky - Niece of resident Shirley Weber

Terry Moore - brother of employee Cathy Wiegand

Cindy Neuhaus - daughter-in-law of resident Cookie Neuhaus

John Horman - brother of resident Rita Wyatt





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

Updates from Shannon Dey, R.N.

Weston Assisted Living Director

**COVID-19
BOOSTER CLINIC
THURSDAY AUGUST 4TH**

**10a-12p in
Conference Room**

**Sign up at Wiseman-
Pollock Desk**

**Provided by Medicine Shoppe
of Wood River**



**COVID-19
FAQS**

Q - When do I need a booster?

A -

Booster #1:

- Everyone ages 5 years and older should get 1 booster 4 months after completing their COVID-19 vaccine primary series.

Booster #2:

- Everyone over age 50 should get 2nd booster 4 months after completing their 1st booster.

Q - Can I still get COVID if I have all my boosters?

A - Yes, but the risks are reduced and the booster vaccine helps prevent serious illness and hospitalization.

Q - If I have questions about COVID and/or the vaccine, who can I talk to?

A - Please contact your physician. For general questions, please feel free to ask Shannon Dey R.N. The receptionists can connect you with her office.

Community Covid Corner

At the village we have seen an increased number of COVID-19 cases. In the last 60 days we have had 17 employees and 12 Residents test positive.

Madison County transmission levels are high. According to the CDC and Illinois Department of Public Health, the following measures should be taken to protect yourself and others from COVID-19 infection:

- Wear masks indoors
- Social distance when possible
- Complete hand hygiene frequently
- Monitor yourself for symptoms (fever, sore throat, cough, runny nose, headache, fatigue, muscle aches, nausea, vomiting, diarrhea), stay away from others while ill
- Get tested if you have symptoms or have been around anyone with symptoms or with diagnosed COVID-19 illness
- Get vaccinated and stay current with vaccinations

We are excited to present the first **EverSafe 360° EveryDay Experiences** presentation!

 EverSafe 360°
an LCS® Digital Experience

A conversation with...

Dr. Nick Rogers & Dr. Elliott Kroger
On the current status of COVID-19.

Dr. Elliott Kroger and Dr. Nick Rogers, two members of the LCS Medical Advisory Board, recently participated in a discussion facilitated by Traci Berty, LCS Director of Client Strategic Planning & Services.

The presentation highlights various COVID-related topics -- What set LCS apart regarding COVID management, what the medical community learned through the pandemic, and what we need to know about the future of COVID individually and as a community.

Wednesday, August 10 at 10:15 a.m

WP Lobby

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:

August 11 at 9:00 a.m.
 August 23 at 9:00 a.m.

Shopping Trips:

Tuesday, August 2 Schnucks 10:30 am
 Tuesday, August 2 Dollar General 1:30 pm
 Thursday, August 4 Walgreens/CVS 10:30 am
 Thursday, August 4 Walmart 1:30
 Tuesday, August 9 Aldi's 10:30 am
 Tuesday, August 9 Dollar Tree 1:30 pm
 Thursday, August 11 Target 1:30 pm
 Tuesday, August 16 Dollar General 1:30 am
 Thursday, August 18 Walmart 1:30 pm
 Tuesday, August 30 Aldi's 10:30
 Tuesday, August 30 Schnucks 1:30 pm



"What the World needs now is love sweet love, it's the only thing that there's just too little of, no not just for some, but for everyone."

*Hal David &
 Burt Bachrach
 A.Nonymoose*



AUGUST BIRTHDAYS



Resident Birthdays

Wanick, Alvina 8-03
Duncan, Edna 8-04
Rice, Anna 8-04
Jenkins, Sharon 8-07
Bell, Mary 8-10
Patton, Mickey 8-12
Williams, Jackie 8-13
Horney, Donald 8-14
Crowder, Kay 8-15
Smith, Mary Ellen 8-17
Gorline, Sue 8-19
Erler, Barb 8-20

Smith, Denise 8-21
Tomerlin, Art 8-22
Carn, Carol 8-23
Cornell, Don 8-26
Yoder, Rosemary 8-26
Hopkins, Betty 8-27
Allen, Bernice 8-29

Staff Birthdays

Hines, Jillian 8-03
Henson, Kaylie 8-06
Taylor, Debra 8-14

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