

Village Voice



Welcome New Residents:

Dick & Verna Knudson 5400 Epworth

Judy Pondola 316 McKendree

David & Dana Joyce 112 McKendree



Anita's Ad-libs

Dear Asbury Family,

Happy October! September seemed to fly by personally quickly. Thanks t everyone for your understanding while I have been away during my personal illness journey. I did want to share that I will continue to work modified hours with partial days at Asbury Village and then working remotely from home. This is per my physician's order for me to continue to heal. Hopefully this modified schedule will not be for long; however, I do appreciate your understanding and continued prayers. Thanks for the many cards, texts, flowers, and personal sentiments from everyone. The Weston family sent me a very dear photo with well wishes. Please see below... it brightened my day! Again, your support and prayers has really meant so much to me. You all definitely know how to make a girl feel loved.



Thanks to those who attended the Executive Director/Town Hall meeting in September. We hope that you found the updates from our leadership team, board members and me were beneficial. During the meeting, a question was raised regarding our pet guidelines. I mentioned that we would include this guideline in the newsletter. For those

of you interested, we will have a copy of the guidelines at Wiseman Pollock receptionist desk.

An additional thanks to all that attended the car show and breakfast later in September. As shared previously, all the proceeds will be donated for the fight against Alzheimer's disease. We will present a check to the local Alzheimers Association. We are planning our final fundraising event on October 7th with a card party. Gail Stucker will be providing more details including times and themes in this newsletter. We appreciate everyone's generosity and participation with our efforts this year. Together, we are making a difference for humanity especially with those effected with Alzheimer's and other dementia type diseases.

You have been continuing to ask, and we have listened. You have asked that we open the chapel services to the public. Chaplain Jackie Havis will be providing the guidelines in her portion of the newsletter. After receiving the updated information this week on our increase in Covid activity, please be reminded that if you do not feel well, please avoid attending group activities including worship type services. We will be limiting the number of people that can attend services. This is especially important to uphold these guidelines for everyone's wellbeing. Thanks for your understanding and cooperation.

Congratulations to our Food Service Department during National Food Service Week. We are immensely proud of the integral roles each team member plays in providing exceptional food and dining experiences for all of us. We thank them for the challenging work and dedication! An incredibly special thanks to Chef Dominic Gramaglia your passion in all that you do while providing exceptional leadership and culinary talents. Oh.. We need to include the entertainer as well. We thank Dennis Dey, Kitchen Manager, Kyle Minner, Deb Hester, Tina Bailey for your TLC in all that you do in preparing 365 days a year of wonderful meals. You add spice to our lives! Big thanks also to all of our wonderful servers. For ensuring extraordinary service! Special thanks to the dining room supervisors Aliyah Jones and Susie Pruetzel!

The American Cancer Society celebrates October as National Breast Cancer Awareness Month. From awareness campaigns, fundraisers, and celebrations, the American Cancer Society's Making Strides Against Breast Cancer has united communities, companies, and individuals across the country in the fight to end breast cancer for more than two decades. We have many breast cancer survivors amongst our Village family. Please see the special plans in the newsletter to remember and recognize this important month.

We are pleased to announce that our Annual Health Fair is planned once again for October 14th. You will find more information in the newsletter and additional information will be forthcoming as the date draws near. We hope that everyone will plan to attend. It has always been an excellent opportunity to obtain information regarding all things health and wellness. Again, our commitment to enhancing and expanding our 8 dimensions of wellness program throughout 2022!

Speaking of health.. Please, please, please be reminded that if you are not feeling well, please stay home. We have been made aware that residents that really haven't felt well have been navigating unmasked and potentially exposing others to colds or even COVID. Keep in mind the golden rule as it applies to Covid.. Do unto others. Think twice.. Don't expose others. If you are feeling under the weather or unsure, please test for COVID. Please do not come to the dining room until your health has been addressed. Don't think twice.. Please test. Also, please refer to our public postings near each entrance. This will provide you with current Covid numbers for both residents and staff. It's updated and ongoing. Again, Covid has not gone away. Vaccinations and booster do not prevent Covid. Thanks for taking this seriously.

Congratulations, we are one of the top 5 nominations for Best Assisted Living Community & Best Senior Living Community. What a great accomplishment we have achieved! Voting phase runs October 21 - November 3, 2022. New this year there are QR codes that can help scan us or take us directly to our voting page. We will be printing out the codes and displaying them for all of us to vote including friends and families! Thanks for voting for us once again!

Finally, fall is one of my favorite seasons at Asbury. Soon, our countryside will be filled with the beautiful fall colors. Enjoy the outdoors and relish in the beauty of our Village!

Happy October everyone!

Anita



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>Rev. 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 Bowen</i>	<i>John Keller</i>	<i>Stephen Schwartz</i>
<i>Ralph Bowles</i>	<i>Jeff Lauritzen</i>	<i>Rev. 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
Linda Rainey
Jeanne Vowels
Cecil Edwards**

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 Sevier



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



Hello Everyone,

September has proved to be a month full of many pleasant activities. We have had good times with friends old and new, family and coworkers. We hope that October will be more of the same.

*The first thing on the agenda, Friday, October 7 from 11:00—2:00, is the **Annual Card Party to benefit the Walk to End Alzheimers**. For \$10, you can enjoy lunch in the dining room with friends and then play cards or board games of your choice until 2:00 p.m. During that time, we will be drawing for door prizes. Please sign up soon to reserve your table. The deadline is Wednesday, October 5.*

*Next Friday, October 14, will be the **Health Fair**. This has been a great event in the past and we are working to make it even better this year. We are inviting local health care agencies and medical professionals to set up booths to provide some screening and to provide information or answer questions. Please don't miss it. It will be located in the halls and lobby of Wiseman-Pollock from 10:00 am to 12:00 pm.*

*October is **Breast Cancer Awareness Month**. Friday, October 21, is **Pink Out Day**. On this day, we would like everyone to wear pink to show our support to Breast Cancer Survivors.*

*Friday, October 28, will be **Halloween at its best at the Village**. Prepare your costume and be whoever you want to be on this day. We will begin the day with our monthly Breakfast Buffet followed by Wisdom for Confusing Times. At 1:30, John Scott will treat us with his music in the WP Lobby while we enjoy a Ghoulish Halloween Happy Hour until 3:30. There will be a costume contest at 2:30 with spooky prizes. From 4:00—6:00 pm, a Spooktacular Dinner Buffet will be available in the dining room. You never know what they might be serving!*

On October 31, Halloween Day, we will be pleasantly surprised with a CHILI Bar for dinner.

I would also like to also mention a few of the outings that you might like to participate in:

*On Saturday, October 8, we will be going on the **Vintage Voices Walking Tour**. This is a popular event in the Alton area. Actors from Alton Little Theater portray in period dress citizens of the Alton area from many years ago. The Walking Tour makes its way through the Alton City Cemetery stopping amongst the various tombstones to hear the actors reveal some history of the area and their roles. Tickets are \$15.00 and can be purchased at the event. Cash only. Afterwards, you and other Villagers will have lunch at the Bluff City Grill.*

*On Saturday, October 15, the **Tree House Wildlife Center** will be having an Owl Fest. Admission is free. This is an opportunity to see the center and enjoy the extra vendors and information they have to offer. The Tree House is a non-profit organization dedicated to the rescue, rehab and release of injured and orphaned wild animals.*

As always, if you have any questions about any activities or outings, please don't hesitate to ask.

Gail Stucker, Director of Community Life Services

OCTOBERFEST



SPIRITUAL WELLNESS



Spiritual

A message from Jackie Havis, Chaplain

This email was sent to me this week, providing some reflections from Richard Rohr on Grand-Parenting. It was so good, I chose to share it with you. Ricard Rohr draws on the archetype of the wise ruler to describe what it means to be a “grand” parent, someone who has become a mature elder:

Grand parents can trust life because they have seen more of it than younger people have, and they can trust death because they are closer to it. Something has told them along the way that who they are now is never the final stage, and this one isn't either. We need to be close enough to our own death to see it coming and to recognize that death and life are united in an eternal embrace, and one is not the end of the other. Death is what it is. I am a grandfather when I am ready to let go. To the grandmother, death is no longer an enemy, but as Saint Francis called it, a “welcome sister.”

The soul of the grand parent is large enough to embrace the death of the ego and to affirm the life of God in itself and others, despite all imperfections. Its spaciousness accepts all the opposites in life-masculine and feminine, unity and difference, victory and defeat, us and them and so on-because it has accepted the opposition of death itself. Grand parents know that their beliefs have less to do with unarguable conclusions than scary encounters with life and the living God. They have come to realize that spiritual growth is not so much learning as it is unlearning, a radical openness to the truth no matter what the consequences or where it leads. They understand that they do not so much grasp the truth as let go of their egos, which are usually nothing more than obstacles to the truth.

I cannot imagine a true grandfather or grandmother who is not a contemplative in some form. And contemplatives are individuals who live in and return to the center within themselves, and yet they know they are not the center. They are only a part, but a gracious and grateful part at that.

Pastor Jackie



In Memory...

Bill Stucker - Father-in-law to Gail Stucker





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

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



**YOU ARE
INVITED**

WESTON OPEN HOUSE

**PUMPKIN SPICE
LATTES • TREATS • DOOR PRIZES**

THURSDAY, 13th OF OCTOBER 1:30 PM



Updates from Shannon Dey, R.N.

Weston Assisted Living Director



Intellectual

**Sign up for your Annual Flu Vaccine
and/or
your COVID booster**



COVID Booster AND Flu Vaccine Clinic

The new COVID bivalent booster is more effective against the Omnicrom variant.

THIS BOOSTER IS CURRENTLY
RECOMMENDED FOR ALL ADULTS.

You should consider getting this booster if it has been 2 months since your most recent COVID vaccine or booster.

**Thursday,
October 6th
10a-12n
Conference
Room**

Provided by Medicine Shoppe of WoodRiver

Sign up at Wiseman
Pollock Desk

**Please call Chris
Hoover or
Shannon Dey
with questions**



Health Services

*From the desk of Chris Hoover,
Health & Wellness Navigator*

LET'S PRAY FOR EVERYONE
BATTLING BREAST CANCER
THE PATIENTS THAT ARE
CURRENTLY FIGHTING
WOULD BE HEALED AND
THAT THE SURVIVERS
WOULD REMAIN
CANCER FREE FOR ALL
THEIR DAYS.



Unfortunately, we all know of someone that has been affected by this disease a friend, coworker or family please hold them close to your heart. 1 in 8 women will be diagnosed and although rare approximately 2,700 men will also be diagnosed this year...

OCT  **BER**
BREAST CANCER AWARENESS MONTH

Community Covid Corner



As an adult, you are considered “up to date” if you have completed your primary series (the first 2 shots for Moderna/Pfizer, or one SC Johnson) and have received the new bivalent booster.

If you have not received the new bivalent booster (Medicine Shoppe provided these at our last clinic on September 15th), and you want to be “up to date”, please sign up at the Wiseman-Pollock desk for the upcoming booster clinic on Thursday, October 6th or contact your physician for guidance.

If you are unsure about your vaccination status, please call Chris Hoover or Shannon Dey for assistance.

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:** October 6 at 9:00 a.m.
October 21 at 9:00 a.m.
- Shopping Trips:**
- Tuesday, October 4 CVS/Walgreens 1:30 pm
 - Thursday, October 6 Schnucks 10:30 am
 - Thursday, October 6 Pearsons 1:00 p.m.
 - Tuesday, October 11 Walmart 10:30 am
 - Tuesday, October 11 Dollar General 1:30 pm
 - Thursday, October 13 Aldis 1:30 pm
 - Tuesday, October 18 Schnucks 10:30 a.m.
 - Tuesday, October 18 Dollar Tree 1:30 pm
 - Thursday, October 20 Ruler Foods/Dollar Gen 1:30 pm
 - Tuesday, October 25 Schnucks 1:30 pm



HAPPY BIRTHDAY

Resident Birthdays

Hogan, Becky	10-05
Seehausen, Roberta	10-06
Creech, Laura	10-07
Neuhaus, Sylvia	10-08
Forcade, Mary Ann	10-10
Gowin, Karen	10-10
Atchison, Elaine	10-10
Salden, Delores	10-11
Tennikait, Doris	10-12
Fox, Bonnie	10-17
Henley, Vern	10-17
Evertsen, Ed	10-17
Hoefert, Vonnie	10-22

Bachman, Glenna	10-22
Hutchinson, Mary	10-25
Gee, Wilma	10-25
Agard, Kay	10-27
Eardley, Gayle	10-27

Staff Birthdays

Pruetzel, Susan	10-01
Anderson, Clorin	10-06
Martinez, Anita	10-10
Gentry, James	10-15
Cannedy, Donald	10-25
Crispi, Carolyn	10-30

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