

Village Voice



Welcome New Residents:
Joseph Ducey-Weston 119
Rosa Bertel-Weston 120

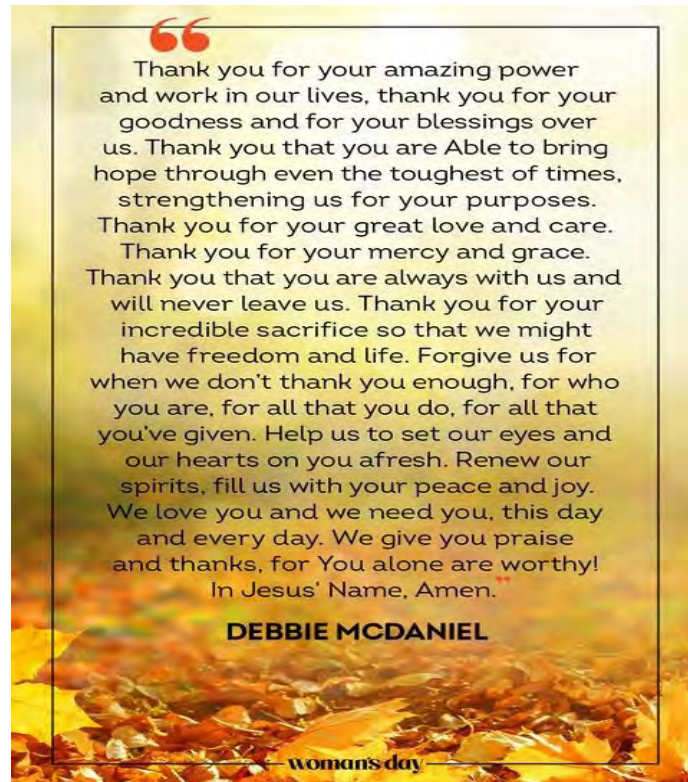


Anita's Ad-libs



Dear Asbury Family,

I just can't believe that November is here, and we're all beginning to prepare and think about the Holidays. November also includes an important day for our Veterans on November 11. It's also an important time to reflect upon Thanksgiving and the many blessings in our lives.



Speaking of blessings, I'd like to extend our **gratitude** for Chaplain Jackie Havis-Shear as we recognize and share our gratitude for her during the month of November. Join us for a reception in her honor on **Friday, November 18, at 9:00 am during our Coffee and Donut gathering.**

Recently Jackie shared the following: when asked what spiritual wellness means to her in her role as Asbury Village's chaplain, Reverend Jackie replied "Spiritual wellness is a continued interest in and commitment to discovering ways to grow faith deeper that brings forth joy and peace. We all find it in different ways. Even those who are not religious want their faith to grow. It takes on so many expressions. It can be faith in yourself, that you've been created to be this beautiful creature that contributes to humankind".

Thank you, Jackie, for being a blessing to all of us!

To our Veterans.....it is a privilege to honor you during our **Veterans Day Tribute planned for Friday, November 11.** *We hope that our entire Asbury Family will attend.* We are **grateful** for your service and sacrifice....



Café Update – We’re **grateful** for your patience with us! Yes, we will officially open the café/market in November. We hope that you will find it worth waiting for!!!

It’s that time of year when we are preparing our 2023 budget. The Board of Directors will be meeting on November 22 to review and approve the 2023 budget. Again, **thanks** to those of you that attended our Resident Association meeting where we outlined the challenges that we face with inflation, minimum-wage increases, and overall nationwide impact on everyone’s household, and on our Asbury Village 2023 budget. *We are always committed to providing exceptional services and care in the most cost-effective manner.*

Just a friendly reminder that we will be serving **Thanksgiving Dinner on Thanksgiving, Thursday, November 24, from 3:00 pm - 5:00 pm.** We will serve a traditional **Thanksgiving** dinner. **Reservations are required.** Please contact the Wiseman Pollock Reception Desk to reserve your place. **Also, the last day for reservations will be Monday, November 21.** We must have a limit to the number of reservations due to seating and have a cut-off date to have sufficient time for meal preparation. Guests are welcome; however, we may need to have a cap on guests based on reservations. **Thank** you for your understanding!

*Happy November! **Thank you** for being such a blessing in my life! - Anita*



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



Dear Village Residents: It's November!!

Big Events are coming up!

First, this Friday, November 4, from 9:00—2:00 is the **Annual Christmas Bazaar**. We have certainly missed this event and so have our vendors. We have a big variety of gifts and craft items available along with BBQ, Goopy Butter Cake, Apple Butter and much, much more. Invite your family and friends! Start your Christmas Shopping early.

Next Friday, November 11, is **Veteran's Day**. Not only are we featuring our veterans in the Asbury Gallery this month, but we are planning a special service for those men in the Chapel at 1:30 to honor them for the sacrifices they made to protect our Country. This will be followed by a reception on the WP Lobby.

Thank you, Asbury Military, for your service!

Be sure to look through the calendar. There are several things happening in the local area that you would enjoy. Please be watching for an Activity Assessment on your door. If you would, please take a few minutes and complete it and then turn it in at the WP Reception Desk. Your interests and ideas are valuable to me when planning a month of activities and outings. I would love to hear about your hobbies, talents, places you like to go and things you like to do either as an outing or on campus.

If you have any questions at all, please contact me.

Gail Stucker,

Director of Community Life Services



Maryknoll missionary looks back at vocation, life



Father Jerry Wickenhauser, MM, is shown with parishioners on his first foreign assignment.

Submitted photo

Credit must be given to the Ursuline Sisters of Marquette High School in Alton. They are responsible for my becoming a Maryknoll missionary priest. Sister Alice told me, "Jerry, you stay after school every afternoon this month; I want to brush-up your Latin." After a visiting missionary gave a talk to the whole school assembly, Sister Mildred told me to go talk to him "one on one." "What will I say?" I asked. Sister told me to pray to God first, that He would help me to think of something.

A few years later I told Msgr. James Suddes that I wanted



to become a priest. "Oh wonderful," he said. "If you are not smart enough to become a Jesuit, join the Maryknolls and work with the poorest of the poor."

I knew I was not smart and working for the poorest of the poor had a nice ring to it. I went home and told my dad that I wanted to work for the poorest of the poor. "You may as well," Dad said,

"because you don't do any work around here." Well, I at least mowed the grass!

During my years of living the life of a Maryknoll missionary I served people of the Philippines, in Borneo, and in the megacity of Sao Paulo, Brazil. I want you to know, these folks can teach us plenty about clinging to faith in God.

I am grateful for my many years in the priesthood and as a missionary. I learned from those I served and learned to put my trust in God the Father. Jesus taught me that anyone can become a saint and to do so requires being a grateful repentant sinner. God loves repentant sinners. After all, Heaven is full of them.

Father Jerry Wickenhauser, MM, is retired and resides in Godfrey.

EMPLOYEE SPOTLIGHT

Our employee spotlight for November is on Mary Springman. Mary is our Activity Assistant and has worked her about six months. She lives in Alton with her husband and her dog Bailey. She has one daughter.

Mary's sister, Peggy, and her niece also work for Asbury Village. (How fun is that?)

Mary is so much fun! She loves to do crafts and loves to teach our residents some of her crafting skills. She also calls Bingo for us once a week and we always have a great time.

Mary loves to read and it helps her to de-stress. Any chance she gets, she enjoys going to the beach and being around water.

Her favorite food is spaghetti and meat balls. Another tidbit about her...her favorite thing in her purse is her debit card!

If you see Mary in the halls, let her know how much we appreciate her or better yet, come to Bingo or crafts and get to know her.



A message from Jackie Havis, Chaplain



Chaplain Jackie begins The Give Thanks Project

Isn't it easy to find things to complain about? We find ourselves saying things like, "Well, it sure isn't how it used to be," or "Things are never going to get better!" The comment that I find myself running on my internal tape is, "Modern technology has sure separated us!"

All these internal messages carry the possibility of holding truth; however, in the kingdom of God, we profess to find new life in hope, love, and faith. So, what would happen to our souls if we changed our internal messaging? What if every time we caught ourselves being ungrateful, we asked our hearts to lead us to the flip side of our negativity and find the positive side of that same subject? What if every time we found ourselves lacking gratitude, we found the best way in which to GIVE THANKS? Wouldn't that be refreshing? For instance instead of me grumbling about modern technology separating us, I, instead gave God thanks for advancing our abilities to connect with friends that are miles apart.

During the month of November let's practice this! I will find ways to remind you of our GIVE THANKS PROJECT! So, be on the watch-out! Look for ways to give thanks! Give thanks for people, situations, discoveries, world affairs, national leaders, staff and residents at Asbury Village! Let's join together GIVING THANKS THIS NOVEMBER!!!

Love to all, Chaplain Jackie



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

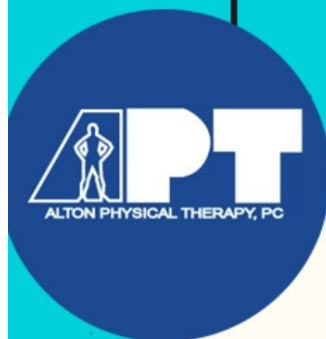
3:00 pm on Channel 900

Among many other things,
this form of exercise,

Maintains and increases joint
range of motion, decreases
joint pain and stiffness, im-
proves physical conditioning,
reduces stress and 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*



SAVE THE DATE

TUESDAY NOVEMBER 8TH

FALL/BALANCE SCREENS BY ALTON PHYSICAL THERAPY

**ADDITIONAL DETAILS AND TIMES WILL BE POSTED
CLOSER TO CLINIC DATE**