

FEBRUARY
2024

Village Voice



Welcome New Residents:

Jeannine Kasting, Wiseman Pollock 327

Ron Kurth, 5110 Albright





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



Happy February Everyone!

February makes me happy because we are one month closer to Spring! Yay! Also, February is full of things to celebrate.

First of all, it is Heart Health Month. To show our support, we will all wear RED on Friday, February 2. That is also Groundhog Day, and we will all be wishing for the best outcome.

Tuesday, February 13 is our day to celebrate Mardi Gras. This will be a big day. There will be a luncheon in the dining room beginning at 12:00 while we listen to the Don James Jazz Band. Bud Schulz will also be here to play along with them. They will play until 2:00 pm. There will be a photo booth and all kinds of glitzy hats, boas and glasses to dress up for picture time. Please sign up soon at the WP Reception desk,

We will be celebrating Valentine’s Day on the 15th this year. Join us for a French Café’ and Happy Hour in the Benjamin Godfrey Auditorium. The Asbury Village Choir will start us off with a few love songs that will be familiar to all.

On Wednesday, February 21, we will not only celebrate our February Birthdays, but we will also celebrate our newest residents with a Welcome Reception in the the Benjamin Godfrey Auditorium. Please plan to join us in welcoming our newest Villagers into the Asbury family.

Tuesday, February 20th is Hoody Hoo Day¹! On this day, we will pick a time, go outside, wave our arms, jump up and down if we want and yell, HOODY HOO!! You are probably wondering why you would do such a thing. Well, it is a National Day set aside to rejuvenate yourself after a long, cold, dreary winter. It’s a positive thought that Spring is on its way!

Please stop by the Asbury Gallery some time this month to view art in the form of photography brought to us by two local artists. I am sure you will find them very inspiring.

Asbury Village has several groups that meet on a regular basis, and they would like to extend an invitation to all residents to participate. I would like to tell you about a few.

BOOK CLUB—This group meets the last Thursday of each month at 11 am in the WP Living Room near the fireplace. Each month each member reads a book we have chosen together and requested from Hayner Library. We talk about the book and try to see the negative and the positive sides. Discussions are very interesting. Also, at the meeting, you get a new book to read for the next month.

PINS AND NEEDLES— This group has been previously known as the Sewing Circle. Since we do have a few that crochet or knit and others that do needlework of other kinds, we decided a name change was in order. Beginning in February, we will meet once a month on the last Monday at 10 am in WP 206. At this meeting, the members will take turns being the leader of the meeting. They will bring an item to teach everyone in the class to complete.

ASBURY VILLAGE CHOIR – The choir meets every Monday at 2:30 pm in the Chapel. Everyone is welcome. The only requirement is to enjoy singing. We have several songs that we enjoy singing but we also like to learn something new. We do enjoy our time together.

If you have questions about anything I have talked about, please feel free to contact me.

Gail Stucker, Director of Community Life Services.

New Bible Study Beginning Wednesday, January 31 1 pm
***Revealing the Mysteries of Heaven*, by David Jeremiah**
Wednesday 1 pm on 3rd Floor Hospitality Suite

We are beginning a new Bible Study on Wednesday, January 31st at 1 pm. It is entitled, *Revealing the Mysteries of Heaven*, by Dr. David Jeremiah. Dr. Jeremiah states, "The reality of heaven doesn't just help us die more peacefully, it helps us live more joyfully and productively." Interesting thought right? Join us on Wednesdays and let's learn together some foundational beliefs that can contribute to that peace, joy and productivity about which Dr. Jeremiah writes.



Ash Wednesday Service
February 14th at 10:30 am
All Are Welcome

On behalf of the Napp family, I would like to thank everyone who was so kind to us during Richard's illness and subsequent passing.

People checked on us wanting to know if they could help in any way, they sent cards of sympathy gifts of flowers and plants but most of all, they gave us the gift of their concern and friendship.

We thank you so much

Judy and family



Taste of
Asbury
Cooking
Class



Twice Baked Potatoes



In Memory,

Residents: Larry Hauck, Bruce Swanson,
Georgia Kelly and Rena Lanham





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 2493

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*



Intellectual



AED, FIRST AID & CPR TRAINING

by Red Cross certified
instructor, Meredith

***Class Costs:
\$25 - Education only -
unlimited availability***

***\$60 - Red Cross
certification (requires
completing CPR on the
ground) - Limited to 10
participants***

Wednesday, Feb 28th
1pm - 4pm -
Benjamin Godfrey
Auditorium

Training includes:

- Learn about Emergency Situation
- Basic Life Support
- AED use
- CPR
- First Aid

SIGN UP AT WP RECEPTION DESK



New Podiatrist

We have a new podiatrist - Dr. Basso. The podiatrist comes every other month and sees those who have completed registration paperwork. If you would like to see the podiatrist, please see Wiseman-Pollock desk for paperwork and sign up.

Traditional Medicare covers podiatry services every 62 days. If you have other insurance, please call PPG at 847-504-5000 to confirm cost

Don't forget to ask your medical providers, including specialists, podiatrists, therapists and counselors about any copayments you may be responsible for.



WHEN IN DOUBT... DON'T GO OUT

STAY AT HOME IF YOU HAVE COLD/FLU/COVID SYMPTOMS

GET TESTED

WEAR A MASK

REGARDLESS OF THE INFECTION; COLDS, FLU AND COVID ARE CONTAGIOUS AND COULD HARM OTHERS



WHAT IF ITS NOT JUST A COLD?

COVID AFFECTS EVERYONE DIFFERENTLY. MAYBE YOU WON'T GET SO SICK YOU NEED TO BE HOSPITALIZED BUT YOUR NEIGHBOR MAY.

KEEP IN MIND, BE KIND



STAY AWAY FROM OTHERS UNTIL YOU CAN BE TESTED



COLDS, RSV AND FLU CAN ALSO BE CONTAGIOUS AND CAUSE SERIOUS ILLNESS. PLEASE WEAR A MASK WHEN YOU EXPERIENCE SYMPTOMS.



Vaccine Clinic

Provided by Medicine Shoppe of Wood River

Covid boosters, Influenza, RSV and Shingles vaccines

**Thursday
February 9th**

10a-12n

Game Room

***Sign up at WP
Reception Desk***

Standard Medicare is now paying for shingles vaccine. If you have questions about your insurance coverage, call Medicine Shoppe at 618-259-0085

Open to
Employees



Health and Wellness Events for February- Heart Health Month!

**February 2nd: National Red Day!
Wear as much Red as you can!**

**February 2nd: Chef Dominic will host a
“Mediterranean” cooking class for you to sample
and enjoy!**

**Taste of Asbury Cooking Class on February 23rd
will feature a “heart healthy” recipe!**

**February 12th and February 26th at 2:30pm in WP
coffee area we will have blood pressure checks!**

**Weekly on Tuesdays in February we will be
sending out some heart-healthy recipes you can
enjoy on your own!**

**Check the TV channel for additional heart health
tips!**

**Join us to learn more about Heart Health and
living your healthiest and best lives!**



Physical



Health Services

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:

February 1 at 9:00 am
 February 29 at 9:00 am

Shopping Trips:

Thursday, Feb 1	CVS/Walgreens 10:30 am
Thursday, Feb 1	Walmart 1:30 pm
Tuesday, Feb 6	Dollar General 10:30
Tuesday, Feb 6	Aldi's 2:00 pm
Thursday, Feb 8	Dollar Tree 2:00 pm
Tuesday, Feb 13	Schnucks 10:30 am
Tuesday, Feb 20	Goodwill/Big Lots 10:00 am
Tuesday, Feb 20	Walmart 2:00 pm
Thursday, Feb 22	Dollar General 2:00 pm
Thursday, Feb 29	Schnucks 10:30 am

*Book Signing by
 Charlotte Stetson*



Resident Birthdays

James Schum	2/02
David Callis	2/03
Delores Cummings (Babe)	2/03
Anna Lee Hopkins	2/04
Joydell Hedger	2/07
David Allen	2/08
Barb Creasy	2/18
Darleen Gulovsen	2/18
Robert Parish	2/19
Deanna Schum	2-20
Joan Harrowood	2/24

Rita Wyatt	2/24
Iris Saaf	2/25
Judy Zumwalt	2/28
David Kingsbury	2/28

Staff Birthdays

Sophia Kimh	2/04
Jana Ferguson	2/04
Christine Hoover	2/05
Lindsey Hoehn	2/16
Molly Novack	2/20
Rick Taylor	2/29

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