

MAY
2024



Village Voice



Welcome New Residents:

Charles & Cheryl Bond, 5216 Albright

Donna Massey Wiseman Pollock 228

Loretta Fletcher, Wiseman Pollock 327

Dorothy Delgado, Weston Parkside 126

Ralpa Hausmann, Wiseman Pollock 327



Anita's Ad-libs

Dear Asbury Village Family,

As we bid farewell to April and embrace the blossoming beauty of May, it's time to welcome a fresh burst of inspiration and opportunities to connect and have fun together. Here's what's in store for you this month:

Mother's Day

As Mother's Day approaches, it's time to honor the incredible women who have shaped our lives with their love, wisdom, and unwavering support. We look forward to honoring all of the women of Asbury Village with a **special luncheon planned in your honor on May 10th at noon**. We do hope that you'll join us, and we do appreciate **you *rsvp* by May 6th**. Wishing all mothers, grandmothers, and maternal figures a day filled with love, laughter, and cherished moments. **Happy Mother's Day!**

Neighbor to Neighbor

Please check out our plans to get to know and welcome new neighbors! We've planned two events for May that include the **Resident Council New Resident Ice Cream Social** on May 15 at 1:30 pm.. **This event is for ALL residents**. Our last social was enjoyed by all!

The second **Neighbor to Neighbor gathering is on May 29th at 11:00 am**. We have new plans to get to know your neighbor in a new way. *Don't think twice...plan to attend both events!*

Memorial Day Parade

As we gather to pay tribute to those who made the ultimate sacrifice, we extend a special recognition and gratitude to our resident veterans for your service and sacrifice. May we never forget the profound debt of gratitude we owe to our residents and to all those who have served. Today, and every day, we honor your courage, remember your sacrifices, and express our heartfelt appreciation for your service to our nation. We are excited to participate in the annual Alton Memorial Day Parade on May 27th, which is the longest running parade. We gather in the Wiseman Pollock lobby at 8:45 am and return to the village by 11:30 am. Our Veterans have participated for the past three years. **All Villagers are welcome to ride the bus** or van as usually we have all three vehicles in the parade. We have confirmed that we're in the beginning of the parade again, so it really makes our portion go quickly! There is no need to get off the bus or van from the time that we leave the lobby to the time that we return. As usual, we'll have breakfast sandwiches and water available on the bus. **Please sign up at the Wiseman Pollock reception desk to reserve your seat**. *Don't forget to wear your patriotic clothes.*



National Nurses Week

National Nurses Week will be celebrated during the week of May 6th. **I'd like to recognize and thank Shannon Dey, RN, Health Services and Weston Assisted Living Director, and Nicole Reed, LPN, Health and Wellness Navigator.** They both truly make a difference, honoring their varying nursing roles as well as the positive impact they have on everyone's lives. Together, they have navigated countless resident and employee needs and are nurse mentors, inspirational leaders, and **we're truly blessed to have them care for Asbury Village! Happy National Nursing Week!**

Ribbon Cutting and Dedication

We're thrilled to officially celebrate the completion of our Solar Project with a ribbon cutting and dedication of three important donor projects. We're planning a special celebration and ribbon cutting ceremony on May 17th at 1:30 pm. Plans are underway to provide official dedication for the generosity of three donors for three projects - our solar field, the Wiseman Pollock Interior Renovation, and the Wiseman Pollock Gazebo flowers.

On this same date, we will be unveiling a new program at Asbury Village. Be the first to learn about an exciting new opportunity that will shape the future of Asbury Village. Join us as we unveil our plans for growth and community enrichment!

The invitation for this event will be sent out shortly, but we wanted to ensure you mark your calendars for this momentous event. Save the date, May 17th, at 1:30 pm and join us as we celebrate progress, generosity, and the promise of a brighter tomorrow!

We look forward to sharing this special occasion with you!



May this month bring you joy in all aspects of your life. Together, let's make May a month to remember!

With heartfelt appreciation,

Anita

Your Council Members

Martha Darr (President)	618 830-7174	Bob Parish	618 535-6781
Gary Buck (V.President)	618 407-2123	Arnie Saaf	618 219-5773
Marcia Callis (Secretary)	618 520-4936	Carol Sawyer	618 792-1094
Mary Ann Forcade	618 920-3361	Mary Pat Thomas	618 823-7766
Bonnie Fox	618 917-4978	Jeanne Vowels	760 213-0004

If you have questions or concerns please contact one of the above council members and it will be discussed at our next meeting.

Asbury Village Board Members

<i>Donna Bemis</i>	<i>Zeke Jabusch</i>	<i>Rev. William Pyatt</i>
<i>Andy Bowen</i>	<i>Paul J. Jun</i>	<i>Mary Reilly</i>
<i>James Herndon</i>	<i>John Keller</i>	<i>Stephen Schwartz</i>
<i>Jack Hoelscher</i>	<i>Jeff Lauritzen</i>	<i>Rev. Kim Stuby</i>
	<i>Mike McCormick</i>	<i>Karen Wilson</i>

Dining Room Committee

Sharon Hogan - Chairman
Kay Fitzpatrick
Anita Forbes
Betty Light
Nancy Price

Martha Darr - Council Representative

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

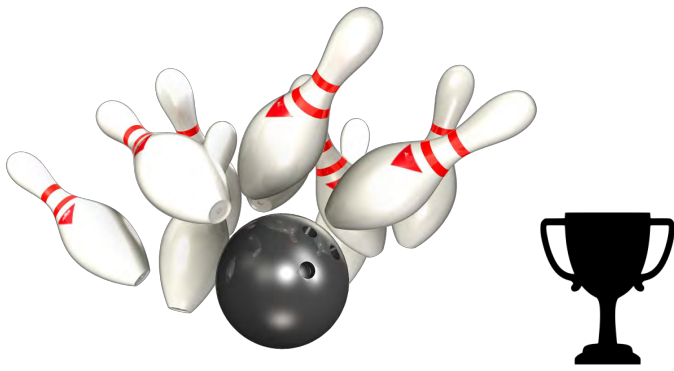
Kay Agard
Linda Rainey
Jeanne Vowels
Cecil Edwards

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

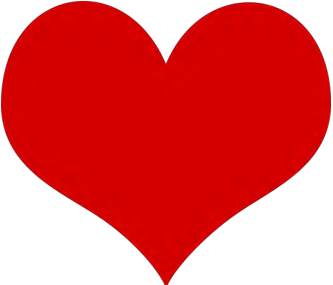
<u>Wiseman-Pollock</u>	<u>McKendree</u>	<u>Villas</u>	<u>Homes</u>
Nancy Dorris	Linda Rainey	Shirley Bachman	Ruth Scanlon &
Jerry & Etta Jane Leonard	Martha Darr	Elaine Wardein	Larry Peiman
JoAnn Phelps	Lorene Flowers	Rose Roggow	<u>Back up Ambassador</u>
		Arnie Saaf	Darlene Gulovsen



**Congratulations Lorene !
She has won 100 300-games at Wii
Bowling**



Heartsong





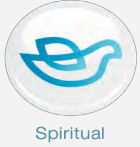
SOLAR ECLIPSE



SOLAR ECLIPSE







A message from Jackie Havis, Chaplain

Father Jerry's Celebration of Life Service

On May 14th at 3 pm Father Steve from St. Ambrose in Godfrey will be leading the Celebration of Life Mass at Asbury Village in our Chapel, honoring Father Jerry. Some of Father Jerry's family will join us in celebration as well. We plan to have pictures that all can view, reflecting Father Jerry's active and vibrant life. Asbury Village has purchased a Missionary's Cross to hang in our Chapel in honor of Father Jerry. Immediately following the Service, light desserts will be served in the Coffee Room at Wiseman Pollock. Join us—All Are Welcome as we remember within this Community the love and faithfulness of Father Jerry.

(Rosary will still be at 2:30 pm that day.)



In Memory,

**Helen Manns, Frank Vererka, Emily Wigger and Judy Zumwalt,
all residents.**

**Rick Springman, husband of employee Mary and Larry
Wiegand, brother of employee Cathy Wiegand.**



Kindness Project

“Let each of us look out not only for our own interests, but also the interest of others.”

—Philippians 2:4



Beginning May 1st, we will together, remember our Kindness Project that we celebrated a couple of years ago. I will begin bringing the need for Kindness to a heightened awareness. When we realize how important Kindness is to our relationships, we all of a sudden grow in gratitude and grace! As we read in the New Testament, especially, God's people are encouraged to grow the fruit of kindness. Galatians considers kindness as one of the fruits of the Spirit. Paul's letters often refer to practicing kindness toward each other. The Apostle Paul's message is consistent with the Gospels as Jesus set the example of looking into the eyes of his beloved community and offering a kind spirit.

So what does this "Kindness Project," mean for each of you? In May, we will center our Chapel Services around messages of kindness. As we share in devotions and Bible Study, I will focus upon the kind spirit we are called to share. I will wear "Kindness" T-Shirts to remind us! I will provide "Kindness" notes for each of you to give to your friends at Asbury. The notes will be a gift for you to share-they are free! Don't be surprised if some of your crafts and games focus upon Kindness. Outside of the Chapel, I hope to add "Kindness" artwork! I want each of you to join me in this celebration. Look for ways to be kind to each other! Speak kind words! Share kind gestures! Practice Acts of Kindness! Maya Angelou says, "People will forget what you said. People will forget what you did. But people will never forget how you made them feel."

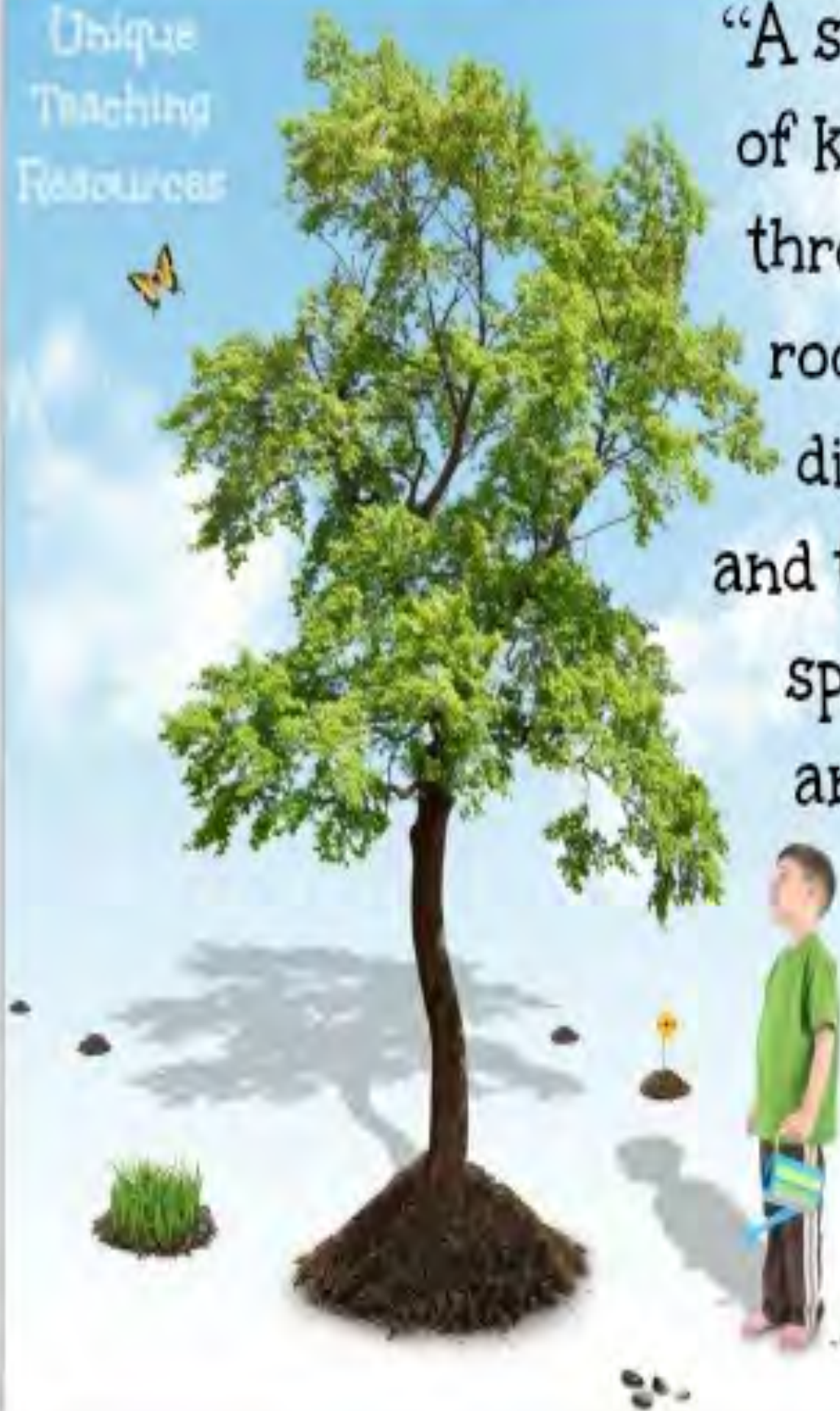
So, put your thinking caps on! Let's surprise ourselves at the ways we will express kindness, love, compassion and gratitude! "Lord, in your mercy, hear our prayers. In the name of the Father, the Son, and the Holy Spirit."

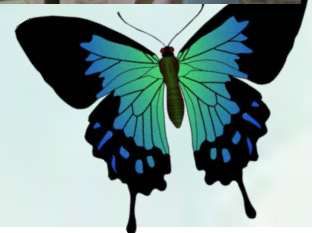
Pastor Jackie

Unique
Teaching
Resources

“A single act
of kindness
throws out
roots in all
directions,
and the roots
spring up
and make
new
trees.”

~ Amelia
Earhart







BALLOON
TENNIS







Physical

“Lifestyle and Wellness Program”

Physical Wellness



Physical



SIT 2 FIT

EXERCISE CLASSES

Monday, Wednesday and Friday

11:15 a.m.

Benjamin Godfrey Auditorium

Led by

Senior Services Plus



GET FIT

EXERCISE CLASSES

Tuesday and Thursday

11:15 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 2493

Monday—Saturday mornings

at 10:00 a.m.

If you have any questions,

please call Gail in

Community Life Services.

Village Fitness Center

OPEN



A Walk In the Park

SSP Transportation Program

SSP's Transportation Program provides rides to Madison County residents! We can assist you in getting to doctor's appointments, the grocery store, events at SSP, and more.

There is no cost for transportation, but donations are accepted. Please call **618-465** **-3298 ext. 107** for



We have had an increase in the number of online scams reported in our area. Please be aware that scammers are out there and take precautions to protect yourself

How to Avoid Online Scams

1. If something seems too good to be true, it probably is.



2. Only visit reputable sites and avoid clicking on ads or suspicious links.



3. Verify contact information, such as phone numbers and email addresses



4. Check with the source before providing any personal details.



5. Be very protective when it comes to guarding your personal information.



6. Always keep your devices updated and use anti-virus software.



7. Use a VPN and avoid using public Wi-Fi when possible.



8. When in doubt, don't click and close out.



*Updates from Shannon Dey, R.N.
Weston Assisted Living Director*



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





**OPENING DAY
GO CARDINALS!**







WESTON BOWLING





It's that time of the year

**During inclement weather please
be prepared for power outages**

**Keep a flashlight close by and your cell
phone charged. If you need assistance
during an outage, please call emergency
number 618-791-8752**

**If you use oxygen, get your portable tank
ready**

**If you use an electric scooter, get it charged
up**

**If you use an electric recliner or bed, keep it
in a position you can get in and out of easily
of the power goes out**

From the desk of Nicole Reed, LPN Health & Wellness Navigator

May is here! May is Mental Health Awareness Month. It's normal to need mental health support at times. Even people with good mental health can suffer setbacks and need emotional support at times. It's human nature to have emotional ups and downs, and it's healthy to respond to the downs by talking them through with someone who can listen, sympathize, and offer helpful support. Some people consider admitting to and seeking help for mental health issues as a sign of weakness. Please don't, it's not. It's estimated that one in every five adults will experience a diagnosable mental health issue. Those can range from unhealthy levels of stress and anxiety to depression and grief.

What kinds of mental health support are available? Social support, reaching out to your network of friends and family- is an important element in maintaining good mental health. Counseling is speaking to a trained mental health professional to collaboratively work through a problem. We have a in house counselor through Live Well that will come to your apartment! If none of the above works for you, you can consider having a hobby. Hobbies can take you out of your everyday routine. It can allow you to spend time on activities you yourself enjoy and are passionate about.

If you are interested in speaking to our counselor, reach out to Nicole for more information. This is all confidentially done in the comfort of your apartment. Keep an eye out for the Health and Wellness Flyer and check the activity calendar for dates!

Let's Stay Healthy!

Nicole

Health & Wellness Events

May

Mental Health Month

WE CAN DO
HARD THINGS

HEALTH IS
WEALTH

LOVE LIFE

FEEL THE MOMENTS



Social

WEEKLY WALKS CONTINUE THIS MONTH- THURSDAYS AT 9AM

"FOCUS ON KINDNESS"

CHAPEL & BIBLE STUDY WILL HAVE AN EMPHASIS ON BEING KIND.

CRAFTS WILL REFLECT ON KINDNESS.

NO REGRETS

JOIN US THIS MONTH PARTICIPATING AND SHARING ACTS OF KINDNESS!

WE HAVE PLANNED A TRIP TO THE SCIENCE CENTER ON
MAY 15TH, SIGN UP AT THE FRONT DESK

IN A WORLD
WHERE YOU
CAN BE
ANYTHING,
BE KIND.

MAY 22ND WE WILL BE HAVING A CARD PARTY!
PORTION OF THE PROCEEDS WILL BE DONATED TO THE COMMUNITY HOPE CENTER

WE WILL ALSO HAVE THERAPY HORSES ON THE 25TH!

MAY 29TH WE WILL HAVE A NEIGHBOR-TO-NEIGHBOR GATHERING!
COME SOCIALIZE, GET TO KNOW YOUR NEIGHBORS AND MEET SOME NEW FACES!



Spiritual

MAY 30TH- WILL BE A TOUR OF WILLOUGHBY FARMS! SIGN UP!

BE ACTIVE & CONNECT WITH OTHERS THIS MONTH!



Emotional

THE MORE WE TALK, THE
MORE WE UNDERSTAND

YOU GOT THIS

WHEN YOU THINK POSITIVE,
GOOD THINGS HAPPEN

STAY POSITIVE AND
HAPPY

BE KIND TO YOUR MIND

NEVER UNDERESTIMATE THE
INVESTMENT YOU MAKE IN
YOURSELF.

SELF AWARENESS

Asbury

VILLAGE

Vibrant Senior Living

5201 Asbury Ave., Godfrey, IL 62035

Phone: 618.466.8662



We're on the Web!
www.asburyvillagegodfrey.com

Shopping Trips:

- | | |
|-----------------|------------------------------|
| Tuesday, May 7 | Dollar Tree 10:30 |
| Tuesday, May 7 | CVS/Walgreens/Bank Run 1:30 |
| Thursday, May 9 | Schnucks 2:00 |
| Tuesday, May 14 | Walmart 10:30 |
| Tuesday, May 14 | Dollar General 2:00 |
| Tuesday, May 21 | CVS/Walgreens/BankRun 10:30 |
| Tuesday, May 21 | Aldis 2:00 |
| Friday, May 24 | Your Choice/Alton area 10:30 |



Resident Birthdays

Gary Buck	5/01	<i>Birdie Bockstruck</i>	5/27
Glenn Thomas	5/03	Mary Henley	5/31
Dee Copley	5/04		
Rita Gwyn	5/05	<u>Staff Birthdays</u>	
Dick Knudsen	5/08	Ken Dierks	5/05
Marian Wiegand	5/10	Dominic Gramaglia	5/15
Lorene Flowers	5/15	Diane Funk	5/19
Helen Stairwalt	5/15	Louis Colone	5/23
David Chiolero	5/15	Kathryn Smith	5/24
Nancy McDow	5/16	Shannon Dey	5/26
Martha Flanary	5/18	Danielle Gillean	5/26
Ellen Ledesma	5/21	Kailey McAfee	5/28

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