

JUNE
2024

Village Voice

HAPPY
*Father's
Day!*



Welcome New Residents:

Lois Adler, Weston Woodlands 142

Sue Bosoluke, McKendree 209

Lois Copeland, 4701 Otterbein

Doris Cress, Weston Meadows 115

Joan Edwards, Weston Gardenview 103

Bob & Alice Reinecke, 5416 Epworth

Phillip Walker, Weston Woodlands 141

David York, Wiseman Pollock 333

Anita's Ad-libs

Dear Asbury Village Family,

Welcome to the June edition of our newsletter! With summer in full swing, there is a palpable sense of excitement and renewal in the air. The longer days and warmer weather provide us with wonderful opportunities to engage in outdoor activities, enjoy nature, and spend quality time together.

First, I want to take a moment to reflect on the incredible journey we have all been on over the past few months. Our community has shown togetherness, and I am continually inspired by the strength and positivity of our residents and staff. Whether it's participating in our various activities, lending a helping hand, or simply sharing a smile, each of you contributes in your own special way.

I'd like to thank our entire Asbury Village Family for gathering for our celebration and recognition of the completion of our solar project, dedication of the generosity of our donors, the debut of our Asbury Village Video, and finally, the unveiling of our Forever Family Fund. Our hearts were full of happiness and joy as we celebrated together. *We look forward to a brighter tomorrow as our Forever Family Fund continues to grow.*

June marks the beginning of summer, a season synonymous with growth and new beginnings. This month, we have planned a variety of events and activities designed to celebrate this vibrant time of year. From our Father's Day Celebration planned for June 12th and the Summer Solstice Celebration planned for June 20th, there are plenty of opportunities to enjoy the sunshine and create lasting memories.

I've scheduled Ask Anita for June 11th at 10:00 am in the chapel and for June 20th at 10:30 am for Weston. This will give me an opportunity to provide updates and answer any of your questions, as well. In addition, the Directors will be present to provide updates on their departments. *Looking forward to our gathering.*

I'd like to thank our Safety Team for coordinating a fun afternoon of games and competitions. Our Safety Games are planned for June 19th at 2:00 pm. Looking forward to residents and staff competing together. *Hmmm....I'm on the hunt for teammates!!!* 🤔

Our weekly activities also continue to provide a diverse range of options for everyone. Whether you're interested in exercise, crafts, cards and games, movies, book clubs, cooking classes, choir or social hours, there's something for everyone to enjoy. I encourage each of you to take part in these activities, meet new friends, and make the most of what our community has to offer.

As we spend more time outdoors, it's important to remember to take care of ourselves. Staying hydrated and protecting ourselves from the sun are essential. Our team is always here to provide support and ensure that everyone has what they need to stay healthy and comfortable. We'll be missing Nicole Reed as she begins her maternity leave. They remain close to our hearts and prayers. Please be assured that your health and wellness needs will be met while Nicole is away. Shannon Dey, Weston Director and Health Services Director will be coordinating and supporting your needs while away. Others will be supporting her as well. Thank you, Shannon.

Our commitment to providing a safe, enriching, and supportive environment remains steadfast. We are continuously exploring new ways to enhance the quality of life for our residents and ensure that everyone feels valued and respected.

As many of you know, LifeCare Services is our management company. I will be attending an LCS Business Unit Meeting in Des Moines, Iowa. I'll be leaving on Monday, June 24th and driving to the conference and I'll be driving back on Thursday, June 27th in the evening. I'll be sure to share the latest and greatest learned at the conference.

Finally, I'd like to recognize our Asbury Village Nursing Assistants as we celebrate National Nursing Assistants Week this June. **I want to extend my heartfelt appreciation to our dedicated nursing assistants at Asbury Village – Weston Assisted Living.** Your unwavering commitment, compassion, and tireless efforts are the backbone of our community. Each day, you provide exceptional care, comfort, and support to our residents, enhancing their quality of life in countless ways. Your kindness, patience, and professionalism do not go unnoticed, and we are incredibly grateful for everything you do. Thank you for your hard work and for making Asbury Village a place where our residents feel truly cared for and valued.

Here's to a wonderful June filled with joy, laughter, and memorable moments.

Happy Father's Day to all our Asbury Fathers! We look forward to celebrating you and all the love, wisdom, and support you bring into our lives. Thank you for being incredible fathers and wonderful role models. **Enjoy your special day!**



Warmest regards,

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

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

Dear Residents,

Welcome to the month of June. With it comes the beautiful flowers in bloom, the wonderful weather and the good feeling that being able to enjoy the outdoors gives us.

June is also the month for weddings. How many ladies were June brides?. We would like to take the month of June to honor all brides no matter what month you were married in the Asbury Village Gallery.

If you have a photo of your wedding day that you would like to share, we would love to display it for the month of June. Please bring your photo to the WP Reception Desk or bring it to my office, Remember to attach a note with your name so that I will be able to return it to the right person. Grooms, we will welcome your photos also.

Please help the Gallery Committee make this a successful showing of our beautiful Asbury brides on their special day.

Gail Stucker

Director of Community Life Services







*Congratulations,
Graduates!*





LUNCH OUT





Cinco de Mayo Celebration





A message from Jackie Havis, Chaplain

Update Concerning the Missals for Catholic Services:

The Daily Readings for the next liturgical season within the Catholic Church will be found in the new, "Today's Missal." These Missals are stored in the closet in our Chapel. This current Missal will be used for the Communion Services lead by the Deacons, and the Mass lead by Father Steve, all from St. Ambrose Catholic Church. Thank you all for the beautiful ways in which we are all working together, Protestants and Catholics, to build the kingdom of God in our "little corner of the world." ---Chaplain Jackie

Our Next Bible Study Begins June 5th – 1 pm

Our next Bible Study will be held in the Benjamin Godfrey Room on the first floor. This enables us to access the large screen television for our next Study. We are working on securing Season 4 of "The Chosen." I will update information as I receive it. All are welcome to our Bible Studies. We have a wonderful time growing in our faith as we engage in lively conversations! ---Chaplain Jackie

Hymn Sing!

*It's time for another hymn sing! When we have 5 Sundays in a month, it gives us an extra opportunity to sing more songs than usual! **June 30th at 6 pm**, Activity Director, Gail Stucker and Gail's daughter, Mitzi Fuguitt will lead the hymn sing this month. Be thinking of some songs you might request. It's always fun to sing our favorites, bring back memories of "the good ole' days!"*











Horses







Happy Mother's Day!





HORSERACING!





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



Alzheimer's Disease



Amyloid plaques build up and interrupt normal cell function by blocking neurons

In 2017, **16.1 million Americans** provided over 18 billion hours of unpaid care for people with Alzheimer's or other dementias



Risk Factors



Age



Family History

1 in 3 seniors dies with Alzheimers or another dementia



More than

5

million Americans are living with Alzheimer's



Alzheimer's Disease is the **6th leading cause of death** in the U.S



Every 65 seconds, someone in the U.S develops Alzheimer's

Symptoms of Alzheimer's

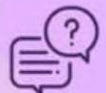
Early Stage: **Small signs** such as forgetfulness



Middle Stage: **Issues with confusion** and difficulty with decisions



Late Stage: **Problematic issues with communication** and daily activities



Reduce Your Risk



Mental Stimulation

Socialization



Nutrition

Regular Checkups



Physical Activity

BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses



EAT LIGHT

Avoid hot foods and heavy meals



STAY SAFE

Never leave infants, pets or children in parked cars



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



COOL DOWN

Take a cool shower or bath

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



JUNE IS NATIONAL SAFETY MONTH

**THE SAFETY COMMITTEE IS SPONSORING "SAFETY
GAMES" ON JUNE 19TH FROM 2P-3P**

**THIS IS A TEAM COMPETITION. RESIDENTS AND EMPLOYEES
ARE ENCOURAGED TO TEAM UP. UP TO FOUR PLAYERS PER
TEAM. ONLY 1 EMPLOYEE PER RESIDENT MAY BE ON THE TEAM.**

SIGN UP YOUR TEAM AT WP OR WESTON RECEPTION DESK.

**GAMES INCLUDE: SLIP&FALL FIND THEM ALL, FIRE
EXTINGUISHER RELAY, HAZARD HUNT AND SAFETY
OBSTACLE COURSE**

**AN "AWARDS" CEREMONY WILL BE HELD ON THE DINING
ROOM PATIO AT 3P. POPSICLES & PRIZES!!**







Health & Wellness Events

June- Summer Safety



This month the Safety Committee is sponsoring “safety games” on Wednesday June 19th from 2pm-3pm.

It is a team competition.

Residents and staff.

There will be games, popsicles and prizes!



Environmental

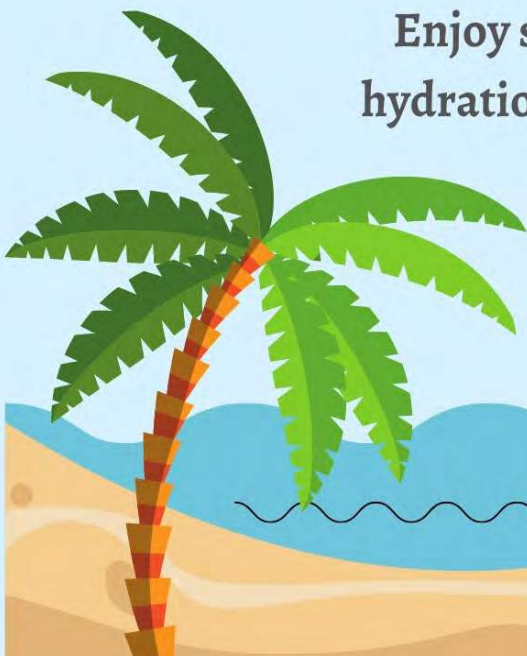


Physical

Ice Cream Social

Wednesday, June 26th WP lobby

Enjoy some physical exercise, hydration, socialization and fun!



Social





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

June is here and so is the warm weather which means dehydration can occur more quickly. Avoiding dehydration is crucial for your health. After all, water plays many roles in the body, from lubricating joints and processing nutrients to regulating body temperature. What are the signs you may be dehydrated? Headaches, fatigue, vomiting and a flushed complexion are some signs that you may be dehydrated. Dehydration may also make you feel irritable and zap your energy. Take a quick peek at the color of your urine when you use the restroom. Our urine should be a clear or straw color, like a light yellow as opposed to a dark yellow or brown.

Who is at risk of dehydration? Dehydration can affect anybody, no matter how old- or young. Our sense of thirst becomes less with age, and some may not even realize that they haven't had enough to drink for the day. There are some medical conditions, like undiagnosed diabetes and medications such as diuretics and some blood pressure medications that may contribute to dehydration. Staying properly hydrated will not only help you avoid those negative side effects, but will likely help you feel better overall, by improving your mood, brain function and preventing fatigue.

Below is a list of strategies for preventing dehydration. 1. Respond to thirst when the feeling strikes. Keep a bottle of water nearby and take a swig whenever thirst strikes. 2. Assess your mouth for dehydration symptoms. If your mouth is dry, you know you're running low on water. 3. Drink more water when you're sick or in hot weather. If you have vomiting or diarrhea you are at risk of becoming dehydrated. 4. Think beyond water to help with dehydration. When it comes to dehydration all liquids count, such as tea, water, and juices. Just remember that sweetened juices and teas will never beat out plain water. 5. Increase your diet with fruits and vegetables with high water content, such as cantaloupe, strawberries, and watermelon. 6. Drink a glass of water when you first wake up. After spending 8 hours in bed not drinking anything, its easy to wake up in a dehydrated state.

During this summer, remember to increase your fluid intake and stay hydrated!

Stay Healthy!

Nicole

Spring Crafts





Special Birthdays



Asbury VILLAGE

Vibrant Senior Living

5201 Asbury Ave., Godfrey, IL 62035

Phone: 618.466.8662



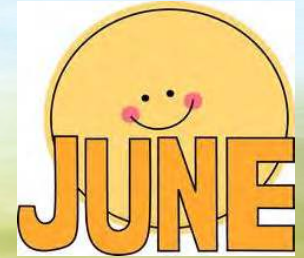
We're on the Web!
www.asburyvillagegodfrey.com

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



JUNE BIRTHDAYS



Resident Birthdays

Shirley Pohlman	6/02	Bonnie Tyler	6/25
June Elliott	6/04	Rich Wickenhauser	6/25
Marilyn Schoenbaum	6/04	Roy Hulse	6/26
Buzzy McDermott	6/04	Carol Sawyer	6/30
Margaret Klunk	6/10		
Merna Buhs	6/11	<u>Staff Birthdays</u>	
June Sproull	6/12	Michael Collman	6/08
Pat Shultis	6/12	Matt Sackmann	6/14
Mary Ann Barnard	6/15	David Reese	6/17
Bob Diaz	6/22	Adriane Croxton	6/24

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