

JULY  
2024

# Village Voice

HAPPY  
4th OF  
July



## *Welcome New Residents:*

James & Janet Francis, McKendree 300

Bob & Irene Gulovsen, 5106 Albright

Ann Huebner, 4707 Otterbein

Mary Jo Jacobs, McKendree 202

Charlotte Jordan, Wiseman Pollock 104

Sharon Manns 5418 Epworth

JoAnn Piaentine Weston 141

Carole Springer Wiseman Pollock 305

James Turney & Mary Beth Wuellner,  
Wiseman Pollock 242

## *Anita's Ad-libs*

*Dear Asbury Village Family,*

*I hope this message finds you well and enjoying the vibrant days of July!*

*I'd like to thank those that participated in our June "Ask Anita". I hope that you found the meeting informative and enjoyed the updates from our Leadership Team. During and following the meeting, I received questions regarding our Fire Safety response when there is a fire alarm. Please know that our Fire and Safety plans are located in your resident handbook. However, during "Ask Anita" in July, we plan to use this meeting as an overview of our Fire Safety plan. This meeting will be held on July 30<sup>th</sup> at 1:00 pm in the chapel. I do hope that this will be informative and helpful. I will also use this time to provide you with exciting updates regarding our Forever Family Fund. Thank you for your generosity.*

*While I'm on the subject of safety. I'd like to thank our Asbury Employee Safety Team for coordinating a fun afternoon in June of safety games for resident and employee teams. A popsicle and award ceremony followed. Enjoy the photos in the newsletter!*

*As we move deeper into summer, I'm hoping that you've noticed the beautiful gardens growing. I'm in awe of the talented resident gardeners...many green thumbs!!! If you haven't seen them, I'd suggest taking a walk and seeing the gardens. Many residents have been spending time with flowers and flower beds outside of their apartments. As I write this, I'm hoping that we can have some photos of these areas taken for this newsletter. Thank you for your TLC.*

*Special thanks to our resident Barb Fallon for coordinating a wonderful afternoon for everyone on Friday, June 21<sup>st</sup>. We enjoyed the musical talent of the Glendale Riders band. The music and happy hour were great fun! Wow! We heard that they may return in the fall. Barb, thanks for bringing such fun and talent to us through your family!*

*How exciting....The walking pathway project has begun. The excavation is underway! No doubt the lack of rain has helped expedite the pathway repair. We'll keep you posted on the completion date.*

*The bride and groom photos in the gallery are gorgeous! It's not too late to add your photos. Please drop them off at the Wiseman Pollock reception desk and we'll be sure to have them beautifully included in the gallery.*

*We are committed to continually improving our services and amenities. Your feedback is crucial in helping us achieve this. Please do not hesitate to share your thoughts and suggestions. Please use the Ask Anita suggestion box or please come see me. It is difficult to always implement ideas quickly as a few of your suggestions take a robust capital budget. I've added some of your ideas to our strategic planning process. Together, we can make our community an even better place to live!*

*We hope you enjoy the vibrant activities and warm community spirit that July brings. Thank you for being part of our Asbury Village family. Let's make this summer one to remember!*

*Warm regards,  
Anita*







*Your Council Members*

Mary Ann Forcade (President)	618 830-7174	Valerie Pelot	618 433-1522
Bonnie Fox (V.President)	618 917-4978	Ollie Reszler	314 285-5078
Marcia Callis (Secretary)	618 520-4936	Arnie Saaf	618 219-5773
Charla Canale	618 796-8537	Carol Sawyer	618 792-1094
Nancy Dorris	618 444-6004	Elaine Wardein	618 466-6610
Jerry Leonard	618 830-5403	Rita Wyatt	618 463-1619
Bob Parish	618 535-6781		

**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*

**Betty Light - Chairman**  
**Kay Fitzpatrick**  
**Anita Forbes**  
**Mary Henley**  
**Rose Roggow**

**Mary Ann Forcade - 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**  
**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,**

*Dear Residents,*

*I hope your summer is going well. We have some great activities planned for July that I hope you will enjoy.*

*We will begin with trips to see the fireworks. Check the calendar if you would like to sign up.*

*Please join us for a Watermelon Feast on the 18th and a pool tournament on the 31st.*

*Since the Olympic Games in Paris will begin at the end of the month, we will hold our own Olympics on the 30th. Be sure to sign up to compete for your medal. (Our competition is not nearly as difficult as the real thing.)*

*We will be having several music performances in the Chapel. These are very talented musicians and singer. Plan to attend and enjoy.*

*Friday, July 12—IGNITE*

*Friday, July 19—Joe Whiteside*

*Wednesday, July 24—Rekha Dravina*

*Thursday, July 25—Time Price and Acoustic Gospel Group*

*Gail Stucker*

*Director of Community Life Services*

### ***In Memory,***

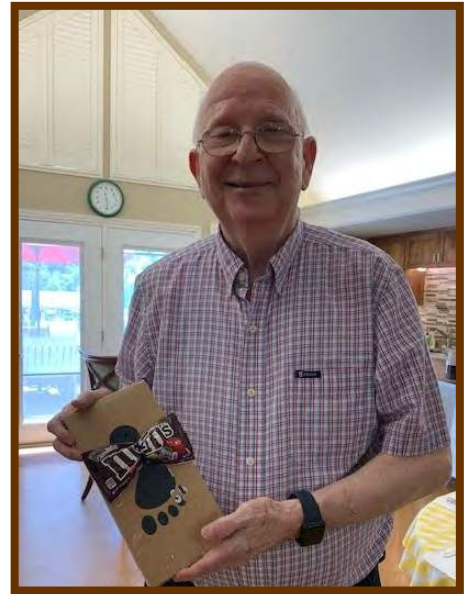
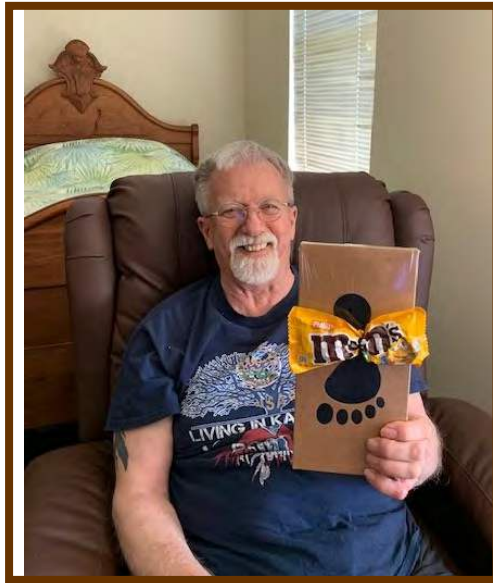
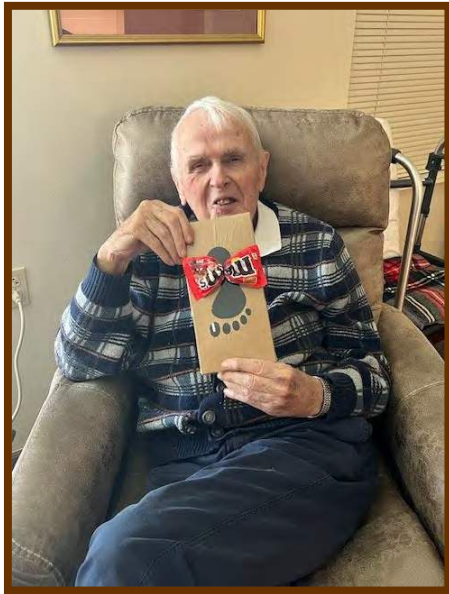
**Residents, Clarence Kanturek and Laura Creech.**

**Former residents, Mary Jane McDaniels and Pearl Green**









Happy Father's Day!







HAPPY  
HOUR  
With the  
Glendale  
Riders







# SAFETY GAMES























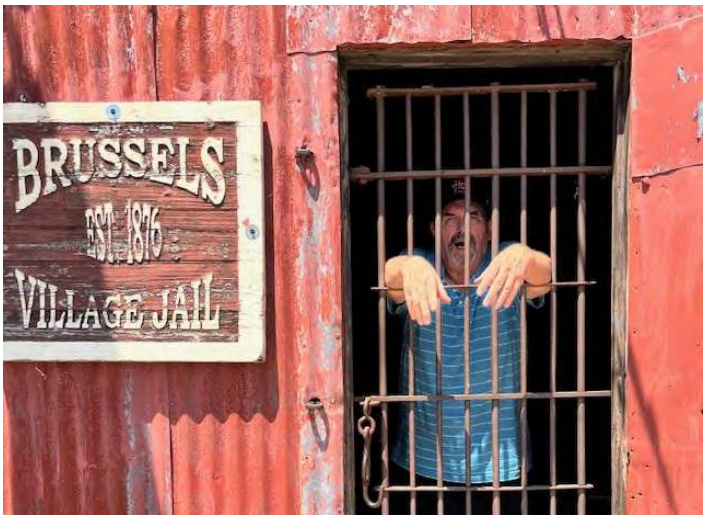


*Heartfelt  
Connection*





# Weston Lunch Out











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**









# Vaccine Clinic

Provided by Medicine Shoppe of Wood River

## Covid boosters, Influenza, and RSV vaccines

**Thursday  
July 18th  
10a-11a**

**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

### Importance of                      **HYDRATION**

SYMPTOMS OF DEHYDRATION:

- THIRST
- DIZZINESS
- CONFUSION
- FATIGUE
- DRY SKIN/MOUTH
- LESS-FREQUENT URINATION
- INCREASED HEART RATE

*Tips to hydrate*

- DRINK AT LEAST 64 OUNCES OF FLUID PER DAY
- MINIMIZE THE CAFFEINE
- AVOID ALCOHOL AND SUGARY BEVERAGES
- WHETHER YOU ARE THIRSTY OR NOT, DRINK WATER BEFORE, DURING AND AFTER EXERCISING



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



**While Nicole is home caring for her precious baby, Shannon is available to assist with your Health & Wellness needs.**

**We are pleased to announce that Thomas Maroon is the new Co-Chair of our Safety Committee!**















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

July is here, which means it's time to focus on our preventative health care! Have you had your yearly Medicare Wellness Exam, or have your skin checked? If not, this is a great time to get it scheduled. Medicare covers a full range of Preventative Services to keep you healthy and find problems early, when treatment is most effective. Preventive services are important for everyone, especially older adults. As you age your risk for health problems increases. What are the appropriate preventative services for you? It depends on your age, medical history, and family history, they include screening, vaccinations, and health advice. Your annual wellness exam will cover your height, weight, body mass index (BMI) and blood pressure. Your doctor will also speak to you about your medications, activity level and eating habits. They will review your vaccination status, have you gotten your yearly flu vaccination, have you received your pneumonia vaccines? Are you up to date with your mammogram? Have you been screened for colorectal cancer? Have you had your cholesterol level checked? Are you diabetic? If so, have you had your yearly diabetic foot exam and diabetic eye exam? If you're a woman, are you up to date on your bone density test to see if you are at risk for fractures?

There are several more preventative services available, please be sure to schedule your annual wellness exam with your medical provider if you haven't already!

It is better to prepare and prevent that it is to repair and repent.

Let's stay healthy!

Nicole



# Stay Safe in the Summer Heat

As temperatures rise this summer, it's essential to take precautions to protect yourself and your loved ones from heat-related illnesses.

Here are some key tips to stay safe:

- **Stay Hydrated:** Drink plenty of water throughout the day. Avoid sugary, caffeinated, or alcoholic beverages, as they can dehydrate you.
- **Seek Shade and Cool Environments:** Stay indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m. If you must be outside, take frequent breaks in the shade or air-conditioned places.
- **Wear Appropriate Clothing:** Light-colored, loose-fitting clothing helps keep your body cool. Don't forget to wear a wide-brimmed hat and sunglasses.
- **Use Sunscreen:** Apply a broad-spectrum sunscreen with an SPF of at least 30 to protect your skin from harmful UV rays. Reapply every two hours, or more often if you're sweating or swimming.
- **Limit Strenuous Activities:** Avoid high-energy activities and exercise during peak heat. If you need to exercise, do it early in the morning or late in the evening when temperatures are cooler.
- **Check on Vulnerable Individuals:** Keep an eye on young children, the elderly, and those with chronic illnesses, as they are more susceptible to heat-related issues.
- **Never Leave Vulnerable Individuals or Pets in Cars:** Vehicles can heat up rapidly, posing a serious risk of heatstroke. Even a few minutes can be dangerous.



By following these simple precautions, you can enjoy a safe and healthy summer. Stay cool and take care!

## Signs of Heat-Related Illness

Heat-related illnesses can range from mild to severe. Here are the key signs to watch for:

### Heat Cramps:

- Muscle cramps and spasms, usually in the legs or abdomen.
- Heavy sweating.



### Heat Exhaustion:

- Heavy sweating and cold, clammy skin.
- Weakness, dizziness, and headache.
- Nausea or vomiting.
- Rapid pulse and fainting.

### Heat Stroke (Medical Emergency):

- High body temperature (above 103°F or 39.4°C).
- Hot, red, dry, or damp skin.
- Rapid, strong pulse.
- Confusion, slurred speech, or loss of consciousness.
- Seizures.

**If you or someone else shows signs of heat stroke, seek immediate medical attention. Stay aware and act quickly to prevent these conditions from escalating.**



# Asbury VILLAGE

Vibrant Senior Living

5201 Asbury Ave., Godfrey, IL 62035

Phone: 618.466.8662



We're on the Web!  
[www.asburyvillagegodfrey.com](http://www.asburyvillagegodfrey.com)



## JULY BIRTHDAYS



### Resident Birthdays

Rana Vallery	7/01	Jeannie Armstrong	7/24
Linda Rainey	7/03	James Crossland	7/27
Roger Wade	7/03	Phyllis Suhre	7/28
Reka Holder	7/04	Sally Bland	7/29
Pat Prullage	7/05	Carole Springer	7/29
Michael Robinson	7/08	Ilene Bowman	7/30
Donna Crawford	7/07	Sarah Huber	7/31
Carole Henkhaus	7/10	Lois Voyles	7/31
Donna McCoy	7/11		
Pam Drew	7/13		
Shirley Weber	7/14	<u>Staff Birthdays</u>	
Carol Herzog	7/15	Carrie Carter	7/05
Linda Witcher	7/15	Jackie Havis	7/22
Gerald Scifres	7/18	Mollie Carter	
Ollie Reszler	7/19	Lisa Pruett	7/27
Larry Peiman	7/19	Dominic McFarlane	7/27
Delores Howe	7/23	Rosemary Heath	7/26

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