

5201 Asbury Avenue

Godfrey, IL 62035

Phone: 618.466.8662

We're on the Web!

www.unitedmethodistvillage.com



Bank Runs: Tuesday, April 3, 11:00 a.m.

Tuesday, April 24, 10:00 a.m.

Shopping Trips:

Tuesday, April 3, 1:30 Schnucks

Thursday, April 5, 1:30 CVS/Walgreen's

Tuesday, April 10, 1:30 Aldi/Dollar General

Thursday, April 12, 1:30 Walmart

Tuesday, April 17, 1:30 Shop N Save/Dollar Tree

Thursday, April 19, 1:30 Target / Kohl's

Tuesday, April 24, 1:30 Schnucks

Thursday, April 26, 1:30 Walmart

Block Parties

A great way to get to know your neighbors! We will be offering block parties in each area of the UMV campus. You will receive an invitation to join us for refreshments and good conversation!

This month, **McKendree**,
April 20 at 1 pm

Next month, Wiseman/Pollock!



Happy Birthday!!

Resident Birthdays

JOANN TRASK	4-02
MARY STOCKARD	4-02
CHARLES PRICE	4-05
VIRGINIA COMPIS	4-14
LETA SCHWALLENSTECKER	4-14
KATHY WHALEY	4-16
JANICE GADDIS	4-19
FAY GUSTIN	4-20
BOB BUCHER	4-23
PHYLLIS KANE	4-25
MARJORIE FORTADO	4-26

HARRY FESSLER	4-26
MARY HAXEL	4-28
JEAN DIXON	4-29

Staff Birthdays

JACKIE HAYNES	4-08
RICK KERN	4-12
MARGIE SMITH	4-14
GAIL STUCKER	4-27

The United Methodist Village honors and respects our residents and welcomes people of all faiths.

THE UNITED METHODIST VILLAGE
THE VILLAGER

APRIL

2018



April 1
Easter Sunday

April 15-21
National
Volunteer Week

April 22
Earth Day



Consider This

By A. Nony Moose

"A good ego is good sometimes!"



**Friends and Neighbors...
the Pot o' Gold
at UMV!**

Anita's Ad-libs



As Spring is about to break and Easter is to be celebrated, I came across a beautiful reflection that I thought I'd share. "The day the Lord created hope, was the same day that he created Spring." May each of you have a blessed and happy Easter and as we enter into the spring season, it reminds each of us the new beginnings ahead for our United Methodist Village family.

I'm very happy to share that we have officially hired our Nurse Navigator who many of you may already know. Tricia Keagy has been a UMV employee for the past 3 years and has a bachelor of psychology as well as nursing. She will begin her new role in May. As previously shared, the role of the Navigator is to guide residents through successful transitions to achieve optimal levels of health and wellness. She will help build relationships, solve problems, and locate resources for our residents. I will formally inform our UMV community when she will officially start in her new role. Please be assured that we will plan for various opportunities for everyone to meet with her as she launches this very positive new role at UMV.

As highlighted in this edition of our newsletter, we are excited to announce the opening of our new UMV mini market. We appreciate resident's feedback and input regarding store market hours, location, and actual market items. Please be assured that we are committed to keeping market items priced so that resident's will not only find the market convenient but affordable as well. Again, we value resident suggestions and strive to implement those suggestions....thank you!

We are pleased to announce that our new Village Voyager bus is scheduled to be delivered sometime in mid-April. Thank you for your generosity in supporting the campaign to pay for our new bus. We have collected \$5,189.50 thus far. Again, we are very pleased that we were able to negotiate an exceptional price for our brand new bus. Our goal is to raise \$48,000.00. I know that everyone is looking forward to boarding our new Village Voyager and enjoying the new excursions ahead!

We're back in the swing of things....mark your calendars and save the date! We are pleased to announce, once again, that we will have our **2018 UMV and SSP Golf Tournament on June 8, 2018, at Spencer T. Olin Golf Course. Registration starts at 11:30 a.m. and tee off at 1:00 p.m.** Please refer to the enclosed flyer for more details. We would greatly appreciate the resident's help this year with spreading the word about our tournament and helping find actual golfers! Also, we would appreciate any volunteers on the day of the actual tournament. We are in need of help with monitoring the hole in one as well as representing UMV when our golfers arrive during registration. We really have appreciated the input from many of our residents on how to make our tournament successful. Your golf wisdom has really helped us in planning for this year's tournament.

Finally, I'm pleased to share that upon request during our recent UMV Board of Director's meeting, the Board has agreed to engage in a new Chaplain's committee. The committee will be convening soon to establish committee goals and obtain input on the development of our UMV Lifestyle and Wellness Program's Spiritual Dimension providing purpose, direction, awareness, and meaning to life that is determined by our values and beliefs. Strong spiritual wellness gives meaning to a person's life. At UMV, we welcome and respect all faiths. As this committee unfolds, Chaplain Judy and myself will provide you with periodic updates.

As I conclude this month, it's clear that our United Methodist Village community is vibrant and alive with upholding the rich traditions that we enjoy every day, but it is even clearer that while preparing for tomorrow that our Village is filled with many new opportunities. We are truly blessed!



Look at all these
smiling Irish eyes!
St. Pat's Day Fun 2018

2018 CONCERT AND LECTURE SERIES
PRINCIPIA COLLEGE MUSIC DEPARTMENT PRESENTS:

Katelyn Emerson

Concert Organist

THURSDAY, APRIL 5, 7-8 PM
COX AUDITORIUM

Program will include works by
French organists Duruflé, Vierne,
and Tournemire

Principia College | 1 Front Gate Road | Elsah, Illinois
www.principiacollege.edu/speakers



Principia College
Organ Concert

Thursday, April 5

Depart UMW at 6:30

Sign Up on April 3

(free admission)



Residents enjoyed a Classical
concert by the Russian String
Orchestra at Principia College

Sign up for April's concert at
Principia featuring acclaimed
organist Katelyn Emerson on the
college's prized pipe organ.



Your Council Members

Kathy Carroll, President	433-9902	Nancy Price	850-212-2876
Sandra Cooksey, V. President	217 899-8833	Helen Stairwalt	466-4446
Fred Seymour	466-3050	Bonnie Tyler	466-8535
Reka Holder	433-8313	Mary Chase	467-0076
Mary Haxel	466-3861	Don Miller	978-3415

Council Chronicle

The Resident Council had a meeting on Wednesday, March 14.

The minutes are available on the Information Center Bulletin Boards.

The next regular Resident Council meeting is set for **May 9** at 1:00 pm in the Conference Room.

**Health Services****OSF Health Education Programs**

Presented Monthly by OSF Home Healthcare

“Psychological Toolkit for Managing Pain”

Wednesday, April 18, 11:00 Chapel

Blood Pressure Checks

Every Monday 1:30-2:30 TV Room

Every Thursday 10:00-11:00 HS Office
(WP 3rd Fl, next to elevators)

Health Chat

Presented by Amedisys

Learn more about “Safety Around the Home”

A home healthcare representative from Amedisys will offer tips and reminders
for a safe home environment.

Friday, April 20 at 10am in the Rendezvous Room

New Medicare Card Mailing Strategy

The Centers for Medicare & Medicaid Services (CMS) is required to remove Social Security Numbers (SSNs) from all Medicare cards by April 2019. A new, unique Medicare Number will replace the SSN-based Health Insurance Claim Number (HICN) on each new Medicare card. Starting April 2018, CMS will begin mailing new Medicare cards to all people with Medicare on a flow basis by geographic location and other factors.

These mailings will follow the sequence outlined below. Additional details on timing will be available as the mailings progress. Starting in April 2018, people with Medicare will be able to check the status of card mailings in their area on Medicare.gov.

Illinois is in the 3rd mailing wave.

Residents should not expect their new Medicare card until AFTER JUNE 2018.



“UMV Life Style and Wellness Program”

Physical Wellness



Senior Fitness Tests

A RehabCare Wellness Coordinator will be conducting Senior Fitness Tests on Tuesday, April 3 at 10a.m. in **Weston**

The Senior Fitness Test is evidence based and will help you determine your strengths and discover areas for improvement.

Each resident can expect to spend 20 to 30 minutes while testing upper body strength, lower body strength, flexibility, endurance and balance. Results will be entered into a database and the Wellness Coordinator will contact you to go over an action plan.

Sign up for a scheduled time at the Wiseman Pollock Receptionist's Desk

STRONG FOR LIFE

Every Wednesday at 10 a.m.
in the Riverbend Room.

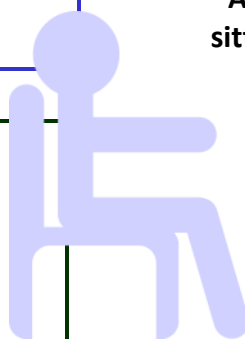
This is a chair-based class that encourages you to go at your own pace and can help with overall health and fitness. During the class you will be working on cardiovascular endurance, muscle strengthening, flexibility and balance. Led by a Senior Services Plus employee

SIT & BE FIT

This class meets Monday, Wednesday and Friday at 3:00 pm in the Riverbend Room.

Among many other things, this form of exercise maintains and increases joint range of motion, decreases joint pain and stiffness, and improves physical conditioning while reducing stress and helping to maintain a positive attitude.

Lead by Community Life Services Staff



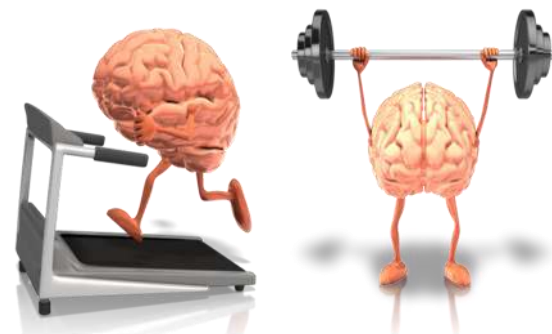
Don't Forget Our New Class!

Memory Essentials

Every Monday, 10:00 a.m.

Class Held In the Rendezvous Room

Boost your brain power and join SSP instructor, **Ben Brooks**, in this fun & challenging new class!



CHAIR YOGA

This class meets every Tuesday & Thursday at 8:45 a.m.
in the Gathering Room

A gentle form of yoga that is practiced sitting on a chair. Lead by Suzanne Cogan.

Get Movin' with Caleb

Every Tuesday 9:00 to 9:45 a.m. in the Riverbend Room.



Step It Up!

Every Tuesday at 11:30 in the Riverbend Room.
Caleb leads this dance-infused fitness class.
Can be done seated or standing.

From the Desk of the Director of Weston Terrace Dee Cunningham, RN

Greetings Everyone,

I hope your Easter Sunday is a very special day and that you all set aside time to rejoice in the reason for celebration.

*As we review the traditional events of Easter with the Easter Bunny, Easter egg hunts with all the eggs, chocolate and other treats, it is ultimately important that we not forget the very first Easter Sunday morning that changed **everything**.*

There are many who avoid the reality of the resurrection of Christ. There are many who have no interest in the depth of God's love for us, demonstrated by the death of His only Son on the cross. . .the Holy and blameless sacrifice for all of our sins.

Motivated by the purest love, Christ offered himself to die for our sins and his resurrection secured salvation for all who accept that eternal gift.

Regardless of where your own thoughts, opinions, or personal faith lies, Resurrection Sunday (Easter) is the fulfilled promise from God to every single one of us.

We celebrate Easter in many ways; Easter bunnies, Easter eggs, jelly beans, marshmallow treats, chocolate treats, candies of all colors and kinds, Easter egg hunts, and on and on. These things bring families and fun together and create treasures of memories for generations old and young.

When we look around us this time of year, the air seems a little fresher, it seems we can breathe a little deeper as the long, bleak, cold and cloudy days of winter give way to blue skies, sunshine, the fragrance of fresh flowerings day lilies, irises, tulips, and many flowering shrubs and trees like lilacs and forsythia, Bradford pears, redbud and dogwood to name a few.

This is such a beautiful time of year. So I hope that as you pick up your Easter basket to go hunting for eggs, treats, and surprises this year, with each item you picked up, you also added other beautiful things to your Easter celebration . . . Memories of blessings your life would never have known without that very first Easter morning.

Blessings to All,

Dee

MINI MARKET

Please Help Me!

I need your help to stock our store.

Please write down a number of items you would like to have available in the market.

Bring your suggestions to my office on 1st Floor WP and drop them in a basket on my desk. Thank you so much for your help!

Cathy Wiegand

UMV Volunteer Opportunities

We need volunteers for the following:

- Salespeople in the new UMV Market
- Newsletter & Flyer Deliverers
- Gardeners in Community Garden
- Potted Plant & Landscaping Upkeep

Contact Cathy Wiegand for Market and Gail Stucker for all others

This month's Theme Dinner PLAY BALL!

Dinner Buffet & Baseball Fan Club Party
To Celebrate the Cardinals' Home Opener!

Thursday, April 5

4:00 buffet in the Dining Room
6-7:00 party in the Riverbend Room
(game starts at 6:15)

Wear your **Cardinals RED!**

We will be attending a STL Cardinals game in May! Sign up with the receptionist if you would like to go.

Gameday is May 23, start time 12:15

Cards vs. KC Royals

Regular Activities:

Mending & More by Gail

Wednesdays, Apr. 4 and 18 at 10:00—TV Room
Gail Humiston will be here for one hour collecting items to be sewn or mended.

Hearing Health Care— no charge

Thursday, Apr. 5 at 11:30 in the Rendezvous Room.
Brian, Hearing Instrument Specialist, will be here to provide hearing aid service and repairs, ear wax removal, hearing test & ear care.

Massage Day with Holly Short, LMT

April 26 from 10 to 4 - Riverbend Room
Holly Short, Certified Massage Therapist, will soothe your tired or stiff muscles & joints with therapeutic massage techniques.

Sign up at the front desk.

The Joy of Coloring—Special Projects

New Dates & Time Wed., Apr. 11 and 25, 1:00 pm Riverbend Rm. Coloring has become a popular activity for many adults. Our new agenda will include creating greeting cards and gift items. Watch for more details to be announced.

Reflexology, Gail Humiston, Certified Reflexologist

with 30 years experience will be here for appointments on April 4, location will be announced. Increase circulation, promote relaxation and reduce stress. \$10 /10-minute session, \$1 each minute after.

Sign up for appointment at the front desk.

Needles & Pins & Crafts

Wednesday, April 4 at 1:00 Riverbend Rm
Each month, a seasonal craft item will be offered that you can make to keep or give away.

Bead Making

Thursday, April 26 at 10:15 am WT Gathering Rm
Make your own beads to string!

Choir Practice

Wednesdays, April 11 & 25 at 2:00pm—Chapel

Armchair Travels

Every Saturday 1:00pm—Gathering Room
Journey to faraway lands without the hassles of travelling. **Do you have a slideshow of your favorite vacation destination?** Talk to Gail Stucker about being an Armchair Travels host.



United Methodist Village
presents

SmartMoves Healthy Learning Lectures

Introduction to Therapy

presented by Dawn Laws

Are you struggling to get up from your chair? Are you experiencing a decrease with balance? Are you afraid to fall? What about pain? Are you having trouble remembering your appointments? Let us help you!! Did you know that therapy services are offered right here in your own home to help with all of these things and MUCH more? Come learn what therapy services we have to offer.

Date: Tuesday, April 17th
Time: 10:00 am
Location: Chapel

For more information, contact
Dawn Laws at 618-917-6235



Program managed by:
RehabCare
www.rehabcare.com

Main Street
United Methodist Church
Services every Sunday
8:00 a.m in the Chapel



CATHOLIC MASS
Every Saturday
3:30 p.m. Chapel
Worship led by
Father Wickenhauser



SPIRITUAL WELLNESS

Communion
Friday, April 13 at 11:00
In the Gathering Room

Catholic Communion
Friday, April 6 at 10:00
In the Gathering Room



Rosary Recitation
Tuesdays at 3 p.m.
In the Chapel



We are reconsidering
our meeting times.
Please watch for updates
on Ch.900 and on the
bulletin boards



"Village Pray-In"
April 5, 11:30 — 12:00
In the Chapel

All are welcome

**"They shall know we are Christians
by our love."**



Wisdom for Confusing Times

Something weighing on your mind?
Experiencing a personal loss,
or troubled by issues in the news?
Join Chaplain Judy Miller
and Father Jerry Wickenhauser

Friday, April 27 at 10 a.m.
in the Conference Room for a time to share
concerns & wisdom in an uplifting, positive environment.

In Memory...

*At this time, we would like to remember the families and friends of **Dodie Roberts**, former resident; **Jeffrey Yarnell**, resident Marsha Yarnell's son; **Opal Morris**, resident Helen Carter's sister.*



Outings:

Sign up for all Events & Outings at the front desk WP
April Activities Sign-Up Day-Tues., April 3 at 11AM

Organ Concert at Principia College

Thursday, April 5 depart at 6:30 p.m. Free

Explorer's Dam Tour (free) & Lunch at Franks

Saturday, April 7 depart at 9:00 a.m.

Hayner Library Concert: Dennis Stroughmatt Plays Wade Ray and Western Swing at Alton Sq Mall

Tuesday, April 10 depart at 5:30 Free Admission
Fiddler Dennis Stroughmatt and his Swingin' Band
play songs by Bob Wills, Wade Ray, Ray Price.

Lunch Out— Hodak's

Thursday, April 12 depart at 10:30 a.m.

GACA: Side Street Strutters

Saturday, April 14 depart at 6:45 p.m. Ticket \$25
Heat up your Saturday night! Jazz, R&B and Pop.

Alton Symphony : Amen — dinner at Joe's Pizza

Sunday, April 15 depart at 2:00 p.m. Ticket \$5 Srs.

Gameday Luncheon, Riverbender \$7 at door

Tuesday, April 17 depart at 9:45 a.m.

1st & 2nd Dinner Out— Tony's

Wed., April 17 & Thurs., April 25, depart 4:30 p.m.

Dinner & A Movie — 54th St. Grille

Saturday, April 21, Movie & depart time TBA

Men's Dinner Out— Brass Door

Thursday, April 26 depart at 4:00 p.m.

Powell Hall Coffee Concert — Bruckner 4

Friday, April 27 depart at 9:00 a.m. Ticket \$27.50

AHS "My Fair Lady"

Friday, April 27 depart at 6:00 p.m. Ticket \$10

GACA Presents: The Harmans & "You Can't Beat Experience" Jazz Band

Saturday, April 28 depart at 6:45 p.m. Ticket \$20

GRCS: Boys of Summer at Godfrey UMC— dinner at Moonlight

Sunday, April 29 depart at 2:00 p.m. \$ Offering

Jazz on a Spring Evening at LCCC Trimpe Bldg

Monday, April 30 depart at 6:45 p.m. Free

Events & Entertainment:

Cardinals Fan Club Buffet and Home Opener Party

Thursday, April 5 Dinner Buffet at 4 p.m. in the DR
Snacks & Cardinals fun in the Riverbend Rm until 7pm.
Game starts at 6:15. Wear your Cardinals Red!

Breakfast Buffet

Fridays, **April 6 & April 27** at 9 a.m. in the Dining Room

New Jerusalem Singers

Friday, April 13 at 6:30 p.m. in the Chapel
This Southern gospel trio will fill your hearts and ears
with Christian joy.

Limited Edition with Refreshments & Fellowship

Wednesday, April 18 at 7:00 in the Chapel
Refreshments and Fellowship after concert in TV Rm

Attention All Resident Veterans:

Veteran's Coffee Talk

Heartland Healthcare invites all UMV Veterans to
share treats and good conversation.
Wednesday, April 18, 10:15 am Gathering Room

Healthy Learning Lecture

The topic for this month is "Introduction to Therapy"
Tuesday, April 17 at 10:00 a.m. in the Chapel

OSF Health Education Program

"Psychological Toolkit for Managing Pain"
led by OSF Home Healthcare
Wednesday, April 18 at 11:00 am in the Chapel

Amedisys sponsors "Health Chat"

"Safety Around the Home"
Friday, April 20 at 10:00 am in the Rendezvous Room

Block Party in McKendree 1st, 2nd & 3rd Floors

1:00—2:00 p.m. ****By Invitation Only****
In an effort to get to know your neighbors, we will be offer-
ing block parties in each area of the UMV campus. You will
receive an invitation to join us for refreshments and good
conversation! Next month will be Wiseman/Pollock!

Spring Baseball Card Party Luncheon

Tuesday, April 24 from 11:00 to 2:00 in the Dining
Room \$9 per person. Sign up at the Reception Desk.
Deadline: Friday, April 20

Lynn Wellman, Pianist

Thursday, April 26 at 6:30 p.m. in the Chapel

*Please remember:
always check Channel 900 or the bulletin boards for any
last minute changes or additions
to the Activities Calendar*