

5201 Asbury Avenue

Godfrey, IL 62035

Phone: 618.466.8662

We're on the Web!

www.unitedmethodistvillage.com



**Bank Runs:** Wednesday, December 6, 11:00 a.m.

Tuesday, December 18, 11:00 a.m.

**Shopping Trips:**

Tuesday, December 4, 2:00 Schnucks

Thursday, December 6, 1:30 CVS / Walgreen's

Tuesday, December 11, 1:30 Aldi / Dollar General

Thursday, December 13, 2:00 Target

Friday, December 14, 2:00 Kohl's / Alton Square

Tuesday, December 18, 1:30 Walmart

Thursday, December 20, 1:30 Schnucks / Dollar Tree

Thursday, December 27, 1:30 Aldi / Dollar General



**Happy Birthday!!**

**Resident Birthdays**

DON BELTZ	12-02
BETTY LIGHT	12-02
CARL HINNER	12-04
ALLEYENE GEISLER	12-06
ROBERT LOGAN	12-07
LORRIANE NIELSEN	12-07
NAOMI PHEGLEY	12-09
LORENE SILEVEN	12-13
HELEN PHILLIPS	12-16

ELIZABETH CAMPBELL	12-16
SHIRLEY BURRIS	12-17
OPAL SIMPSON	12-19
BEULAH ALLAYAUD	12-21
DAVID URBAN	12-21
NANCY PRICE	12-25
DOROTHY KELLEY	12-26
JEMMALEE HISAW	12-31
DON HUBER	12-31

**Staff Birthdays**

HAILEY EWING	12-01
KAREN EMERY	12-02
TERRI AVERBECK	12-05
AMANDA CRUM	12-14
TERRY LAWS	12-16

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

**THE UNITED METHODIST VILLAGE**

**THE VILLAGER**

DECEMBER

2018

**WELCOME NEW RESIDENTS:**

Dorothy Hillebrand  
WP 327

Mary Schuetz  
5204 Aldersgate



**Birthdays  
and Bazaars...  
Good Times  
at The Village!**

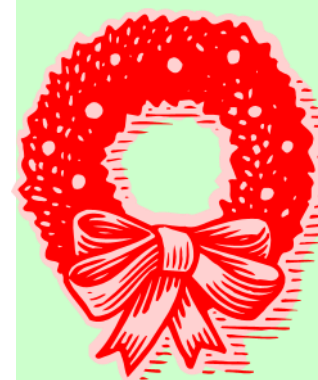


December 7  
Pearl Harbor  
Remembrance

December 21  
Winter Begins

December 25  
Christmas Day

December 31  
New Year's Eve







## Anita's Ad-libs



Dear Residents,

It's beginning to look a lot like and feel a lot like Christmas! As I write this, it's still November and many of you have trimmed your trees and your apartments are looking like the fondly remembered Famous Barr Christmas Wonderland. Our UMV elves have been busy trimming our common area trees and carefully placing our decorations throughout our Village. It's been a fun few days seeing the love and talent among our entire family enjoying this special time of year! Thank you for your Christmas spirit!

Yes, we are #1! Thanks for your votes and thanks to our fans for voting! I was very proud to announce in my quarterly meeting that UMV was voted the following:

**BEST OF THE BEST – SENIOR LIVING!**

**BEST OF THE BEST – ASSISTED LIVING!**

As I shared, next week we will be delivering to your door the newly revised resident handbook. We'll have holes punched in the handbook so that you can replace your previous handbook with the new one. This previous handbook is in the UMV binder that you received when you moved in. I realize that a few of you may not know where it is any longer; however, it is a 3-ring binder that includes addendums such as our pet policy, private duty policy, etc. I did provide you with updated policies last year. These updated policies have not changed and are not included with the new handbook. Thanks for your patience as we carefully reviewed and updated our handbook that is now reflective of guidelines as they apply today. As we move forward, we'll continue to provide you with updates as guidelines are changed or updated.

Our activity calendar is filled with many events both on our own campus and offsite as well. Please review it carefully and sign up accordingly to ensure that you can participate. The Madison County Sheriff Department will be having a presentation on how to avoid fraud and scams. This is scheduled for December. Almost every day, I receive comments from residents that they are receiving random multiple phone calls requesting money. Again, please don't speak with these people and avoid the harassment. However, please plan to attend the meeting for the latest updates for your protection. We're looking forward to celebrating together during our planned Christmas Parties. Don't forget to make reservations as we want to plan and ensure a place for everyone. In addition, we'll be having additional security that night to ensure that everyone can attend the party comfortably. Tis' the Season.....

Please mark your calendars for the resident-employee Christmas social scheduled for December 11<sup>th</sup> from 9:30 a.m. - 10:30 a.m. in the main dining room. We invite all residents and employees to enjoy coffee and a light continental breakfast. This is a revision from prior years where just the Resident Council presented the employee Christmas gifts from the residents. All residents will be able to enjoy this very special gift giving social together. Thank you for your admirable generosity!!

Finally, as we draw an end to this year and as we enter the Advent Season, I'd like to share a Christmas blessing with each of you.....

*May love come alive within your heart  
As Christmas time draws near  
May hope fill each room you decorate  
And bring joy to those you hold dear  
May peace be before you at every meal  
And faith ring through every song  
For Christ is alive, the light of the world  
May he bless you all season long!*



## Performance Dinner with Benjamin Godfrey & James Semple







*Dear Residents of UMV:*

***Santa says,***

***“It’s that time of year again!”***

*Each year we bring Christmas Cheer to the staff of United Methodist Village who are so kind and work so hard to make our lives easier.*

*Please show your generosity by contributing to our Employee Christmas Fund.*

***Please make your donation at the Wiseman-Pollock Reception Desk by  
December 5, 2018.***

*Remember, this is our opportunity to show our appreciation for their hard work.*

*Thank you,*

*Bonnie Tyler, Resident Council President*







# Ghosts of Christmas Past??





*Your Council Members*

Bonnie Tyler, President	466-8535	Fred Seymour	466-3050
Helen Stairwalt, V. President	466-4446	Harry Hill	208-7979
Nancy Price, Asst. Secretary	850-212-2876	Alice Banghart	467-6428
Mary Chase	467-0076	Kay Fitzpatrick	433-1787
Jeanette Weihe	466-0695	Mary Ann Forcade	920-3361
June Sproull	466-0644	Bob Wallace	433-9549

*Council Chronicle*

The Resident Council had a meeting on Wednesday, November 14.  
 The minutes are available on the Information Center Bulletin Boards.  
 The next regular Resident Council meeting is set for **January 9** at 1:00 pm in the Conference Room.



- Saturday, December 1, Dpt. 1:00—*A Christmas Story* live play at the Wildey
- Sunday, December 3, Dpt. 6:30— Snowflakes & Sleighbells Concert Choir  
Benjamin Godfrey Chapel LCCC free
- Saturday, December 8, Dpt. 6:30—*GRCS: Elizabethan Christmas Concert*  
at Godfrey United Methodist Church Free
- Sunday, December 9, Dpt. 2:00—ALT: *Smoke On the Mountain* \$25  
dinner at Geno's 140
- Saturday, December 15, Dpt. TBA—Dinner & A Movie —54th St. Bar & Grill
- Friday, December 21, Dpt. 9:15—Montessori Children's House Christmas  
Concert at Hatheway Cultural Center LCCC free
- Sunday, December 23, Dpt. 12:30— Holiday Celebration at Powell Hall \$30





Health Services

### **Blood Pressure Checks**

- Every Monday with Jan/Absolute Healthcare  
1:00-2:15 p.m. in the TV Room
- Every Tuesday & Thursday with  
OSF HealthCare  
8:00-10:00 a.m. in the OSF Clinic at WP206



### **OSF Rehab presents: HOW TO RELAX !**

How can Relaxation Techniques Help?

**Wednesday, December 12 | 11 a.m. – Noon**

United Methodist Village Chapel

Learn what you can do to help you to relax better.

Presented by Kay Redman-Brown, COTA

 **OSF HEALTHCARE**





## ***“UMV Life Style and Wellness Program”***

### ***Physical Wellness***



#### **CHAIR DYNAMICS**

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

Come out for full body work out incorporating cardiovascular intervals & resistance training in chair dynamics. This class is a moderate intensity class that will help you get stronger and burn calories at the same time.

#### **BALANCE PLUS**

**Every Friday 10:00 a.m. in the Riverbend Room**

Come test out and improve your balance and range of motion as well as improve your endurance. This class will incorporate many familiar balance exercise as well as some Tai Chi movements and mindfulness. We will also incorporate some cardiovascular exercise to improve endurance.

#### **OSF Health Education Programs**

Presented by Kay Redman-Brown, COTA, OSF HealthCare Rehab

**“How To Relax! How can Relaxation Techniques Help?”**

**Wednesday, December 12, 11:00 Chapel**

#### **SIT & BE FIT**

**Every 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, decrease joint pain and stiffness, and improves physical conditioning while reducing stress and helping to maintain a positive attitude.



Lead by Community  
Life Services Staff

#### **CHAIR YOGA**

**This class meets Monday, Wednesday, Friday  
at 8:45 a.m. in the Gathering Room**

**Cancelled on Dec. 21, 24 & 31**

Lead by Suzanne Cogan

#### **OSF presents “Fitness Fusion”**

**Every Monday 10:00 to 10:45 a.m.  
in the Riverbend Room**

#### **OSF presents “Pure Power”**

**Every Thursday at 10:00 in the Riverbend Room**



## ***Annual Christmas Bazaar***





**Join us for a Christmas Dinner**  
**On Tuesday, December 18 at 5pm**  
Please make your reservation by Friday, Dec. 14



**And also for the New Year's Party**  
**On Sunday, December 30, 8-10pm**  
Please make your reservation by Friday, Dec. 28


*Merry Christmas, One and All!*

Join Pastor Mark Meyers and guest,  
Dr. Timothy “Tiny Tim” Cratchit, for  
a special message:

**“A Christmas Carol: the Sequel”**

Sunday, December 2  
at 6:30 p.m. in the Chapel

Communion will be served



**CHRISTMAS LIGHTS!**

We will go to the following area parks  
to see the light displays:

- ♦ Tillis Park on Wednesday, December 5
- ♦ Our Lady of Snows on Fri., Dec. 11 & 21  
(1st & 2nd Dinner Out)
- ♦ Rock Springs Park on Thur., Dec. 13 & 20

**Don't forget to vote on your favorite  
Holiday door decorations**

The weather outside may be frightful,  
but Village décor is delightful!  
Stroll the halls and enjoy your  
neighbors' displays.

A Ballot Box will be available at  
the WP front desk until  
December 24

Winners will be announced  
at the New Year's Eve Party!



**Regular Activities:**

**Joy of Crafting**  
Every Wednesday at 1:00 pm— Riverbend Rm.  
Join Debbie for a different craft each week.  
We welcome your ideas and requests for future  
projects. Here is the activity list for December:  
12/ 5—"Christmas Ornament"  
12/ 12—"Jewelry"  
12/ 19—"Christmas Decor"  
12/ 26—"Seasonal Decor"

**Sadie the Therapy Dog**  
2nd Tuesday at 10:30pm— Sadie wags her way  
around WT, WP & Mck to say hello.

**Mending & More by Gail**  
Wednesday, Dec. 12 at 10:00—TV Rm  
Gail Humiston will be here for one hour  
collecting items to be sewn or mended.

**Hearing Health Care – no charge**  
Thursday, Dec. 6 at 11:30 in the Rendezvous Rm  
Brian, Hearing Instrument Specialist, will be here to  
provide hearing aid service and repairs, ear wax  
removal, hearing test & ear care.

**Mid America Audiology – no charge**  
Thursday, Dec. 13 at 11:30 - Rendezvous Rm  
Tim Fick, Doctor of Audiology, performs hearing  
health screenings, hearing aid battery checks, and  
can schedule complete hearing tests.

**Massage Day with Holly Short, LMT**  
Thurs., December 27 from 10 to 4 - Mck116  
Holly Short, Certified Massage Therapist, will  
soothe your tired or stiff muscles & joints with  
therapeutic massage techniques.  
Sign up at the front desk.


**Choir Practice**  
Wednesdays, Dec. 5 & 19 at 2:00pm —Chapel

**Coffee Hour**  
Fridays at 9:00am—Dining Room  
Friday, December 14 in TV room  
Please note: no Breakfast Buffet this month

**Armchair Travels**  
Every Sunday 1:00pm—Gathering Room

**Chaplain's Chat**

**Judy Miller**



Flood bucket funds were sent off this past week. Thank you so much—we were able to raise \$500.00 altogether. That money will go to help those victims who are cleaning up after the flooding.

Rev. Mark Meyers will be doing services on Dec. 2. He has a surprise in store for us as he does his story on “Tiny Tim” ( Tim Cratchit ). He will be dressed like Tiny Tim and will present his life to us and serve us communion. Come and enjoy services with us at 6:30 Sunday evening. You are in for a nice presentation.

Something we will do again this year: We will be helping the Trinity UM Church in Granite City gathering food for the less fortunate. Look for the handout around the coffee table; it will have the items needed each day. There will be a container there for your items. This will provide the children with one or two meals daily. This program has been quite successful throughout the area as they help feed the children. The official dates are Dec. 2 thru Dec.31. Please help them feed the children.

Advent Studies started last Wed in the conference room but it's not too late to come join them. Rev. Kim Stuby will be leading the class. They are meeting on Wednesday afternoons at 1:30 each week until Christmas.

So as we prepare for the story of Christmas and what it means to each of us, may I wish you and yours a Merry Christmas and a Happy New Year!

Chaplain Judy

**Advent Bible Study with Rev. Kim Stuby**  
Every Wednesday at 1:30 p.m. in the Gathering Room

**Come One, Come All!**  
**Weekly Bible Study**  
Join us every Thursday  
**10:30-11:30a.m.**  
In the Conference Room



**Ladies Bible Study**  
Join us every Wednesday  
**10:30-11:30a.m.**  
In the Gathering Room  
Weston Terrace

**Bible Study Fellowship International classes**

Hello, ladies. Bible study continues Saturdays, Dec. 1, 8, 15 at 10:00 am in our Conference Room.  
Further information is available at [bsfinternational.org](http://bsfinternational.org)  
or contact Pam Sevier at (618) 466-7464. Hope you'll join us!



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, Dec. 14 at 11:00**  
**In the Gathering Room**

**Catholic Communion**  
**Friday, Dec. 7 at 10:00**  
**In the Gathering Room**



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

**“Village Pray-In”**  
**Dec. 21, 11:30 — 12:00**  
**In the Chapel**

All are welcome  
“They shall know  
we are Christians  
by our love.”

**December Evening Worship Services**  
**Sundays in the Chapel at 6:30 pm**

- ♦ Dec. 2, led by Pastor Mark Meyers  
(With special guest, “Tiny Tim”)
- ♦ Dec. 9, led by Frank Akers
- ♦ Dec. 16, led by Mike Solomon
- ♦ Dec. 23, led by Rev. Kim Stuby
- ♦ Dec. 30, led by Chaplain Judy Miller

### 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, December 28 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*  
**Phyllis Kliefoth, resident; Mary Jane Lacke, resident;**  
**Phyllis Waters, resident.**



## Outings:

Sign up for all Events & Outings at the front desk WP  
December Activities Sign-Up – Fri. Nov. 30, 11:00 a.m.

[A Christmas Story live play at Wildey Theater](#)

Saturday, December 1 depart at 1:00 p.m. \$12

[Snowflakes & Sleighbells Concert Choir](#)

Monday, December 3 depart at 6:30 p.m.

Free concert at B. Godfrey Chapel LCCC

[Lunch Out— Cracker Barrel](#)

Tues. & Wed., Dec. 4 and 5 depart at 10:15 a.m.

[Christmas Lights — Tillis Park](#)

Wednesday, December 5 depart at 4:15 p.m.

[1st & 2nd Dinner Out—Our Lady of Snows](#)

Tues., Dec. 11 & Fri., Dec. 21, depart 4:30 p.m.

[GRCS: Elizabethan Christmas Concert](#)

Saturday, December 8 depart at 6:30 p.m.

Godfrey UMC Free Concert

[ALT “Smoke On the Mountain” - dinner at Geno’s](#)

Sunday, Dec. 9 depart at 2:00 p.m. Ticket \$25

[Lunch Out— Josephine’s](#)

Thursday, December 13 depart at 10:45 a.m.

[Christmas Lights — Rock Springs Park and dinner at Steak N Shake](#)

Thursday, December 13 depart at 4:30 p.m.

[Chocolate Factory Tour & Lunch On the Hill](#)

Friday, December 14 depart at 9:00 a.m. \$5 for samples  
plus price of your lunch

[Christmas Shopping at Kohl’s and Alton Square](#)

Friday, December 14 depart at 2:00 p.m.

[Dinner & A Movie — 54th Street Bar and Grill](#)

Saturday, December 15, Movie & depart time TBA

[Gameday Luncheon, Riverbender \\$7 at door](#)

Tuesday, December 18 depart at 9:45 a.m.

[Christmas Lights — Rock Springs Park and dinner at Bakers & Hale](#)

Thursday, December 20 depart at 4:30 p.m.

[Montessori Kids Christmas Concert](#)

Friday, December 21 depart at 9:15 a.m.

Hatheway LCCC. Free

[Holiday Celebration at Powell Hall](#)

Sunday, December 23 depart at 12:30 \$30

[Men’s Lunch Out— Roma’s](#)

Friday, December 28 depart at 11:30 a.m.

## Events & Entertainment:

[Music Therapy St. Louis](#)

Monday, December 3 at 11:15 a.m. in the RB

[Scams/Frauds Tips for Holiday Shopping](#)

Lt. Kris Tharp will be presented valuable information

Tuesday, December 4 at 1:30 p.m. in the Chapel

[Ignite Youth Choir](#)

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

[Holiday House Tour—UMV Residents](#)

Thursday, December 6 from 1-3 pm

If you would like to invite fellow residents to visit & see your  
wonder decorations, this is an opportunity. Sign up at the desk.

[Tragg Band](#)

Your favorite ‘oldies’ with some Christmas included!

Friday, December 7 at 1:30 p.m. in the Chapel

[Strolling Carolers from Alton Mission Church](#)

Sunday, Dec. 9 at 1:45 p.m. throughout WP & WT

[Employee Appreciation Christmas Fund Breakfast](#)

Tues., December 11 from 9:30-10:30 a.m. in the DR

UMV employees and residents gather for a Continental breakfast  
and presentation of Employee Gift.

[2nd Annual UMV Christmas Sing-A-Long](#)

Tuesday, Dec. 11 at 1:00 p.m. in the Chapel

Residents & Staff together celebrate the season!!

[OSF Health Education Program](#)

This month’s topic is “Relaxation Techniques”

Wednesday, December 12 at 11:00 am in the Chapel

[Limited Edition Christmas Concert](#)

Wednesday, December 12 at 7:00 p.m. in the Chapel

Refreshments served in TV room after concert

[Mark Raborn](#)

Thursday, December 13 at 1:30 p.m. in the Chapel

[John Scott](#)

Friday, December 14 at 6:30 p.m. in the Chapel

[St. Paul’s Episcopal Church carolers](#)

Sunday, December 16 at 5:00 p.m. throughout WT

[Christmas Dinner with singer, Bryan Fogg](#)

Tuesday, December 18 at 5:00 p.m. in the DR

[Veterans Coffee Talk](#)

Wednesday, December 19 at 10:15 p.m. in the CR

[Juke Box Trio](#)

Wednesday, December 19 at 10:15 p.m. in the Chapel

[New Year’s Party with Bud Schulz](#)

Sunday, December 30 from 8:00-10:00 p.m. in the DR

Bring snacks to share and ring in the New Year!

Montessori Children's House has adopted UMV  
residents for the school year. So far, UMV “grandparents” have  
received greeting cards, cookie trays, Halloween visits, and Vet-  
eran’s Day cards. The kids at Montessori extend an invitation to  
all UMV residents to get in the Holiday spirit at their Christmas  
concert at the Hatheway Cultural Center on Friday, December 21  
at 10AM, depart at 9:15.