



Bank Runs: Tuesday, January 9, 11:00 a.m.

Tuesday, January 30, 11:00 a.m.

Shopping Trips:

Tuesday, January 2, 1:30 Schnucks/Cleaners

Thursday, January 4, 1:30 CVS/Walgreens/Cleaners

Tuesday, January 9, 1:30 Aldi/Dollar General

Thursday, January 11, 1:30 Walmart

Tuesday, January 16, 1:30 Shop N Save/Dollar Tree

Thursday, January 18, 1:30 Target

Tuesday, January 23, 10:30 Trader Joe's/Lunch @ Maggiano's

Thursday, January 25, 1:30 Walmart

Tuesday, January 30, 1:30 Schnucks



Happy Birthday!!

Resident Birthdays

KATHERINE JENNINGS	1-05
GEORGIA BERMES	1-08
POLLY LEKKAS	1-08
KAY CHILDS	1-11
ANITA WENZEL	1-15
ALICE SPEHR	1-17
MARTHA REINHARDT	1-19
BARBARA SCOTT	1-19
BERTHA LAVITUS	1-21

MARY RAWE	1-21
SHIRLEY ASZMAN	1-24
MARY WOODCOCK	1-25
BEVERLY CORY	1-28

Staff Birthdays

CYNTHIA LINDSAY	1-01
DEBORA HESTER	1-04
TRICIA KEAGY	1-18
CATHY WIEGAND	1-29

Welcome New Residents:

Sue Gorline—WP 315

Dolly Wickenhauser—WT 140

Rita Wyatt—McK 101

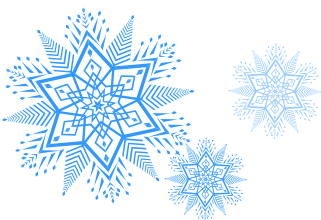
January 1

New Year's Day

January 15

Martin Luther King Jr. Day





Anita's Ad-libs



Dear Residents,

I am writing this prior to 2017 year ending. As I reflect upon our year together, I am smiling and reflecting upon a wonderful year filled with many blessings.

Many of you have shared your thoughts and ideas with me about how to enhance living at UMW. I want you to know that I always welcome your input. I enjoy our conversations. I'm looking forward to implementing many of your ideas during 2018. A few areas that are on our "2018 To-Do List" include revision of the resident handbook, finalizing our admissions process review, purchasing our new bus, sharing the results of the awaiting resident satisfaction survey, renewing our Reverend William Fessler Benevolence Fund, and completing our 2018 capital improvements.

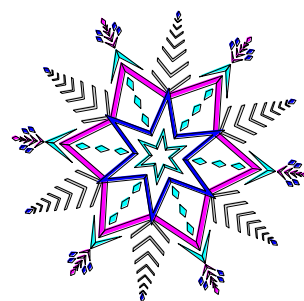
As you know, "Living Easy and Living Well" is always a priority. Our Lifestyle and Wellness Program is centered around not only our own resources but our Riverbend area community resources which creates a complete wellness program. I am very excited to share that we will be introducing new additions to our health service dimension of wellness in the very near future. Soon, you will be hearing about new services that include having access to primary care right on our campus. Upon finalization of our partner with providing services, I will be making announcements and sharing more information.

I want to extend a very sincere appreciation for your generous contributions to the Employee Christmas Gifts. Again, please know that your generosity was amazing. The appreciation and the smiles shared from our employees can't really be expressed in words! Your generosity truly made everything merry and bright!

The New Year is the time when we all want to start on a good note. It is the time when we want to wish that the coming year will be filled with happiness, joy, and God's blessings for each other. The New Year is a symbol of positivity. By welcoming the New Year on a positive note, it is important that we let go of all the negativities accumulated in the year gone by. Just like with the sunrise every day, a new day begins with the New Year. We can associate a new chapter in life to begin. Looking forward to our new chapter together beginning January 1, 2018! May all of your New Year's wishes come true!

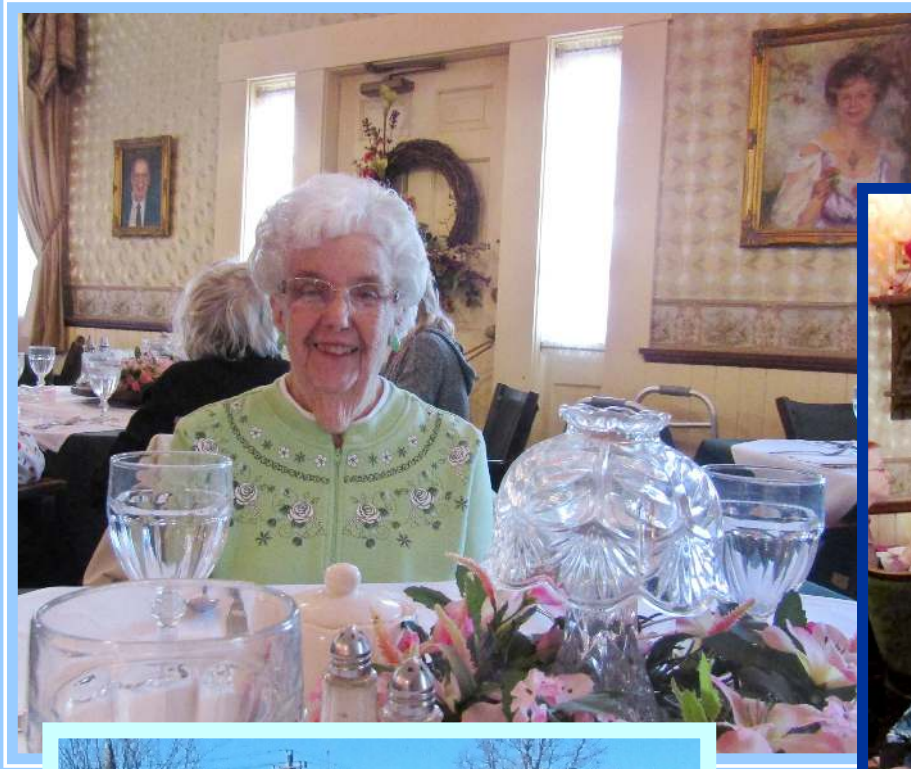
Happy 2018!

Anita



HISTORIC ST. CHARLES AND MOTHER-IN-LAW HOUSE





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

Greetings Everyone,

Whew! Was there a little more hustle and bustle in the Holidays this year or was it just me? Fatigue seems to have settled in and my head is still spinning just a bit, but once again, it was another wonderful Holiday Season here at the Village!

Now that 2018 has arrived I look forward to curling up on the sofa or in my recliner with a nice soft blanket, a fresh cup of coffee, hot chocolate, or other favorite beverage, during the early days of this new month to reflect on the many memories and blessings of the past year. No matter what challenges each of us faced in 2017, (or any other year for that matter), there are always many moments and wonderful events sprinkled along the way that we gently and lovingly place within the ***“very special memories and occasions file”*** tucked away in our hearts. Many of them may be so deeply treasured that we never share them with anyone but will never cherish them less with the passing of time.

Treasured thoughts and memories are ours forever and are gifts we can enjoy at anytime without physical effort or strenuous exercise. Reviewing our memories is one of the greatest blessings we have and a luxury of life we are free to indulge in anytime, whether we are in a large group of people or totally alone.

On the other side of the coin so to speak, it is common for “the winter blues” to settle in once the holidays are over. Most often this occurs as a direct result of physical fatigue coupled with the emotions that accompany all the shopping, programs, parties, family gatherings, etc.

So, should you find yourself feeling a bit like the little guy in the picture below today, take a moment to close your eyes, take a deep breath, and truly examine the many blessings in your life. You may want to embrace a new appreciation for your health, (your ability to see, hear, smell, taste, and touch), your very life. And if for some reason you are not able to do all of the things listed here, or particular things you used to enjoy doing, allow your heart to be comforted knowing life is made up of more than these.

Take a fresh look at the things you are still able to do and enjoy in life. Look forward to what lies ahead. If you have experienced some physical changes in the past year and are concerned about what you are facing in 2018, choose to see the glass as half full in the days that lie ahead and face the New Year with positive anticipation.

Let your ears hear, your mouth express gratitude for the opportunity to meet each new moment and circumstance face on. You will come out on the other side of the challenges you meet stronger, wiser, and richer in the things that matter most in life.

Blessings to All,

Dee







Your Council Members

Kathy Carroll, President		433-9902	
Sandra Cooksey, V. President	217 899-8833	Helen Stairwalt	466-4446
Sue Nash, Secretary	466-1587	Bonnie Tyler	466-8535
Reka Holder	433-8313	Mary Chase	467-0076
Mary Haxel	466-3861	Don Miller	978-3415
Fred Seymour	466-3050	Nancy Price	850-212-2876

Council Chronicle

The Resident Council had a meeting on Wednesday, November 8.

The minutes are available on the Information Center Bulletin Boards.

The next regular Resident Council meeting is set for January 10 at 1:00 pm in the Conference Room.

From the Director of Marketing

Carrie Cope

Alas it is time to take down the trees, UN-deck the halls and ring in the New Year!!!!

Hopefully all of the residents here at the United Methodist Village will be as helpful to the Marketing Department as you were last year!!! Trust me we are counting on it!!

Please welcome our newest residents Rita Wyatt and Dorothy "Dolly" Wickenhauser! Welcome to your new home!

You will notice at the beginning of January that the Marketing Department will be hanging something on your doors as a fun way to promote and encourage our resident referral program, *Neighbor to Neighbor*. Stay tuned for the details!!

And in the meantime, remember that we need your referrals! Residents that refer their friends to United Methodist Village market rate apartments and patio villas receive \$500.00 off a months' rent as does the friend they referred!

Happy New Year!!!

Carrie Cope

Director of Marketing



Wishing you a happy, healthy 2018!





“UMV Life Style and Wellness Program”

Physical Wellness



Senior Fitness Tests

Janelle Wenstrup, ReHabCare Wellness Coordinator, will be conducting Senior Fitness Tests on Tuesday, Jan. 2 at 10a.m. in the Riverbend Rm

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. & Thursday at 9 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

Health Services

Introducing Janelle Wenstrup, our new ReHabCare Wellness Coordinator.

Janelle will continue the health services previously provided by Travis Harper.

Join her for:

- Senior Fitness Tests
- Healthy Learning Lectures
- Step It Up
- Get Movin' with Janelle

CHAIR YOGA

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

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

Get Movin' with Janelle

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.

Janelle leads this dance-infused fitness class.

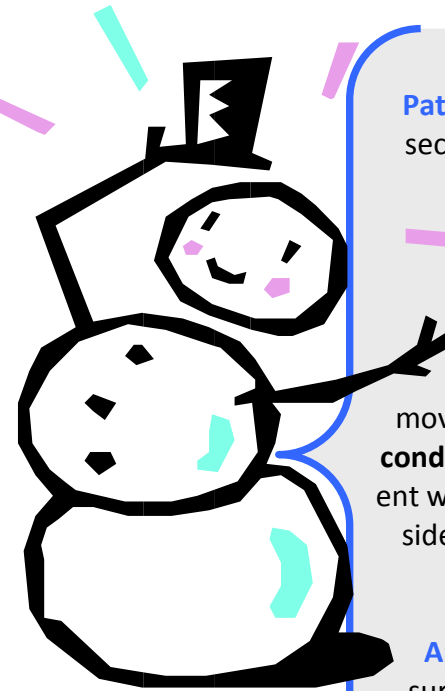
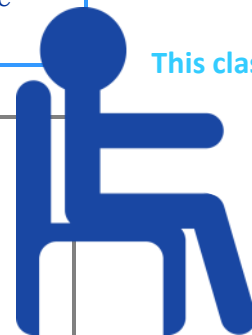
Can be done seated or standing.

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



A FRIENDLY REMINDER ABOUT UMV TRASH PROCEDURES

Patio Villas and Village Estate Homes: Place all trash in large plastic bags, tie securely and place by the curbside for pickup **by 10 a.m.** Pick-up schedule is:

Monday - Village Estate Homes

Tuesday - Otterbein

Wednesday - Albright

Thursday - Aldersgate

Friday - Epworth

When your regular pick-up day falls on a holiday, the pick-up day will be moved to the day following the holiday. **For trash pickup during snow and icy conditions:** Please do not attempt to place your trash at curbside during inclement weather. Patio Villa residents should set bagged trash in the carport near the side door rather than taking it to the burbside. Village Estate Home residents should set bagged trash outside the garage door.

Apartment Buildings: There is a trash chute located on each floor. Please be sure to secure your trash in a **tied bag**. Drain any liquid off waste items before placing in the garbage bag to avoid spills and odors. Glass jars/bottles are to be individually bagged and placed in with your regular trash bag. **Do not leave trash bags or loose items on the floor.** If you have any large items to be disposed of, please call the Receptionist to create a work order for assistance.

Decisions, decisions!

The Bus Committee enjoys a meal at Blue Springs together after taking a test drive and discussing options for the new UMV bus.



Alton Little Theater presents Miss Jubilee and the Humdingers

Sunday, January 7, 2018

\$20 (price includes a dessert buffet)

Sign up and pay by December 27, 2017
(make checks payable to ALT)

Bus leaves UMV at 1:00 pm and
returns after dinner at Steak 'n Shake

Miss Jubilee is a popular local performer
who will present her expanded Stage
Show—Hot Jazz, Swing, Rhythm & Blues,
and R' and R' spanning the 1920's to the
1950's with lots of Swingin' Musicians.
Audiences will be dancing' in the aisles and
enjoying a Dessert Buffet.

Bring your stores of knowledge,
snack food sensations,
and decorating creativity to

TRIVIA IN THE AFTERNOON

Tuesday, January 30

12:30—2:30

in the Dining Room



Sign up for a table of 4 or more

Prizes will be awarded for:

- best decorated table & the runner up
- best snacks & the runner up
- group with the most enthusiasm

Regular Activities:

Mending & More by Gail

Wednesdays, Jan. 10 and 24 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, Jan. 4 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

January 25 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

Tuesday, Jan. 9 and 23, 2:00 pm—Riverbend Rm.
Coloring has become a popular activity for many
adults. If you haven't tried it, please come.

Reflexology, Gail Humiston, Certified Reflexologist

with 30 years experience will be here for
appointments on January 10, 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

Wednesday, January 3 at 1:00 Riverbend Room.

Bead Making

Thursday, Jan. 25 at 10:15 am WT Gathering Rm
Make your own beads to string!

Choir Practice

Wednesdays, Jan. 3, 17, 31 at 2:00pm—Chapel.
New members are always welcome.

Armchair Travels

Every Saturday 1:00pm—Gathering Room
Journey to faraway lands without the hassles of
travelling.

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



Chaplain's Chat

Judy Miller

Greetings: I hope you have a nice Christmas and are looking forward to a New Year.
Again I say thank you for your Christmas gift, you are so gracious with your giving.

One ancient version of the birth of Jesus: On a cold, December night, everybody came to see their new Savior and brought him all kinds of gifts and presents. The three wise men came in with their valuable gifts of myrrh, frankincense and gold and offered them to baby Jesus. At that point, a shepherdess, Madelon, who had seen the wise men passing through, reached the door of the stable to see the child. However, being very poor and having brought nothing to offer to the child, she felt helpless and started weeping quietly at the sight of all the wonderful gifts that the three wise men had brought for the child. Earlier, she had searched in vain for flowers all over the countryside, but there was not even a single bloom to be found in the bitter winter.

An angel outside the door was watching over her and knew about her fruitless search. He took pity on her, and when he saw her head drooped down in sorrow, he decided to help her with a little miracle. He gently brushed aside the snow at her feet and where her tears had fallen sprang a beautiful cluster of waxen white winter roses with pink-tipped petals. Then he softly whispered into the shepherdess' ear that these Christmas roses were far more valuable than any myrrh, frankincense or gold, for they were pure and made of love.

The maiden was pleasantly surprised when she heard those words and joyfully gathered the flowers and offered them to the Holy Infant, who, seeing that the gift was reared with tears of love, smiled at her with gratitude and satisfaction. Thus the Christmas rose came to symbolize hope, love and all that is wonderful in this season.

I pray each and every one of you had or will have a very special Christmas. One way to stay on track is to attend the church of your choice or with us here at the Village. As you may know, Father Wickenhauser lives among us and offers Mass on Saturday at 3:30pm. Don't be late or you may not find a place to sit. Sunday mornings, Main Street United Methodist pastors come to share their messages with us. On Sunday evenings we have many pastors from many faiths come and join us to share and to offer services from the church of your choice. So I hope to see you in Chapel.

Chaplain Judy

In Memory...

*At this time, we would like to remember the families and friends
of residents Dorothy Lyon Pogue and Alice Spehr; former resi-
dent Charles (Chuck) Elliott, husband of resident June Elliott; and
Clarence Turner, brother of employee Tim Lathrom*



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, Jan. 12 at 11:00
In the Gathering Room

Catholic Communion
Friday, Jan. 5 at 10:00
In the Gathering Room

Many of you knew Rev. William Fester; he was the pastor at Main Street United Methodist Church. I had the privilege of working with him a short time as clergy partners but knew of him a long time before. He served Main Street some 20 years. We have his book here with all of his stories he told about his children and wife along with his church folks. He had a dream, along with a few good men and women, to provide seniors with a place they could call home in a Christian atmosphere of choice, compassion and care. He would be proud that we have stayed the premier Retirement Community in the Riverbend Area for so long. Were you aware that we also have a Benevolence Fund in his honor? So you might ask just what a Benevolence Fund is? Let's see if I can clear this up for you. In the Chapel on the wall to the right, just as you enter, is a beautiful box with a cross emblem on it. Above it is the plaque that reads *Rev. Wm. Fester Benevolence Fund*. This box is for your offering. In 2018, the William Fester Fund will be reviewed and a renewed program will be transpiring, hopefully by February or March. However, please be reminded that we are grateful for your continued support of this fund that directly gives back to our United Methodist Village family. A few of you have inquired about giving to the fund during the upcoming tax season. Yes, the contributions are a tax deduction at this time. Thank you for your continued generosity! *Chaplain Judy*



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

COME JOIN OUR
BIBLE
Study
Thursdays
10:30 a.m.
Conference
Room



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, January 26 at 10 a.m.
in the Conference Room for a time to share
concerns & wisdom in an uplifting, positive environment.

"Village Pray-In"

Jan. 4, 11:30 — 12:00 In the Chapel

All are welcome

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

Events & Outings:

Sign up for all Events & Outings at the front desk WP

ALT: Miss Jubilee — dinner at Steak'nShake

Sunday, January 7 depart at 1:00 p.m.

Madison's Tea Room

Thursday, January 11 depart at 10:30 a.m.

Powell Hall Coffee Concert — Shostakovich

Friday, January 12 depart at 9:00 a.m.

Dinner & A Movie — Mike Shannon's

Saturday, Jan. 13 Movie & depart time TBA

Gameday Luncheon, Riverbender \$7 at door

Tuesday, Jan. 16 depart at 9:45 a.m.

1st & 2nd Dinner Out—Chop House

Thursday, Jan. 18 and Jan. 25, depart 4:30 p.m.

Dinner & A Movie — La Casa

Sunday, January 21 Movie & depart time TBA

Trader Joe's and lunch at Maggiano's

Tuesday, Jan. 23 depart at 10:30 a.m.

Lunch Out—Sports Tap

Saturday, January 27 depart at 11:30 a.m.

Eagle Watch & lunch at Pere Marquette Lodge

Sunday, January 28, depart at 11:00 a.m.

Men's Lunch Out

Wednesday, January 31, depart at 11:00 a.m.

Entertainment:

Joe Powell

Friday, January 5 at 6:30 p.m. in the Chapel.

Rhoda and Larry

Wednesday, Jan. 10 at 1:30 p.m. in the Chapel.
This duo plays a Greatest Hits selection—from
Elvis to Folk Rock favorites.

Healthy Learning Lecture

Tuesday, Jan. 16 at 10:00 a.m. in the Chapel.

Attention All Resident Veterans:

Veteran's Coffee Talk—new time and location

Heartland Healthcare invites all UMW Veterans to
share treats and good conversation.
Wednesday, Jan. 17 at 10 :15 am in the Weston
Gathering Room

Rekha Dravina

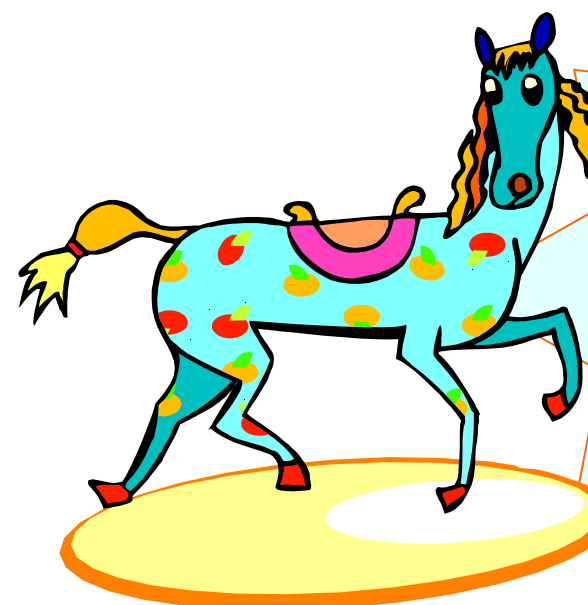
Friday, January 19 at 5:00 p.m. in the Dining Room
Rekha comes alive at the piano —playing Classical
compositions and familiar favorites with a few
Russian tales in between.

Rob Callmeyer—Singer & Pianist

Wednesday, Jan. 24 at 1:30 p.m. in the Chapel.

Breakfast Buffet

Friday, January 26 at 9 a.m. in the Dining Room



Please Note:

**Shear Delight Hair Salon
will be closed on
Tues. December 26 and
Tues. January 2**