

5201 Asbury Avenue
Godfrey, IL 62035
Phone: 618.466.8662

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



Bank Runs: Thursday, October 4, 11:00 a.m.
Tuesday, October 30, 11:00 a.m.

Shopping Trips:

Tuesday, October 2, 1:30 Schnucks
Thursday, October 4, 1:30 CVS / Walgreen's
Tuesday, October 9, 1:30 Shop N Save / Dollar Tree
Thursday, October 11, 1:30 Walmart
Tuesday, October 16, 1:30 Schnucks
Thursday, October 18, 1:30 Target
Thursday, October 25, 1:30 Aldi / Dollar General
Tuesday, October 30, 1:30 Walmart



Happy Birthday!!

Resident Birthdays

JACKIE TCHOUKALEFF	10-03
LOUISE NAUGHTON	10-07
LAURA CREECH	10-07
COOKIE NEUHAUS	10-08
SHARON ROWDEN	10-09
PAT JUDY	10-09
PAULENE ROBIN	10-09
MARY ANN FORCADE	10-10
KAREN GOWIN	10-10
ELAINE ATCHISON	10-10
DELORES SALDEN	10-11
PHYLLIS WATERS	10-12

DORIS TENNIKAIT	10-12
HELEN CARTER	10-14
BONNIE FOX	10-17
JEANNINE GARVEY	10-20
YVONNE HOEFERT	10-22
MABEL WOUK	10-24
MARTHA ORTEGREN	10-26
KAY AGARD	10-27
GAYLE EARDLEY	10-27
BILL GUSTINE	10-29
RUBY FRITZ	10-30
ANNA RODRIGUEZ	10-30

Staff Birthdays

ANITA MARTINEZ	10-10
JUDY MILLER	10-13
DONALD CANNEDY	10-25
JESSIE RUTHERFORD	10-27

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

THE UNITED METHODIST VILLAGE

OCTOBER

2018

**WELCOME
NEW
RESIDENTS:**

Sharon Hogan
WP 345

**Art & Alice
Lemmon**
4418
McKendree Dr.

**Mary Jane
McDaniel**
WP 311

Senior Field Day Fun & Games



October 8
Columbus Day

October 31
Halloween





Anita's Ad-libs



Dear Residents,

Thank you for your patience during August as we finalized the details and announcement for OSF St. Anthony's opening of the OSF HealthCare Medical Group at United Methodist Village. I appreciate the wonderful turnout for our Town Hall Meeting in anticipation of the surprise announcement of our new partnership.

We realize that the Town Hall Meeting provided only general information and many of you have additional questions. We want to provide answers to those questions. Today, you will be receiving an additional flyer regarding individual meeting sessions to be held next week in the clinic. You'll have the opportunity to ask your personal questions one on one. You'll receive clarification about how you can access the clinic and how it will work in conjunction with your current healthcare provider and insurance. We felt that providing individual meetings would be more beneficial versus additional group meetings where messages cannot always be delivered clearly. Tricia Keagy, UMW Health and Wellness Navigator, will also be available during those times to help provide direction and clarification. Again, please see the flyer for details.

You will be receiving an invitation for the grand opening of the clinic on Thursday, October 11, from 1:00 pm - 3:00 pm. The entire grand opening will be held on the 2nd floor of Wiseman Pollock. It is an open-house type reception that includes invited outside guests. The Riverbend Growth Association ribbon cutting is planned for 2:00 pm. Please feel free to come and go as you like. Seating will be limited. We are looking forward to celebrating this wonderful new service for our community!

Please be reminded to allow us to provide valet parking with assistive devices in the dining room. We appreciate you providing friendly reminders to our dining staff to help valet your device and our dining staff will provide friendly reminders to you as well. Together, we can maintain a safe dining room environment for residents, guests, and employees! Thanks for your cooperation and understanding.

Please enjoy the beautiful weather forecasted for the upcoming week. I love this time of year! Soon our views out of our windows will be filled with magnificent fall colors. I've noticed the deer laying down and relaxing in our welcoming Village. Take a few minutes to stop and look around at God's wondrous beauty surrounding us!

Happy Fall!

Anita

Senior Field Day

Activities pictured here:

Solo Cup challenge

Corn Hole

Kazoo Tunes



Notes and Quotes by Mary Chase

They say it was a small farm on the outskirts of Alton where he was born. Richard Wickenhauser was a farm boy. He milked the cows, fed the chickens, and grew up tall and strong on his family farm at the end of Aberdeen Street. He went to school in town at Saint Mary's elementary and Marquette high school.

In the 1940s, he heard the call to serve in his country's war, like so many other young men. At age nineteen he joined the Marines and was in the initial landing on Iwo Jima, the battle that is memorialized in the famous sculpture in Washington. You may wonder why anyone was sent to that island. Because of the volcanic action, there were a lot of caves there where Japanese soldiers were hiding. Richard was in the platoon that was sent to drive the Japanese out and annihilate them. During the siege, the effective, but terrible flame thrower was used. The fire shot into the cave, consumed all the oxygen and either killed the Japanese soldiers or forced the suffocating men out of the cave to meet the heavily armed American troops. One day a huge mortar hit Richard on his right side. When a large mortar shell hits there is more than one injury; he suffered several wounds in his right arm and his right leg was gone! His buddy called, "Corpsman!" and Richard was taken for emergency treatment. "The medics in the field were Navy corpsmen," Richard explained, "but the Japanese had no medical help. Those soldiers knew they were dead if they got injured."

After a long hospital stay and rehabilitation, Richard came home and attended St. Louis University. That's where he met a wonderful girl named Lorraine. Very soon he married Lorraine and, he says, "We had five children and a wonderful life." He remembers one of the best things he did as a father was to take his four boys on annual camping trips to the Quetico Boundary Waters along the US/Canadian border. They enjoyed 16 of these yearly adventures; hunting, fishing, exploring nature and getting to know one another as the boys grew to young men. In between the vacations Richard supported his family by working with three of his college buddies in their own business selling corporate insurance to large retail companies, like Walmart. Richard also worked building 12 houses in the Alton/Godfrey area. As life often goes, the wonderful part didn't last forever. His wife, Lorraine, died when she was only 54. After a time, Richard married again. Dottie, his second wife, also had children from a previous marriage and they got along very well with Richard's children. They had about 26 years together before Dottie had to be moved to a long-term care facility where she passed away from Alzheimer's disease six years later.

One phase of life changed into the next and Richard made a name for himself as a hunting dog trainer. He trained over 30 bird dogs and had a favorite dog that he had to give to a friend when he moved to the United Methodist Village. He is happy to still get to hunt pheasant with her in the fall. Richard likes the freedom of living at UMV. He can keep a private life and be social when he chooses. His favorite activity is shooting skeet at the Olin gun club. He enjoys eating at home or in the convenient UMV dining room where he can easily visit with his brother, Father Jerry Wickenhauser, and other numerous friends who round out this stage of his life.



Richard, we are so happy to have you as part of our UMV family.

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, September 19.
The minutes are available on the Information Center Bulletin Boards.
The next regular Resident Council meeting is set for **November 14** at 1:00 pm in the Conference Room.



Remembering
our POW/MIA
soldiers





Prizes and Participants in
the Alzheimer's Awareness
Fundraiser Raffle and
Card Party



Thank you all so
much for your
generosity!



From the Director of Marketing

Carrie Carter

It's SCARY how the time flies!! I can't believe its fall and time for pumpkins, ghost and ghouls!!

I don't mean to toot our own horn, but BEEP, BEEP! The Marketing Department has had an awesome last 3 months. We had 8 sales with 5 move-ins in July, 6 sales with 8 move-ins in August and we are ending September with 5 sales and 3 move-ins which totals 16 new move-ins in the past 3 months. We were honored to be recognized within LCS for our progress, and we hope to continue this trend. Please welcome your new neighbors and be on the lookout for our upcoming neighbors moving here in October.

We've added a new tool to our department so you will know when you are getting a new neighbor. You will start to see a little sign outside of the apartments and patio villas indicating a neighbor will be moving soon. We hope this helps!

A HUGE thank you to everyone who has participated in our Alzheimer's fundraisers. We had a lot of fun while raising money for such a wonderful organization. Our goal was to raise more than we did last year, and with your help, we were able to do that, so THANK YOU!

Please remember the Marketing Department needs 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 Halloween!!

Carrie Carter



Celebrating 18 years of
The United Methodist
Wishing Woody Dani
happy retirement





Historic



Health Services

Blood Pressure Checks

- Every Monday with Jan/Absolute Healthcare
1:00-2:15 in the TV Room
- Every Thursday with OSF Healthcare
10:00-12:00 in the HS Office
(WP 3rd Fl, next to elevators)



From Your Health & Wellness Navigator...

Tricia Keagy

October is here and it's hard to believe another year is quickly coming to an end.

Last month, I held a question and answer open forum in the chapel. I would like to thank those of you that came out. Even though the turnout was small, I do believe it was successful.

This month I will once again be coming door to door to pass out questionnaires. This questionnaire will ask about your general health. Examples will be: Are you being treated for high blood pressure? Do you have COPD? Are you diabetic/ if you are diabetic is it type 1 or type 2? Through these types of questions, I will be better able to assess and address any health issues or concerns you have. The questionnaire, of course, will be kept confidential. To ensure this I will have a locked box by my office door for you to drop in your completed form on days that I am not in my office. I ask that you complete these questionnaires as soon as possible and return them to me.

As a reminder, my office DAYS have changed; I am now in the office on Monday, Tuesday and Thursday. My hours continue to be 8-4:30. My office location has also changed; I am now on the second floor, in the Chaplain's (Judy) office, near the end of hallway before Wiseman Pollock building.

Interesting fact: Did you know that October used to be the eighth month? (Octo means 8; I never put that together!). Around 713 b.c. the calendar was reformed with the addition of two more months (Ianuarius and Februarius) and later still it was reformed once again into what we all know as the Gregorian calendar.

I enjoy brain teasers, so here's a trivia question:

I hold lots of memories, but I own nothing. What am I?
(The answer will be revealed next month)

HAPPY HALLOWEEN EVERYONE!



OSF Health Education Programs

Presented by OSF Saint Anthony's Health Center Rehab Services
"Depression and Anxiety"
Wednesday, October 10, 11:00 Chapel



“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.

Senior Fit Test

Jocelyn Rothschild-Frey, RehabCare Wellness Coordinator, will be conducting Senior Fit Tests
Thursday, October 18 at 11 a.m. in RB

The Senior Fit 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**

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 now meets on a TBA schedule
Mon-Fri at 8:45 a.m. in the Gathering Room**

**Check the bulletin boards for
additional class time announcements
Lead by Suzanne Cogan.**

Get Movin' with Jocelyn

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

Step It Up!

Every Thursday at 10:00 in the Riverbend Room.
Jocelyn leads this dance-infused fitness class.
Can be done seated or standing.

Lunch at The Blue Owl

Followed by shopping and strolling,
and a tour of the Anheuser Estate on the
banks of the Mississippi River.



Get those apple recipes ready...
It's the Jerseyville Apple Festival!

Saturday, October 6 depart at 9:30

Free outdoor event featuring home cooked
foods, quilt raffle, crafters and performers, and
APPLES

Good news for Classical music fans

Powell Hall's monthly Coffee Concerts start on
Friday, October 5
Depart at 9:00 a.m.
Tickets are \$27.50 each

There is often an option to go out for lunch after
returning those not interested to UMV

HISTORIC

BELLEFONTAINE CEMETERY

It should be perfect timing for
autumn leaves to highlight this
informative and beautiful tour!

Sign up on October 1 at 9:30

Departs UMV at 8:45 a.m.
on Tuesday, October 23

Lunch following the tour at
Fire N Smoke in Wood River

Halloween Happenings

Halloween Lunch Buffet Wed., Oct.31 12:00 DR
Wear a costume for your chance to win a prize!
Please make a reservation for the buffet by Oct. 26



Trick-or-Treating

Tuesday, October 30
6:00—8:00 pm

Enjoy kiddies in costumes as
they trick-or-treat in the TV & LR
and throughout Weston

Regular Activities:

Joy of Crafting

Every Wednesday at 1:00 pm— Riverbend Rm.
Bring your choice of craft supplies or join in the
workshop activity led by Debbie Totten.
Enjoy creative fellowship & shared inspiration!

Mending & More by Gail

Wednesdays, Oct. 3, 17 & 31 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, Oct. 4 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, Oct. 11 & 25 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., Oct. 25 from 10 to 4 - RB
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, Oct. 10 & 31 at 2:00pm —Chapel

Coffee Hour

Fridays at 9:00am—Dining Room

Armchair Travels

Every Saturday 1:00pm—Gathering Room

Consider This

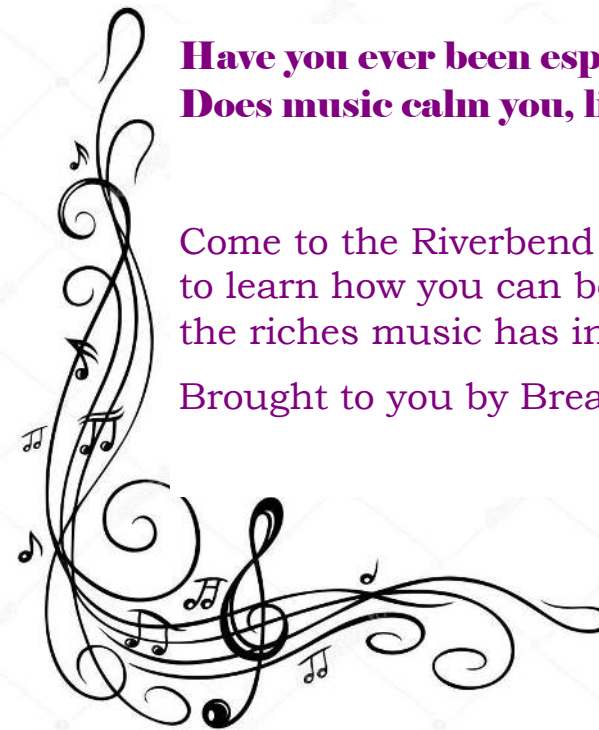
By A. Nony Moose

“Make yourself a blessing to
someone! Your smile or a pat on
the back just might pull someone
back from the edge.”

OCTOBER

THE VILLAGER

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Have you ever been especially moved by music?

Does music calm you, lift your spirits, make you feel less alone?

Come to the Riverbend Room on Monday, October 1 at 11:15 a.m.
to learn how you can benefit from music therapy and to explore
the riches music has in store for you.

Brought to you by Breanna from Music Therapy of St. Louis

October Evening Worship Services

Sundays in the Chapel at 6:30 pm

- ♦ Oct. 7, led by Rev. Bob Phillips
- ♦ Oct. 9, led by Rev. Karen Oplet
- ♦ Oct. 16, led by Chaplain Judy Miller
- ♦ Oct. 23, led by Rev. Louis Frick

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 every Saturday at 10 am in our Conference Room.

Further information is available at 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, Oct. 19 at 11:00
In the Gathering Room

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



"Village Pray-In"
Oct. 19, 11:30 — 12:00
In the Chapel

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



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

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, October 26 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
Rosemary Boedy, resident; **Sylvia Roberts**, former resident; **Doris Cornelius**, former resident; **Jim Reinhardt**, former resident; **James Price**, son of resident Nancy Price; **Randall Williams**, son of resident Janet Williams; **Clarence Ritchhart**, uncle of employee Rick Taylor.



Outings:

Sign up for all Events & Outings at the front desk WP
October Activities Sign-Up Day– Mon. Oct. 1, 9:30 AM

St. Louis Symphony Coffee Concert – Powell Hall

Friday, October 5 depart at 9:00 a.m. Ticket \$27.50
Featuring Beethoven's Pastoral

Jerseyville Apple Festival

Saturday, October 6 depart at 9:30 a.m.

Lunch Out— My Just Desserts

Tuesday, October 9 depart at 10:30 a.m.
Now under new ownership. Have you been lately?

Hayner Library Presents: Dave Foraker

Tuesday, October 9 depart at 5:30 p.m. Free
Concert at the B. Godfrey Chapel

STAGES "Andrew Lloyd Webber" - dinner at Maggiano's

Saturday, Oct. 13 depart at 1:15 p.m. Ticket \$43

Cahokia Mounds—Chickasaw Nation Dance Troupe, Dinner after at Culvers

Sunday, October 14 depart at 12:30 p.m.
Storytelling and dance demonstrations. Free event.

Gameday Luncheon, Riverbender \$7 at door

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

1st & 2nd Dinner Out— Longhorn Steakhouse

Thur., Oct. 18 & Thur., Oct. 25, depart 4:15 p.m.

Dinner & A Movie — Mike Shannon's

Saturday, October 20, Movie & depart time TBA

Lunch Out— Pere Marquette Lodge

Sunday, October 21 depart at 11:00 a.m.

Historic Bellefontaine Cemetery Tour—lunch at Fire n Smoke

Tuesday, October 23 depart at 8:45 a.m.

ALT "One Flew Over the Cuckoo's Nest" — Dinner at Red Lobster

Sunday, October 28 depart at 1:00 p.m. Tkt \$20

Men's Lunch Out— Blue Springs in Highland

Wednesday, October 24 depart at 10:15 a.m.

Memorial Service for Spencer Bacus

Saturday, October 27 depart at 2:00 p.m.
Held at St. Paul's United Methodist Church 3-5pm

Alton Symphony "Moment with the Masters"

Saturday, October 27 depart at 6:15 p.m.
Lewis & Clark Community College \$5.00

Events & Entertainment:

Licensed Music Therapist

Monday, October 1 at 11:15 a.m. in the RB

Principia College Concert

Friday, October 5 at 1:00 p.m. in the Chapel

OSF Health Education Program

This month's topic is "Depression and Anxiety"
led by OSF Home Healthcare
Wednesday, October 10 at 11:00 am in the Chapel

OSF In-house Clinic Ribbon Cutting Ceremony

Thursday, October 11 at 2:00 p.m. WP206
Anita announced the opening of the OSF St. Anthony's
Healthcare clinic here at UMV. Join us at the open
house from 1:00-3:00 and the official ribbon cutting at
2:00 p.m. at Wiseman-Pollock 206.

Rekha Dravina

Friday, October 12 at 6:30 p.m. in the Chapel

Servants' Hearts Gospel Trio

Friday, October 19 at 6:30 p.m. in the Chapel

Ask Anita—an informal monthly meeting

Monday, October 22 at 11:00 a.m. in the RB

Linda Ford

Friday, October 26 at 6:30 p.m. in the Chapel

Breakfast Buffet

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

