

# The United Methodist Village

Where Living Is Easy.

5201 Asbury Avenue  
Godfrey, IL 62035  
Phone: 618.466.8662

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



**Bank Runs:** Tuesday, September 4, 11:00 a.m.

Tuesday, September 25, 11:00 a.m.

## Shopping Trips:

Tuesday, September 4, 1:30 Schnucks

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

Tuesday, September 11, 1:30 Shop N Save / Dollar Tree

Thursday, September 13, 1:30 Target

Tuesday, September 18, 1:30 Aldi / Dollar General

**Wednesday**, September 19, 1:30 Schnucks

Tuesday, September 25, 1:30 Walmart

Thursday, September 27, 1:30 Kohl's / Alton Square



# Happy Birthday!!

## Resident Birthdays

CAROL URBAN	9-02
BETTE CLARKSON	9-04
RICHARD JOHNSON	9-04
PHYLLIS KLIEFOTH	9-05
SISTER THOMAS DALY	9-07
DEE DEE WALLACE	9-10
HERBERT FORCADE	9-12
MEG GREGORY	9-12

CHARLES KANE	9-18
EARLENE RENCH	9-18
ROBERT HUSMANN	9-19
WILMA GEORGES	9-19
FRANCES SPRINGMAN	9-21
CAROL APPLE	9-24
GLO MORRIS	9-28
NEIL CANNON	9-28

## Staff Birthdays

MARY PARKS	9-05
WOODY DANIELS	9-13
JOSHLYN DOUGLAS	9-19
NIGEL HILGERT	9-20
KATHLEEN LILES	9-23
DEBRA MILLS	9-29

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

# THE UNITED METHODIST VILLAGE

# THE VILLAGER

SEPTEMBER

2018

## WELCOME NEW RESIDENTS:

David Allen  
WP 325

Jane Kodros  
McK 309

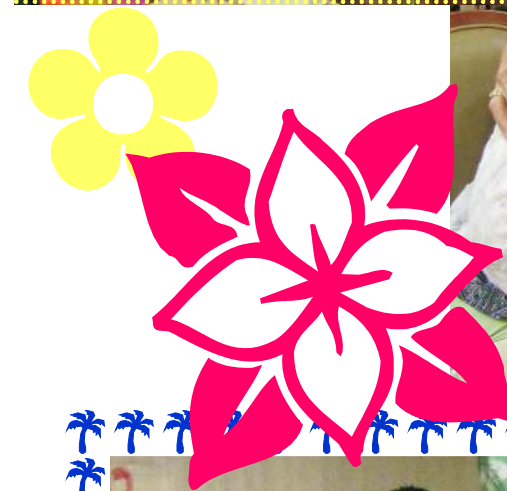
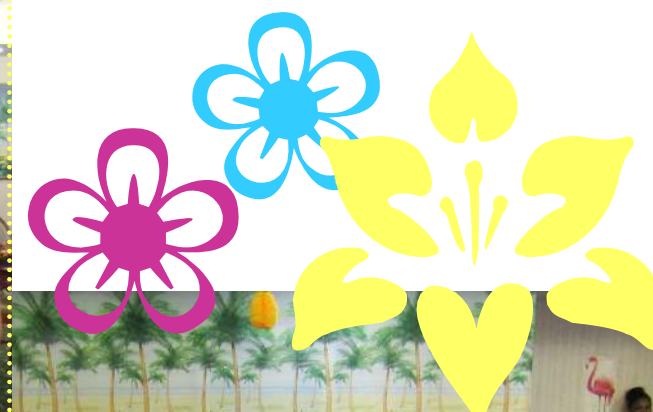
Mary Jane  
Chapman  
McK 106

September 4  
Labor Day

September 9  
Grandparents  
Day

September 21  
Peace Day

September 23  
Autumn Begins







## Anita's Ad-libs



Dear Residents,

It seems like a very busy time of year. I wanted to share a few updates of what's ahead for me and for the Village for the upcoming month.

I have a few employee highlights to share first. Most of you are aware that Leo "Woody" Daniels, Maintenance, will be retiring on September 13<sup>th</sup>. I welcome our entire UMV family to join a Happy Retirement and Appreciation Party for Woody on Friday, September 7<sup>th</sup>, at 9:00 a.m. in the Main Dining Room. The theme of this party will be **"DoNot Know What We'll Do Without You."** As many of you know, Woody has generously picked up donuts for the residents every Wednesday morning for many years. We thought it would be appropriate to have donuts and coffee at his party. Of course, we'll have other treats too.

National Environmental Services and Maintenance Week is September 17<sup>th</sup>-21<sup>st</sup>. We have planned a daily recognition for each of our honored employees. We would like to invite all residents to join us for an appreciation reception on Wednesday, September 19<sup>th</sup>, at 9:00 a.m. - 9:30 a.m. in the Wiseman Pollock Lobby. Light refreshments will be served. Drop by to say hello and share your sentiments for this great group of dedicated employees! Thanks for joining us for these two employee appreciation events in September!

Thanks to those of you who joined me for my first "Ask Anita" gathering in August. I know that I found it insightful and hope that all of you did too. For those that were not able to attend, it truly was an opportunity to talk and share thoughts and ideas and I didn't have an agenda. Please join me again on September 21<sup>st</sup> at 10:00 a.m. in the Riverbend Room.

Yes, a special announcement will be shared in September. Details are not finalized so we are unable to provide a date of this announcement before our newsletter goes to print. Please be on the lookout for a flyer announcing a special meeting with a very special announcement for our entire UMV family. I promise, everyone will be pleased with the news. Please do me a favor, don't tempt me with questions. I simply can't tell yet!

As you know, I try to keep you informed of my schedule. I will be out of town September 9<sup>th</sup>-13<sup>th</sup> attending an important ExSell with LCS Sales training in Des Moines, Iowa. This training will be held at LCS's Corporate Headquarters. I've heard great feedback about this training and am looking forward to learning!

Thanks everyone!

Anita





## A POND-ering ISSUE

Keeping our pond in an attractive state of appearance has been an ongoing problem for many years. The most obvious issue being the “pond scum” syndrome which everyone is quick to point out. I appreciate all the advice I have received from concerned individuals on how to fix the problem. Yet ironically, we have been using the exact product for years that is consistently being recommended.

After further researching the issue, I have learned that many factors contribute to the overall health, appearance and life cycle of a pond. Unfortunately there is no “cure all” or single product that addresses all the variety of aquatic weeds. Weeds and other circumstances must be identified to prescribe proper treatment.

Water chemistry also plays an important role in the condition of a pond.

Our pond was primarily created as retention for storm water runoff. A significant amount of surface water flows into the pond with each rain. Fertilizers and other chemicals that have been applied to surrounding lawns and fields are also carried along with the runoff that enters the pond. These fertilizers can actually promote the growth of pond weeds, thereby exacerbating the problem. Also, such chemicals impact the pH of the water and introduce a new dynamic to the issue.

In an effort to regain and enhance the beauty and impact of our pond I have recently reached out to a company that specializes in maintaining small bodies of water such as ours. They have submitted a proposal and laid out a timetable for specific targeted treatment that would begin early next spring. Their opinion is that it would be more cost effective to begin treatment next spring following the typical winter weed growth reduction cycle rather than attempting to address the problem at this time of year.

With that in mind, I am hoping to include pond maintenance by an outside company as part of next year’s operating budget. Additionally, we are looking to replace the present non-functional lighted fountain as part of next year’s capital enhancements.

We are all very anxious to get our pond back to the esthetically pleasing feature that it was intended to be. It truly adds to the beauty of our campus and I miss it as much as everyone else.

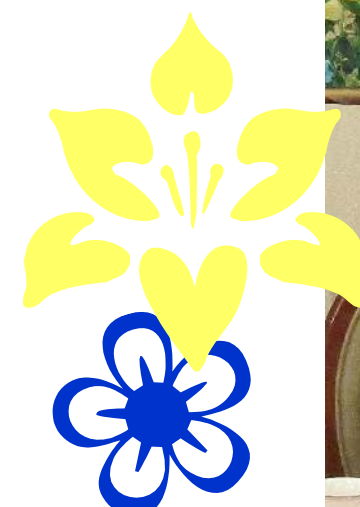
*-Rick Taylor-*



Royce Savage painted his very original watermelon necktie to wear to the party!











## From Your Health & Wellness Navigator...

Tricia Keagy

I would like to take this time to say what a pleasure it has been these past few months as I slowly get to know each of you. Each week I am getting more and more comfortable in my position and have made gradual progress in talking with some of you by name! A big accomplishment for me!

Over the past few weeks I have been going door to door and leaving with you a short write up about myself along with my business card. In the process I was able to introduce myself, meet many of you face to face and in some cases visit with you and find out a bit more about you, which I always enjoy. As I've stated, the write up I left with each of you was my opportunity to put faces to your names and to let you know that I am holding a question and answer open forum in the chapel on **September 19 at 2:30 in the Chapel**; I hope to see you there!

I would also like to let you know starting the beginning of September, my office days will change. **I will be here Monday, Tuesday and Thursday of each week.** My hours will continue to be 8 a.m to 4:30 p.m., only my days will change.

On September 27 at 10 a.m. and hopefully every month thereafter, I will be collecting medications that are expired, no longer needed/used, or you just need to get rid of and not sure how. I will **ONLY** collect the medications **on September 27 NO LATER than 10 a.m.** Please bring your medications that you no longer take to my office on the third floor by the elevators.

One final thought, September 9<sup>th</sup> is National Grandparents Day, so to each and every one of you:

### HAPPY GRANDPARENTS DAY

**The history of our grandparents is remembered not with rose petals but in the laughter and tears of their children and their children's children. It is into us that the lives of grandparents have gone. It is in us that their history becomes a future.**

*Charles And Ann Morse*

### Your Council Members

Bonnie Tyler, President	466-8535	Fred Seymour	466-3050
Helen Stairwalt, V. President	466-4446	Harry Hill	208-7979
Mary Chase, Secretary	467-0076	Alice Banghart	467-6428
Nancy Price, Asst. Secretary	850-212-2876	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 Tuesday, July 17.

The minutes are available on the Information Center Bulletin Boards.

The next regular Resident Council meeting is set for **September 19** at 1:00 pm in the Conference Room.





*A little note from Gail Stucker,  
Director of Community Life Services*

Dear Residents,

I am writing this to update you on a few projects that are in the works. First of all, thank you for the great response to the Activity Assessment. I have received approximately 85 completed forms. It's not too late to get yours in. If you need a new copy, please let me know. To all new residents and Weston residents, I will be getting a form to you. The purpose of the assessment is a chance for us to get to know you all a little better and to see what things our residents have in common with one another. It is very interesting to see the variety of interests and experiences that you have all had in your lifetime. I hope to share some of the results with you all in the very near future.

Secondly, many of you have inquired about an updated Resident Directory. We have started on this, but as you know, we have several new residents and will be adding them. In the next few weeks, we will be contacting some for missing photos. My goal to have this completed by the end of the year, and we will have an all-new directory for 2019!

Finally, there are always questions regarding our "Sign-Up for Activities" procedure. On sign-up day, I will be available in the Conference Room to answer any questions about events and outings and to sign you up for anything you are interested in. We do this to give everyone the same opportunity since some events fill up quickly. I do make the sign up sheets available at the front desk when the calendar goes out for Shopping & Bank Runs only. You do not have to wait for Sign Up Day for these things. Also, if you are not able to attend an outing you have signed up for, please let us know as soon as possible to allow someone else the opportunity to go. If you have not cancelled, the bus will not leave until we talk to you, so please let us know so that the outing will not be delayed. Thank you for your help!!



**Break out of your shell and join the fun!**

**Senior Field Day**

**9:00—Noon**

**Tuesday, September 18**

**Teams will compete at various games and challenges.**

**Try your skills and discover your hidden talents!**

**We will end the activities with a free box lunch at Noon**



## Health Services

### Blood Pressure Checks

- Every Monday with Jan/Absolute Healthcare  
1:00-2:15 in the TV Room
- Every Thursday with OSF Healthcare  
10:00-11:00 in the HS Office  
(WP 3rd Fl, next to elevators)

**Sign up for a free, mini dental exam  
with SIUE Dental School students**

Friday, September 14

9:00—12:00 in the Riverbend Rm

**OR**

Friday, September 28

9:00—12:00 in Weston Gathering Rm

Dental health product samples will be  
distributed during exam times.



**Introducing your new  
Wellness Coordinator  
from RehabCare...**

**Jocelyn Rothschild-Frey**

Meet Jocelyn at the  
Healthy Learning Lecture  
Tuesday, September 25  
11:00 in the Chapel

She will talk about the Senior  
Fit Test that is scheduled on  
Thurs., Sept. 27 at 11 in the RB

Join Jocelyn every Monday at  
10:00 a.m. in the RB for  
Get Movin' with Jocelyn and  
every Thursday at 10:00 a.m.  
for Step It Up

## Now Hear This...

**Mid America Audiology announces twice monthly screenings**

**Meet Tim Fick in the Rendezvous Room at 11:30 a.m.  
on Thursday, September 13 and Thursday, September 27**

During these free screenings you can have your ears examined and cleaned,  
have your hearing aid battery checked, and schedule an  
appointment for an in-depth hearing test.

Tim will also answer questions regarding hearing health and hearing aids.



## ***“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 OSF Saint Anthony’s Health Center Rehab Services

**“What is Lymphedema”**

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

Swelling in arms or legs can be caused by different factors. One cause is Lymphedema, swelling due to a problem with the Lymphatic System.

#### **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**

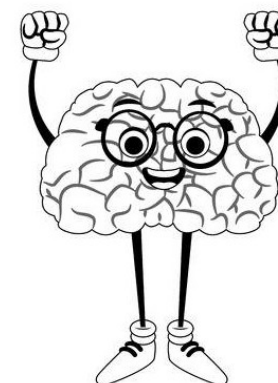
**Every Monday 10:00 to 10:45 a.m.  
in the Riverbend Room**

#### **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.

## **You Exercise Your Body!!**

### **Do you exercise Your Brain??**



On the first floor of the Village, there is a very well stocked and organized library!

Have you visited it and explored the exciting journeys you can partake in?

It is located near where you exercise your body. Stop by before or after your body is taken care of and replenish your brain cells.

Take a trip – solve a mystery – learn how to do something – spend time just letting your brain enjoy a great outing!!



## ***From the Director of Marketing***

***Carrie Carter***



*First of all... I want to say, Thank You, Thank You, Thank You, to everyone who has participated in our Alzheimer’s fundraisers thus far! We have truly made great strides in our fundraising efforts!*

*We had an amazing turnout at our Applebees “Dining to Donate” night. Then, we had a wonderful and very successful Card Party and Silent Auction. Our Romas dining event went very well and the Quilt Raffle is well under way. We will be drawing for the Quilt on September 14th.*

*We do have other things in the works, such as an Avon fundraiser and a Giving Tree (more details to come).*

*On September 14th at 1:30, we will be holding our very first “Walk To End Alzheimer’s” Fundraising Walk here at The Village. The path will be clearly marked with Promise Flowers. Please sign up at the Wiseman-Pollock reception desk, \$5 per walker. Walk short or long or not at all, come cheer us on!! We hope to see you all there!!*



Hey all you Hep Cats, sign up for the Alton  
Jazz & Wine Fest

**Saturday, Sept. 8 depart at 4:30**

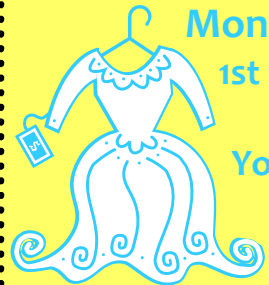
Catch the Jim Manley Quartet from 4:30-6

Free outdoor concert at the Alton Amphitheater  
Visit the Art Tent and enjoy food, wine &  
non-alcoholic beverages for sale

## Nellie's Closet

**Monday, September 24**

1st floor Wiseman-Pollock



You're sure to find something  
new to spice up your  
autumn wardrobe

## Woody Daniels' Retirement Party

**Friday, September 7 at 9:00 a.m.**  
**in the Dining Room at Coffee Hour**

Gather 'round to wish Woody a happy,  
healthy retirement after 18 years of  
maintenance service at UMV!



## Regular Activities:

### Joy of Crafting

**Wednesday, September 12 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, Sept. 5 & 19 at 10:00—TV Room**  
Gail Humiston will be here for one hour collecting items to be sewn or mended.

### Reflexology, Gail Humiston, Certified Reflexologist

Gail will host a presentation on Reflexology in the Riverbend Room on **Wed., Sept. 5 @ 1PM**

### Artistic Expressions with Gail

**Wednesday, Sept. 19 at 1:00—Gathering Room**  
Gail Humiston suggests new art projects, demonstrates art techniques, & helps artists develop their skills in repeated sessions.

### Hearing Health Care—no charge

**Thursday, Sept. 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.

### Massage Day with Holly Short, LMT

**Thurs., Sept. 27 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.**

### Choir Practice

**Wednesdays, Sept. 12 & 26 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

**"I already know about sex,  
but could you explain where  
beanie babies come from?"**

## Chaplain's Chat

*Judy Miller*



### **"The Touch of the Master's Hand"**

Well, it was battered and scarred, and the auctioneer felt, it was hardly worth his while. To waste much time on the old violin, but he held it up with a smile. It sure ain't much, but it's all we got left, I guess we ought to sell it too. So who'll start the bid on this old violin, just one more and we'll be through.

And then he cried:

One, give me one dollar, who'll make it two,  
Only two dollars, who'll make it three.  
Three dollars twice, now that's a good price,  
But who's got a bid for me.  
Raise up your hand now, don't wait any longer,  
The auction's about to end,  
Who's got four, just one dollar more, to bid on this old violin?

Well the air was hot and the people stood around, as the sun was setting low. From the back of the crowd, a gray-haired man, came forward, picked up the bow. He wiped the dust from the old violin and tightened up the strings. The he played out a melody pure and sweet. Sweeter than the angels sing.

And then he cried out:

One, give me one thousand, who'll make it two  
Only two thousand, who'll make it three.  
Three thousand twice, well that's a good price,  
But who's got a bid for me.  
Then the people cried out, what made the change, we don't understand.  
Then the auctioneer stopped and he said with a smile,  
It was "THE TOUCH OF THE MASTER'S HAND."

Now you know, many a person with a life out of tune, is battered and scarred with sin. And they're auctioned cheap to a thankless world, much like the old violin. Then the master comes and the foolish crowd, they never understand. The worth of a soul and the change that is wrought, Just by, ONE TOUCH OF THE MASTER'S HAND.

Author Unknown

### **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 titled "People of the Promised Land I" will begin Saturday, September 15, at 10 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, Sept. 14 at 11:00**  
**In the Gathering Room**

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



**"Village Pray-In"**  
**Sept. 21, 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, September 28 at 10 a.m.  
in the Conference Room for a time to  
share concerns & wisdom in an  
uplifting, positive environment.

### Day of Remembrance

Please join us for a special service  
honoring those residents who have gone  
to be with our Lord

Thursday, September 20 at 1:30pm  
in the Chapel

### In Memory...

*At this time, we would like to remember the families and friends of*  
**Raymond Brooks**, resident; **Beverly Cory**, resident; **Don Newcome**,  
former resident; **Josephine Bucher**, wife of resident Bob Bucher;  
**Flossie Watts**, grandmother of employee Caveta Chapman.



## Outings:

**Sign up for all Events & Outings at the front desk WP**  
**September Activities Sign-Up Day– Tue. Sept. 4, 11AM**

**Alton Jazz & Wine Festival at the Amphitheater**  
Saturday, September 8 depart at 4:30 p.m. Free  
concert. Food and Beverages to purchase.

**Lunch Out— Cracker Barrel**  
Sunday, September 9 depart at 11:00 a.m.

**Lunch Out— Decaro's**  
Tuesday, September 11 depart at 11:00 a.m.

**Hayner Library Presents: Spook Handy**  
Tuesday, September 11 depart at 5:30 p.m. Free  
Concert in 225 Alton Square upper level

**A Day in Historic Kimmswick, MO**  
Wednesday, Sept. 12 depart at 9:30 a.m. Lunch at  
the Blue Owl at 11:30.

**Dinner & A Movie — Bella Milano**  
Saturday, September 15, Movie & depart time TBA

**ALT "God's Favorite" — Dinner at Moonlight**  
Sunday, September 16 depart at 1:00 p.m. Tkt \$20

**Organ Spectacular at Benj. Godfrey Chapel LCCC**  
Monday, September 17 depart at 6:45 p.m.

**Gameday Luncheon, Riverbender \$7 at door**  
**Outing Cancelled for Senior Field Day**

**Salad Bonanza at Godfrey 1st UMC**  
Wednesday, September 19 depart at 10:30 a.m.  
Tkt \$10

**Men's Lunch Out— Kinders in Golden Eagle**  
Wednesday, September 26 depart at 10:45 a.m.

**1st & 2nd Dinner Out— Kemol's early bird dinner**  
Thur., Sept. 13 & Thur., Sept. 27, depart 3:45 p.m.

**ALT "Always Patsy Cline"**  
Friday, September 28 depart at 6:30 p.m. Tkt \$25

**STAGES "Oklahoma" & dinner Kreis' Steakhouse**  
Sunday, Sept. 30 depart at 1:00 p.m. Ticket \$43

## Events & Entertainment:

### Vitas POW/MIA Ceremony

Thursday, Sept. 6 at 1:00 p.m. Chapel  
Vitas Healthcare invites all residents to remember our  
POW/MIA soldiers. Many are still missing.

### OSF Health Education Program

This month's topic is "What is Lymphedema"  
led by OSF Home Healthcare  
Wednesday, September 12 at 11:00 am in the Chapel

### Village Walk to End Alzheimer's

Friday, September 14 at 1:30 p.m. start at WP  
Participate in this fundraiser to benefit the Alzheimer's  
Association and support the UMW team that will walk  
at SIUE on Sept. 22

### Juke Box Trio

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

### Senior Field Day

Tuesday, September 18 from 9-12 p.m. WP first floor  
and DR Patio

### Ask Anita—an informal monthly meeting

Friday, Sept. 21 at 10:00 a.m. in the Riverbend Rm

### Dave Sheppard

Friday, September 21 at 6:30 p.m. in the Chapel

### Breakfast Buffet

Friday, September 28 at 9 a.m. in the Dining Room



### Attention All Resident Veterans:

### Veteran's Coffee Talk—10:15 Wed., Sept. 19

Heartland Healthcare invites veterans to share  
treats and fellowship in the **Conference Room**.