

5201 Asbury Avenue

Godfrey, IL 62035

Phone: 618.466.8662

We're on the Web!

www.unitedmethodistvillage.com



Bank Runs: Tuesday, November 7, 11:00 a.m.

Tuesday, November 28, 10:00 a.m.

Shopping Trips:

Thursday, November 2, 1:30 CVS/Walgreens/Cleaners

Tuesday, November 7, 1:30 Schnucks/Cleaners

Thursday, November 9, 1:30 Walmart

Tuesday, November 14, 1:30 Aldi/Dollar General

Tuesday, November 21, 1:30 Schnucks

Tuesday, November 28, 1:30 Shop N Save/Dollar Tree

Thursday, November 30, 1:30 Walmart

Isn't this a great sweatshirt?! Made by Jeannine Garvey.



Happy Birthday!!

Resident Birthdays

FRANCES HUSMANN	11-02
KAY FITZPATRICK	11-04
CAROLE EALEY	11-06
PAM SEVIER	11-07
ELIZABETH JOHNSON	11-12
JERRY WICKENHAUSER	11-16
DON JENKINS	11-18
JEANETTE VOWELS	11-21
ROSE HAMILTON	11-21
VIRGINIA FILE	11-27
ANNA NORMAN	11-30

Staff Birthdays

PAT DOUGLAS	11-04
MATTHEW BUTLER	11-07
KIMBERLY OSELAND	11-08
JOYCE WILD	11-08
CARLA WATSON	11-11
JAMES MCPHERSON	11-20
SCOTTIE HOWARD	11-28
JOHNETTA BALDWIN	11-29

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

THE UNITED METHODIST VILLAGE
THE VILLAGER

NOVEMBER

2017

November 1
All Saints Day

November 5
Daylight Savings Time Ends

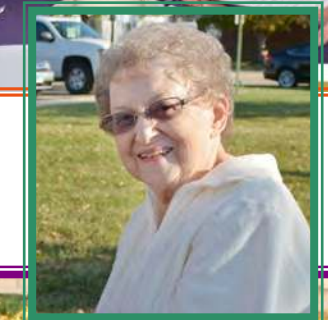
November 11
Veterans Day

November 23
Thanksgiving

Welcome New Residents:

Louis Sommars –WT 137

Marsha Yarnell—5208 Aldersgate



*"Give thanks to the Lord,
for he is good;
his love endures forever."
1 Chronicles 16:34*

Thank You to all who joined us in celebrating the 20th Anniversary of The United Methodist Village!

More gala photos on pages 16 & 17

Continued from previous page



Anita's Ad-libs



Once again, Happy 20th Anniversary to The United Methodist Village! I'd like to thank you for attending our day of festivities celebrating our 20 years together. The Anniversary Service held in our Chapel was a very special time together that included the talents of our residents and employees leading our songs and praises. The walk down memory lane and memorabilia was enjoyed by all. Finally, the night under the sun and stars with dinner and entertainment was an incredible way to end the day. Thanks to everyone for participating and celebrating our 20th year!



Our staff and I are always striving to make United Methodist Village an exceptional place for you to live and to meet and exceed your expectations. We believe that it is important to hear from you. On November 7th, you will receive a Resident Satisfaction Survey. Our last survey was taken 2 years ago. The format this year will be much easier to complete which includes a clear rating of 5-1. A “*high 5*” would be our goal! Thanks!

We ask *all* of our residents to take the time to fill out the survey and return it in the mail or bring the survey with you to the main dining room on November 16th and receive a complimentary appreciation boxed lunch to go. Please come anytime between noon and 1:00 pm! A follow-up letter will be distributed closer to the time of the survey. Again, thanks for taking the time to complete this important survey. Our community team always welcomes your suggestions, compliments and concerns!



Please plan to attend my quarterly Executive Director's Meeting scheduled for November 30. I have several highlights that I'd like to share with you during this meeting including the results of the Resident Interests Survey that I generated last month. Together with the Directors, I will provide an overview of 2017 and insight as to what's ahead in 2018. I'm positive that for those who attend, you'll leave feeling well informed and excited about the future based on your ideas and feedback.



I'd like to thank our UMV family of 46 Veterans and extend a sincere appreciation for serving our country and protecting our freedoms. Once again, I look forward to honoring our veterans both in our UMV family and to others as well. We'll remember those living and veterans who have gone before us in a special Veterans Day Service in our chapel on November 10. I hope to see our entire UMV family in our chapel that morning. It will truly be an honor to be there with you.

Finally, Have a Happy Thanksgiving. I am sincerely thankful to be part of this wonderful community. Thank you for being such blessings in my life!

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.” Romans 8:28

As many of you already know, the parish nurse program is coming to an end at Alton Memorial hospital. The Alton Memorial Health Services Foundation board has decided not to renew or pay for the program. My position at the hospital ends on December 15th. (Hence, the Bible verse from Romans 8!)

As I sit and type what will be one of my final newsletters, I must say that I do not like change. I am a creature of habit and like my routine. I don't like my roles to change, whether it's mom or nurse assignments. For example, my son Jonathan had to “wean” me from being his little kid “supervisor, truant officer and CEO” mom and help me to transform into “adviser only when asked and friend” mom. Erma Bombeck described this transition –“ it's as if you are on center stage and suddenly all the lights go out and no one even warned you.” Thankfully, Jonathan has been patient and I think that I am getting the hang of this new role. As far as my career, over the past six years I have enjoyed my routine. On any given morning, I wake up and know where I will be each work day of the week, what office I will drive to, and most likely, who I will see or talk to that day. Yes, there are some things that pop up, but for the most part I have my days planned out.

So I had to ask myself, why would God close a door to a ministry where I get to love and serve His people? I have always felt the call to help other people and enjoy watching God work in others' lives - and this job is going so well, so what is up? I have had change happen in the past and do not do very well at all. In fact, the last job change I had the Lord strongly called me to change, and I was obedient, but I kicked and screamed the entire way there! But then I recalled that during that season I learned a lot about this heavenly Father whom I serve, and His faithfulness in very dry seasons. Some of the sweetest moments that we have with the Lord are when we do see, or understand, what He is doing. We simply have to walk by faith and be obedient. Looking back, I also recall that each time the door of a new opportunity opened it began opening when things were going well in what I was doing, but I had become a bit stagnant. It's as if God says, “Okay, your assignment is complete.” Some are called to stay in one place 20 or 30 years, some are called to a shorter time. Sometimes the assignment just ends - and God is already calling/preparing you for something else! Those “end of season” experiences have been a time of enormous growth for me, and yes with some upheaval and uncertainty along the path - and yet God always knows the most excellent way!

continued...

From the Desk of the Director of Weston Terrace

Dee Cunningham, RN

Greetings Everyone,

Two months to go and the year will be spent. With Halloween being past and Thanksgiving quickly approaching, thoughts of holiday plans with family and friends will soon begin. And, speaking of planning what a great job Gail Stucker and her team did with planning the wonderful celebration of UMW's 20th anniversary!!! The entire day was filled with excitement and it seemed everyone was in a good mood.

What a treat to witness the joy, fun, and party-like atmosphere that was shared by the residents as they celebrated the occasion with each other. As for me, the highlight of it all was watching the residents dance at the end of the evening. My heart was moved and tears filled my eyes as I witnessed the total pleasure our residents were experiencing as they moved and grooved to the awesome music of Bud Shultz's band, “You Can't Beat Experience.” What a great way to wrap up such a special occasion under the beautiful white tent and lights, after hearing from our special guest speakers who clearly appreciate and enjoy being associated with UMW, and are so proud of its contribution to our senior generation and surrounding community.

This event has been a reminder to me that no matter how difficult life may be at times, there is still much to be gained if we look for the blessings that are interwoven along the way on our life travels. The important thing is that we determine to search out the positives while we are in the midst of the some of the more negative experiences we must deal with. So I am asking each of you to join me in pursuing the joys that are amongst us all, many of which are so easily overlooked yet so immensely valuable.

Don't stop looking for the good things in life! Don't quit seeing the plusses that life still has to offer . . . on a daily basis. Don't let the rough times overwhelm the simple pleasures that are around us at every turn, if we will only pay attention.

There is much more to celebrate than this very special anniversary for the residents of UMW! Keep counting your blessings. Keep watching for the unexpected surprises as you go from day to day. No matter how tempting it is to focus on the hard places in life (though we must give these places their due) let's not forfeit what pleasures are right in front of us by focusing on the hard things alone.

Let's share the good that is here for each of us to enjoy. There is much of it, and we can add a great deal to the quality of life for all of us . . . if we only choose to do so.

Have a wonderful November, everyone, and let's enter the approaching holiday season with high expectations for the celebrations that are still ahead for us this year!



Blessings to All,

Dee

THE UNITED METHODIST VILLAGE
CHRISTMAS BAZAAR

More than 50 vendors means one-stop shopping to complete your Christmas gift list!
Browse handmade and one-of-a-kind treats and treasures.

NELLIE'S CLOSET

A Methodist Village favorite returns!
Offering Holiday finery and boutique clothing and accessories for all ages. Gather your friends for a unique shopping experience.

Friday, November 3

9:00 am — 2:00 pm

**Wiseman-Pollock
main & lower level**

The Dining Room will be serving traditional Turkey & Trimmings on Thanksgiving Day

Please remember to make reservations for any guests joining you for the holiday dinner.
(No lunch served on November 23)





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, September 13.

The minutes are available on the Information Center Bulletin Boards.

The next regular Resident Council meeting is set for November 8 at 1:00 pm in the Conference Room.

*From the Director of Marketing**Carrie Cope*

Gobble, gobble, gobble...Let's talk turkey!!

A warm welcome goes out to our newest residents, Louis Sommars and Marsha Yarnell. **WELCOME!!** We are pleased to have you all as our new residents here at The United Methodist Village!

It has been a busy past few months for us in the marketing department. We had our golf tournament at the end of September and it was a wonderful day. I want to say a **HUGE** thank you to the residents who supported us in that event. We are gearing up for the holidays and looking forward to some more move in's over the next 30 days. Please welcome everyone as they make this transition.

The Marketing Department relies heavily on all of you for referrals!!! But no good deed goes unrewarded!! Residents that refer their friends to United Methodist Village **market rate apartments and patio villas** receive **\$500.00** off a month's rent as does the friend they referred! We are looking forward to kick starting our new resident referral program... stay tuned for details!!

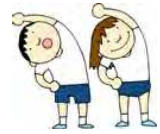
Happy Thanksgiving!!

Carrie Cope



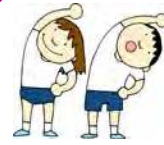
Harvest Card Party Luncheon
October 2017





“UMV Life Style and Wellness Program”

Physical Wellness



Senior Fitness Tests

Travis Harper, RehabCare Wellness Coordinator, will be conducting Senior Fitness Tests on Tuesday, Nov. 7 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.

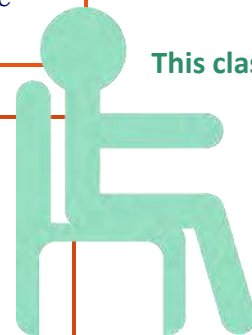
Led by a Senior Services Plus employee

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



Healthy Learning Lecture Osteoporosis

Did you know that osteoporosis can affect men and women? It is estimated that 50% of women over 50 years old will break a bone due to osteoporosis.

Unfortunately, this condition does not have any early symptoms but diagnosis is fairly easy. There are supplements and medications to help with osteoporosis, and weight bearing exercise is suggested for most people, but do you know what you should be taking or what exercises you should do or avoid?

If you'd like to learn more about Osteoporosis, come to the lecture on November 21st at 10:00 in the chapel!

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 Moving with Travis

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. Travis Harper leads this dance-infused fitness class. Can be done seated or standing.

United Methodist Village and Senior Services Plus Annual Golf Tournament September 29, 2017



Coming Up on December 3...

**\$17 (for non-season ticket holders—
make checks payable to ALT)**

**Sign up and pay by Monday,
November 20**

**Bus leaves UMV at 1:00; returns
after dinner at Shogun**

From the playwright who brought you *A Nice Family Gathering* comes a follow-up play for the holidays! The play takes place in Minnesota on Christmas Eve, a time for a family get-together at Mom's home. Son Carl, a newspaper reporter, has been given an assignment to write a story about a typical family Christmas. Arriving at the home of his recently widowed mother and his off-the-wall grandmother gives him the opportunity to write about his own family. Brother Michael, who is a doctor, arrives with his wife Jill who is desperate to have a baby and their marriage appears a bit shaky. Sister Stacey admits that she is gay and is exclusively happy with her partner, while Uncle Bob shows up, perhaps a bit tipsy and attempts to get too cozy with Mom. When this dysfunctional family gets together, who knows what their conversations will reveal as they battle it all out in a nice family gathering loaded with a laugh-a-minute. And just maybe it is all too personal to be printed in a newspaper!



Regular Activities:

Mending & More by Gail

Wednesdays, Nov. 1 and 15 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, Nov. 2 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

November 30 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, Nov. 14 and 28, 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 November 1, 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, Nov. 1 at 1:00 Riverbend Room.

Bead Art

Thursday, Nov. 16 at 10:15 am Weston Terrace
Gathering Room. Make pretty, wearable art!

Choir Practice

Wednesday, Nov. 8 and 22 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: The sun is shining, the wind is cool, the days are getting shorter and winter is on the way. Ready or not it soon will be here.

You know, we are all still like kids. As most of you know, I recently slipped in the bathtub at home and laid there for a quite a while. No, I didn't hurt anything except my pride when the rescue squad arrived to help me out. So when something like this happens, what do you do you might ask? Well I laid there and recited all the Bible verses I knew by heart. I surprised even myself with all that I remembered. No, I couldn't always remember the book it was from or even the number of the verse. I had a pastor, a long time ago, who once told me that it didn't matter to God as long as I knew the verse(s), and wanted to talk with him. Well I had a good long talk with God then, and I will always listen to him too. Some night when you can't sleep try it. It not only passes the time but it helps you to take some time with God and talk to him.

So what did I learn from God this time around you ask? I was reassured I am where he wants me, here at The Village with you. It is my pleasure to serve as your Chaplain here. As I plan the holiday calendar, I can see God working, and I can see him in your lives.

What a beautiful job the Resident Choir did at the 20-year celebration with their music. Rick Kern and his staff did a great job preparing and serving such an outstanding dinner. We have to give a big thanks to our Leadership Team who worked together to create a very special evening. Last, but certainly not least, we should thank Anita our wonderful administrator who was involved with all steps of the celebration. She has been blessed with more energy than the rest of us, I do believe. So, life is good here at the United Methodist Village, just ask anyone!

I truly believe God has planned for us all to serve you as well as we can, and I pray you are as happy with us as we are with you.

Blessings, Chaplain Judy

In Memory...

At this time, we would like to remember the families and friends of residents Jim Clasby and Billy Shoemaker and former resident Bob Weishaupt.



Main Street United Methodist Church



Services every Sunday
at 8:00 a.m.
in the Chapel

CATHOLIC MASS

Every Saturday afternoon
3:30 p.m. Chapel

Led by Father Wickenhauser



SPIRITUAL WELLNESS



“Village Pray-In”
November 2, 11:30 — 12:00

Now in the Chapel

All are welcome.

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

November Evening Worship Services

Sundays in the Chapel at 6:30 pm

- ♦ Nov. 5, led by Rev. Steve Frieese
- ♦ Nov. 12, led by Rev. Randy Butler
- ♦ Nov. 19, led by Chaplain Judy Miller
- ♦ Nov. 26, led by Rev. Adrian Das

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, **November 17**, 10 am in the Conference
Room for a time to share concerns and wisdom
in an uplifting and positive environment.

Bible Study
Thursdays 10:30 a.m.
Conference Room



Rosary Recitation
Tuesdays at 3 pm
In the Chapel

Communion
Friday, November 10 at 11:00
In the Gathering Room

Catholic Communion
Friday, November 3 at 10:00
Gathering Room

Events & Outings:

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

ALT: Frank Sinatra & Barbra Streisand Tribute — dinner at Moonlight

Sunday, November 5 depart at 1:00 p.m.

Powell Hall Coffee Concert — Hamelin plays Tchaikovsky 4th Symphony

Friday, November 10 depart at 9:00 a.m.

Lunch Out—Mel's Riverdock

Saturday, November 11 depart at 10:30 a.m.

GACA: Steven Vanhauwaert, Pianist —dinner at Golden Corral

Sunday, November 12 depart at 2:15 p.m.
Freewill offering suggested

1st & 2nd Dinner Out—Brass Door

Wednesday, Nov. 15 and Thursday, Nov. 30,
depart at 4:15 p.m.

Ladies Day Out — Fazoli's / Michaels / Deirbergs

Thursday, Nov. 16 depart at 10:30 p.m.

Dinner & A Movie — Mike Shannon's

Saturday, Nov. 18 Movie & depart time TBA

Gameday Luncheon, Riverbender \$7 at door

Tuesday, November 21 depart at 9:45 a.m.

St. Charles Christmas Traditions—lunch at Mother-in-Law House

Saturday, Nov. 25, depart at 10:00 a.m.

LCCC Jazz on a Fall Evening—Trimpe Bldg.

Monday, Nov. 27, depart at 6:30 p.m.
Featuring LCCC jazz band and AHS jazz band.

Men's Lunch Out—Ravanelli's

Wednesday, November 29, depart at 11:00 a.m.

Executive Director's Quarterly Update

Wednesday, Nov. 30 at 1:30 pm in the Chapel
Gather with fellow residents and staff as Anita
reports on things past, present, and future at
UMV.

Entertainment:

Christmas Bazaar & Nellie's Closet

Friday, November 3, 9:00 - 2:00 WP commons

Rick Pickren

Monday, November 6 at 2:00 p.m. in the Chapel.
Singer, songwriter, entertainer-Rick does it all!
Enjoy an interactive show with a true descendant
of Buffalo Bill Cody.

Special Veteran's Day Service

Saturday, November 10 at 1:30 in the Chapel

Attention All Resident Veterans:

Veteran's Coffee Talk—new time and location

Wayne Loehring from Heartland Healthcare
invites all UMW Veterans to share treats and
good conversation.

Wednesday, Nov. 22 at 10 :15 am in the Weston
Gathering Room

Sam Brown

Tuesday, November 21 at 1:30 p.m. in the Chapel.
Guitar and vocals by Crystal Gayle's backup player.

Healthy Learning Lecture

The topic for this month is Osteoporosis
Tuesday, Nov. 21 at 10:00 a.m. in the Chapel.

Breakfast Buffet

Friday, November 17 at 9 a.m. in the Dining Room

Carol Michalisko hosts a Holiday greeting card class

Monday, November 13, 10am-11:30am

Cost is \$15 and includes supplies

Please register for this class on
November 1 at 11:00

Class size is limited to 6 participants

