

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, April 2, 10:30 a.m.

Tuesday, April 23, 10:30 a.m.

Shopping Trips:

Tuesday, April 2, 1:30 CVS/Walgreen's (senior discount day)

Thursday, April 4, 1:30 Schnucks Godfrey

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

Thursday, April 11, 1:30 Walmart

Tuesday, April 16, 1:30 Schnucks Alton / Dollar Tree

Thursday, April 18, 1:30 Target

Tuesday, April 23, 1:30 Alton Square/Kohl's

Thursday, April 25, 1:30 Aldi / Dollar General

Tuesday, April 30, 1:30 Walmart

Please Be Aware...

There are collection boxes especially for **Team Honduras from Main Street UMC** where you can donate individually wrapped toothbrushes and mini-tubes of toothpaste.

THESE ITEMS ARE NOT FREE SAMPLES FOR UMV RESIDENTS.

The collection continues until the end of April.

The mission team will then travel to Honduras and these donated items will be part of their dental hygiene gifts to children in served Honduran communities.

Thank you for supporting their mission!



Resident Birthdays

JOANN TRASK	4-02
VIRGINIA COMPIS	4-14
LETA SCHWALLENSTECKER	4-14
KATHY WHALEY	4-16
JANICE GADDIS	4-19
FAY GUSTIN	4-20
BOB BUCHER	4-23
MARJORIE FORTADO	4-26
HARRY FESSLER	4-26

MARY HAXEL 4-28
JEAN DIXON 4-29

Staff Birthdays

CASSIDY HARVEY	4-03
JACKIE HAYNES	4-08
RICK KERN	4-12
GABRIEL BRADY	4-12
CIERA KIMPLE	4-13
MARGIE SMITH	4-14
HANNAH COLLMAN	4-18
GAIL STUCKER	4-27

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

THE UNITED METHODIST VILLAGE

THE VILLAGER

APRIL

2019

WELCOME NEW RESIDENTS:

Betty Baldwin
WT 127

Merry Rose
WT 128

Carole Henkhaus & Michael Twichell
WP 301

Shirley Weber
McK 118



**Mardi Gras 2019
King Cake
Queens & King**

April 2
Election Day

April 14
Palm Sunday

April 18
Maundy Thursday

April 19
Good Friday

April 21
Easter





Anita's Ad-Libs

Dear Residents,

As I write this article, I'm enjoying the fresh air with my window cracked and the flowers starting to peek through the ground. Happy Spring!

I hope everyone has enjoyed receiving our newest resident directory. I've received many favorable comments about the design and the revisions made. It's been very handy having it in alphabetical order and phone number accessible. Thanks to Gail Stucker for all of her efforts in creating our updated 2019 Directory!

Our One Call Now has been tested and all residents and employees are able to receive communications. Again, thanks to Rick Taylor for all of his efforts in launching this program for us. We are able to send messages directly to your phone. As a matter of fact, I generated a test communication to our employees from my cell phone. For clarification, the message will be directed to your answering machine if you do not answer the phone. Again, our plan is to deliver important messages regarding safety issues or possible events that involve our operations.

Our commitment to hospitality continues. Please see our April piece of the puzzle that displays our commitment to "HOSPITALITY IS THE HEART OF UMW!" Our April hospitality promise is "WE TREAT EVERYONE WITH COURTEOUS RESPECT".

Many of you have expressed interest in the Wiseman Pollock renovation plans. The drawing boards for the lobby area should be available soon and will be on display in the lobby.

Wow! Wow! Wow! Thanks to those of you who participated and submitted names for our rebranding campaign. We had an overwhelming response of 76 suggestions. Many suggested names had great meaning and really provided thought about our Community. Final decisions are underway by our Board. Please know that any updates or final decisions will be shared soon.

By now, everyone should have received the announcement about Dr. Peet providing podiatry services at UMW. As mentioned in the announcement, please contact Tricia Keagy or Brandi Knipfer if you would like to sign up to see the podiatrist. Dr. Peet who does feet (I just had to say that) will be seeing patients by appointment only on April 8 in the office next to elevator on the third floor of Wiseman Pollock and/or the Gathering Room in Weston.

As you know, we've been continually evaluating our UMW Lifestyle and Wellness Programs as part of our commitment to "Living Life Well and Living Life Easy." Our goal is to create services and opportunities centered around your needs, interests, and expectations. We are now exploring opportunities to have laboratory and chiropractic services available on our campus. We'll keep you posted as we advance those opportunities. If you have any suggestions or thoughts, please feel free to share them with me. Please call me, come visit, or I'll be happy to visit with you in your apartment.

I will be attending a LifeCare Services Conference next week April 1st-4th in Austin, Texas. This is a business unit meeting for Richard Funk's Business Unit that includes communities from Kansas, Missouri, and Michigan. The agenda looks very robust including all of the sessions being held on the Life Care Services Westminster Community beginning each day at 7:30am and ending with group dinners at 7:00pm. I'm looking forward to action packed meetings filled with the latest in Senior Living.

Enjoy the beautiful month of April! Looking forward to seeing our Village bloom!

Anita



OSF[®]

HEALTHCARE

Monthly News and Activities

OSF Lunch & Learn

Dr. Wei Lin, OSF Medical Oncologist, will discuss the importance of using low dose CT for lung screening and mammography for breast screening. Early detection can save a life!

Please join Dr. Lin for this informative health presentation and complimentary light lunch.

Friday, April 12 from 12:00-1:00 p.m. in the Dining Room

OSF Health Education Program

Wednesday, April 10, 11:00 in the Chapel

"Taking Control of Your Parkinson's with LSVT"

Do you know someone with Parkinson's disease? Do they have difficulty walking, speaking and using their arms for normal activities?

Parkinson's disease is a neurological disease that affects the part of the brain that produces dopamine. Due to the decrease in dopamine, people with Parkinson's disease may develop soft or low voice, tremors, difficulty moving or walking, loss of smell, and small handwriting.

Approximately 60,000 Americans are diagnosed with Parkinson's disease each year and men are 1.5 times more likely to have Parkinson's disease than women.

The OSF Therapy department has therapists trained in a rehab program for people with Parkinson's disease called BIG and LOUD, which aid people in relearning to move big again and speak louder.

Call the OSF Therapy Office at UMW, (618) 466-0553 for more information.



Health Services

Blood Pressure Checks

- Every Monday with Jan/Absolute Healthcare 1:00-2:15 p.m. in the TV Room
- Every Tuesday with OSF HealthCare 2:30-4:30 p.m. in the OSF Clinic at WP206
- Every Thursday with OSF HealthCare 8:00-10:00 a.m. in the OSF Clinic at WP206



“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.

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
- decreases joint pain and stiffness
- improves physical conditioning
- reduces stress and helps to maintain a positive attitude

Lead by Community Life Services Staff

**Holly Robeen will be available
in the exercise gym
from 9-10 AM on April 3
to assist and answer
questions about the
exercise equipment.**

OSF presents “Fitness Fusion”

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

OSF presents “Pure Power”

Every Thursday at 10:00 in the Riverbend Room



MARDI GRAS 2019



Quilter's Day Out w/Brandi



Itchin' to be Stitchin'



Hello Friends!

I am collecting old neckties.
Any donations would be appreciated.

Thank you, June Funkhouser



Chaplain's Chat

Judy Miller



Greetings: Thank you all for attending our Remembrance Day recently. Please watch the calendar for the next Day of Remembrance service.

The Lenten season is upon us this month - here is the calendar of events:

Sunday, April 7th Rev. Edward Grandosin, Communion will be served. He is new to our area, so please make him welcome. He is serving E. Alton UMC.

Sunday, April 14th, Rev Lois Mitchell will be our speaker,

April 18th, Chaplain Judy, ***Maundy Thursday Services at 1:30 pm***

April 19th, Good Friday, Gail Stucker and the UMV Choir ***Good Friday Services at 1:30 pm***

Sunday, April 21st, Easter Services, Mark Strelow

Sunday, April 28th, Chaplain Judy

Services on Sunday Evening are held at 6:30 and usually last 30 to 45 minutes. Please join us.

We hope you will enjoy the services we have planned for each of the Sundays. If your pastor has not been here for a visit and you would like them to speak, please write their name, church and phone number down and give it to me and I will be glad to contact them.

As you join in the Easter Egg Hunts with the children please remember the real reason of Easter. Christ died so we might live, Praise the Lord!!

A word in advance about the National Day of Prayer on May 2 - our chapel will be open from 8:00 am to 7:00 pm on May 2. Cards with prayer requests will be available.

Lenten Bible Studies led by Kim Stuby

Continuing through the Lenten season

Wednesdays, April 3, 10 & 17 at 1:30pm in the Gathering Room

Come One, Come All! Weekly Bible Study

Join us every Thursday

10:00-11:00a.m.

In the Conference Room



Ladies Bible Study

Join us every Tuesday

10:30-11:30a.m.

In the Conference Room

Wiseman-Pollock

Bible Study Fellowship International classes

Hello, ladies. Bible study continues Saturdays at 10:00 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, April 12 at 11:00
In the Gathering Room

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



“Village Pray-In”
April 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, April 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
Carl Herzog, resident and husband of Bev Herzog; **Royce Savage**,
former resident.*



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

**If you have questions or concerns please contact one of the above council members and
it will be discussed at our next meeting.**

Council Chronicle

The Resident Council had a meeting on Wednesday, March 13.
The minutes are available on the Information Center Bulletin Boards.
The next regular Resident Council meeting is set for **May 15** at 1:00 pm in the Conference Room.

The following residents ' phone numbers are incorrect in the new Resident Directory.
Below are the correct phone numbers:

Sharon Hogan 813-263-5600 Mary Chase 467-0076
Kindly notify the receptionist of any additional errors

A Note of Appreciation from Reka Holder...

Thank you to everyone who has responded to my missionary project by contributing any kind of Christian Literature and Bibles. From the time I took your contributions to the collection center in Butler, IL about 4 months ago until now, you have contributed 22 Bibles and lots of other kinds of Christian Literature. Thank you all so much.

The Bibles can be in ANY condition—written in, coffee spills, pages missing—any condition. You cannot even imagine how much they are appreciated. Below is an article I received just a few days ago from one of those back-countries that have no access to Bibles/Christian Literature, except through your contributions! So please continue donating.

Zimbabwe:

We received 10 boxed of literature from your literature distributors Martin and Ivy. We asked them to send this message to Love Packages with our thanks. We received tracts, books, Our Daily Bread, and the Upper Room books. You have no idea how you have empowered our women, men, youth, and children's ministry. We are extremely grateful, our church is 350 kilometers from Harare and it is very difficult for us to have any literature. To receive brand new paper back Bibles, this was the greatest gift ever!

Since January 2019, the distribution center in Butler has shipped 340 tons of your contributions to Ghana, India, South Africa, Burma, and other countries that have no other access to Bible and Christian Literature. Thanks to everyone for your contribution to such a worthy cause!

There are contribution containers in the dining room waiting area, on the table by the WP bulletin board, and in McKendree entrance area.

An announcement from Gail Humiston

Due to personal reasons, Gail will be taking
“Mending & More” requests by
appointment only.
Please call the reception desk for her number.
Arrangements can be made for a pick-up.

Wiseman Pollock Residents

It's time for your Block Party!

Friday, April 26

1:00 – 2:00 PM

1st floor WP residents meet at RR

2nd floor WP residents meet in LR

3rd floor WP residents meet in HS

Fish Fry Fridays

Sign up for one of the meal outings to a
Lenten Fish Fry

Fri., April 5—Knights of Columbus Godfrey

Fri., April 12—Evangelical Church Godfrey

Fri., April 19—Knights of Columbus Godfrey

Both locations serve all-you-can-eat buffet
with 3 kinds of fish, several side dishes
and a drink for \$10.

Desserts at K of C, other than pudding, are
sold by Ladies Auxiliary for \$1.



*STL Cardinals vs. Padres
Baseball Home Opener*

**Residents and Staff—
wear Cardinals Red on**

Thursday, April 4

**A Ballpark hot dog special will be
available on the DR lunch menu.**

Regular Activities:

Music Therapy St. Louis

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

Joy of Crafting

Every Wednesday at 1:00 pm— Riverbend Rm.

Join us for a different craft each week.

We welcome your ideas and requests for future
projects.

Sadie the Therapy Dog

**2nd Tuesday at 10:15 am— Sadie wags her way
around WT, WP & McK to say hello.**

Mending & More by Gail

PLEASE SEE NOTE IN UPPER LEFT CORNER

Hearing Health Care – no charge

Thursday, April 4 at 11:00 in the Rendezvous Rm

Heartland Hearing will be here to provide hearing
aid service and repairs, ear wax removal, hearing
test & ear care.

Mid America Audiology – no charge

Thurs., April 11 from 10-12:00 - 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., April 25 from 10 to 4 - McK116

Holly Short, Certified Massage Therapist, will
soothe your tired or stiff muscles & joints with
therapeutic massage techniques.

Sign up at the front desk.

Choir Practice

Wednesdays, April 10 & 24 at 2:00pm —CH

Games with Emily from Southern IL Healthcare

Thurs., April 25 at 1:30pm—Rendezvous Room

Coffee Hour

Fridays at 9:00 am—Dining Room

Armchair Travels

Every Sunday 1:00pm—Gathering Room





Rock

1950s

Diner Party



Outings:

**Sign up for all Events & Outings at the front desk WP
April Activities Sign-Up – Mon. April 1, 11:00 AM
St. Louis Symphony Coffee Concert at Powell Hall
& lunch at Bob Evans**

Friday, April 5 depart at 9:00 a.m. Ticket \$27.50
Featuring the music of Mozart & Strauss

Dinner Out— Knights of Columbus Fish Fry \$10
Friday, April 5 depart at 4:00 p.m. Godfrey location

GACA “Ronan Tynan”

Saturday, April 6 depart at 6:30 p.m. \$20

Alton Symphony “Amen”— Dinner at Round Table
Sunday, April 7 depart at 2:00 p.m. Concert \$5 at LCCC
Hatheway Cultural Center

Lunch Out— Olive Branch
Tuesday, April 9 depart at 10:30 a.m.

Dinner Out— Evangelical Church Fish Fry \$10
Fri., April 12 depart at 4:00 p.m.

Dinner & A Movie — Dewey’s
Saturday, April 13, Movie & depart time TBA

Gameday Luncheon, Riverbender \$7 at door
Tuesday, April 16 depart at 9:45 a.m.

Our Lady of the Snows: “We Were There”
Tues., April 16 depart at 4:30 p.m. Dinner at Bandana’s

1st & 2nd Dinner Out—Ravanelli’s
Thurs., April 18 & Wed., April 24 , depart 4:15 p.m.

Dinner Out— Knights of Columbus Fish Fry \$10
Fri., April 19 depart at 4:00 p.m. Godfrey location

LCCC Jazz Band “Jazz on a Spring Evening”
Monday, April 22 dpt at 6:30 p.m. free Trimpe Bldg

Men’s Dinner Out— Brass Door
Thursday, April 25 depart at 4:00 p.m.

Alton Symphony “A Night at the Cinema”
Saturday, April 27 depart at 6:00 p.m. \$5 Hatheway

GRCS “Disney Concert” - dinner at Bakers & Hale
Sun., April 28 dpt at 3:00 p.m. \$25 UMC Airport Rd.

LCCC Choir “Spring Concert”at B. Godfrey Chapel
Monday, April 29 depart at 6:30 p.m. free

Lunch Out— Red Lobster
Tuesday, April 30 depart at 10:45 a.m.

Events & Entertainment:

Rekha Dravina

Friday, April 5 at 1:30 p.m. in the CH

Ask Anita

Tuesday, April 9 at 10:00 a.m. in the RB

ALT Season Ticket Sales

Monday, April 8 from 2:30-3:30 p.m. in the CR

OSF Health Education Program

This month’s topic is “Taking Control of Your Parkinson’s
with LSVT” Wed., April 10 at 11:00 am in the Chapel

LCCC String Quartet plays Piano Quartets

Thursday, April 11 at 1:00 p.m. in the CH
LCCC string quartet, led by Sister Marie-Therese
Swiezynski, plays quartets by Mendelssohn, Beetho-
ven, Foote, and Noskowski

Veterans Coffee Talk

Wednesday, April 17 at 10:15 p.m. in the GR

Linda Ford

Wednesday, April 17 at 1:30 p.m. in the CH

STL Cardinals Card Party—Wear your Cards attire!

Tuesday, April 23 from 11:00-2:00 p.m. in the DR
Sign up for a table by April 19th. \$9 per person

Breakfast Buffet

Friday, April 26 at 9:00 a.m. in the DR

Wiseman-Pollock Residents’ Block Party

Friday, April 26 from 1:00-2:00 p.m.
We always welcome this favorite group to UMW.
Enjoy the concert and refreshments afterward.

Lynn Wellman

Friday, April 26 at 6:30 p.m. in the CH

Frauds, Cons, and Scams: A presentation by Ken Clark

Tuesday, April 30 at 1:30 p.m. in the RB
Retired police officer, Ken Clark, will talk about how to
protect yourself against fraud and scams.

Consider This

By A. Nony Moose

To save money, I suggested to one of my
grown sons that we all live together in one
house. I could tell he didn’t think it would be
cost-effective when he asked, “Who is going to
pay the therapist?”