

5201 Asbury Avenue

Godfrey, IL 62035

Phone: 618.466.8662

We're on the Web!

www.unitedmethodistvillage.com



Bank Runs:

Tuesday, March 5, 10:00 a.m.

Tuesday, March 26, 10:00 a.m.

Shopping Trips:

Tuesday, March 5, 1:30 CVS/Walgreen's (senior discount day)

Thursday, March 7, 1:30 Schnucks Godfrey

Tuesday, March 12, 1:30 Aldi / Dollar General

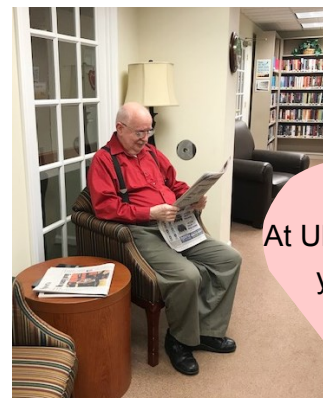
Thursday, March 14, Shopping Cancelled

Tuesday, March 19, 1:30 Schnucks Alton / Dollar Tree

Thursday, March 21, 1:30 Target

Tuesday, March 26, 1:30 Walmart

Thursday, March 28, 1:30 Aldi / Dollar General



At UMV you can exercise
your whole self—
Body, Mind,
and Soul



Happy Birthday!!

Resident Birthdays

BETTY JO CORNELL
BERENICE BATES
SANDRA COOKSEY
MARY SCHUETZ
FRED SEYMOUR
RAYMOND WEISS
JOSEPH DUCEY
BONNIE BERRY
WILLIAM BARNARD

3-05
3-06
3-06
3-06
3-07
3-07
3-09
3-10
3-11

COOKIE DALL
CARL DRAPER
SHIRLEY STIEGEMEIER
CHRISTINE BRAMSTEDT
GLORIA SNYDER
BONNIE ARMSTRONG
ALICE BANGHART
MARY JO DUCEY
MARY CHASE

3-12
3-12
3-13
3-16
3-18
3-18
3-22
3-24
3-27

Staff Birthdays

A'MIRACLE GRAY
BARB STUTZ
JONATHAN LANE
ANNE BLASIOLI
HANNAH WEID
RILEY FOSHA
GEORGIANN URSCH

3-07
3-14
3-18
3-21
3-21
3-26
3-28

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

THE UNITED METHODIST VILLAGE

THE VILLAGER

MARCH

2019

**WELCOME
NEW
RESIDENTS:**

Gary Buck
WP 325

Robert & Penny
Parish
5412 Epworth

Pat Shultis
5418 Epworth



Friendship makes the heart sing!

March 5
Mardi Gras

March 6
Ash Wednesday





Anita's Ad-libs



Dear Residents,

Happy March! I don't know about you but I'm feeling like spring is almost here; however, with the upcoming forecast, I'm feeling like we need to stay focused on weathering through the remaining days of winter.

Speaking of winter, please be reminded that Flu Season is still in effect. We have recently placed signage at our entrances to remind our UMV family to please take precautions to avoid the flu and cold outbreak. We are aware that the Flu is on the rise in our area. We are remaining optimistic for us that we'll be spared. If you aren't personally feeling well, please avoid visiting in common areas or dining in our dining rooms. Please take advantage of meal delivery service and if needed, the mini-market is open for a can of chicken noodle soup, jello or applesauce. If needed, we can deliver mini-market items, too. Remind family and friends to avoid visiting if they aren't feeling well. Handwashing, drinking plenty of fluids and getting quality sleep are the best preventions for all!

Thanks to everyone who attended last months "Ask Anita" gathering. For those of you who missed it, we discussed our beautiful Village landscaping. As you know, our landscaping and grounds efforts are endless 365 days a year. Please be reminded that we are now in our 20+ year mark and the needs are endless. In particular, I shared that we are in the process of developing a 5 year landscaping plan. Rick Taylor and I met with our current vendor and have evaluated outside vendors as well. As I mentioned, Spring is almost here and that means spring clean up including bed, tree and shrubbery plans are a priority. One area that we are responding to is mulching. We are addressing removing some areas that are over supplied with mulch. While we'd like to remove all mulch and start fresh, the manual labor involved is beyond one season. We are identifying our priority areas and planning accordingly. Many of you have provided your personal input on areas that you see as a priority and this includes Mark Belangee's input as well. Yes, we haven't forgotten that the lake is a priority and those plans are already under way. We do value and sincerely appreciate your feedback. Thank you!

I also shared that we are ready for implementation of our One Call Now. Once Call gives the ability to make automated phone calls to either individual residents, groups of residents and or to all residents. We can record or type a message and push a button that will deliver messages directly to your individual phone line. Our plan for now is to deliver important messages such as power outages, response to certain safety issues or very special announcements. We will be conducting a mass text sometime the week of March 4th-8th. Again, the message will be sent to your phone and we will share a message that will indicate that this is a test message from the UMV One Call Now messaging system. By the way, we did test the system with a message to an individual resident and it took approximately 27 seconds for it to be received. We hope that you will find this as a helpful and timely way to enhance our communication with you.

Thanks to everyone for your attendance at our Town Hall Meeting with members of our Board Envision Committee. I wanted to give you an update on our lobby renovation and

(Continued on page 3)



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

**Please note new clinic hours on
Tuesdays. Now open 2:30-4:30PM
Thursday hours remain 8-10AM**

A message for you from OSF Therapy...

Do you have shoulder pain? Do you have difficulty reaching overhead?

Shoulder pain can be the result of a variety of causes. One of the causes may be a combination of tight and weak shoulder and scapular musculature. When the shoulder musculature is weak, the mechanics of the shoulder joint are affected, sometimes resulting in pinching of tendons and pain. **Physical Therapy can help with this.**

If you have questions about the possibility of Physical Therapy helping your shoulder pain, please call the OSF Therapy office at United Methodist Village at (618) 466-0553 and speak with Rachel or Kirstin.

The OSF Therapy office at United Methodist Village is located just off the lobby of the Weston Terrace.

The OSF Therapy office hours are Monday through Friday, 8:30 am - 4:00 pm

Please call the OSF Therapy office at (618) 466-0553, to schedule an appointment or ask a question.



“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.



Quilters Day Out...

Join us on Thursday, March 14th at 9am for our trip to Itchin' To Be Stichin' in Staunton and lunch out following!

Please contact Brandi to sign up!

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

OSF Health Education Programs

Presented by Kay Redman-Brown

“Leisure Activities and Assistive Devices”

Wednesday, March 13, 11:00 Chapel

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

name modification. Enclosed in this newsletter, you will find a flyer asking for your participation in “Naming the Village.” Your thoughts and ideas on our future name modification are welcome. The winning name submitted will receive a special prize. Many of you have made suggestions already so please be sure to fill out the enclosed flyer and return it to the Wiseman Pollock reception desk. The only requirement is that the name must include “Village” in the name. I’m very impressed with suggestions thus far. All suggestions must be submitted by March 15th. Thanks for caring and sharing.

The Wiseman Pollock front lobby renovation plans are still underway. The design firm and contractors have been busy finalizing the plans. Once these plans are approved by the Board, next steps will follow that include finalizing and picking out the furniture and finishes. The design team will be then preparing design boards that will be available for everyone to see. The Envision Committee will keep you posted on the progress etc.

Finally, I’m excited to share that the entire UMV staff are committed to providing extraordinary impressions in all aspects of our hospitality. We are sharing our commitment to our hospitality promises in a new campaign to be announced monthly. Please be on the look out for “Our Residents are the Heart of UMV!” postings. Truly, we are passionate, proud and grateful to serve each of you!

From the Director of Weston Terrace

Brandi



- The actual origin of quilting remains unknown but there have been various pieces found throughout history that have allowed us to trace this talent all the way back to the ancient Egyptian First Dynasty (c. 3400 BC). In 1924, a quilted floor cover (I envision to be much like our area rugs of today) was found in Mongolia by archaeologists which was estimated to date between 100 to 200 BC.
- In American Colonial times (1400-1800 AD), quilts were predominantly whole-cloth quilts meaning, a single piece of fabric layered with batting and backing held together with fine needlework quilting.
- Throughout time different techniques and ideas can be found which allow us much of the customs in quilting that we see in today’s modern work. These include: appliqué, mixing prints such as a calico with larger scale design, needlepoint and patchwork, just to name a few.
- Quilting became a widely popular form of art through the years and these varied depending on country and/ or location. Native American, South African, Amish, American, European, Swedish... Everyone creating their own version of the much loved and appreciated cloth art. It’s an amazing and impressive history we have in quilting. It is truly a labor of love that spans every culture and generation.
- Now for even more fun quilt trivia!
- 1. What is the main color used in Amish quilts for over 300 years?
- 2. What do you call a quilt that has no design and is just random pieces of fabric sewn together?
- 3. Sashiko is a type of quilting that originated in which country?
- 4. Quilting was used to make padded armor that was known by which name?
- 5. For many years it has been considered bad luck to incorporate which shape into a wedding quilt?
- 6. Subscription quilts were usually given to whom?
- 7. When putting the 3 layers together of a new quilt, where does one begin sewing?
- 8. Which US city is home to The National Quilt Museum?
- 9. What is the fluffy insulating material that goes between the top and bottom layers of a quilt called?
- 10. What is a quillow?
- **ANSWERS: 1) black 2) crazy quilt 3) Japan 4) Gambeson 5) hearts 6) ministers 7) from center and work out 8) Paducah, Kentucky 9) batting 10) a full sized quilt with a pocket attached to it which allows for the quilt to be folded and tucked into the pocket creating a pillow**



SCAM ALERT

Godfrey man warns residents of possible phone scam

published February 6 2019 11:55 AM
updated February 6 2019 2:51 PM

GODFREY - A Godfrey resident reported to Riverbender.com that he was recently a victim of a phone scam.

“I received two \$1,100 iPhones with new accounts, addressed to my name and address, that I never ordered,” Steve Aimone said. “I have no account with them. I returned them to the store and had to close out the accounts and issue a fraud alert on my credit report as the scammers used my credit to order them. I saw on Fox 2 this also happened in Columbia. I just wanted others to be aware of what was going on.”

“I was dumfounded how they got my information,” Aimone said. “I had to sign for a small package and I received two Verizon iPhones with new phone numbers on them. I never had an account with Verizon. I checked and someone did a credit inquiry on my credit and got it shipped. I took the two phones to the Verizon store in Edwardsville and they walked me through the process and took the phones back and made sure all the accounts were cancelled. They said they would send something to the Credit Bureau about what had happened.”

Aimone’s thought is if the phones were delivered and no one was there, whoever was doing the scam could go to someone’s doorstep, take the package and sell the phones for cash.

The Godfrey man said he wanted to bring his story to the public to try to alert residents this had happened to him.

The Madison County Sheriff’s Office said if someone has this happen to them, immediately contact the company and either mail or return the items and file a fraud report.

Madison County Sheriff's Office alerts residents of phone call scam involving sons or daughters

Dan Brannan, Content Director
published February 23 2019 5:28 AM
updated February 25 2019 5:30 AM

EDWARDSVILLE - The Madison County Sheriff's Office said it had fielded several calls on Friday from concerned parents or grandparents advising them their son or daughter was in custody at the Sheriff's Office and they could post bond over the phone. Madison County Sheriff's Office officials stressed that this is a scam phone call.

"There are phone calls being made to various parents advising that their son/daughter is in the Madison County Jail," the sheriff's office said. "The person called is given a couple of phone numbers to post bond over the phone for the person in jail. The Madison County Jail will never take bond money over the phone. If someone calls you asking for money or your credit card number, you need to hang up on them or tell them NO!"

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 UMW 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!

March Evening Worship Services
Sundays in the Chapel at 6:30 pm

- ♦ **March 3, led by Rev. Cory Beckwith**
- ♦ **March 10, led by Rev. Randy Fisher**
- ♦ **March 17, led by Mike Solomon**
- ♦ **March 24, led by Rev. Adrian Das**
- ♦ **March 31, with Harpist, Cherilyn Trusty**

Lenten Bible Study

Reverend Kim Stuby will be leading a group discussion on “Simon Peter”.

Classes will be held on Wednesdays, March 13 through April 17 in the Gathering Room from 1:30 to 2:30 p.m.

Please note new time

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. March 16 is cancelled. March 23 we will meet at Pam Sevier’s house. 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, Mar.8 at 11:00
In the Gathering Room

Catholic Communion
Friday, Mar. 1 at 10:00
In the Gathering Room



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



"Village Pray-In"
Mar. 15, 11:30 — 12:00
In the Chapel

All are welcome

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

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, March 22 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 residents **Phyllis Kane, Loretta Van Buren, Bertha Lavitus, Jim Hiatt, Carl Herzog; Hazel Cannedy**, aunt of employee Don Cannedy; **Barbara Nicholas**, aunt of employee Maggie Smith*



MARCH

THE VILLAGER

PAGE 5

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, January 9.
The minutes are available on the Information Center Bulletin Boards.
The next regular Resident Council meeting is set for **March 13** at 1:00 pm in the Conference Room.



[ALT "Glitter Girls" & lunch at Tony's](#)

Sunday, March 3 depart at 1:00 p.m. Tkt \$20.00

[Celebrate Fat Tuesday with Bud Shultz & the You Can's Beat Experience Band](#)

Tuesday, March 5 , depart at 5:30 p.m. for Trimpe Bldg., LCCC (Free Concert)

[Dinner & A Movie — Pasta House](#)

Saturday, March 16, Movie & depart time TBA

[Blend-Jonathan Len A Cappella 50s at is best.](#)

Tuesday, March 19, depart at 5:45 p.m for Hayner Library (Free Concert)

[St. Louis Symphony Coffee Concert at Powell Hall & lunch at Bandanas](#)

Friday, March 22 depart at 9:00 a.m. Ticket \$27.50

Featuring the music of Franck's D Minor

ALT Season Ticket Purchase

Linda Hall will be selling Alton Little Theater season tickets for \$80.00
This Early-Bird price is good for purchases made
on Monday, April 8 from 2:30—3:30 in WP TV Room

Got Your Ticket?

All special events in the dining room now require a ticket.

Tickets will be given out when the resident signs up for the event.

Treat yourself to something new

Nellie's Closet

Comes To You!



Monday, March 18
10:00 – 3:00 in the DR Atrium
& Rendezvous Room

MEET & GREET

Godfrey trustee candidate Virginia Woulfe-Beile

Virginia will be in Conference Room
Friday, March 15 at 1:30
to meet residents and answer any
questions they have about her
Godfrey Trustee campaign.

Mardi Gras Lunch Party

Tuesday, March 5
12:00 in the Dining Room
Entertainment

Neal Schenk from Hill-Williams



Please sign up for your ticket to this event

Regular Activities:

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.

Maizy the Therapy Dog

3rd Tuesday at 10:15 am— Maizy has been a furry friend of The Village for many years. She would love to greet you around the Weston Terrace Lobby.

Mending & More by Gail

Wednesdays, March 6 & 20 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, March 7 at 11:30 in the Rendezvous Rm
Heartland Hearing will be here to provide hearing aid service and repairs, ear wax removal, hearing test & ear care.

MidAmerica Audiology – no charge

Thurs., March 14 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., March 28 from 10 to 4 - Location TBA
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, March 13 & 27 at 2:00pm —CH

Coffee Hour

Fridays at 9:00 am—Dining Room

Armchair Travels

Every Sunday 1:00pm—Gathering Room
(cancelled on March 17)



Valentine's Day
Lunch 2019



The UMV choir singing their hearts out to you!



Outings:

**Sign up for all Events & Outings at the front desk WP
March Activities Sign-Up – Mon. March 4, 11:00 AM**

ALT “Glitter Girls” - lunch at Tony’s

Sunday, March 3 depart at 1:00 p.m. \$20

Celebrate Fat Tuesday with Bud Shultz and the “You Can’t Beat Experience Jazz Band” FREE

Tuesday, March 5 at (depart at 6:30 p.m.) at the
Trimpe Building at Lewis & Clark Comm. College.

Lunch Out— Lotawata Creek

Saturday, 9 depart at 10:30 a.m.

Day Out w/Brandi—Quilting Field Trip to Staunton “Itchin to be Stitchin” & lunch

Thursday, March 14 depart at 9:00 a.m.

Joseph & the Amazing Technicolor Dreamcoat

Jerseyville Senior High School

Thursday, March 14, depart at 6:00 p.m. Tkts. \$10

Dinner & A Movie — Pasta House

Saturday, March 16, Movie & depart time TBA

Gameday Luncheon, Riverbender \$7 at door

Tuesday, March 19 depart at 9:45 a.m.

Blend-Jonathan Len A Capella ‘50s at Its Best”

Tuesday, March 19 depart at 5:45 p.m. FREE
Hayner Library at Alton Square Mall

1st & 2nd Dinner Out—Chop House

Thurs., March 21 & March 28 , depart 4:15 p.m.

St. Louis Symphony Coffee Concert at Powell Hall & lunch at Bandanas

Friday, March 22 depart at 9:00 a.m. Ticket \$27.50
Featuring the music of Franck.

Lunch Out— Chinese Buffet

Tuesday, March 26 depart at 11:30 a.m.

Men’s Lunch Out— Mac’s Time Out

Wednesday, March 27 depart at 11:00 a.m.

Brunch Out— Hofbrauhaus

Sunday, March 31 depart at 11:00 a.m.
Residents who were on
the list when we cancelled
For bad weather will have
First chance to attend this
Outing.



Events & Entertainment:

Music Therapy St. Louis—returns at regular time

Monday, March 4 at 11:15 a.m. in the RB

Mardi Gras Lunch Party

Tuesday, March 5 at 12:00 p.m. in the DR

Entertainment by Hill-Williams

Remember to sign up and get your ticket to this event

Ash Wednesday Service

Wednesday, March 6 at 1:30 p.m. in the Chapel

Ask Anita

Tuesday, March 12 at 10:00 a.m. in the RB

OSF Health Education Program

This month’s topic is “Leisure Activities and Assistive
Devices” presented by Kay Redman-Brown
Wednesday, March 13 at 11:00 am in the Chapel

Main Street UMC Crusaders and 412 Program

Wednesday, March 13 at 7:00 p.m. in the Chapel
Join both the adult and youth choirs for an uplifting
performance.

Godfrey Trustee candidate Meet & Greet

Friday, March 15 at 1:30 in CR
Meet Virginia Woulfe-Beile and hear her campaign
and plans for Godfrey’s future if she is elected trustee.

Veterans Coffee Talk

Wednesday, March 20 at 10:15 p.m. in the GR

Limited Edition concert and fellowship

Wednesday, March 27 at 7:00 p.m. in the Chapel
We always welcome this favorite group to UMV.
Enjoy the concert and refreshments afterward.

Breakfast Buffet

Friday, March 29 at 9:00 a.m. in the DR

Special Events being planned for March 15

To Celebrate St. Patrick’s Day!!

Find the Pot O’ Gold but watch out for the
Leprechauns!

St. Pat’s Scavenger Hunt on March 15
Can you find the gold coins hidden around

WP and WT before the sneaky Leprechauns get
them all?

Watch the bulletin boards for more information.