

5201 Asbury Avenue  
Godfrey, IL 62035  
Phone: 618.466.8662

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



<b>Bank Runs:</b>	Tuesday, July 9, 11:00 a.m.
	Tuesday, July 30, 10:30 a.m.
<b>Shopping Trips:</b>	
	Tuesday, July, 2 1:30 CVS/Walgreen's (senior discount day)
	Tuesday, July 2 11:00 Schnucks Godfrey
	Tuesday, July 9, 1:30 Aldi / Dollar General
	Thursday, July 11, 1:30 Walmart
	Tuesday, July 16 1:30 Schnucks Alton / Dollar Tree
	Thursday, July 18, 1:30 Target
	Tuesday, July 23, 1:30 Aldi's, Dollar General
	Thursday, July 25, 1:30 Walmart
	Tuesday, July 30, 1:30 Dierburg's/Michael's



**Exercising on the Patio**  
**"O What a Beautiful Morning!"**

### Resident Birthdays

WILLIAM ALLEN	7-01
JUNE HUFF	7-02
JO SPILLMAN	7-02
LINDA RAINEY	7-03
REKA HOLDER	7-04
MARY ANNE WEISS	7-06
WALTER HUNT	7-07
CAROLE HENKHAUS	7-10
LINDA HALL	7-12
ALICE LEMMON	7-12
SHIRLEY WEBER	7-14
NANCEE VINE	7-16



KATHERINE BATTUELLO	7-19
OLIVER RESZLER	7-19
LOU SOMMAR	7-21
MARY JANE MCDANIEL	7-22
JEANNE ARMSTRONG	7-24
VELMA KLINGMANN	7-25
PHYLLIS SUHRE	7-28
ILENE BOWMAN	7-30
JUNE BUNTING	7-30
SARAH HUBER	7-23

### Staff Birthdays

MARTI KELLER	7-04
CARRIE CARTER	7-05
CARLA CROWDER	7-14
MARK BELANGEE	7-17
HANNAH HERR	7-23
LISA PRUETT	7-27
CECILIA BALLARD	7-31

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

# THE UNITED METHODIST VILLAGE

## THE VILLAGER

July

2019

### WELCOME NEW RESIDENTS:

June Hanold  
WP 312

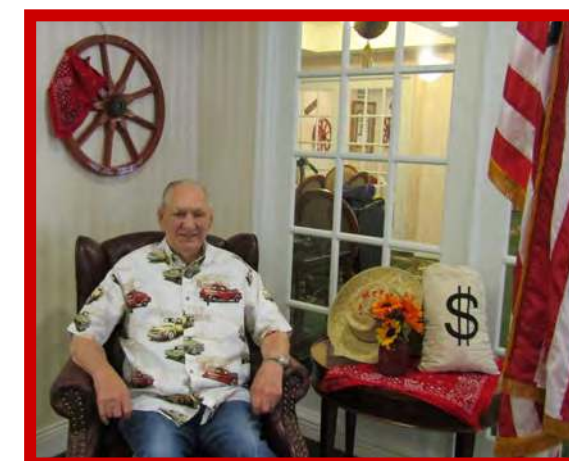
Doris "June"  
Mosele  
WT 128

Phyllis Pellegrino  
5418 Epworth

Eilene Taylor  
WT 124

Patricia Snider  
WT 111

We honor the  
fathers, sons, uncles,  
brothers and friends  
of United Methodist  
Village.





## Anita's Ad-libs



Dear Residents,

Summer has arrived! This is a perfect time to reflect upon the 4<sup>th</sup> of July reminding us of the spirit and glory of our nation. It's also a day to remind us of sacrifice and pride. Happy 4<sup>th</sup> of July!

Please accept my appreciation for your patience and understanding as our front lobby renovation progresses. At this time, the project should near completion in August. Of course, we will keep you informed of the project timeline as things progress which includes furniture delivery and installation. I realize the day-to-day gatherings in the temporary coffee area may not be as exciting and patience may be wearing thin. In July we would like to show our appreciation and understanding by creating a little fun by hosting "Renovation Refresh Receptions". Please refer to the Activity Calendar for refreshing opportunities to mingle with your friends and to allow us to show our appreciation in small ways. I'd like to thank each department for hosting the "refreshing" moments for you. As always, this is planned because we care!

Attention Pet Owners! We have been working at the possibility of designated places throughout the community for dog walking when your pets have the need to do their daily duty. Soon we will also be creating pet stations in those designated areas to ease the cleanup for residents after those walks and to ensure that those wastes are not left behind. As a friendly pet reminder, please avoid walking your pet in front of neighbor's windows and doors.

Library Update....As many of you know, Phyllis Dickerson has "retired" from her Volunteer Lead Librarian role. Phyllis has championed the library to ensure that our library was filled with books of interest and led the way with admirable organization of our library. Her love shined through in all that she did for our library. We'd like to thank her and celebrate her along with others that have volunteered in the library during the past year with an "Appreciation Reception" planned for Friday, July 26 at the Breakfast Buffet. I hope that you will join us in sharing your thanks!



**OSF<sup>®</sup>**  
**HEALTHCARE**

### **Monthly News and Activities**

#### **OSF Health Education Program**

**Wednesday, July 10, 11:00 in the Chapel**

**The July Healthy Living lecture presented by**

**OSF Rehab Services is titled:**

**Techniques to help improve your Memory**

**by Kristi Davis, SLP.**

**This lecture will cover how memory works and  
ways to sharpen your mind.**

#### **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



Health Services





## ***“UMV Life Style and Wellness Program”***

### ***Physical Wellness***



#### **CHAIR DYNAMICS**

**Every Wednesday at 10 a.m.  
in the Riverbend Room.**

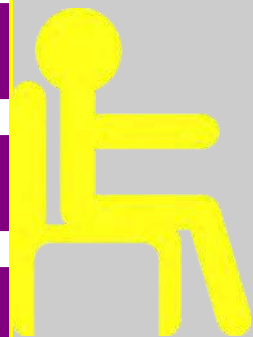
Come out for full body work out incorporating cardiovascular intervals & resistance training in chair dynamics. This class is a moderate intensity class that will help you get stronger and burn calories at the same time.

#### **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

#### **OSF presents “Fitness Fusion”**

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

If you are looking for an exercise class to get FIT and have FUN, this class is it! Fitness Fusion uses resistance bands to improve strength and endurance. This class can be performed sitting or standing (whatever you like!) and lasts 45 minutes! We listen to a variety of upbeat tunes ranging from the 50's to Classic Rock! You won't want to miss this class!

#### **OSF presents “Pure Power”**

**Every Thursday at 10:00 in the Riverbend Room**

If you are looking for an exercise class to keep you moving, Pure Power is for you! This class is a lot like Zumba and uses your ENTIRE body to build your strength, endurance, and improve your balance while jamming out to some upbeat tunes! This class can be performed sitting or standing (whatever you like!) and lasts 30 minutes! If dancing and exercise sounds FUN to you, you won't want to miss

Library update continued.....I'd like to thank Gail Stucker for accepting the role of Library Transitions Coordinator as we plan for the transition to the new library location. Hayner Library is thrilled about working with us to transition our treasured existing books and prepare for new resources in our new library. Please refer to the training sessions that Hayner has planned for you. These training sessions will give you opportunities to learn about the abundant resources available, how to navigate, and how to sign up to be a member of the Hayner Library outside of our campus. In addition, I'd like to thank our new volunteers that are considering or have agreed to volunteer in our library. The Resident Council will continue to receive reviews from the Library Committee at the Council meetings. Please reference the minutes following the July Resident Council meeting for decisions and actions.

What's the buzz? Several have reported that unwelcome bees and wasps have been appearing on your porches. We appreciate you reporting wasp nests, etc. to the receptionist desk so that work orders can be completed and our pest control company can be contacted.

Thanks to those of you who attended my June “Ask Anita” meeting. We had a great turn out and many issues were discussed. I appreciate your candidness and willingness to dialogue about issues that impact our day-to-day life at the Village.

Our official rebranding and repositioning implementation is moving along. We are currently working on our creative positioning for Asbury Village as we prepare to embrace our future with our new name, new services and amenities, and a beautiful new look!

Finally, I will be taking a vacation with my family the week of July 1<sup>st</sup> through July 7<sup>th</sup>. We're heading to the beach for a week in Gulf Shores. I'll be sure to be in touch throughout the week.

Have a great July!



*A Happy Birthday  
for  
**Edna  
Griesbaum**  
Spent with her  
family!*



**Red McVey** enjoyed a  
surprise party surrounded  
by family and friends.  
*90 Years!*



**Barb Scott**  
*Had a wonderful  
visit  
With family  
along with their  
newest addition,  
making this visit  
**5 Generations!***



## **Chaplain's Chat**

**Judy Miller**



### **FLOOD RELIEF FLOOD BUCKETS**

*Your generosity shows how much you care for others in distress. Help is needed again for flood buckets. These buckets are used by the United Methodist Committee for Relief of flood victims.*



*The committee puts the buckets together, and then they are sent to the flooded areas to help with clean up. The supplies in each bucket consist of a bucket with sealable lid, liquid laundry detergent, liquid household cleaner, spray air freshener, insect repellent, scrub brush, reusable cleaning wipes, scouring pad sponges, clothes pins, clothesline, trash bags, dust masks, kitchen gloves and a pair of work gloves.*

*I am asking for your financial help. Any amount you can donate will make a difference for those affected by the flood waters. The donation box will be at the front desk of Wiseman Pollock. I will let you know UMC's total donation for the flood buckets around the second week in August.*

*Thanking you in advance,*

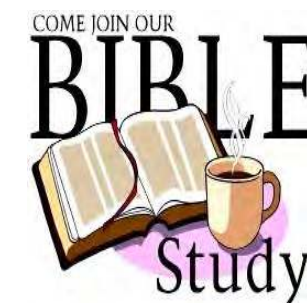
*Chaplain Judy*

### **Come One, Come All! Weekly Bible Study**

*Join us every Thursday*

**10:00-11:00a.m.**

*In the Chapel*



### **Ladies Bible Study**

*Join us every Tuesday*

**10:30-11:30a.m.**

*In the Gathering Room  
Weston Terrace*



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, July 14 at 11:00**  
**In the Gathering Room**

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



**"Village Pray-In"**  
**July 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, July 28 at 10 a.m.  
in the Chapel for a time to share con-  
cerns & wisdom in an  
uplifting, positive environment.

## ***In Memory...***

*At this time, we would like to remember the families and friends of*  
**Helen Orban**, resident; **Marty Pfeifferberger**, resident;  
**Leo Strohbeck**, resident; **Norma Keagy**, mother-in-law of  
Tricia Keagy and former resident, **John Toigo**, resident and husband to  
Kathleen Toigo, also a resident and **Walter McDonald**, a resident.



## *Your Council Members*

Mary Ann Forcade, President	920-3361	Harry Hill	208-7979
Kay Fitzpatrick, V. President	433-1787	June Sproull	466-0644
Jeanette Weihe, Secretary	466-0695	Bob Wallace	433-9549
Alice Banghart	467-6428		

## *Newly Installed Members*

Carol Apple	610-3396	Jane Kodros	616-6146
Joe Ducey	466-2753	Pam Sevier	466-7464
John Hisaw	573 276-8624		

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, May 15  
The minutes are available on the Information Center Bulletin Boards.  
The next regular Resident Council meeting is set for **July 17** at 1:00 pm in the 3rd Floor Conference Area.

## Dining Room Committee

Carol Apple  
Katherine Battuello  
Ilene Bowman  
Alice Lemmon  
Mary Jane McDaniels

This committee meets every two months.

If you have questions, concerns, suggestions  
or compliments regarding the dining room,  
please contact one of these members and it  
can be discussed at the next meeting.

## Activity Committee

Kay Agard  
Darlene Gulovsen  
Linda Hall  
Linda Rainey

This committee meets on a monthly  
basis to discuss and plan activities  
for the following month.

Suggestions for outings or activi-  
ties are welcome. Feel free to con-  
tact one of these members with  
your ideas to be discussed at the  
next meeting.

## ***A Nony Moose wants to know:***

***Why is it—no matter which beach I visit...northern Michi-  
gan, western California, southern Florida or eastern South Caroli-  
na, the ocean breeze is always coming in-land off the ocean?***



## TUESDAY ACTIVITIES

8:30 Walk in the Park

11:00 Shopping at Schnucks  
Godfrey

1:30 Shopping at CVS/  
Walgreens

Please call the desk and  
Sign up!!

SIGN UP WILL BE  
WEDNESDAY,  
JULY 3  
At  
10:30 a.m  
Rendezvous Room

IF you want to sign up for any  
Shopping trips before  
The scheduled sign-up,  
Please call the Reception  
Desk

## Regular Activities:

### Music Therapy St. Louis

Monday, July 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

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.

### Hearing Health Care – no charge

Thursday, July 18 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., July 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., July 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

Thursday, July 18 at 2:00pm —CH

### Games with Emily from Southern IL Healthcare

Thurs., July 18 at 11:00pm—Riverbend Room

### Coffee Hour

Fridays at 9:00 am—1st Floor Wiseman-Pollock

### Armchair Travels

Every Sunday 1:00pm—Gathering Room







FATHER'S DAY LUNCHEON  
WITH  
HILL-WILLIAMS



## Outings:

Sign up for all Events & Outings at the front desk WP  
July Activities Sign-Up – Wed., July 3 10:30 a.m.

### Godfrey Firewoks at Glazebrook Park

Thursday, July 4. Depart at 7:00 p.m. Bottled water, snacks and lawn chairs will be provided.

### Brighton Fireworks, Schneider Park

Saturday, July 6. Depart at 6:30 p.m. Water, snacks and lawn chairs will be provided. Other food available park.

### Ladies Night Brass Door, Part II

Thursday, July 11. depart at 4:30 p.m. Wait List for May outing will have first priority.

### Dinner & A Movie, Dinner at Sugo's

Saturday, July 13 TBA

### Concert in the Park (Haskel) "Smooth Jazz"

Sunday, July 14 6:00 pm Water & lawn chairs provided.

### Gameday Luncheon, Riverbender \$7 at door

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

### Concert in the Park—Rockin' with Robert—SIU

### Dental School Park

Tuesday, July 16, depart at 6:00 p.m. Water, chairs provided.

### Rigazzi's on the Hill & Bakery

Wednesday, July 17, depart at 10:30 a.m. Wait List for June outing will have first priority.

### 1st & 2nd Dinner Out—Shogun's

Thurs., July 18 and Monday, July 29, depart 4:15 p.m.

### "The Drowsy Chaperone"—Alton High School

Friday, July 19 depart at 6:00 p.m. Brandi Knipfer's son, Spencer, will be performing. Tickets \$10.

### Science Center Omnimax-Volcanoes & exhibit.

### Dinner at Spaghetti Factory

Saturday, July 20, depart at 12:30 p.m.

### Carillon Concert at Gordon Moore, Dinner Polly's

Sunday, July 21, depart at 4:00 p.m.

### Geneology Field Trip to Hayner Library w/Tricia

### Dinner at Bluff City Grill

Tuesday, July 23, depart at 9:30 a.m.

### Music in the Park on the Hill—Grafton, George

### Portz—Blue Grass

Thursday, July 25, depart at 4:15, Water, chairs provided.

### ALT: Wizard of Oz, Roma's for dinner

Sunday, July 28, depart at 1:00 p.m. Tickets \$20

### Lunch at Freddy's, shop at Dierburgs and Michaels

Tuesday, July 30, depart at 11:30 a.m.

### Men's Lunch Out—Ravanelli's

Wednesday, July 31, depart at 10:15 a.m.

## Events & Entertainment:

### Rekha Dravina

Friday, July 4 at 1:30 p.m. in the Chapel

### R&R 4th of July Party-Singin' Snackin' & Socializin' With Gail and the UMV Choir

Wednesday, July 3, 2:00 p.m. Riverbend Room

### OSF Health Education Program

This month's topic is "Memory Strategies"

Wednesday, July 10 at 11:00 am in the Chapel

### R&R Party—Snacks and a Surprise TBA Nursing RB

Thursday, July 11, 11:00 a.m. Riverbend Room

### Hayner Library Orientation & Library Card Sign Up

Friday, July 12 at 1:00 p.m. in the Chapel

### Nostalgia Live

Thursday, July 11 at 1:30 p.m. in the Chapel

### Veterans Coffee Talk

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

### Hayner Library E-Book Training

Tuesday, July 16 at 10:00 a.m. in the Riverbend Room

### R&R Party "Sundae Bar" Marketing

Wednesday, July 17 at 2:00 p.m.

### "Sweet Success of Retirement in Your Golden Years"

Presentation by Jim Claywell, Asset Management

Wednesday, July 24, 11:00 a.m. RB

### R&R Party—"SNO in a CONE" Reception, Accounting, Maintenance

Wednesday, July 24 at 2:00 p.m. on the DR Patio

### Breakfast Buffet & Reception for Phyllis Dickerson

Friday, July 26 at 9:00 a.m. in the Dining Room

### R&R Party—Breakfast on the Patio with Anita

Wednesday, July 31 at 9:00 a.m. DR Patio.