

5201 Asbury Avenue
Godfrey, IL 62035
Phone: 618.466.8662

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



Shear Delight Salon will be closed on Labor Day, Monday, September 2 and Tuesday, September 3. Please keep this in mind when making your appointments. Thank You!

Bank Runs: Thursday, September 5, 9:30 a.m.
Tuesday, September 24, 11:30 a.m.

Shopping Trips:
Tuesday, September 3, Bus Out for Maintenance
Thursday, September 5, 10:30 CVS / Walgreen's
Thursday, September 5, 1:30 Schnucks Godfrey
Tuesday, September 10, 10:30 Dierbergs & Lunch Out
Thursday, September 12, 1:30 Walmart
Tuesday, September 17, 1:30 Aldi / Dollar General
Thursday, September 19, 1:30 Schnucks Alton / Dollar Tree
Tuesday, September 24, 1:30 Walmart
Thursday, September 26, 1:30 Target

Get your Flu shot at the Village!
Wednesday, September 25
12:00 p.m. to 2:00 p.m.
In the Riverbend Room

THE UNITED METHODIST VILLAGE
THE VILLAGER

SEPTEMBER

2019

WELCOME NEW RESIDENTS:

David & Marsha Callis
WP 300

David & Martha Chiolero
WP 214

Martha Farson
WP 308

Russell Kinney
4711 Otterbein

Shirley Pohlman
McK 305

Melinda Schulmeister
WP 108

Alvina Wanick
McK 304

September 2
Labor Day

September 8
Grandparents Day

September 21
Peace Day

September 23
Autumn Begins

1, 2, 3, 4 Generations of Bev Herzog's Family



David and Carol Urban Celebrate!

50 YEARS
of marriage

Friday, September 13, 2019



	Resident Birthdays				Staff Birthdays		
	Carol Urban	9-02	Frances Springman	9-21	Mary Parks	9-05	
	Bette Clarkson	9-04	Robert Ryan	9-23	Amber Bertoglio	9-11	
	Richard Johnson	9-04	Carol Apple	9-24	Chance Jeffries	9-12	
	Sister Thomas Daly	9-07	Jo Ann Peek	9-24	Joshlyn Douglas	9-19	
	June Hanold	9-08	Glo Morris	9-28	Nigel Hilgert	9-20	
	Dee Dee Wallace	9-10	Neil Cannon	9-28	Debra Mills	9-29	
	Herbert Forcade	9-12					
	Betty Baldwin	9-16					
	Earlene Rench	9-18					
	Robert Husmann	9-19					
	Wilma Georges	9-19					

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

Happy September and Happy Labor Day! Fall is around the corner.

How can it be? I delayed in writing this article this month as updates seem to change sometimes from day-to-day and even from morning-to-afternoon!

Once again, thank you for your patience as the lobby renovation draws near completion. I shared during my "Ask Anita" that the lobby furniture will be delivered on September 6th. We've been informed that the furniture will arrive in the morning. The estimated time for unpacking, installation, and trash removal is unknown at this time. We're sure that it should be completed by 3:00 pm on the 6th. Today, I have been informed that the tabletops are on backorder. This was disappointing; however, they are tentatively scheduled to ship around the middle of September.

As many of you are aware, we are having our first ever **Car Show!** It is scheduled for **Saturday, September 7th.** Please refer to posted flyers and details in the newsletter. We are in need of a few more volunteers. If you have the time, we have a few volunteer opportunities. The sign-up sheet for volunteers is hanging on the Marketing Suite Door. If you have any questions, please see Gail Stucker or Carrie Carter. This has been a very well-planned event and now we need your prayers for good weather! Please invite your friends and family to join us! It's open to the public. All proceeds of this event will be given to the local Alzheimer's Association in support of the Annual Walk to Remember.

Rick Taylor will be generating a memo regarding the Wiseman Pollock front parking lot re-surfacing, plans to clear the parking lot for the Car Show on Sept. 7th and for the furniture delivery on September 6th. Since the Wiseman Pollock front lot will be cleared for both events, it was also perfect timing that this same lot was scheduled for resurfacing on Monday, September 9th. Rick will provide more details on the timeline and alternative parking in his memo. Once again, thanks for your patience and understanding!

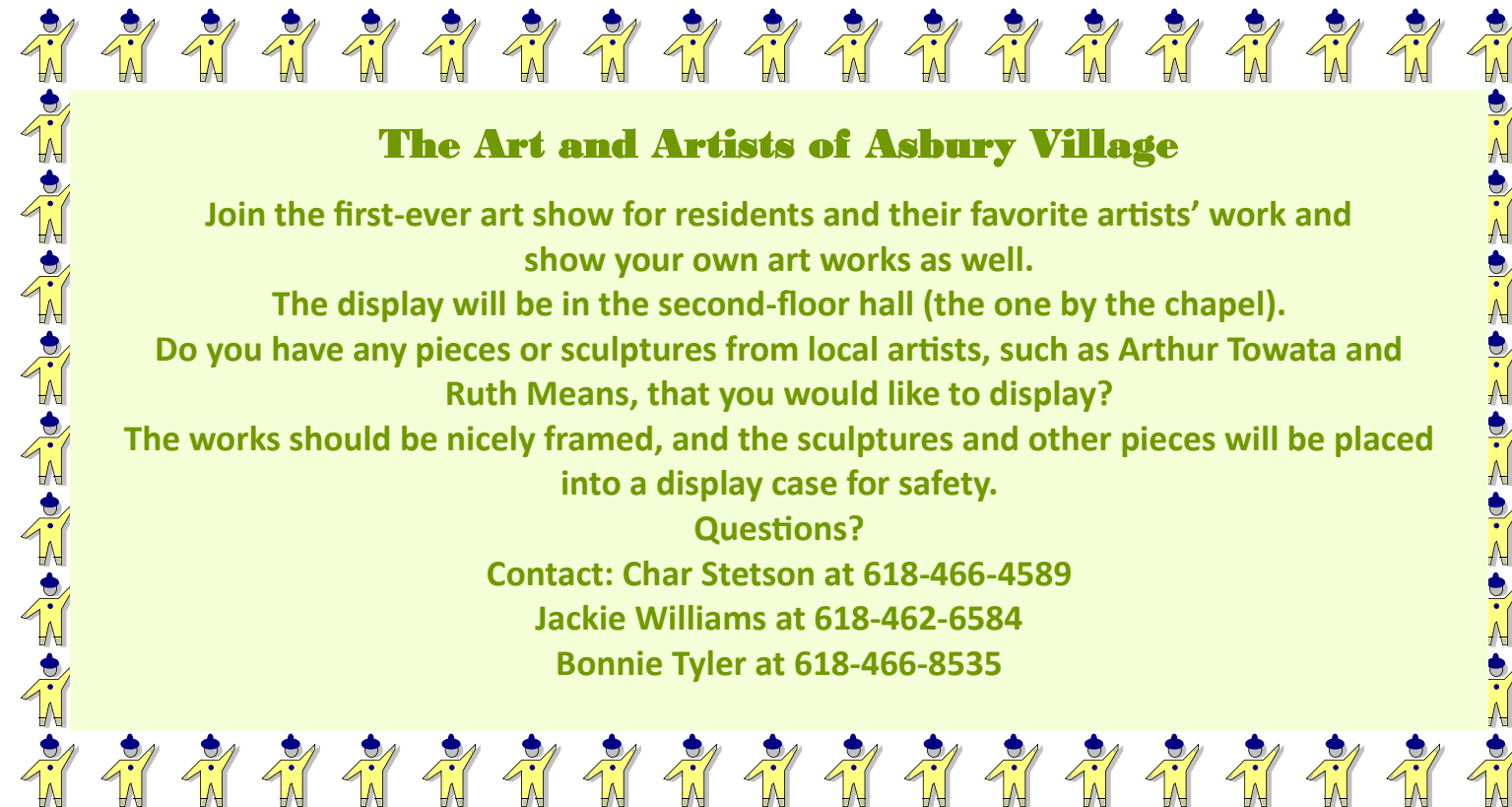
My **Ask Anita** Executive Director's Meeting in September will be held **in the chapel** instead of the Riverbend Room. It is scheduled for **Monday, Sept. 30th, at 11:00 a.m.**

I wanted to share that we have been actively interviewing for our next Health and Wellness Navigator position. We've interviewed several candidates; however, we haven't found the right match for us. Please know that you can continue to contact Brandi Knipfer, Weston Director, or myself if you have any needs that we can assist you with.

Rick Taylor will soon move into the former Health and Wellness Navigator's office and when our new person comes on board, they will occupy the 3rd floor office. In other words, it's going to be an office switch. This will allow Rick to be located on the 2nd floor near the main reception desk of Wiseman Pollock. For clarification, this office is located across from the OSF Clinic on the 2nd floor of Wiseman Pollock.

We are very excited to share that our **Asbury Village Open House** has been officially planned for **Thursday, October 3rd, from 1:30 p.m. - 4:00 p.m.** Join us for the **ribbon cutting at 2:00 p.m.** This will be a wonderful opportunity for our Village Family and invited guests to celebrate the past, present, and future! We'll be honoring our new name and fresh new look! Invitations will be forthcoming!

For future reference, we will be officially doing business as Asbury Village effective October 1, 2020. We have 30 days to practice our new name-WELCOME ASBURY VILLAGE.
Thank you, *Anita*



The Art and Artists of Asbury Village

Join the first-ever art show for residents and their favorite artists' work and show your own art works as well.

The display will be in the second-floor hall (the one by the chapel).

Do you have any pieces or sculptures from local artists, such as Arthur Towata and Ruth Means, that you would like to display?

The works should be nicely framed, and the sculptures and other pieces will be placed into a display case for safety.

Questions?

Contact: Char Stetson at 618-466-4589

Jackie Williams at 618-462-6584

Bonnie Tyler at 618-466-8535

Congratulations to UMV...

for finishing 4th Place in the Annual 60-Day Exercise Challenge with an average of 6.04 hours of exercise per week per participant.

We were compared to 17 other LCS communities which averaged 2.0 hours to 8.35 hours.

Great Job Residents!



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.

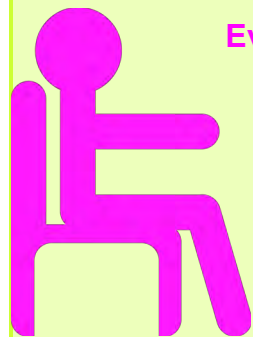
Come out for full body work out incorporating cardiovascular intervals & resistance training in chair dynamics. This class is a moderate intensity class that will help you get stronger and burn calories at the same time.

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

OSF presents “Fitness Fusion”

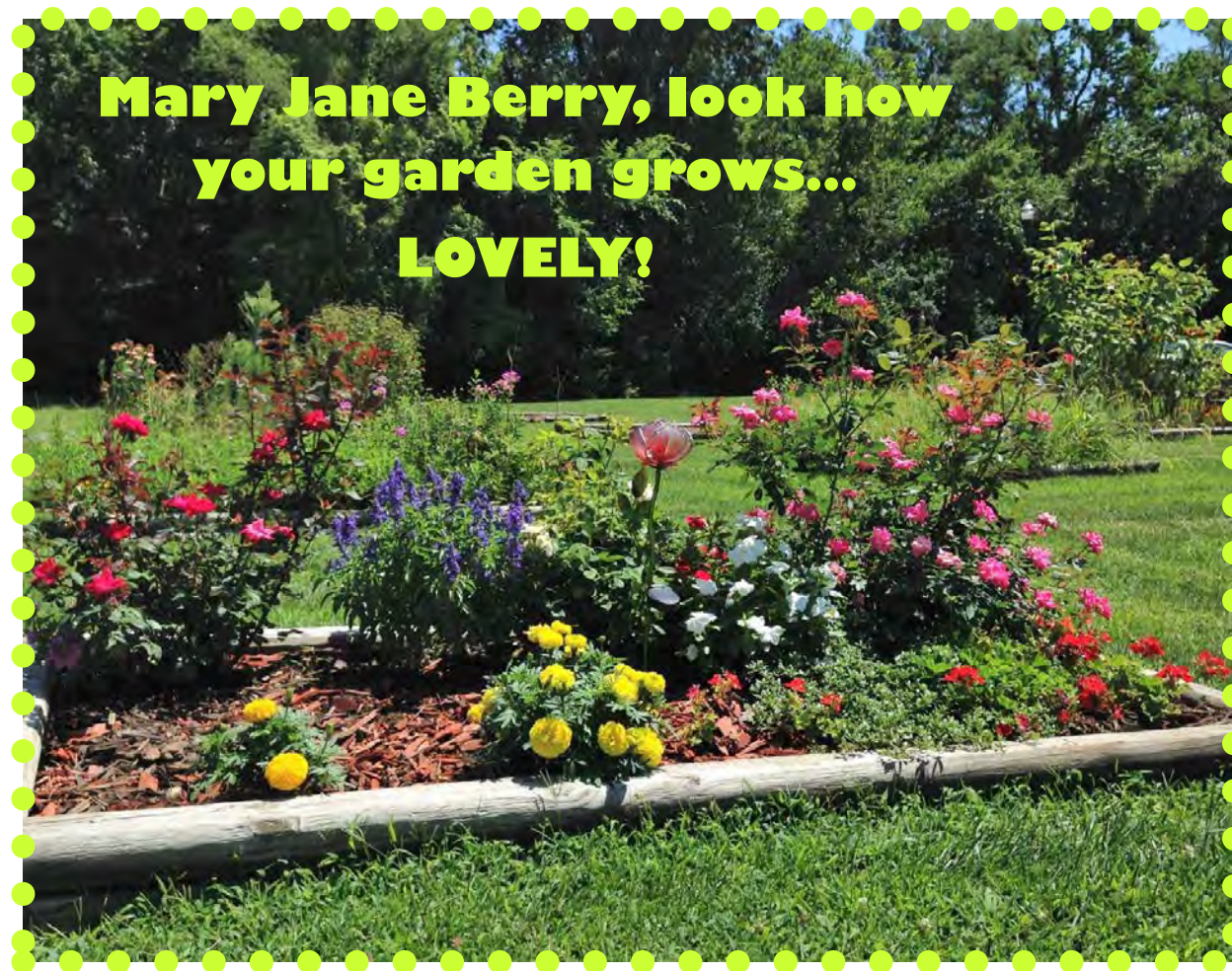
Every Monday 10:00 to 10:45 a.m. in the Riverbend Room

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



Mary Jane Berry, look how your garden grows...
LOVELY!



Karen Gowin gets ready to make lots of pickles.

Watch out Karen, your zucchini plant looks big enough to eat you!

From the Director of Marketing

Carrie Carter

Well Hello September!!!! When did you sneak up on us? It's official... it is school days again and the busses are rolling!

It has been a very busy summer here at The Village. Since June, we have welcomed 19 new residents to our Village Family with 16 sales. We appreciate everyone who has helped make these new residents feel right at home.

We are starting the fundraising season for our Walk to End Alzheimer's team. The walk will be held at SIUE on September 21st. We will be doing some fundraising here between now and that date. We truly appreciate the support we have received so far.

Please remember the Marketing Department needs your referrals! Residents that refer their friends to United Methodist Village market rate apartments and patio villas receive \$500.00 off a months' rent as does the friend they referred!

Have a Happy and Safe Labor Day,
Carrie Carter
Director of Marketing



A Message from Gail

SIGN UP DAY

- 1 Inserted in this newsletter is a "SIGN UP SHEET" for you to complete starting with your **name** and **phone number**.
- 2 Every activity that requires sign up will be listed on your sheet.
- 3 Please check each item that you would like to sign up for.
- 4 If money is required to pay for tickets, etc., you could also make out your check or pay at the WP desk at a later time, whichever is more convenient for you. **Note, some ticket purchases may no longer be refundable after your reservation is made. Ask Gail for details at sign up.**
- 5 When you arrive at the Sign Up Event, write your name on the list to reserve your place in line. This is the same sheet that we have been using. It is numbered. **This sheet will not be available until 30 minutes prior to sign up time.**
- 6 I will be at the Sign Up Event as always. I will collect your sheets and make sure your number is included on your sheet. I can also answer any questions you might have.

THAT'S IT!. You will be able to leave, and I will complete the process.

Your name will be written in the book, just as it was before, on the activities that you chose. If you are on a waiting list, we will call you.

When this process has been completed, your list will be returned to you so that you have a reference to what you have signed up for. Please keep in mind that if you find that you are not able to attend a particular event, **a call to cancel as soon as possible is greatly appreciated** so that someone else might be able to participate.

Thank you so much for your understanding. See you on "SIGN UP DAY!"

September Evening Worship Services

Sundays in the Chapel at 6:30 pm

- ◆ Sept. 1, led by Rev. Dennis Price
- ◆ Sept. 8, led by Ted Prehn
- ◆ Sept. 15, led by Frank Akers
- ◆ Sept. 22, led by Chaplain Judy Miller
- ◆ Sept. 29, led by Rev. Debra Hoertal

ANNOUNCING A NEW BIBLE STUDY SERIES

Reverend Kim Stuby welcomes interested UMV residents to her **6-week Bible study** titled, "The Call".

Participants will meet **every Wednesday** from 1:30—3:00 p.m. in the Weston Gathering Room beginning on September 11.

Ladies Bible Study Fellowship
Tuesdays from 10:30-11:30
in the Weston Terrace Gathering Room

If you enjoy lively discussion and great fellowship with other believers, you only need to bring yourself and your Bible. Oh yeah, we even welcome the merely curious.

If interested, you may call:

Ilene Bowman 467-2873
Betty Strelow 433-1124
Bonnie Tyler 466-8535



Come One, Come All!
Weekly Bible Study

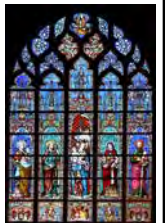
Join us every Thursday
10:00-11:00a.m.

In the Conference Room

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. 13 at 11:00
 In the Gathering Room

Catholic Communion
 Friday, Sept. 6 at 10:00
 In the Gathering Room

"Village Pray-In"
 Sept. 20, 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 27 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
Harry Fessler, resident; Pat Hastings, resident; Barb Scott, resident; Mary Ann Mayhue, daughter of resident Ann Barton.

Your Council Members

Mary Ann Forcade, President	920-3361	Harry Hill	208-7979
Kay Fitzpatrick, V. President	433-1787	Bob Wallace	433-9549
Jeanette Weihe, Secretary	466-0695	June Sproull	466-0644
Alice Banghart	467-6428	Carol Apple	610-3396
Joe Ducey	466-2753	John Hisaw	573-276-8624
Jane Kodros	616-6146	Pam Sevier	466-7464

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, July 17.
 The minutes are available on the Information Center Bulletin Boards.
 The next regular Resident Council meeting is set for **September 11** at 1:00 pm in the Conference Room.

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 monthly to discuss and plan activities for the following month.
 Suggestions for outings or activities are welcome. Feel free to contact one of these members with your ideas to be discussed at the next meeting.

**Do you speak a foreign language?
 More than one?**

Possibly you would enjoy a Foreign Language Club where you could meet and converse with others in another language.

Please call Gail in Activities if you are interested.

Do you still have your sewing machine?
 Do you like to quilt?

We have a few ladies who would like to start a group.
 Please contact Gail in Activities with your preferred days and times.

**Please note: Gary Buck's correct phone number is 618-407-2123
 Sorry for the error in the directory Gary!

SENIOR HEALTH FAIR

Be sure to visit the many health service providers who will be here on

Thursday, September 19

9:00 — 11:00 AM

Enjoy two fundraisers this month to support Alzheimer's Awareness:



1st Annual Village Car Show

September 7
from 10:00-2:00

Please attend and cast your vote for Best of Show.

Wiseman-Pollock Parking Lot

Autumn Card Party

September 13 from 11:00-2:00
Attendance Prizes, Silent Auction

Get a group together & Sign up soon!

R&R Parties continue through September

Thursday, Sept. 5 at 2:00 p.m.

Wednesday, Sept. 11 at 2:00 p.m.

Friday, Sept. 20 at 11:00 a.m.

Thursday, Sept. 26 at 2:00 p.m.

Gather for fun until the renovation is done!

Regular Activities:

Music Therapy St. Louis

Wednesday, Sept. 4 at 11:15 a.m. in the RB
(Date change for this month only)

Sadie the Therapy Dog

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

Mid America Audiology – no charge

Thurs., September 12 from 10-11:30 - WP 3rd fl
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., Sept. 26 from 10 to 4
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

Thursdays, Sept. 12 & 26 at 11:00am — CH

Games with Emily from Southern IL Healthcare

Thurs., Sept. 19 at 1:30pm—Rendezvous Room

Armchair Travels

Every Sunday 1:00pm—Gathering Room

Coffee Hour

Fridays at 9:00 am—Dining Room

BINGO in the afternoon

Every Friday 1:00pm—Riverbend Room

Joy of Crafting

Every Wednesday at 1:00 pm— Riverbend Room
Join Cricket for a different art/craft activity each week.

Every Tuesday Morning
(weather permitting)

8:30 – approx. 10:00 AM

Walks in the Park

Join us for a stroll at area parks.

Meet at WP or sign up for a pick up at your villa



Staunton Balloon Glow and treats at Shivers



R & R Hot Dog Party



Outings:

**Sign up for all Events & Outings at the front desk WP
September Activities Sign-Up – Tue. Sept. 3, 11:00 AM**

ALT: "Happily Ever After" & dinner at Red Lobster
Sunday, September 8 depart at 1:00 p.m. Tkt \$20

Dierbergs & Lunch Out— Chicken Salad Chick
Tuesday, September 10 depart at 10:30 a.m.

Alton Farmer's Market & Decaro's
Wednesday, September 11 depart at 4:00 p.m.

1st & 2nd Dinner Out—Bristols
Thurs., Sept. 12 & Thurs., Sept. 26 , dpt 4:00 p.m.

Dinner & A Movie — Bigelo's
Saturday, September 14, Movie & depart time TBA

Organ Spectacular – Benjamin Godfrey Chapel
Monday, September 16 depart at 6:45 p.m.

Gameday Luncheon, Riverbender \$7 at door
Tuesday, September 17 depart at 9:45 a.m.

Salad Bonanza & Bake Sale at Godfrey First UMC
Wednesday, September 18 depart at 10:30 a.m.
\$10 (includes drink)

Men's Dinner Out— Brass Door
Thursday, September 19 depart at 4:15 p.m.

Lunch Out— Olive Garden
Saturday, September 21 depart at 10:45 a.m.

**Lunch Out — Apple Festival at Pere Marquette
Lodge**
Sunday, September 22 depart at 10:00 a.m.

**Hayner Library Presents: Dennis Stroughmatt &
his Swingin' Band at Alton Square 2nd Floor**
Tuesday, September 24 depart at 5:45 p.m.

Wings & Wheels at St. Louis Regional Airport
Saturday, September 28 from 9:00a.m.—2:00 p.m.

**Stages: "Man of La Mancha" & dinner at
Maggianos**
Sunday, September 29 depart at 12:30 p.m. Tkt \$45

Events & Entertainment:

Nitpickers
Tuesday, September 3 at 1:30 p.m. in the CH

R&R Party — Marketing
Thursday, September 5 at 2:00 p.m.

Mark Raborn
Friday, September 6 at 6:30 p.m. in the CH

**1st Annual Village Car Show fundraiser for
Alzheimer's Awareness**
Saturday, September 7 from 10:00 – 2:00 WP

New Resident Orientation
Monday, September 9 at 1:00 p.m. 3rd flr WP

OSF Health Education Program
This month's topic is "Shoulder Pain—Rotator Cuff
Problems"
Wednesday, September 11 at 11:00 a.m. in the CH

R&R Party — Reception
Wednesday, September 11 at 2:00 p.m.

**Autumn Card Party fundraiser for
Alzheimer's Awareness**
Friday, September 13 from 11:00 – 2:00 in the DR

Veterans Coffee Talk
Wednesday, September 18 at 10:15 p.m. in the GR

**Senior Health Fair hosted by State Senator Steve
McClure and State Representative C.D. Davidsmeyer**
Thursday, September 19 from 9:00 – 11:00 WP 1st flr

R&R Party— Community Life Services
Friday, September 20 at 11:00 a.m.

Juke Box Trio
Friday, September 20 at 2:00 p.m. in the CH

Scavenger Hunt hosted by OSF
Tuesday, September 24 at 1:00 p.m. in the RB

R&R Party— Housekeeping
Thursday, September 26 at 2:00 p.m.

Breakfast Buffet
Friday, September 27 at 9:00 a.m. in the DR

Principia College Music Students
Friday, September 27 at 1:00 p.m. in the CH

Executive Director Quarterly Update
Monday, September 30 at 11:00 a.m. in the CH