



The Marketing Department invites residents to their
“Referral Kick-Off” Pizza Party in the Dining Room
Noon—1:00 p.m. on Friday, February 7



Dear Residents,

January keenly reminded us that winter surrounds us. I stumbled across this quote and thought it was a worthy reminder that spring is around the corner. Spring can't arrive soon enough!

"If we had no winter, the spring would not be so pleasant."

- Anne Bradstreet

I turned the page of my calendar a week ago and February appeared to be uneventful. Gail Stucker arrived this week with her calendar and pen in hand and before we knew it, the month of February was once again filled with many events for our Asbury Village. I'd like to share a few highlights with you.

A **Resident Referral Event** has been planned for **February 7th**. In 2019 we were grateful for the many referrals that **YOU** provided us. Now, our Village family is interconnected with new friends and neighbors because of your confidence and comfort in living here. **Please join us at noon on February 7th in the Dining Room.** It's our opportunity to say thank you and provide you with updates on our Resident Referral Program. We hope that you will join us. Thanks to Carrie Carter and Dayna Alford for planning this event.

Mark your calendars for February 18th at 2:00 p.m. in the Chapel for my quarterly Executive Director Meeting. Since this meeting is planned, I will not have my "Ask Anita" in February; however, please bring any questions with you to this quarterly meeting and I'll be happy to address them. The main purpose of this meeting will be to share the results of the Resident Satisfaction Survey that you took in November. In addition, as promised, the new photos and resident testimonial videos will be shared. May I say that the photos are absolutely beautiful and the testimonial video is humbling. I can't wait to share! A few of the Directors have departmental updates for you too. Again, I look forward to our gathering.

For the **residents of Weston Terrace**: On Tuesday, February 11, at 1:00 we will be meeting in the Weston Lobby for "Coffee and Conversation". You will hear about updates happening at the Village, and you will also be encouraged to ask questions, share your ideas and make suggestions.

For our **new residents**, if you haven't been able to attend a new resident welcome orientation, please join us on February 10th from 1:30 - 2:30 in the Conference Room.

In addition, our monthly "**New Resident Welcome Socials**" have been well received. The February social is planned for February 20th from 3:00 pm - 4:00 pm in the WP coffee area. We'll have light refreshments to enjoy. As a friendly reminder, ALL residents are "welcome to welcome" our new residents!

Thanks to our entire Village family for your attendance at Chaplain Judy's retirement celebration on January 31st! Your expressions of appreciation and best wishes were overwhelming. We truly appreciate Judy's pastoral ministry for the past 10 years. We wish her the best in life as she enters a new chapter of retirement. **God Bless You, Chaplain Judy!**

On another note, a Chaplain Search Committee has been formulated to hire our new chaplain. I/we remain committed to hiring our new Chaplain very quickly. We've had many well qualified and experienced resumes submitted and I feel optimistic that we'll have this important role filled soon. Thanks for your continued prayers!

SURPRISE!!! Many of you have been recharged and recommitted to New Year's resolutions of living healthy lifestyles. The NuStep exercise equipment in the Fitness Room has been in high demand. Many residents have approached me with requests for an additional NuStep. I've shared that it was already added to our capital purchases for 2020. However, I'm please to share that an additional NuStep has been purchased and will arrive in a few weeks! It's our heartfelt present for Valentine's Day! In addition, a new scale has been purchased and will soon arrive for the Fitness Gym as per your requests.

Finally, have a wonderful February and a **Happy Valentine's Day!**

Anita

Happy February!!! We had a wonderful 2019 with sales and move in's and although we have started 2020 off a little slow... things are starting to pick up and you will start having some new neighbors soon.

We are also kicking off our Neighbor to Neighbor referral program with some Pizza!! Please join Dayna and I on February 7th at noon in the dining room to enjoy pizza and hear about some fun incentives we have for you for your referrals. We truly have wonderful residents that call Asbury Village home and we just know that anyone you refer will be just as wonderful. We look forward to seeing you on the 7th!!

CarrieCarter, Director of Marketing



February Gallery

Help us create our art display for February.

We would like to pay tribute to Alton's Special Giant, Robert Wadlow, in the month of his birth.

We would also like to display Vintage Valentines.

Please contact Gail Stucker in Community Life Services or Charlotte Stetson at 466-4589 if you have items to show.



Gallery Reception

Our showcased resident, Anna Lee Hopkins, is pictured here with her artwork, her children, and her grandchildren.

Join us for a reception in the Gallery on Tuesday, February 4 at 1:00 p.m. We want to congratulate Anna for her artistic talent while celebrating her birthday.

Your Resident 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.

The Resident Council had a meeting on Wednesday, January 15.

The minutes are available on the Information Center Bulletin Boards.

The next regular Resident Council meeting is set for **March 18** at 1:00 pm in the Conference Room

Activity Committee

**Kay Agard
Darlene Gulovsen
Linda Hall
Linda Rainey
Gayle Eardley
Mary Jane Berry**

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.

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.

**** "Stitchin'Together" ****

Meets the 1st and 3rd Mondays 9:30-2:00 now at a new location, WP 1st Floor Conference Room.



Quilter's Day Out

This month we return to Staunton for a shopping spree at

Stchin' To Be Stitchin'

**and lunch at R & B Restaurant
Thursday, February 27 10:00 a.m.**



Joy of Crafting



Join Cricket in the Benjamin Godfrey Auditorium every Wednesday at 1:00 p.m. for an enjoyable afternoon creating unique crafts and treasures while visiting with fellow residents.

This Valentine's Day...

*Let me call you
Sweetheart
Let's have a potluck!*

**Show your Asbury friends some love
and bring some light lunch treats,
yummy snacks or valentine sweets
on February 14 11:30 a.m. to 1:00 p.m.
in the WP Hospitality Café'**

**Enjoy treats and coffee while sharing
stories of the loves of your lives.
(or the ones that got away)**

**Asbury Village Choir
will be sharing their favorite songs of
love at 12:00 p.m.**



It's Mardi Gras time!

Fat Tuesday Buffet

February 25

12:00-1:00 pm

Sign up at WP Reception

Ticket Required

Price of Regular Lunch

Asbury Events & Entertainment:

Dominoes with June Funkhouser

Every Wednesday at 6:30 p.m. at 3rd Floor WP

EZ Spanish with Russell

Classes every Tuesday at 10:00 a.m. in the CR

Reception for Anna Hopkins

Tuesday, February 4, 1:00 pm in the Art Gallery

Join us as we congratulate Anna on her artistic talent while we celebrate her birthday.

Marketing "Referral Kick Off" Pizza Party

Friday, February 7 12:00—1:00 p.m. in the DR

Join Carrie and the Marketing Team for their "Referral Kick-Off" party and learn how you can benefit by referring your friends to Asbury Village! Please sign up at WP Reception. Ticket required. Free event.

OSF Gym Training Session GYM

Tuesday, February 11 & February 25 at 10:30 a.m.

OSF Health Education Program

This month's topic is "Sleep and Your Health"

Wednesday, February 12 at 11:00 a.m. in the CH

Veterans Coffee Talk

Wednesday, February 19 at 10:15 p.m. in the GR

Resident's Welcome Social

Wednesday, February 19, 3:00-4 pm in the

WP Hospitality Café

Women Spies: a Presentation by Gary Jackson

Thursday, February 20, 1:00 pm in the BGA

Mardi Gras Lunch Buffet

Tuesday, February 25 at 12:00 p.m. in the DR

Be sure to make your reservation for this event by February 21. Ticket Required. Not a free event

Breakfast Buffet

Friday, February 28 in the DR at 9:00 a.m.

Meetings:

Activity Meeting

Wednesday, February 5 at 2:30 p.m. HS

New Resident Orientation for Independent Living

Monday, February 10 at 1:00 p.m. CR

Executive Director's Quarterly Update

Tuesday, February 18 at 2:00 p.m. Chapel

Independent Outings:

Sign up for all February Events & Outings in the Hospitality Café WP.

Activities Sign-Up Day – Mon. Feb. 3, 11:00 AM

Dinner Out— Gentelin's

Wednesday, February 5 depart at 4:15 p.m.

Principia College Silent Film Showing

Friday, February 7 depart at 6:15 p.m.

Watch the silent film "Safety Last!" starring Harold Lloyd, accompanied by live organ in Cox Auditorium. Free event

Lunch Out— Wang Gang

Sunday, February 9 depart at 11:15 a.m.

Hayner Presents: Jared Hennings

Tuesday, February 11 depart at 5:30 p.m.

Free concert at Alton Sq. 2nd Floor

Lunch Out— Santinos

Wednesday, February 12 depart at 11:15 a.m.

Trader Joe's & lunch at Magianno's

Thursday, February 13 depart at 10:00 a.m.

Gameday Luncheon, Riverbender \$7 at door

Tuesday, February 18 depart at 9:45 a.m.

1st & 2nd Dinner Out—Hendels

Thursday, February 20 depart at 4:30 p.m.

Thursday, February 27 depart at 4:30 p.m.

Dinner & A Movie — La Casa

Saturday, February 22. Movie & depart time TBA

ALT: Tribute to Kenny Rogers dinner at DeCarro's

Sunday, February 23 depart at 1:00 p.m.

Ticket \$20 for everyone

Quilter's Outing—Itchin' to be Stitchin' and lunch at R&B Restaurant in Staunton

Thursday, February 27 depart at 10:00 a.m.

Leap Day Lunch Out—Joe's Pizza

Saturday, February 29 depart at 11:15 a.m.



Weston Resident Outings:

Dollar General

Thursday, February 6 at 10:30 a.m.

Lunch Out

Thursday, February 20 at 10:45 a.m.

Weston Resident Events:

Weston Birthday Party

Wednesday, February 19 at 1:30 p.m. in Meadows Dining Room with Phil Capello

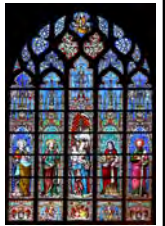
Weston Coffee & Conversation

Tuesday, February 11 1:00 (Weston Terrace Lobby)

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, Feb. 14 at 11:00
In the Gathering Room*

Catholic Communion

*Friday, Feb. 7 at 10:00
In the Gathering Room*



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, February 28 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 **Pat Judy**, resident; **Carl Draper**, resident; **Lou Sommars**, resident; **Norma Rummerfield**, former resident; Martha Reinhardt, former resident; **Phyllis Oster**, sister of resident Toni Reszler; **Anne Porter**, sister of resident Reka Holder; **Frank Bowles**, father of employee Dayna Alford; **Tim McAtee**, brother of employee Deb Mills; **Patricia Moore**, sister-in-law of employee Cathy Weigand.



Rejoice! The beginning of the Easter Season is drawing near.



Father Jerry Wickenhauser will lead the
Ash Wednesday service
at 1:30 p.m. on February 26.

All are welcome.

February Evening Worship Services

Sundays in the Chapel at 6:30 pm

- ♦ Feb. 2, led by Rev. Faye Edmiaston
- ♦ Feb. 9, led by Rev. Bill Pyatt
- ♦ Feb. 16, led by Rev. Randy Fisher
- ♦ Feb. 23, led by Rev. Ed Grandoson

Ladies Bible Study Fellowship
Tuesdays from 10:30-11:30
in the Rendezvous 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



“UMV Life Style and Wellness Program”

Physical Wellness



CHAIR DYNAMICS-SSP

**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-SSP

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 this class!



OSF[®]
HEALTHCARE

Monthly News and Activities

OSF Health Education Program

“Sleep and Your Health”

Wednesday, February 12 at 11:00a.m. in the Chapel

Gym Training Sessions (WP 1st floor gym)

Tuesday, February 11 & February 25 10:30 a.m. — 11:30 a.m.

Updated Clinic Hours

Mondays 2:30 p.m.— 4:30 p.m. Fridays 10:00 a.m. — 12:00 p.m.

Call 618 467-1520 to schedule an appointment.



Health Services



We are very excited to share with you that we are getting very close to having lab services here at The Village!

During the month of February you will be hearing much more about the topic. You will also be receiving a detailed letter about this lab service. Be on the look out! If you have any questions in the meantime, please feel free to reach out to Brandi (Director at Weston).

Blood Pressure Checks

- Every Monday with Jan/Absolute Healthcare 1:00-2:15 p.m. in the TV Room
- Every Monday with OSF HealthCare 2:30-4:30 p.m. in the OSF Clinic at WP206
- Every Friday with OSF HealthCare 10:00a.m.-12:00p.m. in the OSF Clinic at WP206

Asbury VILLAGE

Vibrant Senior Living

5201 Asbury Avenue
Godfrey, IL 62035

Phone: 618.466.8662

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



Bank Runs:

Tuesday, February 6, 9:00 a.m.

Thursday, February 20, 9:00 a.m.

Shopping Trips:

Tuesday, February 4, 1:30 CVS / Walgreens

Thursday, February 6, 1:30 Schnucks Godfrey

Tuesday, February 11, 1:30 Aldi / Dollar General

Thursday, February 13, 10:00 Trader Joe's & Magianno's

Tuesday, February 18, 1:30 Target

Thursday, February 20, 1:30 Walmart

Tuesday, February 25, 2:00 Schnucks Alton / Dollar Tree

Thursday, February 27, 10:00 Quilter's Day Out

February holidays:

Feb. 14—Valentine's Day

Feb. 17—Presidents' Day

Feb. 25—Mardi Gras

Feb. 26—Ash Wednesday



HAPPY

BIRTHDAY

Resident Birthdays

| | |
|------------------|------|
| David Callis | 2-04 |
| Anna Lee Hopkins | 2-04 |
| Joann Raymond | 2-07 |
| David Allen | 2-08 |
| Norma Golike | 2-11 |
| Dorothy Schulz | 2-13 |
| Retha Sitze | 2-14 |
| Darlene Gulovsen | 2-18 |
| Robert Parish | 2-19 |
| Iris Saaf | 2-25 |
| Rita Wyatt | 2-24 |
| Jeanette Weihe | 2-25 |

Staff Birthdays

| | |
|---------------|------|
| Jana Ferguson | 2-04 |
| Makala Bandy | 2-04 |
| James Searles | 2-13 |
| Rick Taylor | 2-27 |

Asbury Village honors and respects our residents and welcomes people of all faiths.