



*Then there was "Happy Days
complete with Ice Cream.....*

Thanks to the generosity of one
of our residents.



*What's been happening at the Village?
There was Western Day.....*



And then

.....

*there was a
bunny rabbit!*

*A Dancing
bunny !*



WELCOME NEW RESIDENTS:

*Larry Peimann & Ruth Scanlon
4401 McKendree Drive*

WELCOME!



Dear Residents,

Spring has arrived. I'm sure that you've admired how gorgeous our Village looks as we are surrounded by green grass, flowers popping up, and trees beautifully blooming. While I share this, I am reminding myself that COVID-19 will not alter our appreciation for our natural wonders and that we must stop to appreciate our many blessings.

I wanted to express my most sincere appreciation to each resident for your continued patience, understanding, and most of all your cooperation with our COVID-19 response plan. Again, our entire Asbury Village care and services has been modified to ensure everyone's safety and health and wellness. YOU have upheld the recommended guidelines; as a result, we remain COVID-19 free. In the meantime, many surrounding Senior Living Communities have not been COVID-19 free. We have been informed that both residents and employees nearby have reported COVID-19 cases. I share this not to instill fear but to implore everyone to do their part. Again, if we do our part, we will minimize our risk.

As I have shared numerous times, we are following 100% of the CDC, State, and Local guidelines. In addition, I am very grateful to LifeCare Services (LCS) for their ongoing guidance and interpretation on the updated guidelines. I want you to know that we are receiving requests from Federal, State, and Local authorities to verify that "we" are upholding the guidelines. Even today, the Illinois Health Department asked for specific information regarding our personal protective supplies, your personal daily self-assessments, mask usage for both residents and employees, door screening of anyone entering and exiting our Village, and our monitoring system for all the above. In other words, are we doing what they are mandating us to do?

As a result, ALL of us are doing our part to follow the guidelines of washing our hands, avoiding contact with our face, wearing our masks, maintaining social distancing, cancelling events, eliminating visitors, etc. Again, we have remained COVID-19 free at this time. I'm asking that everyone please stay the course as painful as it is and soon the Whitehouse and Illinois will have a final plan for opening America again. I am waiting on confirmation from the above for what this phased opening plan will be. I'll let you know the plan as soon as it's released.

I know that the Beauty Shop is a #1 priority. This week, I requested an update from Mayor McCormick and the Illinois Health Department. Neither could provide any update; however, I believe that soon Governor Pritzker will be providing an update. Currently, Illinois remains with Shelter in Place through the end of May. Please know that updates occur daily. Be assured that I will inform you immediately and I'll continue to monitor.

Many wonderful moments and connections have occurred. We have laughed along the way and tried to do things that we've never done before. If you haven't done so, please like our Asbury Village Facebook. You can see highlights from what's going on in our Village. Many of you have shared positives about our Asbury world and for this we are extremely grateful.

In order to keep us moving along and enjoying life, our Community Life Department has planned special events along the way. The calendar is modified but we, as it takes our team, are planning specific activities as highlighted in the Activity Calendar. If you have any suggestions of what you or others may enjoy, please share! It is possible, but it is a challenge to have corridor social distancing programming.

I wanted to apologize that my "Ask Anita" wasn't delivered timely. I did the video on my cell phone and it was a struggle to get the video of that size uploaded on Channel 900. Again, professional broadcasting is not my skill set! As a result, for the month of May, I'll do a written response to your "Ask Anita" questions. Hopefully, we can gather again soon. I'm working on a few surprises in order to keep everyone informed. Stay tuned to Channel 900! It's our best connection for now.

Finally, I want you to know that we are genuinely here for each of you. If YOU need something different or special just for you, PLEASE don't hesitate to ask. We are here to serve YOU even amid this crazy pandemic.

*In closing, I would like to wish a Happy Mother's Day to all our Asbury Village Mothers. Each of you is important in the many lives of others. **Thank you for being treasures and blessings in my life!***

Happy May! Stay well.... stay strong!

Anita



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.

The Resident Council had a meeting on Wednesday, March 18.
The minutes are available on the Information Center Bulletin Boards.

ATTENTION:

At the next Resident Council meeting, we will be receiving nominations and electing two new members to replace two members who have completed their terms.

We are in search of volunteers who would be willing to serve on the Council.

If you are interested in serving on the Resident Council, please contact one of the above members.

Dining Room Committee

**Carol Apple
Katherine Battuello
Ilene Bowman
Alice Lemmon
Mary Jane McDaniel
Ollie Reszler**

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
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.

A Note to All Residents:

For the time being, communal coffee is not being served according to Public Health Guidelines.

Please understand that this is temporary, and hopefully soon, we will all be enjoying coffee together again.



A message from:

Gail Stucker

Director of Community Life Services

Dear Residents,

I'm writing this note to remind you of the activities that we are able to schedule. We are all learning that there are various ways to entertain ourselves and to stay busy. Below are a few things that I wish you would check out. If you have any suggestions about anything that we might add to our schedule, please let me know. If at all possible, we will try to make it happen.

*Wednesdays will be a day that we can count on for "**Singing at Your Door**" or "**Hallway Bingo**". On those days, we will always plan to be in McKendree in the morning and in Wiseman Pollock in the afternoon. Weston Terrace will be scheduled for a different day on their calendar.*

*We are also depending on our best method of communication, our in-house **Channel 900**. There will be a schedule of events happening on this Channel that will, hopefully, be something you will enjoy. The following items are listed on the calendar but I am bringing this to your attention so you know you can count on these each week:*

*Monday through Saturday at 7:00 p.m. **Nightly movies, etc.**. (Tuesdays, musicals; Thursday, Harry's Choice; and Fridays, Trivia and other games)*

*Monday through Saturday at 10:00 **Exercise Classes** that can be done in your apartment.*

*Monday, Wednesday and Friday at 3:00 p.m. **Sit & Be Fit Exercises**.*

*Wednesday all day: Watch for a slide from Chaplain Bruce, "**Bible Study on the Fly**"*

*Sundays at 1:00 p.m. **Armchair Travels***

*Sunday at 6:30 p.m. A video of **services from area churches** will be shown when possible.*

*Monday through Friday at noon—Tune in for a **special treat!!***

*Saturday at 1:00 p.m.— Music Therapy StL, "**Sing a long with Breanna**"*

Thank you all for your smiles and encouraging words. I am just as anxious as you are to get back to our activities and special events. Please feel free to let me know if there is anything we can do for you.

Gail

Interested in a garden spot? Please let me know!!

The Coronavirus

*As deadly as it is,
Life goes on, it's true.
The virus is upon us,
There is nothing we can do.*

*Things are dim,
It's tough to say.
We'll get over this,
There is no other way.*

*Kids are here,
But only at a distance.
Stay away from them,
Your biggest resistance.*

*I hate to be a downer,
The worst is yet to come.
We'll get our things in order,
So boring yet to some.*

*Today I sit inside on my couch,
My son number four was outside.
The only thing that separated us,
Was a screen that was not very wide.*

*A repeat was done on son number one,
As crazy as it gets.
We sat and chatted for a while,
Not using each other's wits.*

*They even cancelled my hair appointment,
I look like "Gravel Girty".
But that is the name of the game,
And soon it will be getting dirty.*

*I am on lockdown now,
My children are "free as birds",
Life reverses everything,
And put it into words.*

*Our world is fast revolving,
To be a better place.
God will take the horn,
No use to fret or pace.*

AMEN

Yvonne Hoefert

Western Day!



Surprise!

Hot Dogs, Chips, Soda
and a Cookie. Yum!







***FUN AND
GAMES IN
WESTON
TERRACE!***





SPIRITUAL WELLNESS

A message from Bruce Baumberger, Chaplain

To the wonderful residents of Asbury Village,

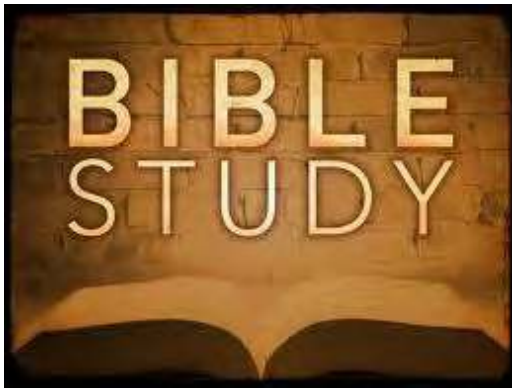
Thank you for the kind words and notes of appreciation regarding the Easter gift you received. However, there is a point of clarification I need to make.

I contributed the Easter devotional; the treat was provided by the Village staff. While I would like to take the credit for making your Easter a little sweeter (bearing in mind that this Easter was like no other), I must point out this was a concerted effort by all the folks who work at Asbury Village.

Our prayer is that we made a difficult situation a little bit brighter.

In the shadow of the Cross,

Chaplain Bruce



Since we are unable to meet for Bible Study at this time, A scripture and short devotion will be posted on Channel 900 every Wednesday morning.

A written copy of the devotion will be available in the library.

Asbury Village Gallery

At this time, we will not have a display in the gallery.

Our hope is that we will be able to plan a Quilt Show soon, but we are currently unable to set a date.

June will be the month for our beautiful brides and handsome grooms. Please pull out your Wedding Photos and leave them at the WP desk for Gail.

Be sure to note your name so that we can properly identify you. We will start organizing the display beginning May 25.

Thank You



Asbury Village
Board of Directors
Stop by to honor our
staff with a pizza
lunch!
Thank You!

Cardinal Opening Day at the Village

A treat for all of popcorn
and Yadi Water Bottles
Thanks to a special resi-
dent who contributed to
this special day!



Out for a leisurely
walk around
campus.
Spring is here!



“UMV Life Style and Wellness Program”



Physical Wellness

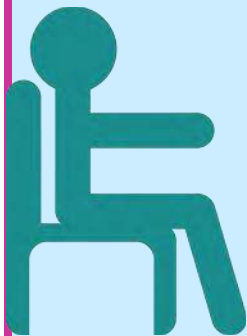
Attention Residents:

MORNING EXERCISE

Even though our trainers from OSF and from SSP are not able to be here, exercise classes are still available in your apartment.

Every morning (Monday through Friday) at 10:00 a.m., a different exercise will be presented on Channel 900.

SIT & BE FIT



Every Monday, Wednesday and Friday at 3:00 pm on Channel 900

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

License Due?

Questions about the Department of Motor Vehicles?

Jesse White, Secretary of State has announced Emergency Rules filed to extend expiration dates for a Driver's License, an Identification Card or a Vehicle Registration for at least 90 days after the Driver Services Facilities reopen.

He encourages residents to use online services during office closures.



OSF[®]
HEALTHCARE



Health Services

CLINIC HOURS & BLOOD PRESSURE CHECKS

- Every Monday with OSF HealthCare 2:30 p.m.-4:30 p.m. in the OSF Clinic at WP206
- Every Friday with OSF HealthCare 10:00 a.m.-12:00 p.m. in the OSF Clinic at WP206



A Note from Chris Hoover, Wellness Navigator

Some tips to Avoid Dehydration

- Don't wait until you are thirsty to have a drink of water.
- Drink plenty of water (eight 8oz. glasses a day).
- Drink throughout the day.
- Put your glass of water within reach.
- Eat food with high water content like fruits and vegetables.
- Limit drinks with caffeine like coffee, tea, soft drinks and also alcohol.

Some early signs of dehydration

- Increased thirst
- Dry mouth
- Feeling tired or sleeping more
- Decreased urine output/dark urine or increase in odor
- Headaches
- Dry skin
- Dizziness

If you are experiencing any of these symptoms, please contact your
Primary care provider

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: No trips scheduled at this time.

Shopping Trips:

No Shopping Trips scheduled at this time.

If our situation changes, a new calendar will be created as soon as possible

May Holidays:

May 5—Cinco de Mayo

May 10—Mother's Day

May 25—Memorial Day



HAPPY BIRTHDAY

Resident Birthdays

Jerry Grant	5-01
Gary Buck	5-01
Martha Farson	5-09
Lorene Flowers	5-15
Helen Stairwalt	5-15
David Chiolero	5-15
Nancy McDow	5-16
Jane Kodros	5-17
Ellen Ledesma	5-21
Rosemary Bechtold	5-22
Robert Wallace	5-22
Howard Williamson	5-23
Louise Crede	5-25

Catherine Bockstruck	5-27
Lucia O'Donnell	5-28
Ada Lawton	5-29
Edna Griesbaum	5-30
Red McVey	5-30

Staff Birthdays

Tina Tindall	5-05
Edmily Croxton	5-05
Diane Carter	5-19
Louis Colone	5-23
Danielle Gillean	5-26
Emma Yost	5-28

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