









Ladies Day Out Cracker Barrel



New Residents

Dan & Pam Drew, McKendree 211
Carol Reinhardt, Wiseman-Pollock 232
Mary Ellen Smith, 5200 Allbright
Margaret Klunk, McKendree 217
Linda Witcher, Wiseman-Pollock 245
Wilma Gee, Wiseman-Pollock 212



Anita's

Ad-líbs



Dear Residents,

Summer greetings! Yes, summer has arrived and so has our summer weather! Enjoy the sun and of course, stay cool during our Midwest weather filled with humidity.

A special thanks to those who have been involved in resident council and Ask Anita meetings in July. A few requests have surfaced during those meetings and I thought I'd share the status.

ATM Machine – We have been in contact with a local bank regarding this request. Several years ago, an ATM was present on our campus; however, due to low usage, it was removed. As I made that request again, I assured the bank that our current Village family requested this; therefore, I would assure them that potential usage existed in 2021 and beyond. I'll keep you posted on the status and hoping that it would be favorable.

Shredding – A request for a shred event has been made. After inquiring, we have been informed that the cost of this shredding event is close to \$1,000.00. Of course, we want to respond so after thinking about this request, we decided to buy a shredder for resident use. The shredder will be placed in the McKendree lounge and will be made available when the McKendree door receptionist is present. Often those shredders can be challenging and often can be clogged and even burned out. We thought a helping hand might be helpful. Also, we'll be on the lookout for local shredding events and we'll keep you posted on channel 900. Also, if you are made aware of any shredding events, please let us know and then we'll update channel 900 as well. Hopefully, this will fulfill that need for shredding!

Thanks for your EXTRA EXTRA consideration and nominations of our employees that are doing the EXTRA little things. Your continued nominations are much appreciated for August. The winners for July were Gail "Cricket" Strebel, Adriann Croxton, and Dee Livengood. Congrats to our winners!

COVID Update – We have posted the update from IDPH regarding the recommended guidance regarding mask usage. Please understand that the Delta variant is very concerning as the Siren Alerts indicate. If you have any questions or concerns, please let me know. In addition, as information or updates are shared, please know that I will share as well. At this point, no news is good news in terms of COVID-19 effecting our daily Asbury Village life.

Please don't be shy! We hope that you've enjoyed the Neighborhood Block Parties. It's such a great way to meet, greet, and welcome everyone. Your friendliness has shined through. During July, it was wonderful to get to know one another in new ways through friendly conversations. Please consider attending the upcoming August Neighborhood gatherings. Also, it's always fun to enjoy a treat together! See you in the neighborhood!

Scooter Update – Just a friendly reminder for safety purposes that all personal scooters must be stored in your apartments. Scooters storage in the corridors are not permitted. Thanks to all current and future scooter owners for your understanding and cooperation.

Mark your calendars once again for August 19th from 10:00 am to noon. It's YOUR opportunity to meet Chris Sichra, Madison County Safety Director, and sign up for YOUR personal CODE Red alert on your personal phones. Please refer to Chris Hoover's highlights in the newsletter for more information. Also, feel free to ask us and we'll further explain.

We welcome many new residents to our Asbury Village Family. You have an entire Village to get to know. Your entire Village family surrounds you with our support as you settle in. If you need anything, please feel free to reach out to me or anyone on our team.

Phase 2 Renovations – As shared during my Ask Anita meetings, plans are underway to refurb our first floor public area of Wiseman Pollock. We will soon have plans to share with you. Your feedback in the Resident Interest Survey was key to planning for the future renovation areas. The Envision Committee has been working hard to create and design Phase 2. It's very exciting and all planned for YOU!

If you need anything, please don't hesitate to reach out to me. I know that day-to-day is very busy for me; however, I'm never too busy for YOU. I'll be happy to schedule time to listen to you if you need individual time together.

Have a happy August. Gosh...we're ½ way through 2021. Stay well!

With gratitude,

Anita



Your Council Members

John Hisaw, Pres.	573 276-8624	Pam Sevier	466-7464
Ollie Reszler, V. Pres.	314 285-5078	Mary Jane Berry	917-3735
Mary Pat Thomas, Sec.	823-7766	Carol Apple	610-3396
Don Cornell	433-9245	Jackie Williams	462-6584
Martha Darr	830-7174	Herb Crede	720 557-0513
Jeannette Vowels	760 213-0004	Gary Buck	407-2123

If you have questions or concerns please contact one of the above council members and it will be discussed at our next meeting.

Asbury Village Board Members

Cary Beckwith James Herndon Donna Massey

Donna Bemis Paul J. Jun Rev. William Pyatt

Andy Bowan John Keller Stephen Schwartz

Ralph Bowles Jeff Lauritzen Kim Stuby

Sue Hardin Mike McCormick Karen Wilson

Díning Room Committee

Carol Apple
Katherine Battuello
Polly Lekkas
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 Rainey Gayle Eardley Jeanne Vowels

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.

Your Village Ambassadors

<u>Wiseman-Pollock</u>	<u>McKendree</u>	Villas	<u>Homes</u>
Carol Apple	Reka Holder	John Hisaw	Pam Sevier
Jackie Williams	Martha Darr	Shirley Bachm	an
Bonnie Tyler	Lorene Flowers		

"Tidbits" from Gail Stucker, Director of Community Life Services

Dear Residents:

August is here. Please read through the calendar for this month and mark down the things that you would like to participate in. The activities are continuing to multiply, and I hope there are many things that catch your eye.

One special event will be our annual <u>Luau</u>. Please don't miss it. There will be a signup at the WP Reception desk and it will be the same charge as a regular dinner meal. The LUAU feast will be served as a buffet and you are welcome to come anytime between 12:30 and 4:30 to eat on Friday, August 13. Expect entertainment and the feeling of being on the islands.

There are a few changes to make note of. Sign up is required for outings and only for activities where in house where we would need to know the number to expect for planning services. If you would like to sign up for an outing, shopping, banking or lunches out, please call my extension after 11:00 a.m. on Monday. At the end of the day, the sheets will then be given to the Wiseman-Pollock Reception Desk. On the calendar, if you see *** three stars, sign up is required.

The Resident Council <u>Happy Hour</u> will be on August 20 from 2-4 pm. Sign up is required to attend and you will be given two tickets for beverages. Beer, wine and soft drinks will be served along with snacks. Tickets are not transferrable and carry outs are not permitted. This event is sponsored by the Resident Council. The theme is Happy Hour Hawaiian Style!" If you would like, feel free to dress the part. I would love to see how many tropical shirts we have out there.

Craft classes with Cricket will still need a sign-up so that we can be prepared with sufficient material.

The <u>BLOCK PARTY</u> will be really special this month. Everyone from the Village is invited. It will be outside of the WP entrance. Food will be served and there will be games set up for a little competition. Please plan to come and get acquainted with someone you have not met and have the opportunity to meet some new neighbors and make them feel welcome. It will be a great time and is planned for Wednesday, August 25 from 1:30 to 3:30.

Don't forget Friday morning donuts and Breakfast Buffets on the last week. It's a great way to start your Friday.

Gail Stucker, Director of Community Life Services





La Casa



Laux Brickhouse

Men's Lunch Out Cracker Barrel



Bella Milano



 $Hardin\ Riverdock$



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
1	2	3	4
8:00 Morning Worship led by Main Street United Methodist Church Ch 1:15 Cardinal Club TV	10:00 Morning Exercise Ch 900 11:00 Sit2Fit Exercise SSP BGA 12:00 Lunch DR 1-3 WII Bowling BGA 1:00 Ladies Bible Study CR 1:00 Grief Share Group HS 3:00 Sit & Be Fit CH 900 7:00 Resident Bingo BGA *** \$1 donation BGA	9:00 Walk In The Park*** 10:00 Morning Exercise Ch 900 10:30 Aldi's 11:00 GET FIT Exercise BGA 12:00 Lunch DR 1:30 Walgreen's/CVS***	10:00 Morning Exercis 11:00 Sit 2 Fit led by S 12:00 Lunch DR 1:00 Bible Study HS 1:00/2:30 Crafts with 0 3:00 Sit & Be Fit Ch 90 3:45 Alton Farmer's M for dinner *** 7:00 Resident Bunco B
8 8:00 Morning Worship led by Main Street United Methodist Church Ch 10:30 Peach Festival at Pere Marquette and lunch. *** 1:15 Cardinal Club TV 6:15 Haskell Park-Concert in the Park ***	9 10:00 Morning Exercise Ch 900 11:00 Sit2Fit Exercise SSP BGA 12:00 Lunch DR 1-3 WII Bowling BGA 1:00 Ladies Bible Study CR 2:30-3:30 BP Check RR 3:00 Sit & Be Fit CH 900 7:00 Resident Bingo \$1 donation BGA	9:00 Walk In The Park*** 10:00 Morning Exercise Ch 900 10:30 Dollar General*** 11:00 GET FIT Exercise BGA 12:00 Lunch DR 1:30 Rekha Dravina, Pianist CH 1:30 Dollar Tree***	11 Deadline - TJs Pizza (10:00 Morning Exercis) 11:00 Sit 2 Fit led by Sit 12:00 Lunch DR 1:00 Bible Study HS 1:00/2:30 Crafts with (10:00 Sit & Be Fit Ch 90) 7:00 Resident Bunco Bible Study
15 8:00 Morning Worship led by Main Street United Methodist Church Ch 1:10 Cardinal Club TV	16 10:00 Morning Exercise Ch 900 11:00 Sit2Fit Exercise SSP BGA 12:00 Lunch DR 1-3 WII Bowling BGA 1:00 Ladies Bible Study CR 1:00 Grief Share Group HS 2:00 Activity Meeting RR 3:00 Sit & Be Fit CH 900 7:00 Resident Bingo \$1 Donation BGA	17 9:00 Walk In The Park*** 10:00 Morning Exercise Ch 900 10:45 Josephines's Lunch Out*** 11:00 GET FIT Exercise BGA 12:00 No Lunch Served Today. Special Event –Exec. Director Luncheon 2:00 Aldi's ***	18 10:00 Morning Exercit 11:00 Sit 2 Fit led by S 12:00 Lunch DR 1:00 Bible Study HS 1:00/2:30 Crafts with 3:00 Sit & Be Fit Ch 90 4:00 1st Dinner Out B Grille*** 7:00 Resident Bunco B
22 8:00 Morning Worship led by Main Street United Methodist Church Ch 1:15 Cardinal Club TV 12:30 Stages: "Always Patsy Cline" Dinner at Maggianos***	23 10:00 Morning Exercise Ch 900 11:00 Sit2Fit Exercise BGA 12:00 Lunch DR 1-3 WII Bowling BGA 1:00 Ladies Bible Study CR 2:30-3:30 BP Check RR 3:00 Sit & Be Fit CH 900 7:00 Resident Bingo \$1 Donation BGA	24 9:00 Walk In The Park*** 10:00 Morning Exercise Ch 900 10:30 Walgreen's/CVS*** 11:00 GET FIT Exercise BGA 12:00 Lunch DR 1:30 Mark Raborn, Entertainer CH 1:30 Target*** 4:00 Men's Dinner Out Brass Door***	25 9:00/10:30 Crafts with 10:00 Morning Exercise 11:00 Sit 2 Fit led by SS 12:00 Lunch DR 1:00 Bible Study HS 1:30-3:30 All Village BI WP Entrance *** 3:00 Sit & Be Fit Ch 900 4:00 2nd Dinner Out BI Grille*** 7:00 Resident Bunco B
29 8:00 Morning Worship led by Main Street United Methodist Church Ch 1:15 Cardinal Club TV	30 10:00 Morning Exercise Ch 900 11:00 Sit2Fit Exercise SSP BGA 12:00 Lunch DR 1-3 WII Bowling BGA 1:00 Ladies Bible Study CR 3:00 Sit & Be Fit CH 900 7:00 Resident Bingo \$1 Donation BGA	31 9:00 Walk In The Park*** 10:00 Morning Exercise Ch 900 11:00 GET FIT Exercise BGA 12:00 Lunch DR TBA: NCG Cinema Matinee, Alton Square***	

	THURSDAY	FRIDAY	SATURDAY
e Ch 900 SP BGA Cricket CR*** O arket, Fazoli's	9:00 Bank Run*** 10:00 Morning Exercise Ch 900 11:00 GET FIT Exercise BGA 11:30 Hickory Grove Lunch Out *** 12:00 Lunch DR 2:00 Schnucks*** 2:00 BINGO BGA	9:00 Coffee Hour DR 10:00 Morning Exercise Ch 900 10:00 Celebration of Life Worship CH 10am-2pm Designer Direct Jewelry WP 1st Fl 11:00 GET FIT Exercise BGA 3:00 Sit & Be Fit Ch 900 7:15 Cardinal Club TV	9:00 Breakfast at IHOP and Trip to Lewis & Clark Museum *** 10:00 Morning Exercise Ch 900 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900
Orders Today e Ch 900 SP BGA Cricket CR*** D GA	12 10:00 Morning Exercise Ch 900 11:00 GET FIT Exercise BGA 10:30 BUS OUT 12:00 Lunch DR 1:30 Walmart *** 2:00 BINGO BGA	13 9:00 Coffee Hour DR 10:00 Morning Exercise Ch 900 10:00 Worship CH 11:00 GET FIT Exercise BGA 12:30-4:30 LUAU ***DR Watch for more details! 3:00 Sit & Be Fit Ch 900 7:10 Cardinal Club TV	14 9:00 Alton Farmer's Market *** 10:00 Morning Exercise Ch 900 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900
se Ch 900 SP BGA Cricket CR*** 00 luff City	19 9:00 Bank Run*** 10:00 Morning Exercise Ch 900 10:00 ASK ANITA CH 10am-12pm CODE RED Alert RR 10:30 Schnucks *** 11:00 GET FIT Exercise BGA 12:00 Lunch DR 1:30 Dollar General *** 2:00 BINGO BGA	9:00 Coffee Hour DR 10:00 Morning Exercise Ch 900 10:00 Worship CH 11:00 GET FIT Exercise BGA 1:30 Larry Gwaltney CH 2-4 HAPPY HOUR Hawaiian Style WP Lobby 3:00 Sit & Be Fit Ch 900 7:15 Cardinal Club TV	21 10:00 Morning Exercise Ch 900 TBA Dinner and a Movie Dinner at Mike Shannon's*** 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900
Cricket CR*** e Ch 900 6P BGA OCK PARTY Unff City	10:00 Morning Exercise Ch 900 10:00 Alton Exchange Craft & Antique Mall*** 11:00 GET FIT Exercise BGA 12:00 Lunch DR 1:30 Walmart Godfrey *** 2:00 BINGO BGA	9:00 Breakfast Buffet DR 10:00 Morning Exercise Ch 900 10:00 Wisdom Confusing Times CR 11:00 GET FIT Exercise BGA 3:00 Sit & Be Fit Ch 900 6:05 Cardinal Club TV	28 10:00 Morning Exercise Ch 900 3:30 Catholic Mass CH 7:00 Saturday Night Movie Ch 900
GA	Color Code: Blue: Spiritual Red: Entertainment Purple: Outings Turquoise WellIness Green: Administrative Brown: Announcements	Location Code: CH - Chapel DR - Dining Room HS - Hospitality Suite WP 3rd floor BGA-Benjamin Godfrey Auditorium LR - WP Living Room HC - Hospitality Café WP RR - Rendezvous Room W -Weston Lobby WP - Wiseman-Pollock	

Walk in the Park every Tuesday morning! Feeding the turtles at Glazebrook Park





Looking for things to do at the Village?



Crafts with Cricket
Every Tuesday

Check out the Calendar!

There's Exercise Classes, Bible Studies and Worship Services, Bingo, Bunco and don't forget about the library.

Or..sign up for an outing, like shopping, lunch or dinner out, movies, farmer's markets and local area events.

Lunch or Dinner
In the Dining Room













Residents are "on the River again"!















SPIRITUAL WELLNESS

A message from Jackie Havis, Chaplain

Psalm 34:8-10

- ⁸Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him!
- ⁹Oh, fear the LORD, you his saints, for those who fear him have no lack!
- ¹⁰ The young lions suffer want and hunger; but those who seek the LORD lack no good thing



Have you ever asked yourself if God's goodness is challenging to receive? I know that sounds like a trick question. But I have seen that often the good things that God desires to give us is often rejected. Perhaps the goodness given by God looks differently, or feels differently than we first imagine. We have an idea of what Good looks like and feels like.

I would like to challenge us to be open to answering this question through spiritually discerning if we might be open to God's good work and provision for our hearts and souls Let's determine if we feel suspicious, or speculative, or judgmental about the delight of God and blessings that come from God.

Receive the beauty and taste and see that the Lord is Good! For blessed are you who really believe the goodness and provision of God. Those who seek the Lord will lack no good thing. Give thanks and know that God sees your needs and brings your specific answer to requests and prayers, Taste the sweetness of life! Breathe the fragrance of love! And see the beauty of God's creation! Be Blessed!

Mercy, Love and Grace to all—Pastor Jackie

If you like to pray ...

If you like to pray, but you need help, like many of us, don't be hesitant to try this suggestion. Pray your desires.

Our hearts are full of desires. Some of them are crazy. God knows what is in our hearts; and he knows that we try to hide our worst desires from him when we pray. It is embarrassing to be completely honest with God. Desires which make us ashamed, those that we never tell anybody, are the very ones we need to admit to when we pray.

Start your prayer like this, "Lord, there are desires in my heart that you and I need to look at. There are some sinful and nasty ones I am ashamed of, but here they are." (Then tell him the worst things you know about yourself. I mean the very worst, let it all hang out.)

After confessing this to God, tell him sincerely that you are ready to surrender all evil from your heart "Help me to get rid of my dirty laundry, Lord".

Some people start prayer by putting their best foot forward. Wrong! We need to put our worst foot forward when we pray. God hears the honest sinner; but the prayer of the boastful Pharisee he scorns.

Jerry Wickenhauser July 12, 2021

Grief Share Group
Will be meeting
This month
August 2nd and 16th
1:00 p.m.
Hospitality Suite



In Memory...

At this time, we would like to remember the families and friends of **Sandra Krug**, **Linda Hall**, **Kearney Bowden** and **Betty Werts**, residents of the Village; **Don Gottlob**, nephew of Anita Wenzel, a resident and **Donald Funk**, husband of Diane Carter, an employee.



"UMV Life Style and Wellness Program' Physical Wellness





SIT 2 FIT EXERCISE CLAS-SES

Led by Abbey, Senior Services Plus Monday and Wednesday 11:00 a.m.

Benjamin Godfrey Auditorium

The class will be 45 minutes Sign up is required.



GET FIT EXERCISE CLASSES

Presented by Senior Services Plus

Tuesday, Thursday and Friday 11:00 a.m.

Benjamin Godfrey Auditorium

Led by Anna

Sign up is required.



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, helps maintain a positive attitude

Morning Exercise

Channel 900

Monday—Saturday mornings
at 10:00 a.m.

If you have any questions,
please call Gail in

Community Life Services.

Village Fitness Center

OPEN

Sign up required. One visitor at a time.



From the desk of Chris Hoover, Health & Wellness Navigator

Vial of Life

Please check your kitchen cabinet for your Vial of Life and the three (3) papers that need to be there. If you do not have this completed in your cabinet, with an orange sticker on the cabinet door, PLEASE contact me. I will help you with this.

The Vial of Life is so very important for you and for the Asbury staff. In case of an emergency, we all have updated information on you. Please let me know of any questions or concerns.

Thank you, Chris

Being prepared is so very important.

On August 19th, 10 am to 12 pm, the Public Safety Administrator, Chris Sichra will be here at our Village to help with your own personal Code Red that will come to your phone in case of an emergency here in this area of Godfrey. I will be passing out flyers closer to this date that explains more about this system. Also, he will have other safety information.

Please plan to attend if you have not already signed up for the Code Red Alert. Please let me know if you have questions.

Chris, Health and Wellness Navigator



Absolute Healthcare
Will be available for

Blood Pressure Checks

Every other Monday

Beginning August 9, 2:30-3:30 p.m.

Rendezvous Room

CDDE RED

ALERT SYSTEM

that will allow you to receive individual emergency warning alerts 24/7 via either home or cell phone.

THURSDAY, August 19, 2021

10:00 a.m.—12:00 p.m.

Rendezvous Room

Christopher J. Sichra,
Village of Godfrey
Public Safety Administrator
will be here to assist residents
who would like to enroll.







5201 Asbury Ave., Godfrey, IL 62035 Phone: 618.466.8662

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



Good Luck on your retirement, Mark! Bank Runs: Thursday, August 5 at 9:00 a.m.
Thursday, August 19 at 9:00 a.m.

Shopping Trips:

Tuesday August 3	Aldi's 10:30 am
Tuesday, August 3	Walgreens/CVS 1:30 pm
Thursday, August 5	Schnucks 2:00 pm
Tuesday, August 10	Dollar General 10:30 am
Tuesday, August 10	Dollar Tree 1:30 pm
Thursday, August 12	Walmart 1:30 pm
Tuesday, August 17	Aldi's 2:00 pm
Thursday, August 19	Schnucks 10:30 am
Thursday, August 19	Dollar General 1:30 pm
Tuesday, August 24	Walgreens/CVS 10:30 am
Tuesday, August 24	Target 1:30 pm
Thursday, August 26	Alton Exchange 10:00 am
Thursday, August 26	Walmart 1:30 pm



HAPPY BIRTHDAY

<u>BIRTHDAYS</u>		
8/03	Denise Smith	8/21
8/04	Art Tomerlin	8/22
8/04	Don Cornell	8/26
8/04	Rosemary Yoder	8/26
8/07	Betty Strelow	8/28
8/20	Bernice Allen	8/29
8/10		
8/12	<u>STAFF BIRTHDAYS</u>	
8/13	Kayie Henson	8/06
8/14	Noah Dunlap	8/14
8/15	Debra Taylor	8/14
8/19	Ed Hawkins	8/28
	8/03 8/04 8/04 8/04 8/07 8/20 8/10 8/12 8/13 8/14	8/03 Denise Smith 8/04 Art Tomerlin 8/04 Don Cornell 8/04 Rosemary Yoder 8/07 Betty Strelow 8/20 Bernice Allen 8/10 8/12 STAFF BIRTHDAYS 8/13 Kayie Henson 8/14 Noah Dunlap 8/15 Debra Taylor