

September  
2022

# Village Voice



## **Welcome New Residents:**

*Phyllis Landers Weston 115*

*Bonita Wopp McKendree 315*

*Robert & Jaclyn Crause, Wiseman-Pollock 114*

*Marilyn Meyer 5402 Epworth*

*Beatrice Hennings Weston 113*



*Anita's*

*Ad-libs*



**Happy September!** It just seems surreal to even say that it's September. August was filled with fun, laughter, and we can even say smiles! Yes, it's nice to see many smiles again!

As I write this article, the Cardinals are getting ready to chalk up one more win over the Cubs. It sure feels like we're heading to an extended season. We're planning to add additional events to the calendar when those playoffs are scheduled. Stay tuned!

Please mark your calendars for an **All-Resident Association Meeting planned for Thursday, September 22nd, at 1:00 pm in the Chapel.** I'll provide a brief overview of operational updates including McKendree emergency lighting, security updates, and operational goals for 2023. The Department Directors will be present and provide an update on their departments. Several of our Board of Directors will be present as well. We do hope that you will plan to attend. This is on the calendar of events for the month, and we'll post reminders as the 22nd draws near.

Please join me in **congratulating and appreciating our Environmental Services and Maintenance Team during National ES and Maintenance Week September 12th - 16th.** We couldn't be more proud and grateful for such a dedicated and hard working team. These two departments encompass housekeeping, ground, maintenance, and transportation. We would like to extend a special appreciation to Cathy Wiegand and Rick Taylor for their leadership and dedication to ensuring that Asbury Village is always well maintained and clean! We're proud of our entire team!

The **Asbury Café is soon to open!** We feel comfortable sharing that we will be opening the doors in September. While I'm writing this, I don't have confirmation of the delivery date of the service register so I can't share specific dates and times. However, please know that we'll send out separate communications about dates and times to load your prepaid café cards. We will be providing opportunities to load your individual cards by paying with cash or check. Again, these cards will have a declining balance like a checkbook. With a prepaid card, you can use your Individual card to purchase sundries and menu items from the café. The prepaid card will only be accepted in the café. You will be given a receipt after your purchase that will always provide your balance on your card.

Just a friendly reminder that **smoking is only permitted in our outside designated smoking areas.** This applies to families, private duty caregivers, employees, and residents. We have discovered cigarettes butts in our lobby trash cans in McKendree. Smoking is not permitted in apartments or on apartment balconies. We appreciate your reminding guests about this policy. **We appreciate everyone's commitment to safety.**

Please plan to join us for our **Fall Open House and Octoberfest on Tuesday, September 27th, from 3:00 pm - 5:00 pm** celebrating our updated Wiseman Pollock first floor renovations. If you are planning to attend, **reservations are required. The kitchen will not be open the entire day.** We will offer a boxed meal to go if needed. Chef Dominic will provide more specifics later. We appreciate your understanding about the dining room being closed as the event will conflict with the dinner hour.

We've planned and continue to plan special events. We're thrilled that participation is high. That's our goal to live life well and life vibrantly. We ask that when reservations are requested, please do so. The RSVP ensures that we have enough food and seating for everyone. Our Luau was a huge event and honestly, we were about 15 seats short. We apologize to those that were waiting for seating. In addition, we receive this question frequently even during the events themselves, themed buffets and themed meals are not complimentary. The routine lunch and or dinner meal price applies. Traditionally, Mother's Day, Father's Day, New Monthly Birthday Luncheon, and our Holiday Dinner are the meals where we provide a complimentary meal. As you know, many of our events have refreshments and those are always part of our hospitality.

We've planned several events that will be part of our Asbury Village's support of the Walk to End Alzheimer's. Our 3rd Annual Car Show is scheduled for Saturday, September 17th, from 10:00 am - 2:00 pm. We have a fun event planned with live music, vendors, food, raffle, baskets, and of course amazing cars! Please pray for pleasant weather. **Please invite your families and friends to join us.** In addition, we hope that you'll plan to attend a special breakfast sponsored by our Leadership Team to be held on Tuesday, September 20th, at 9:00 am in the Main Dining Room. The Buffet will be \$5.00 per person. If you're planning on attending, we'd appreciate you making reservations for this as well. We promise that it'll include many of our yummy breakfast items but we're planning a few special surprises and treats. **Again, all proceeds will go to the local Alzheimer's Association.** We're proud to participate and sponsor this important cause.

Finally, Carrie Carter, Dayna Alford, and I will be attending a LCS National Sales Conference next week - September 6th - 9th. We're excited to be joining over 600 Senior Living Associates throughout the nation at this conference. We'll be networking and obtaining the latest trends and opportunities for Senior Living. We thank you for your understanding while we're away!

**Special thanks to Jeanette Vowels and her family** who have planned generous, and fun filled Sunday Fun Days. Oh goodness, you have exceeded this request by the Resident Council to help provide resident lead events, especially on the weekends. In two simple words - **Beyond Thanks!**

Again, please don't forget to read the highlights and articles in this newsletter. We hope to see all of you attending the many events planned! If you need a helping hand or clarification on what to attend, please don't hesitate to ask! We're here for you.

Have wonderful month!

*Anita*

*Fall Open House*

**Oktoberfest**

*Tuesday, September 27*

*3:00-5:00 pm*



***Your Council Members***

Ollie Reszler (President)	314 285-5078	Mary Jane McDaniel	618 466-6240
Martha Darr (V. President)	618 830-7174	Bob Parish	618 535-6781
Gary Buck	618 407-2123	Arnie Saaf	618 219-5773
Marcia Callis	618 520-4936	Mary Pat Thomas	618 823-7766
Gayle Eardley	618 433-9453	Jeanne Vowels	760 213-0004
Mary Ann Forcade	618 920-3361	Jackie Williams	618 462-6584

***Asbury Village Board Members***

<i>Rev. Cary Beckwith</i>	<i>James Herndon</i>	<i>Donna Massey</i>
<i>Donna Bemis</i>	<i>Paul J. Jun</i>	<i>Rev. William Pyatt</i>
<i>Andy Bowan</i>	<i>John Keller</i>	<i>Stephen Schwartz</i>
<i>Ralph Bowles</i>	<i>Jeff Lauritzen</i>	<i>Rev. Kim Stuby</i>
<i>Sue Hardin</i>	<i>Mike McCormick</i>	<i>Karen Wilson</i>

***Dining Room Committee***

**Sharon Hogan**  
**Kay Fitzpatrick**  
**Anita Forbes**  
**Nancy Price**  
**Ollie Reszler**  
**Donna McCoy**

**Jerry Wickenhauser**

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**  
**Linda Rainey**  
**Jeanne Vowels**  
**Cecil Edwards**

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******Wiseman-Pollock***

**Carol Apple**  
**Jackie Williams**  
**Bonnie Tyler**

***McKendree***

**Linda Rainey**  
**Martha Darr**  
**Lorene Flowers**

***Villas***

**Shirley Bachman**  
**Helen Stairwalt**  
**Cecil Edwards**  
**Arnie Saaf**

***Homes***

**Pam Sevier**



## ***“Tidbits” from Gail Stucker, Director of Community Life Services***

### ***Dear Village Residents:***

*September is going to be a great month with lots of special activities to participate in. I hope to see everyone finding something on the calendar that they will enjoy,*

*The **Asbury Village Gallery** has taken on a new look. We are featuring four local photographers who have offered to share their work with us. I'm sure you will enjoy the photos that are mostly taken in the Alton and St. Louis area. They have captured the beauty of our Riverbend area in very unique ways. Please stop by and visit the Gallery when you have some time.*

*The **3rd Annual Asbury Village Car Show** is coming up on September 17th. Be sure to make plans to be there. Invite your families, and if you know someone who owns a show car, be sure to make them aware that they are welcome to attend. The drivers are counting on your votes to decide the winners for the day. There will be Gift Baskets available by purchasing raffle tickets. A lunch of hot dogs, chips and soda will be available for a small fee and a few vendors are again planning to attend including Lady J with her gooey butter cake. Music will be provided by Hill-Williams who we have always enjoyed here at the Village. Proceeds from the Car Show will be donated to the Alzheimers Association.*

*Thursday, September 8, will be **Cardinal Day at the Village**. Be sure to wear your favorite Cardinal t-shirt, hats or jerseys. Cardinal Fever Happy Hour will be from 1:30-3:30 pm in the Wiseman-Pollock Lobby. We will be able to watch the game, enjoy game snacks and for a special treat, there will be Cardinal Door Prizes.*

*There are a few dates we could mark on our calendars for future events being planned. For October, there will be a **Card Party** on Friday, October 7, to benefit the Alzheimers Association. On October 14, we will hold a **Health Fair** here at the Village. On November 4, we hope to have our **Christmas Bazaar**, which has always been a great event.*

*Please feel free to contact me with any questions or suggestions for outings or activities. I welcome your ideas.*

*Don't forget to sign up for the activities that you would like to participate in. We will have a representative from **Alton Little Theater** here to sell season tickets on the 7th of September. Then we are planning to attend the performance of “Spreading It Around” on September 11.*

***Stages** will be offering their last show of the season, “A Chorus Line”. Tickets are \$45.00. Please sign up early to reserve a ticket.*

*Have a great September!*

*Gail Stucker, Director of Community Life Services*



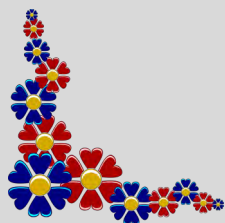
# Minute-to-Win-It!





# WATERMELON DAY





## *Notes from Carrie Carter, Director of Marketing*



I can't believe the kids are back in school and summer is just about over! But things are still **RED HOT** in the Marketing Department! We will close out the month with 6 sales and 11 new residents. **GO TEAM VILLAGE!!**

Now it's time to switch gears and talk about all things Marketing.

We will be passing out our quarterly resident referral incentive so be watching for that at your door in the next few days. We appreciate all the referrals you've sent our way already this year and are hoping to finish the year strong so continue to send them our way.

We would also appreciate if you or your family could leave us a 5-star rating on Google- if you need help with this, swing by and we'd be happy to help. Thank you to those who have already done this.

We would also love to have a few residents that are willing to let us tape them doing a testimonial on what you love about the Village- again, stop in and we can get that scheduled and explain what we are looking for.

A huge Thank you to all the Resident Ambassadors for giving of your time with all our new move in's this summer. We greatly appreciate YOU!!

Have a Super September,

Carrie Carter

Director of Marketing





# SPIRITUAL WELLNESS



## A message from Jackie Havis, Chaplain

### What Are We Learning About Miracles??

*During the month of August, those who have joined the Wednesday and Friday morning Chapel/Devotions have learned many things about the Miracles of Jesus. We have reviewed the Miracle of Jesus turning water into wine, the healing of the woman with the flow of blood, healing of the blind man, and the cleansing of the man with leprosy. What have we learned?*

- *Jesus performs miracles in common places with common people.*
- *When Jesus performs a miracle, it is extraordinarily more perfect than we can even imagine!*
- *We are required as followers of Christ, to show up, ask for help, be open to forming a relationship with God through the Savior.*
- *Be open to entering a conversation with Jesus, admitting to our vulnerability, and growing in our faith.*
- *As our minds, souls, and bodies are cleansed, treat the scars with care and loving attention. Learn from our mistakes that the scars may represent.*

*Of course, this list is not exhaustive, but our minds have been enlightened, and our hearts inspired as these basic truths point us in the direction for a tender, loving, and active relationship with the community of Jesus.*

*Feel free to join our faith community as we continue to worship together, looking at many ways Christ becomes real to us, in our daily lives. Worship is 10:30 am on Wednesdays and 10 am on Fridays. We meet in the Chapel, and I welcome the opportunity to sing, pray and learn together. These are the same services, but shared at different times to support flexibility for the Asbury Village residents.*

*Blessings to each of you as we continue to learn, love and live together!*

*Pastor Jackie*

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

***Bill Phipps, resident; Wilma Georges, former resident; Janet Poleet, mother of employee Debbie Johnson and Frank Purcell, father-in-law of employee Cindy Purcell.***





Physical

# ***“Lifestyle and Wellness Program”***

## ***Physical Wellness***



Physical



### **SIT 2 FIT EXERCISE CLASSES**

Monday, Wednesday and Friday

11:00 a.m.

Benjamin Godfrey Auditorium

Led by

Senior Services Plus



### **GET FIT EXERCISE CLASSES**

Tuesday and Thursday

11:00 a.m.

Benjamin Godfrey Auditorium

Led by Meredith

Alton Physical Therapy



### **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**

## Community Covid Corner



On August 11th, the CDC updated their COVID guidance for the general community. A few key points to take away are:

- The Community Level assigned by the CDC is a good way to know your risk. Each level (Low, Medium, High) comes with guidance on what you can do to stay safer. The Community Level is updated weekly on Fridays; and is included in the COVID updates posted throughout the Village.
- Staying up to date with vaccination remains a key component in COVID protection. If you are interested in vaccination and/or booster, please notify your physician or reception to have your name added to next booster clinic.
- If you have been exposed to someone with COVID-19, you no longer have to quarantine. You should wear a mask when indoors for 10 days and be tested on day 5 or sooner if you develop symptoms.
- If you are diagnosed with COVID-19 infection you should;
  - Contact your physician—there are new medications to help treat COVID-19 illness
  - Isolate based on current guidelines (isolation time frames vary with severity of disease)

\*CDC Community guidance does not apply to Weston Terrace. Weston is a licensed long term care community





Health Services

## *From the desk of Chris Hoover, Health & Wellness Navigator*

### Why Socialization is important for Seniors.

Seniors are more likely to isolate or experience loneliness that the rest of the population as recent study shows 43% of seniors regularly experience loneliness. As seniors get older, their risk of isolation increases. To prevent the negative effects of loneliness and isolation it is especially important to stay engaged throughout the day.

Seniors with limited social lives are more likely to suffer from Hypertension, Coronary Artery Disease, Cardiac issues, depression and anxiety.

Social Activities that improve mental health for seniors include Exercise classes, happy hours, group outings, regular phone calls or visits with family and friends, bingo, cards, and parlor games. We are so fortunate here at our village that we have so many of these activities and our beautiful new game room.

As the village staff we hope to see you all at our activities and special events!



FLU  
VACCINE  
CLINIC  
THURSDAY  
OCTOBER  
6TH  
10A-12N  
CONFERENCE  
ROOM

Sign up at Wiseman-  
Pollock Desk

Provided by Medicine Shoppe -  
Woodriver

Please bring ID and Insurance  
Cards

SAVE  
THE  
DATE



Dr. Kachigian, the podiatrist who has been coming here, has joined Preferred Podiatry Group. If you would like to see the podiatrist here at the Village, please sign up at the Wiseman-Pollock desk. There is a new consent form you will be asked to complete. Once we have everyone signed up, we will can schedule the podiatrist's visit. If you have questions, please see Chris Hoover LPN, Health and Wellness Navigator or Shannon Dey RN, Weston Director

# Asbury

## VILLAGE

Vibrant Senior Living

5201 Asbury Ave., Godfrey, IL 62035

Phone: 618.466.8662

We're on the Web!

[www.asburyvillagegodfrey.com](http://www.asburyvillagegodfrey.com)



### Bank Runs:

September 8 at 9:00 a.m.

September 22 at 9:00 a.m.

### Shopping Trips:

Tuesday, Sept 1

Friday, Sept 2

Friday, Sept 2

Thursday, Sept 8

Tuesday, Sept 15

Thursday, Sept 15

Tuesday, Sept 20

Thursday, Sept 20

Thursday, Sept 22

Tuesday, Sept 27

Ruler Foods 1:30 pm

CVS/Walgreens 10:30 am

Target 1:30 om

Schnucks 10:30 am

Aldi's 10:30 pm

Kohl's 1:30 pm

Pearsons 12:00

Dollar Tree 1:30 pm

Walmart 10:30 am

Schnucks 10:30



## HAPPY BIRTHDAY



### Resident Birthdays

Urban, Carol	9-02
Green, Grace	9-02
Clarkson, Bette	9-04
Daly, Sister Thomas	9-07
Pohlman, Lorene	9-08
Forcade, Herb	9-12
Steele, Marie "Mickey"	9-12
Thomas, Virginia	9-12
Wickenhauser, Bernie	9-14
Baldwin, Betty	9-16
Evertsen, Sharron	9-19
Abner, Jean	9-18

Springman, Frances	9-21
Ryan, Robert	9-23
Apple, Carol	9-24
Conley, Vicky	9-26
Karpan, Donna	9-27
Morris, Glo	9-28

### Staff Birthdays

Corsa, Maryann	9-01
Parden, Mary	9-08
Proctor, Markesia	9-17
Mills, Debra	9-29

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