

APRIL
2024

Village Voice



Welcome New Residents:

Bill Hartman Wiseman Pollock 329

Donna Massey Wiseman Pollock 228

Gerald Scifres Weston Woodlands 117

Anita's Ad-libs

Dear Asbury Family,

As I look back on March, I must admit that I'm filled with smiles as it was a very eventful month. It was wonderful to see everyone enjoy the many events that reflected our Village connecting and socializing through St. Patrick's Day, neighbor to neighbor events, 100th birthday parties, rummage sales, dining room mixers, men's events and more. We'll keep planning and you keep enjoying. Please don't forget that we always welcome suggestions on what you might enjoy. Please share!

April 8th will be a wondrous day for us! The cosmos will be treating us to a spectacle of unparalleled beauty and wonder—a **solar eclipse**. This extraordinary event, where the moon aligns perfectly between the sun and the earth, casting its shadow upon our planet, captivates hearts and minds around the globe. Join us on this day as we will experience this together. Plans are underway for a solar eclipse viewing. As soon as we confirm the exact time, we'll share details of where we can watch safely. We already have solar eclipse eye-glasses purchased for this event.

We're delighted to announce an upcoming Health Fair, organized in conjunction with our Health and Wellness initiatives and the 8 Dimensions of Wellness. **Mark your calendars for April 17th from 1:00 pm to 2:00 pm in the Benjamin Godfrey Auditorium.** We're excited to host this Health Fair and look forward to seeing you there. Together, let's take proactive steps towards prioritizing our health and wellbeing. For more information and updates, stay tuned to our newsletter and in-house channel and join us for an enriching experience aimed at promoting your overall health and wellbeing.

We are thrilled to recognize and celebrate Administrative Professional Day, a special occasion to honor the invaluable contributions of our administrative team. Administrative Professional Day is being observed on April 24th and serves as an opportunity to express our gratitude and appreciation for the dedication, hard work, caring, helping hand, and professionalism demonstrated by our administrative professionals throughout the year. Our administrative professionals play a crucial role in ensuring the smooth operation of our daily tasks, providing vital support to our entire Village. On this special day, we extend our heartfelt thanks to each and every member of our administrative team...Jana Ferguson, Joyce Wild, Terri Averbeck, Diane Carter, Sarah Johns, Peggy Powell, Cindy Purcell, Carolyn Crispi, Debbie Johnson, Lisa Pruet, Sue Mayfield, and Lisa Gibbs-Batterton. In recognition of Administrative Professional Day, we have planned an Appreciation Lunch for the team on April 24th. **Thank you to our amazing team for all that you do, today and every day!**

Finally, As National Volunteer Appreciation Week approaches, it's time to shine a spotlight on our Asbury Village volunteers who selflessly dedicate their time, energy, and talents to making a difference to our Village. Our Asbury Village volunteers contribute, often behind the scenes, serving on committees such as resident council, community life committee, and the dining room committee. Several residents volunteer with calling bingo, helping with events, watering flowers, visiting the sick, and delivering flyers to name a few volunteering deeds. We are excited to extend a special invitation to you for our upcoming Annual Volunteer Luncheon scheduled for April 25th at noon. This event is our way of expressing our heartfelt gratitude for your dedication, hard work, and unwavering support throughout the year.

Speaking of volunteering, please refer to the section of this newsletter from the Resident Council Nominating Committee. It's that time of year when council members' terms are expiring and it's time to nominate or ask for volunteers to serve on our Resident Council. This is a wonderful opportunity to become involved in the life of our community. Your consideration is appreciated. If you have any questions, please feel free to reach out to me or to the Nominating Committee. Again, there is a special section in the newsletter highlighting this information.

We extend our heartfelt gratitude to each member of our Asbury Village community for your cooperation and support during the filming and production of our resident testimonial video. Your willingness to allow us the use of the Wiseman Pollock lobby area made this project possible, and we are truly grateful for your participation. We are excited to announce that the final production of the resident testimonial video will soon be completed. **To celebrate this achievement and express our appreciation for your involvement, we will be hosting a special reception at the beginning of May. During this event, we will unveil the video and provide an opportunity for everyone to view the final production.**

The resident testimonial video will serve as a powerful marketing tool, showcasing the unique and vibrant community we have here at Asbury Village. It will be featured prominently on our website and across various digital platforms, allowing us to share the authentic experiences and perspectives of our residents with a wider audience. **Can't wait to share the video with everyone soon!**

As signs of spring emerge, discussions about our **resident gardens on McKendree Drive** have sparked excitement. There's talk of adding more plots this year! To our resident gardeners, your TLC is unseen but deeply appreciated. Soon, we'll see your flowers, fruits, and veggies bloom. In May, we'll spotlight your talents and green thumbs. Stay tuned for a blossoming celebration!

Happy April everyone!

Warm regards,

Anita



Your Council Members

Martha Darr (President)	618 830-7174	Bob Parish	618 535-6781
Gary Buck (V.President)	618 407-2123	Arnie Saaf	618 219-5773
Marcia Callis (Secretary)	618 520-4936	Carol Sawyer	618 792-1094
Gayle Eardley	618 631-5553	Mary Pat Thomas	618 823-7766
Mary Ann Forcade	618 920-3361	Jeanne Vowels	760 213-0004
Bonnie Fox	618 917-4978		

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

<i>Donna Bemis</i>	<i>Zeke Jabusch</i>	<i>Rev. William Pyatt</i>
<i>Andy Bowen</i>	<i>Paul J. Jun</i>	<i>Mary Reilly</i>
<i>Ralph Bowles</i>	<i>John Keller</i>	<i>Stephen Schwartz</i>
<i>James Herndon</i>	<i>Jeff Lauritzen</i>	<i>Rev. Kim Stuby</i>
<i>Jack Hoelscher</i>	<i>Mike McCormick</i>	<i>Karen Wilson</i>

Dining Room Committee

Sharon Hogan - Chairman
Kay Fitzpatrick
Anita Forbes
Betty Light
Nancy Price

Martha Darr - Council Representative

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

<u>Wiseman-Pollock</u>	<u>McKendree</u>	<u>Villas</u>	<u>Homes</u>
Nancy Dorris	Linda Rainey	Shirley Bachman	Ruth Scanlon &
Jerry & Etta Leonard	Martha Darr	Elaine Wardein	Larry Peiman
JoAnn Phelps	Lorene Flowers	Rose Roggow	<u>Back up Ambassador</u>
		Arnie Saaf	Darlene Gulovsen

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

RESIDENT COUNCIL

To all Village Residents,

It is the time of year that we elect new members for Resident Council. If you have lived here at least one year, are interested in serving on the Council and would like to be considered for the ballot, please contact Mary Ann Forcade 618 920-3361. We need six new members.

To the Residents of Asbury.

Many fun things are being planned for April. Please check your calendar closely. Please don't miss anything! Also, if you have access to our in house channel on your TV, Channel 2493, please check it often. Any changes or additions to the calendar will appear here and also on flyers distributed around the Village.

There are a couple of new things being added to our list of activities. Anyone who might be interested in joining a camera club, please come to our first meeting on Friday, April 12 at 11:00 in the WP Living Room. We will discuss our options and hopefully schedule the bus to take us around the area for the perfect picture spots.

Anyone who might be interested in finance or investing, we would like to form a group for you. Please call me, Gail in Community Life Service and let me know. We will then put a time together to meet on a regular basis.

The Cardinals will be playing again beginning April 4, We will celebrate the Home Opener with a Happy Hour and all the ball game food. We can cheer them on together as a Village and enjoy all the benefits right here. Please sign up at the WP Reception Desk.

Please don't hesitate to call me with any questions you might have regarding the calendar or any activities being planned.

Gail Stucker,

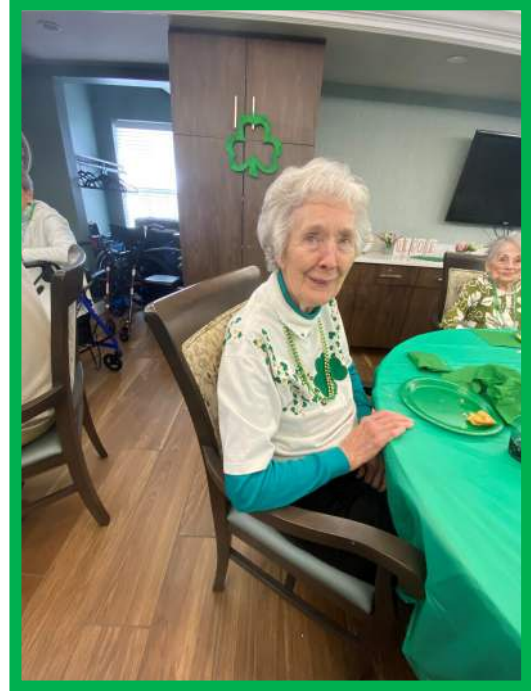




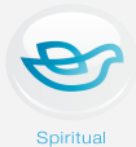
Weston Lunch Out—Baker & Hale











A message from Jackie Havis, Chaplain



Easter Isn't Over!

I have had so many people tell me that Easter has “snuck up” on them this year. Me too! I feel the same way. We are used to Easter being, more often than not, in April. And this year Easter fell right to the end of March. So, I have a suggestion! Let's celebrate Easter all of April! The Bible even helps us to do that.

After the Resurrection Story, Jesus returns to meet his followers. In one scene we see him meeting the disciples on the seashore, preparing a fire, warming up the skillet for the best Fish Fry around. Another scene is when Jesus meets the two men on the Road To Emmaus. And, then of course, we all remember that Jesus entered the locked doors, walked right into the room the room of disciples to offer his compassion with the reassurance that the Holy Spirit is on the way! I think maybe Jesus wanted to take a little more time celebrating his good news, his new body with his loved ones.

Just as Jesus continued the celebration of the Resurrection, we are invited also. After all, we are used to having Easter in April anyway!! This April, may we continue to remember the miracle of our Savior, the love that Jesus offered, the compassion that we read about in the reappearance stories, and find peace in knowing the Holy Spirit is with us.

If we are on the seashore, the spirit of God is there! If we are on a walking path, the spirit of God is there. If we are hearing the beautiful words of blessing with broken bread and blessed cup, Jesus is there! If we are even behind closed doors, experiencing our grief, bewilderment and sorrow, Jesus is there! Let's remind each other of those mysteries of our faith during April! Let's celebrate the new life that Jesus has given us! After all, Easter is usually in April!

Easter Blessings! Chaplain Jackie

It's that time of year!
If a Tornado Watch is issued
for our area - Be aware of
changing conditions.
Anticipate heading to safer
spaces.

If a Tornado Warning is issued
for our area -
Take cell phone and head to
safer spaces - These are 1st
floor Wiseman-Pollock away
from windows or in your
bathroom with door closed.



In Memory,

Residents Alice Banghart, Mary Woodcock and former resident Betty Strelow. Marlin Schoenbaum, husband of resident, Marilyn Schoenbaum and Donald Anson, son-in-law of resident, Rich Wickenhauser. Woody Daniels, former employee.







EASTER

EGG

HUNT!!









Physical

“Lifestyle and Wellness Program”

Physical Wellness



Physical



SIT 2 FIT

EXERCISE CLASSES

Monday, Wednesday and Friday

11:15 a.m.

Benjamin Godfrey Auditorium

Led by

Senior Services Plus



GET FIT

EXERCISE CLASSES

Tuesday and Thursday

11:15 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 2493

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 2493

Monday—Saturday mornings

at 10:00 a.m.

If you have any questions,

please call Gail in

Community Life Services.

Village Fitness Center

OPEN

Asbury Family,

Thank you all for your prayers for my husband, Marlin, me and our family during such a difficult time before he passed.

You were and are God's loving hands, holding us up at times we felt we couldn't get thru it all. The cards, visits, phone calls, flowers food and kindness will always be a wonderful memory for me and our family.

Thanks for those attending the day of Marlin's funeral including Anita and Shannon.

God bless you all,

Marilyn Schoenbaum and Family



**Mary's Beautiful
Daffodil Garden**

We'll miss you Jordan!



COVER YOUR COUGH

Help stop the spread of germs that can make you and others sick



Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.

You can also consider wearing a high-quality, well-fitting face mask which may help reduce the spread of respiratory germs.



Wash hands often with soap and warm water for 20 seconds, especially after touching tissues with secretions after coughing or sneezing. If soap and water are not available, use an alcohol-based hand rub.



#FIGHT FLU



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Updates from Shannon Dey, R.N. Weston Assisted Living Director



Respiratory Virus Guidance Snapshot

Core prevention strategies



Immunizations



Hygiene



Steps for
Cleaner Air



Treatment



Stay Home and
Prevent Spread*



Additional prevention strategies

Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

*Stay home and away from others until,
for 24 hours BOTH:



Your symptoms
are getting better

You are fever-free
(without meds)



Then take added precaution for
the next 5 days



Vaccine Clinic

Provided by Medicine Shoppe of Wood River

Covid boosters, Influenza, and RSV vaccines

**Thursday
April 11th
10a-12n**

Game Room

**Sign up at WP
Reception Desk**

Standard Medicare is now paying for shingles vaccine. If you have questions about your insurance coverage, call Medicine Shoppe at 618-259-0085

Open to
Employees

MIXER DINNER

HAVE DINNER WITH SOMEONE NEW



Happy St. Patrick's Day



The CDC has issued updated guidance for community based COVID-19 and other respiratory illness such as Influenza and RSV. The following explains those updates:

1. **Immunizations**—All are encouraged to stay up to date with COVID-19, Influenza and RSV vaccinations. The CDC has recommended an additional COVID-19 booster for those individuals age 65 or older. We will hold a vaccination clinic on Thursday April 11th for those wanting COVID boosters, Influenza or RSV vaccines.
2. **Hygiene**—Be sure you are washing your hands before and after meals and group activities. If you have a cough, practice good cough etiquette.
3. **Steps for Cleaner Air**—Open those windows and let the fresh air in when the weather permits.
4. **Treatment**—There are medications to help treat COVID-19 and Influenza. If you are ill, please contact your doctor. Some medications must be started early in the disease process to be effective.
5. **Stay At Home to Prevent Spread**—No more isolating for 10 days. Isolation is now based on symptoms. You should isolate until you are fever free for 24 hours without the use of medications and your symptoms have resolved or improved significantly. Once you no longer need to isolate it is important that you wear a well-fitting mask for 5 additional days to protect others.
6. **Mask** are always encouraged when we have an active case or when the community levels are high. Monitor signage for masking recommendations. When in doubt—wear a mask.
7. **Social Distancing**—If you are at greater risk for disease or complications, keeping your distance when there are active cases at Asbury or the community levels are high will decrease your risk for illness.
8. **Tests**—There is some confusion about COVID tests. You may test negative today but positive in 24-48 hours after you develop symptoms. Just because your COVID test is negative doesn't mean you are not contagious. Influenza and RSV have similar symptoms and can cause severe illness. When in doubt, don't go out. Avoid others. If you do need to leave your home, wear a mask. And contact your doctor for guidance.

Please see Shannon or Nicole with any questions or concerns.



Health Services Fair

Wednesday April 17th

1pm-2pm

Located in the Benjamin Godfrey Auditorium

Update your Vial of Life Information
Ask any questions about our Health & Wellness Navigation
Program and Asbury Home Care Services
Meet our vendors:
Absolute Health Care Services
Medicine Shoppe
Chad Campbell with Functional Fitness
Senior Services Plus
Christopher Sichra Public Safety Administrator for Code Red
Sign Ups
Tonia Short with Live Well Counseling

Bring any expired medications!

Participate for a \$50 gift card!



Attention: Parkinson's Support Group

Our First Meeting will be held on
Thursday, April 11th at 1:30pm
In the Game Room Conference Room
We will discuss specifics regarding our
meetings, frequencies and what you want to
learn/discuss!



Growing Stronger Together

From the desk of Nicole Reed, LPN Health & Wellness Navigator

It's April.... already! This month we will focus on the Health Benefits of Nature. One of the most evident health benefits of nature and the beautiful views is their ability to reduce stress and promote relaxation. There have been studies that show spending time in nature, in a forest, outside, around a lake or pond can lower cortisol levels, the stress hormone in our bodies. The sights and sounds of nature create a calming effect, allowing our minds to unwind from the daily pressures of life. The health benefits of nature extend beyond mental well-being; they also have a positive impact on our physical health. People who engage with nature and enjoy beautiful views are more likely to engage in outdoor activities and exercise. Exposure to natural light and fresh air can boost our immune system! Spending time in nature and being exposed to beautiful views can allow our brain to enter a state of cognitive restoration. This can spark creativity and problem-solving skills.

Join us for our Wellness Activities that involve nature! Our Wellness Walks will be returning this month as well as some special outings in nature.

Get out and enjoy the weather and nature by attending the activities with us or even sitting outside and enjoying the patios!

Let's stay healthy!

Nicole



*Everything healthy,
Blindfold Tast Test*

Health & Wellness Events April- Benefits of Nature



Health Services



Environmental

Our Weekly Wellness Walks will be returning. On Thursday's at 9am!

Health Fair- April 17th 1pm-2pm.
Check out our vendors, update your vial of life and enter for a gift card!

Trip to Audubon Center at Riverlands on April 19th! Enjoy the nature and wildlife!

Trip to Willoughy Farms! Date to be determined!

Be sure to sign up at the front desk!

Enjoy the benefits of Nature this Month!



Physical

Asbury

VILLAGE

Vibrant Senior Living

5201 Asbury Ave., Godfrey, IL 62035

Phone: 618.466.8662

We're on the Web!

www.asburyvillagegodfrey.com



Bank Runs:

April 9 at 9:00 am
March 21 at 9:00 am

Shopping Trips:

Tuesday, April 2 CVS/Walgreens 10:30
 Tuesday, April 2 Dollar General 2:00
 Thursday, April 4 Schnucks 11:00
 Thursday April 4 Dollar Treet 1:30
 Tuesday, April 9 CVS/Walgreens/BankRun 10:30
 Tuesday, April 9 Walmart 2:00
 Thursday, April 11 Ruler Foods 11:00
 Thursday April 11 Target 2:00
 Tuesday, April 16 Schnucks 1:30
 Tuesday, April 23 Walmart 10:30
 Tuesday, April 23 Aldi's 1:30
 Tuesday, April 30 Walgreens/CVS/Bank Run 10:00

APRIL BIRTHDAYS

Resident Birthdays

John Heinkel	4/03	Nancy Dorris	4/26
Norma Hauck	4/05	Phyllis Pellegrino	4/28
Nancy Vossenkemper	4/08	Bette Flactiff	4/29
Judy Zimmer	4/09		
Janet Luken	4/09		
Victoria Nagel	4/10	<u>Staff Birthdays</u>	
Leta Schwallenstecker	4/14	Margie Smith	4/14
Jerry Leonard	4/16	Arianna Howerton	4/14
Bill Hartman	4/19	Kyle Minner	4/16
Dana Schindler	4/21	Cynthia Purcell	4/16
Tommie Myers	4/23	Gail Stucker	4/27

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