



Notable Quotable

"I am prepared to go anywhere, provided it be forward."

~ David Livingstone (born March 19, 1813)

Happy Birthday!

RESIDENTS BIRTHDAYS

NAME	DATE
PHELPS, JOANN	3-04
COOKSEY, SANDRA	3-06
CANALE, CHARLA	3-06
BERRY, BONNIE	3-10
CAMPION, LUCY	3-10
EDWARDS, JOAN	3-13
STIEGEMEIER, SHIRLEY	3-13
JACOBS, MARY JO	3-14
MACKEL, EILEEN	3-14
MONROE, RUTH	3-15
WADE, MARY JO	3-15
WHEELER, FLOY	3-16
GRIFFIN, MARLENE	3-17
WOPP, BONITA	3-18
REINECKE, BOB	3-25
SCHEIBAL, DOROTHY	3-27
DARR, MARTHA	3-29
ROTH, MABEL	3-31

STAFF BIRTHDAYS

BURNS, MAKAYLA	3-05
ESQUIVEL, JOSEPH	3-06
SANDBERG STEPHANIE	3-14
RETZER, DEAVON	3-17
SCHUM, CHAD	3-21
MAROON, JESSICA	3-26
URSCH, GEORGIANN	3-28

Asbury Village Voice

March 2025



Celebrating March

Rekha Dravina on Piano
March 1

Mardi Gras Lunch (\$10)
March 4

Oreo Pop Making
March 6

Basketball Tournament
March 7

Team Spelling Bee
March 12

Pool & Shuffleboard Tournament
March 13

Nutritionary
March 18

Cruising the Nile
March 21

Welcome New Residents



Sue Johnson
WP 104



Norma Parkin
Gardenview 104

March Whispers

Author Unknown

March tiptoes in on winds so bold,
Brushing past the winter's hold.
Raindrops dance on budding trees,
Soft with whispers on the breeze.
Daffodils wake, the robins sing,
Hints of warmth that beckon spring.
Clouds may linger, skies turn gray,
Yet light grows stronger day by day.
March is promise, March is new,
A bridge between the frost and bloom.
A restless song, a shifting tide,
Springtime's breath, arms open wide.

Anita's Corner

Dear Asbury Family,

As we welcome the month of March, I want to take a moment to express my appreciation for each of you. March is a time of renewal and excitement! With the arrival of spring, we see longer days, fresh blooms, and a sense of rejuvenation in the air. It's also a month full of fun traditions like St. Patrick's Day celebrations, the thrill of March Madness, and the anticipation of warmer weather to come. Let's embrace the energy of the season together!?

Get Involved in March! March is packed with exciting events, and we encourage you to participate! There are many opportunities to connect, have fun, and engage in activities designed with you in mind. Keep an eye on the event calendar and join us for a month full of enjoyment. In particular, looking forward to our March Madness Basketball Tournament - let's shoot some hoops together! Bring on the competition and have fun together!

A heartfelt thank you to everyone who joined in celebrating Matt Sackman's retirement. Your warm reception made it a memorable occasion, and it was wonderful to see the community come together in gratitude for his dedication.

Leadership Updates...We also appreciate your patience and support during our leadership transitions. The new roles we are introducing are designed to strengthen our services and better support both residents and staff. I will continue to keep you updated on the open positions of Health and Wellness Navigator and Human Resource Director as we work to fill these important roles.

Department Spotlight This month, we are excited to highlight our Marketing Department as the Department Spotlight of the month! Our marketing team plays a crucial role in sharing the story of Asbury Village, connecting with prospective residents and families, and showcasing the wonderful experiences our community has to offer. Through creative campaigns, engaging events, and strategic outreach, they help ensure that Asbury Village remains a vibrant and welcoming place for all. Thank you to our Marketing team - Carrie Carter, Marketing Director, Dayna Alford (need her official title) and Chris Hoover (need her title) for your dedication and hard work!

Community Life Survey Your participation in our Community Life Survey has been invaluable, and we truly value your insight and ideas. Your feedback helps us enhance the quality of life here, making it more meaningful, purposeful, and fun for all.

Safety Alert: No Candles Permitted For the safety of our entire community, please remember that candles are not permitted on campus. Unattended candles pose a serious fire hazard, and we appreciate your cooperation in keeping our home safe for everyone.

National Storm Awareness Month March is National Storm Awareness Month, and we want to ensure everyone is prepared. Chris Scichria, Godfrey's Safety Director, will be available to help residents sign up for the Code Red Alert system. This system provides important updates on inclement weather, especially since our campus cannot hear the village's warning sirens. We strongly encourage all residents to sign up.





Spring Gardening Opportunities With spring just around the corner, we are preparing our grounds for the new season. Gardening enthusiasts are encouraged to sign up with Community Life to reserve a garden plot. Depending on interest, we are considering expanding the number of plots available. For more information, please see Linzi Sweetin.

Exciting Updates: Wiseman Pollock Entrance Yes, the Envision Committee, a subcommittee of the Board, recently met, and plans are underway for the repair of the pillars in front of Wiseman Pollock. Additionally, we are exploring the possibility of expanding the front entrance patio area. Stay tuned for more details as these plans take shape!

Thank you for your continued engagement and support. Let's make March a fantastic month together!

Warm regards, Anita

Soup-er Bowl Spotlight

A huge thank you to Thomas Maroon for his brilliant idea—Soup for the Super Bowl! Thanks to our amazing community, we received an outpouring of donations that the local community center was incredibly grateful for. While we had plenty of votes for both teams, the Kansas City Chiefs took the win... at least in our tally! Too bad they couldn't pull off the same result in the actual Super Bowl. A special shoutout to Ken Morrill and Bob Parish for helping with deliveries—we truly appreciate you!



Activity Connection

Embracing Growth & Community This Winter!

As the colder months settle in, we're embracing opportunities for growth—both personally and as a community! From planning our spring gardens to exciting new activities, there's plenty to look forward to.

We're looking for volunteers to help care for the flowers by the gazebo. Whether you have a green thumb or simply love plants, this is a wonderful way to contribute. We also have a perennial garden plot in need of upkeep this spring, so if you're interested in lending a hand, let the Activities team know!

Share Your Ideas!

Do you have an idea for a new program, event, or activity? We're keeping a community notebook for suggestions and would love to hear from you! Whether it's a club, craft workshop, movie night, or something brand new, let's make it happen together. The notebook is located in the library on the end table—feel free to add your thoughts!

Mark Your Calendar – Soup Cookoff in March!

Warm up with our Soup Cookoff in March at 11:00 AM in the Dining Room! If you'd like to enter, please sign up at the front desk. We ask for a **\$1 donation per person** for those enjoying the soups, with all proceeds going to the Alzheimer's Association.

Weekly Calendar Update

To reduce paper waste, we will no longer be handing out weekly calendar reminders. However, they will still be posted on the elevators and at the front desk. If you'd like a personal copy, you're welcome to pick one up at the front desk. Additionally, all activities will now be listed on Channel 2493 for easy access.

Relax & Unwind with River Run Reflexology & Massage

We're excited to welcome River Run Reflexology & Massage on the fourth Saturday of each month! This service is provided by our very own Activity Assistant, Elizabeth Buck. Sign up at the front desk for a 15-minute chair massage (\$15) or a 30-minute full massage (\$35). If you have any questions, feel free to reach out to Elizabeth directly.

Important Reminder: We're a Polling Place on April 1st

No fooling—our community will serve as a polling place on April 1st! Voting will take place in the Wiseman-Pollock coffee area. Please be aware of the setup and plan accordingly. We look forward to an exciting season ahead and appreciate all the ways you contribute to making our community a wonderful place to be!

*Best,
Linzi*





There are over 120 different varieties of quinoa, but white, red, and black are the most common.

Marching to a Healthy Beat

March is Nutrition Month, a month to ditch the junk food, add exercise, and take on healthier habits. An easy place to start is to eat more fruits, whole grains, and vegetables.

Perhaps it's no coincidence that March is also Quinoa Month (pronounced *KEEN-wah*). This ancient seed, harvested high in the Andes Mountains, is one of nature's most perfect foods. In 1955, researcher Philip White wrote, "While no single food can supply all the essential life sustaining nutrients, quinoa comes as close as any other in the plant or animal kingdom."

That's high praise for an often-overlooked food. Quinoa is called a grain and is cooked like a grain, but it is not a grain at all. From a botanical point of view, quinoa is more closely related to beets and spinach. It is a complete protein, gluten

free, and rich in potassium. The ancient Incas called it the "mother of all grains" and considered it sacred. It can be found today in breads, crackers, granola, beverages, pasta, and even shampoo. It's a nutritive powerhouse.

In addition to quinoa, having fresh fruit and vegetables in your home is an easy way to add healthy vitamins and nutrients to your diet. Another excellent step is eating food in reasonable portions, as well as eating a variety of foods.

A daily exercise routine, even something as simple as a daily walk, increases fitness. Studies show that as fitness increases, mood improves, energy increases, stress decreases, we have the strength and endurance to do the things we enjoy, and we look and feel our best.

Full-Court Frenzy

The "Road to the Final Four" begins Tuesday, March 18. Sixty-eight of the country's best men's college basketball teams begin a three-week tournament known as March Madness, or the Big Dance. There are so many games that it takes different television stations to cover all the action. CBS, TNT, TBS, and TruTV often cover games simultaneously, and it's not uncommon for viewers to watch multiple games on multiple televisions.

The tournament is also crucial for college basketball programs aiming to bolster their national reputation. Basketball's professional league, the NBA, holds its draft three short months after the finish of the tournament. Top contenders like Kansas, Duke, Kentucky, Arizona, and Gonzaga remain perennial favorites. Yet, the magic of March Madness often lies in the unexpected a "Cinderella" team overcoming the odds to deliver a victory.



The first NCAA men's basketball tournament in 1939 featured only eight teams.

Activity Descriptions

The activity calendar is robust for the month of March – and with that there are lots of new activities. I encourage everyone to come out and try something new, but I also wanted to provide a description of some upcoming activities.

Quarter Pyramid Game – It's not quite as lucrative as the popular game show The \$100,000 Pyramid, but this board game version is still fun to play.

March Madness Basketball Tournament – Pair up with a teammate (resident or employee) and come shoot some hoops!

Team Spelling Bee – Very similar to a traditional spelling bee, but with a fun twist of teams. It is encouraged to have a team of 3-5 people.

Errand Running – A new outing we are trying. Sign up to run an errand around the local area!
Lifelong Learning – Learn about some notorious pyramid and Ponzi schemes and discover how to avoid getting embroiled in one of these scams.

Cruising the Nile Travelogue – Join us as we cruise along Egypt's Nile River, starting in Cairo with stops in Luxor and Aswan.

Movie Character Guess Who – Based on the film facts, guess who the character is.

Basketball Trivia Card Game – Are you "mad" about basketball? In this game of skill and chance, players try to avoid drawing penalty or violation cards and answer basketball questions to score points.

River Run Reflexology and Massage

There are three modalities of massage that will be offered by Liz Buck. Below are brief descriptions of each, to help you determine what kind of massage you may want.

Reflexology is applying pressure to specific points on the feet that correlate to parts of the body, organs, and glands. Reflexology is good for pain relief, anxiety, and promoting wellness.

Swedish Massage is a form of massage that promotes circulation, relaxation, and reduces pain and swelling.

Deep Tissue Massage gives shortened muscles length, reduces knots in muscles, and relieves tension and pain. This is a stronger modality of massage and requires more pressure than Swedish massage.



Chaplain's Reflection

Clarity of Vision and Purity of Child-like Delight

Have you had the privilege to see the reactions of a small child when they receive glasses and for the first time they can see colors, shapes, brightness, and clarity? Their eyes light up with delight! They turn their heads to behold every detail possible. They pause and focus! They break into giggles! What a privilege!

I have felt much the same way this past 4 weeks! I had cataract surgery on both eyes—two weeks apart! I feel as though I am seeing some things for the first time, ie. My aging spots! I see bright colors, and clarity of shapes! My eyes are taking in every detail. And yes, just as a child, some of those details make me giggle!

A translation of one of the Beatitudes goes like this: "Glorious is our God, who gives vision to the pure in heart." All of a sudden, I have a better understanding to a God that grants vision, and even more exciting "vision to the purity in our hearts." Just as my physical eyes have improved, causing me to see with better clarity, the word of God grants vision to the purity in my heart. My hope is that as all of God's children continue to gain better eyesight, clearer understanding, we will also see our hearts with better clarity! Where are the places of darkness in our hearts? Where are the secrets hidden that God's light can reveal?

As we approach the Lenten Season, my prayer is that as I continue to see and appreciate God's beauty in having better vision, that all of us will be granted vision to be pure in heart! May we take delight in the discovery process. May we believe the words that God uses through the work of the Holy Spirit. May we repent of all darkness, see the sparkles and promise of hope and share the delight of love! May we be granted vision to be pure in heart.

Blessings, Chaplain Jackie



Your Council Members – Mary Ann Forcade (President), Bonnie Fox (Vice President), Marcia Callis (Secretary), Charla Canale, Nancy Dorris, Jerry Leonard, Bob Parish, Valerie Pelot, Ollie Reszler, Arnie Saaf, Carol Sawyer, Elaine Wardein, Rita Wyatt

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

Asbury Village Board Members – Donna Bernis, Andy Bowen, James Herndon, Jack Hoelscher, Zeke Jabusch, Paul J. Jun, John Keller, Jeff Lauritzen, Mike McCormick, Rev. William Pyatt, Mary Reilly, Stephen Shwartz, Rev. Kim Stuby, Karen Wilson

Activity Committee – Kay Agard, Linda Rainey, Cheri Bond, Charlie Bond

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.

If you are interested in joining the activity committee, let Linzi Sweetin know.

Dining Room Committee – Betty Light (Chairman), Kay Fitzpatrick, Mary Henley, Rose Roggow, Mary Ann Forcade

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.

Library Committee – Maggi Behrens, Liz Bumbacher, Dave Callis, Grace Green, Irene Gulovsen, Sarah Huber, Valerie Pelot, Mary Beth Wuellner, Bernie Wickenhauser

Your Village Ambassadors – **Wiseman Pollock:** Nancy Dorris, Jerry & Etta Jane Leonard, JoAnn Phelps

McKendree: Linda Rainy, Martha Darr, Lorene Flowers

Villas: Shirley Bachman, Elaine Wardein, Rose Roggow, Arnie Saaf

Homes: Ruth Scanlon & Larry Peiman

Back Up Ambassador: Darlene Gulovsen



Front Desk Reminder

Just a friendly reminder for all our McKendree residents to sign the notebook at the McKendree door. A good time to do this is when you're coming or going or even checking your mail. A big thanks for helping with this, as it really helps the receptionists! Thank you!