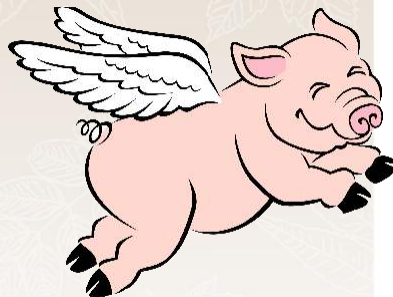




Notable
Quotable

“Heart power is
stronger than
horsepower.”

~ Henry John
Heinz,
born Oct. 11,
1844



October Birthdays

NAME	LOCATION	DATE
BERTELS, BETTY	WT	10-02
NEUHAUS, “COOKIE”	MCK	10-08
NAPP, JUDY	McK	10-08
FORCADE, MARY ANN	WP	10-10
ATCHISON, ELAINE	PV	10-10
WILKINSON, JO ANN	WP	10-14
FOX, BONNIE	McK	10-17
HENLEY, VERN	SFH	10-17
BOSOLUKE, SUE	MCK	10-19
NEVLIN, LINDA	PV	10-19
YARNELL, NANCY	MCK	10-20
ALLEN, VERNICE	PV	10-24
CLEMENTS, IRL	MCK	10-25
HUTCHINSON, “Kris”	McK	10-25
GEE, WILMA	WT	10-25
WRIGHT, ALICE	WP	10-26

PRUETZEL, SUSIE	SERVER	10-01
DIX, DONALD	PLANT OPS TECHNICIAN	10-03
SOTO, MICHAEL	PAINTER	10-05
FOXX, LANDEN	UTILITY TECHNICIAN	10-22
CANNEDY, DONALD	DRIVER	10-25
MORRILL, KENNETH	DRIVER	10-25
BALLARD, JAMES	COOK	10-27
CRISPI, CAROLYN	RECEPTIONIST	10-30

Say It Silly

Sometimes we say the silliest
things, but feel free on October 13
to use as many silly sayings as
you want, for it’s Silly Saying Day.

One of the most common silly
sayings is “When pigs fly.” This is
used when you mention
something that will never happen,
like a pig impossibly sprouting
wings and flying. Did you ever
stop to “chew the fat” with a
friend? This means to chat or
gossip, but it’s a nautical

expression borrowed from early
sailors who, when work was slow,
would talk while chewing on a
snack of salt-hardened fat.

And there you have it, “Bob’s
your uncle.” If you don’t know that
one, it means everything is all
right and has been finished with
success. It’s sort of like saying,
“And that’s that.” There is no
word, though, on who Bob was or
why things always worked out so
great for him.

Village Voice

October 2026

Celebrating
October

Italian-
American
Heritage Month

Computer
Learning Month

International
Frugal Fun
Day
October 3

Do Something
Nice Day
October 5

Random Acts
of Poetry Day
October 7

International
Skeptics Day
October 13

Back to the
Future Day
October 21

World Pasta
Day
October 25

Halloween
October 31

WP Front Desk: 618-466-8662
Weston Front Desk: 618-467-0191
After Hours Emergency Number: 618-791-8752



Welcome New Residents



Nancy Kivett
127 Parkside



Barb Weaver
334 Wiseman-Pollock



Carol Boerner
4405 Village Estates



Cecilia “Ceil” Manns
215 McKendree

Anita’s Corner

It’s hard to believe we have already welcomed October! As we move into the beautiful fall season, I find myself reflecting on how blessed I am to be part of such a wonderful community. There is always something happening at Asbury Village, but what makes these moments truly special is **the people who make up our Asbury Family.**

September was certainly a busy and exciting month. From celebrating National Assisted Living Week to launching our Annual Resident Engagement Survey and gathering for our Car Show, there have been so many opportunities to connect, celebrate, and have fun together.

As we enter October, I hope we continue to embrace the beautiful things that make Asbury Village feel like home — the friendships we share!

A Wonderful Car Show!

A heartfelt **thank you to everyone who participated in our Annual Asbury Village Car Show!** What a fun day it was!

One of my favorite parts of the day was seeing our **Asbury Family all together** — residents, family members, friends, guests, and employees — enjoying the beautiful cars, good food, laughter, and fellowship. There was such wonderful energy throughout the Village, and it was a great reminder of how special it is when we all come together.

A very special thank you goes to all our **volunteers** who gave their time, energy, and helping hands to make the event such a success. We are also incredibly grateful to everyone who donated **raffle baskets, gift cards, and other wonderful items.** Your generosity helped make the day even more enjoyable and helped us raise money for two very meaningful causes.

Because of everyone's support, we are excited to share that we will be contributing: **\$1,500 to the Alzheimer’s Association** and **\$1,500 to the Asbury Village Forever Family Fund**

Investing in Wellness, Investing in You!

At Asbury Village, we believe wellness is about much more than physical health. It includes **purpose, connection, lifelong learning, emotional well-being, and living life to the fullest.**

This is at the heart of **LCS Life+**, a new way of approaching wellness for the residents we serve. LCS Life+ is a **holistic, person-centered, and evidence-informed approach to health and well-being,** focusing on the **mind, body, and spirit** and recognizing that wellness should be accessible to everyone. **LCS Life+ brings its four pillars - Longevity, Nutrition, Connection, and Movement** - together into an integrated wellness lifestyle experience.

Your Council Members – Nancy Dorris (President), Marilyn Meyer (Vice President), Charla Canale, Barb Creasy, Janet Francis, Grace Green, Vern Henley, Pat Klasner, JoAnn Phelps, Elaine Wardein, Bonnie Wopp, Alice Wright, 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, Matt Hoefert, Jack Hoelscher, Zeke Jabusch, Paul J. Jun, John Keller, Jeff Lauritzen, Mike McCormick, Rev, William Pyatt, Mary Reilly, Stephen Schwartz, Rev. Kim Stuby, Karen Wilson

Activity Committee –Linda Rainey, Cheri Bond, Charlie Bond, Bob Gulovsen, Bonnie Fox, and Ray Robinson.

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.

Dining Room Committee – Sharon Hogan (Chairman), Mary Henley, Rose Roggow,

Mary Ann Forcade, Pat Lacey, Nancy Dorris, Cookie Neuhaus

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, David Callis, Grace Green, Irene Gulovsen, Jan Luken, Linda Nevlin, Valerie Pelot, Bernie Wickenhauser, Alice Wright, Mary Beth Wuellner

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

McKendree: Linda Rainy, Ellen Ledesma, Lorene Flowers

Villas: Shirley Bachman, Elaine Wardein, Rose Roggow, Ann Huebner

Homes: Ruth Scanlon & Larry Peiman

Back Up Ambassador: Darlene Gulovsen

Resident Spotlight: Maggi Behrens



Maggi is a true gem here at Asbury! Her generosity, kindness, and willingness to go above and beyond make such a wonderful difference in our community. From her dedication to our library to her willingness to lend a helping hand, Maggi is always finding ways to make Asbury a better place. We are so grateful for all she does and feel lucky to have such a kind and caring person as part of our community. Thank you, Maggi, for being you!

OCTOBER EXTRAORDINARY EMPLOYEES!

EACH MONTHLY ANNIVERSARY RECIPIENT WILL BE RECOGNIZED BY THEIR DIRECTORS WITH WHAT EXTRAORDINARY IMPRESSIONS - HOSPITALITY PROMISE THEY BEST EXEMPLIFY OR DEMONSTRATE.



JANA FERGUSON
10/29/2001-DIRECTOR OF
FINANCIAL SERVICES
#10 We pay attention to details.



GEORGIANN URSCH
10/24/2007-WESTON ACTIVITIES
COORDINATOR
#4 We listen and respond
enthusiastically in a timely manner.



LINZI TRIPP
10/28/2024-COMMUNITY LIFE
SERVICES DIRECTOR
#4 We listen and respond
enthusiastically in a timely manner.



SUMMER COLLMAN
10/20/2021-SERVER
#3 We anticipate your needs and
act accordingly.



PEGGY POWELL
10/30/2017-RECEPTIONIST
#1 We greet you warmly, by name
and with a smile.



JESSICA MAROON
10/18/2023-CNA
#2 We treat everyone with
courteous respect.



JOSEPH ESQUIVEL
10/5/2022-DINING SERVICES
#1 We greet you warmly, by name
and with a smile.



BLAKE DUNSE
10/3/2025-GROUNDSKEEPER
#10 We pay attention to details.

Join Us for LCS National Life+ Week

We are excited to invite all our residents to join us as **Asbury Village celebrates LifeCare Services' National Life+ Week of Wellness and Wellbeing, October 5-9!** This special week will be a wonderful opportunity to celebrate what Life+ means to us and, most importantly, to celebrate **YOU — our residents and the many ways you make Asbury Village such a vibrant community.**

We have special events and activities planned throughout the week, and we hope you will join us! **Please be sure to check your Activity Calendars and see the special Life+ Week flyer in this newsletter** for more details. Come participate, try something new, connect with friends and neighbors, and celebrate the many dimensions of wellness that make life meaningful.

Congratulations to Our Employees

We are also excited to recognize several of our employees who have completed the **International Council on Active Aging (ICAA) Foundations of Wellness Certification**, a nationally recognized program focused on healthy aging and whole-person wellness. Through this certification, our employees gained additional knowledge and tools to better understand the aging experience and support our residents in meaningful ways. From creating engaging programs and wellness opportunities to encouraging connection, purpose, and healthy habits, this training helps our team bring the principles of **LCS Life+** to life every day.

We would like to recognize the following employees who have completed the certification:

Linzi Tripp - Shannon Dey - Nicole Reed - Taylor Weishaupt

Please join me in congratulating these team members for their commitment to learning, personal growth, and enhancing the resident experience. **Thank you to our Wellness Champions for leading the way!**

Safety Request Fulfilled

During resident council, a request was made to install additional corner mirrors to offer safety when navigating in the corridors. Thank you for looking up as you enter those areas to get a better vision of what's ahead! Thanks to our maintenance team for installing the additional mirrors

Thank You for Sharing Your Voice!

A very special **thank you to all our residents who have completed and submitted their Annual Resident Engagement Survey!** Your participation truly matters, and we appreciate the time you took to share your thoughts, experiences, and ideas with us.

Your feedback gives us an opportunity to celebrate what we are doing well and, just as importantly, helps us understand where we can continue to grow and improve. **We value your input, we value your voice, and we want to hear from you.** Your feedback helps us continue working together to make Asbury Village an even better place to call home.

And now... it's time to **celebrate.....**

Don't forget about our upcoming **Dock & Drop Event**, where you will receive your passport for the Survey Luau celebration! Once you have your passport, you're ready to set sail for a fun-filled celebration.

Weston Survey Luau — October 7 Independent Living Survey Luau — October 8

So, pull out your favorite **island clothes**, put on your brightest tropical spirit and **DON'T FORGET YOUR LEIS!** We are going to celebrate the wonderful participation of our Asbury Family in true island style with entertainment and all!

Check Your Activity Calendar!

And finally, **don't forget to check your activity calendars!** They are filled with wonderful opportunities to have fun, stay active, learn something new and, most importantly, connect with others.

I'm not even going to try to highlight all the wonderful activities happening this month because **there are simply too many to recognize!** That is a wonderful problem to have. From special fall-themed events and entertainment to activities, outings, wellness opportunities, and opportunities for fellowship, there is truly something for everyone.

So, take a few minutes to look over your calendar, circle the things that interest you and **say yes to something new!** You never know when a simple activity might turn into a favorite memory or an opportunity to make a new friend.

As we continue through October, let's keep looking for those opportunities — to connect, to participate, to encourage one another, and to make a difference in the lives of those around us.

Thank you for being such an important part of the **Asbury Family**. I am grateful every day for the opportunity to serve alongside you and to be part of this special place we call home.

Anita Martinez

Scam Alert: Be Aware

St. Louis Regional Airport has warned of a new scam targeting seniors. Scammers are claiming to be celebrities or other well-known individuals who need **\$500 to land their plane**. They may ask you to send money, claiming they need your help to cover the cost.
Please remember:

- **Never send money** to someone making this kind of request.
- Do not share your banking information, credit card numbers, or personal information.
- Be cautious of anyone claiming to be a celebrity or public figure who asks for financial help.
- If you receive a suspicious call, text, email, or social media message, do not respond. Talk to someone you trust before taking any action.

If you have already sent money, contact your bank immediately and report the incident to local law enforcement. Please share this warning with friends and family. Staying informed can help protect you and those around you from becoming victims of fraud.

When in doubt, don't send money!





Celebrating Our Environmental Services & Plant Operations Team

Happy National Environmental Services and Plant Operations Week!

To every member of our Environmental Services and Plant Operations Department, congratulations on this special week of recognition. We are deeply grateful for the care, skill, and dedication you bring to Asbury Village each and every day.

Your work is essential to everything we do. You keep our village clean, safe, comfortable, and beautifully maintained; you respond when needs arise; and you make sure our buildings and vital systems operate reliably. Because of you, residents, families, team members, and visitors can feel welcomed, cared for, and at home.

Much of what you do happens quietly and behind the scenes, but its impact is felt throughout our entire community. Your attention to detail, teamwork, dependability, and pride in a job well done help protect the well-being and dignity of those we serve. More than caring for our surroundings, you help create the warm and reassuring sense of home that makes Asbury Village so special.

Thank you for 24/7 - every early morning, late call, careful repair, spotless space, thoughtful response, and extra effort. Thank you for noticing what others may overlook and for approaching each task with professionalism and compassion. Please know that your hard work is seen, your contributions are valued, and your service is appreciated more than words can fully express. Special recognition to our *IT Director, Rick Taylor*; Environmental Services Team: *Cathy Wiegand, Director*; Adrian Croxton, Assistant Director; Morgan Bush; Maryann Corsa; Debra Mills; Akaya Ramirez Wagonner; Starla White; Leah Williams. To our Plant Operations Team: *Thomas Maroon, Director*; Donald Dix; Blake Dunse; Jordan Keiser; Kenneth Morrill; Mike Soto; Austin Swarringin;

Congratulations to our outstanding Environmental Services and Plant Operations team. We celebrate you this week and thank you for all you do to make Asbury Village a safe, welcoming, and truly special place to call home.

Welcome Taylor Bechel

We are thrilled to announce and welcome Taylor Bechel as our Executive & Marketing Coordinator Assistant! We have revised prior responsibilities and are excited to have Taylor joining us in this capacity. Taylor comes to Asbury with experience in site coordination and executive assistant support, and we look forward to the skills and experience she will bring to our team. Taylor is excited to get to know our entire Village family—residents, families, and employees! Over the upcoming weeks, there will be many opportunities for her to meet everyone, learn more about our community, and become familiar with all that makes Asbury Village special. We are very excited to have Taylor join us and appreciate everyone giving her a warm Asbury Village welcome!

Activity Connection

October Is Full of Reasons to Celebrate at Asbury!

There is so much to celebrate this month at Asbury! From raising awareness for breast cancer to focusing on wellness and enjoying all the spooky fun of fall, October is packed with exciting events, meaningful moments, and opportunities to connect with friends and neighbors.

Think Pink for Breast Cancer Awareness

This month, we are coming together to support Breast Cancer Awareness! Wear your pink and join us for a walk for a cause around the village. Following the walk, we will be selling dedication ribbons for just \$1 each. All money raised will go toward a breast cancer awareness cause.

We also want to extend a special thank-you to Darlene Gulovsen, who generously donated a beautiful crocheted blanket! Raffle tickets will be available at the front desk for \$1 each, so be sure to stop by for your chance to win this thoughtful handmade treasure while supporting a meaningful cause.

Be sure to join us for our Pink Tea & Conversation, featuring Carrie Carter as she shares her personal experience with breast cancer. We will also have an educational portion and enjoy a variety of fun teas together. It will be a wonderful opportunity to learn, listen, and show our support. Check your calendar for dates and times for these special events!

Celebrate National Week of Wellness: October 5–9

Get ready to focus on feeling your best during National Week of Wellness! We have a fun-filled week planned with opportunities to move, learn, and connect with fellow residents.

Enjoy Walking Club throughout the week, attend a Lunch and Learn, and hear from our very own residents during a special Resident Expert Panel, highlighting the knowledge, talents, and life experiences within our Asbury community.

To wrap up the week, join us on **Friday, October 9, at 1:30 p.m.** for a special presentation by Abigail Parker from Nourished Revival. Abigail will discuss the MIND Diet and share samples for everyone to enjoy. It is a great opportunity to learn more about nutrition and discover new ways to support your well-being. With so many wonderful activities planned, this is a week you won't want to miss!

Get Ready for Some Spooky Fall Fun!

October wouldn't be complete without a little Halloween excitement! We have plenty of festive activities planned to get everyone into the spirit of the season.

Grab your popcorn and join us for an outdoor movie showing of *Practical Magic*. Show off your Halloween spirit during our costume contest at Happy Hour, featuring music by Garry Riddle. You can also get creative with Pumpkin Painting and enjoy the fun of the season with friends and neighbors.

One of the month's most anticipated events is **Trick-or-Treating on October 29 at 6 p.m.!** Residents are encouraged to invite their grandchildren and family members to join us for an evening of Halloween fun. We can't wait to see all the creative costumes and smiling faces!





A Fall Favorite: The Weenie Roast!

As the weather turns cooler and the leaves begin to change, there is nothing quite like gathering with friends for a classic fall favorite. Be sure to join us for our annual weenie roast, a wonderful way to enjoy the season, share some laughs, and make lasting memories with our Asbury community.

Don't Miss Out!

From meaningful moments of support and education to wellness activities and festive fall traditions, October is full of opportunities to get involved and enjoy time together.

Check your calendar for event dates and times, invite a friend, and come celebrate the season with us at Asbury!

*Happy Fall Y'all,
Linzi Tripp*



Trick or Treat

Halloween is almost here, and we're inviting you to bring the kids out for a fun-filled evening at Asbury Village's Trick-or-Treat Night!

Thursday, October 29th
6:00-7:00 PM
5201 Asbury Ave, Godfrey, IL 62035

This special event is all about the kids—costumes, candy, and plenty of festive snacks to enjoy. Residents, we'd love for you to invite your children, grandchildren, and family to join in the fun. Let's make it a magical night for the little ones while creating sweet memories together!



From the Chaplain

Embracing the Season of Change

As summer gives way to fall, nature reminds us that change is a natural part of life. Shorter days, cooler air, and colorful leaves reflect the truth found in Ecclesiastes: “For everything there is a season, and a time for every matter under heaven.” Life moves through seasons of beginnings and endings, activity and rest, holding on and letting go.

A Time to Let Go

Fall teaches us the value of release. As trees let go of their leaves, they make room for new growth. In the same way, we can prayerfully consider what to place in God’s hands. Some things are meant to continue with us, while others can be released with gratitude.

A Time to Give Thanks

Autumn also invites us to pause and appreciate life’s blessings: the comfort of home, the companionship of loved ones, and the beauty of the season. While we cannot control every change around us, we can choose gratitude and trust that each season holds purpose and meaning.

A Time to Prepare

Fall is both an ending and a beginning. As nature prepares for winter, we can use this season to reflect, renew healthy habits, reconnect with others, and make space for rest. Small, intentional choices can help us move forward with greater peace and purpose.

Finding Peace in the Seasons

Change can bring uncertainty, but Ecclesiastes reminds us that we are part of a greater rhythm. Every season has lessons to offer before giving way to the next. As we welcome autumn, may we embrace its invitation to slow down, let go of what no longer serves us, and receive each day with gratitude, trusting God’s timing and purpose in every season of life.

Speaking of a new season, we have premiered new programming on our in house channel 2493. Every Monday, Wednesday and Friday at 12 noon we are replaying one of the services we have recorded in our chapel. Every Monday will be “Catholic Communion,” Wednesday Grace UMC service and Friday Asbury Friday Chapel service, all from the previous week. My hope is to provide a bit of inspiration, guidance or meditation.

Pastor Alan Abert, Chaplain





Assisted Living Week Day 4 & 5



Nursing Notes

Navigator Hours: Taylor works 830a-430p Monday, Tuesday, Wednesday and Friday

Nurses will be performing blood pressure checks October 14th and 28th at 10:30am in the Wiseman-Pollock Coffee Area.

A vaccine clinic, provided by Medicine Shoppe of Wood River, will be held Tuesday October 20th starting at 10am. If you haven't received your Flu, COVID, RSV or Pneumonia vaccines please sign up at WP Reception.

The Parkinson's support group will be on 10/16 at 10:45 in the conference room. Guest speaker, Megan Chandler will be coming to talk to the group.

Please see insert about the National Week of Wellness and our exciting rollout of the LSC Life+ Experience.

IDPH recommends adults receive RSV and Pneumonia vaccines if you have not already. And annual Flu and COVID vaccine.

Vaccine Clinic

Provided by Medicine Shoppe of Wood River

Flu, COVID, RSV, Pneumonia, Shingles, Immunizations will be available

Tuesday October 20th
Starting at 10am
Game Room

Sign up at WP Reception Desk

If you want a vaccine but are unable to attend the clinic, let reception know so Shannon or Nicole can assist you to receive the vaccine at a later time

Open to Employees



LCS
Life+
A Personalized
Wellness Lifestyle
Experience

National Week of
Wellness

October 5-9

Asbury Village is excited to partner with LCS during this year's National Week of Wellness to rollout the new Life+ program.

Check your calendars and be on the lookout for flyers inviting you to participate in special activities based on the 4 key pillars

Connection, Movement, Nutrition and Longevity

LCS
Life+
Your Personalized Wellness Journey

At LCS, we believe true wellness isn't one-size-fits-all — it's as unique as the individual living it. That's why we created LCS Life+, a personalized wellness lifestyle experience designed to support well-being in the ways that matter most to you.

Built around four key pillars — Connection, Movement, Nutrition, and Longevity — LCS Life+ brings together meaningful opportunities, thoughtful guidance and support tailored to your everyday life. Whether you're looking to improve balance, stay active, try something new, connect with others or make more informed choices about your health, LCS Life+ is designed to meet you exactly where you are and gently guide you toward where you want to be. Each experience is meant to build on what's already working, adding new possibilities, greater support and personalized ways to enhance your overall well-being. Because whatever LCS Life+ experience you're after, your plus is personal.

LCS Experience Is Everything®

LCSliving.com



Assisted Living Week
Day 3 & 4





Assisted Living Week Day 1 & 2



Wellness Shaped by You

LCS Life+ brings Connection, Movement, Nutrition and Longevity together into an integrated wellness lifestyle experience. From meaningful social connection and purposeful movement to thoughtfully curated research-based dining options and a more informed, data-driven approach to health and wellness, LCS Life+ is designed to elevate everyday life in ways that feel both practical and meaningful. It brings together people, insights and experiences in a way that simply isn't available elsewhere.

What makes LCS Life+ distinct is the "plus" — the added layer of intentional support and personalization that enhances every aspect of the experience. It's the difference between offering care and creating a truly proactive approach to living well, with opportunities that adapt to your individual needs, interests and goals.

At its core, LCS Life+ is a custom wellness experience built on one idea: adding more of what matters most and helping you live well longer. That's the LCS Life+ promise.



CONNECTION | Connection is about connecting to the people and the world around you. LCS Life+ creates opportunities to engage with others, explore shared interests, and deepen your sense of belonging. Whether it's joining a group centered around something you love, discovering a new hobby or simply spending more time with others who share your interests, there are always new ways to participate and connect. Research like the Harvard Study of Adult Development shows that strong personal connections are one of the most important factors in long-term health and happiness. Volunteering, traveling, and intergenerational programs encourage shared experiences and meaningful relationships. LCS Life+ supports a more fulfilling, connected everyday life.

MOVEMENT | Movement is about more than exercise — it's about confidence, independence and enjoying life on your terms while making an impact on your overall health and well-being. We will work with you to understand your goals and introduce opportunities that fit your lifestyle and comfort level. From strength and flexibility to balance-focused programs, each experience is designed to support how you want to move through your day. Partnering with experts like Zibrio for evaluating and improving balance, LCS Life+ brings innovative tools and insights that help support stability and confidence in every step. A more standardized, scalable fitness approach also helps create consistent opportunities for engagement, measurable progress, and improved health outcomes. Friendly challenges and shared community milestones add motivation and extra fun along the way.

NUTRITION | Good nutrition fuels both energy and enjoyment. In an exclusive partnership with the Culinary Institute of America, LCS chefs receive specialized training focused on nutrition, helping ensure menus offer balanced, flavorful options inspired by Mediterranean and other wellness-forward cuisines to promote disease prevention and longevity. LCS Life+ brings thoughtful, approachable ways to support brain health and overall well-being through food and drink. Educational experiences and interactive opportunities for both residents and team members make it easy to learn, try something new, and create shared understanding around healthy choices and everyday habits. With a focus on ingredients and menus that support brain health and overall vitality, meals are thoughtfully prepared to be both nourishing and delicious.

LONGEVITY | It's important to feel your best today while taking a proactive approach to your health for the years ahead. LCS Life+ uses comprehensive wellness and well-being evaluations, wearable technology and personalized insights to deepen your understanding of your overall wellness and help you create a more tailored approach to your health through the creation of a wellness journey map. LCS Life+ also has a strong focus on sleep — a key factor in energy, cognition and overall well-being — and reinforces the role of restorative sleep in long-term health and longevity. Brain health and medication awareness are also an important focus to ensure optimal health. Over time, tracking your own progress makes it easier to see improvements, celebrate milestones, and build on your well-being. It's a thoughtful, data-informed approach designed to help you live well longer.

Be a Patient for a Day!



Alton High School Biometrics Students are returning!

If you would be willing to volunteer as a “patient” for the day, please sign up and help make a difference in the lives of local students.

Students will be assessing vital signs, reviewing preventative health information and completing a general assessment.

Wednesday, November 4th |
9:30 AM – 11:30 AM

Sign up at WP Reception Desk

