



Villa Rose Point of View

Villa Rose Senior Living
Community

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You're Invited to Enjoy the Music of Singer Bobby Arttime at Villa Rose

Bobby Arttime will entertain residents and the general public in the Villa Rose lobby on Thursday, May 14 at 6:15 pm. Known for his Sinatra-style crooning, Bobby brings you classics, Broadway show tunes, and jazz ballads. Admission is

free. Take advantage of this great opportunity to hear the sounds that cross generations, classics from Frank Sinatra to Michael Buble. All are welcome!



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Apartment Availability

Now is a great time to move. The weather has broken and before you know it, summer will set in. I have a **first-floor studio** in a prime location—the main hall facing the front of the building, not too far from the

lobby. This apartment should be available mid-to-late May. Although our **two-bedroom, two-bath** apartments have been taken for quite some time, one will be opening up within the next few weeks. It's just off

the elevator on the second floor with a nice, southern exposure. There is a **first-floor, one-bedroom** apartment that will be ready to go by the end of April. **Come see what else we have to offer!**



Spring Limerick

*We're all looking forward to
spring
When the air has that wonderful zing
And soft April showers
Bring bowers of flowers
To birdies that sing on the
sing.*

Victorian Garden Poets,
Chatham, NJ

The 11th Annual Quilt Show Is History

Villa Rose held its 11th Annual Quilt Show on March 14, 2009. What a show! We had over 400 people come to view 114 quilts, watch the ever-popular bed-turning presentation, and consult with each other about their favorite techniques and designs. Our donation to the Susan G. Komen fund was \$860 from the quilt raffle. This latest donation brings our total donations to \$3,933 in the six years we have been hosting the raffle. Thank you!

We are still the best value available in senior housing today!

Villa Rose: The Best Kept Secret

Twenty-five years ago on April 19, 1984, a ground-breaking ceremony for Villa Rose was held at a 10-acre site on the eastern boundary of Bethalto. Construction would begin in May on the 128-apartment complex, the first of its kind in the Riverbend area. The building would include a large kitchen/dining room, a huge lobby with a two-story fireplace, activity/chapel area, library, pool table lounge, beauty/barber shop, guest kitchens and guest apartments.

Residents would choose from three sizes of apartments that for one low monthly rental fee, included: three meals daily, weekly house-

keeping and linen service, activities, transportation, and a 24-hour emergency call system. There would be no entrance or endowment fees. Just a refundable security deposit would be required to move-in.

WOW! Here we are 25 years later! We are still the best value available in senior housing today!

The philosophy we held back then remains our commitment today. Villa Rose is committed to providing an affordable senior living community where older adults may enjoy a worry-free lifestyle and peace of mind about health needs.

Villa Rose is also com-

mitted to treating each person as an individual and offering support and encouragement based on a person's needs and desires. We offer services which improve the quality of life for residents, their families and friends. Villa Rose maintains a standard of excellence that enhances the physical, emotional, and social health of each resident. We are also committed to respecting the diversity of our residents, their individual talents and contributions.

Pass the secret on: we were then, and we are still now the best value in the Riverbend area!

Raised Garden Beds Are Back

Residents with "green thumbs" who are interested in gardening this spring have the opportunity to use the raised garden beds in the back of Villa Rose. Residents are free to plant flowers or vege-

tables, whichever they like. They nurture their own crops, and enjoy their own harvest. Many Villa Rose residents take advantage of this space to enjoy the outdoors during the growing season.



Villa Rose Van Helps Residents Get Around

Carl Morin and Steve Sims are our friendly Villa Rose van drivers. Carl is available on Monday, Tuesday and Wednesday. On those days, he drives the bus to the local grocery stores, banks, library, lunch outings, Wal-mart, and much more. Sign-up sheets are always on the bulletin boards, so residents can get their names *in the hat* if they're interested.

Steve is available on Thursdays and Fridays to take residents to local doctors appointments.

We also have an errand day for unusual needs that aren't met by the regularly sched-



uled trips. This day is set aside for anything out of the ordinary. For example, a watch battery, cleaning pickup, tax preparation, or even a

show repair!

Our van drivers are an invaluable resource. They help keep our residents independent, allowing them to get out and do their errands without always having to rely on friends and family for everyday needs.

Hello From the Housing Counselor

Spring has sprung. Although we've had many rainy days these past few weeks, we've also been blessed with sunny days that make us feel like getting up and moving around. Speaking of moving! Many of you have contacted me about the need to move yourselves or family members to a more secure environment like Villa Rose. It's difficult sometimes to face that it might be necessary for this change.

In "Senior Housing 101," author Randalynn Kaye discusses how people identify when it's time to move from

their homes to a safer environment. One primary reason she calls "the health-related wake-up call." Often a person will fall down the stairs to the basement, and think, "maybe I shouldn't be doing these stairs anymore." Or, they feel like they are forgetting things that may be jeopardizing their safety such as leaving the stove on. Kaye describes the most common health-related wake-up calls as: a fall; a stroke; an early diagnosis of memory loss; cancer or Parkinson's that is still manageable; and macular degeneration or changing eye-

sight. When these things happen, proactive families do their research and begin to think about good options for themselves or their loved ones.

I encourage all of you to *do your homework*. If you've had a *health-related wake-up call*, it's time to think about moving to a safer environment. Don't wait until a more serious health challenge occurs, forcing you to make an immediate move. Call today for more information. I'd love to show you around.

Susan McRae
Housing Counselor

Symptom of
Inner Peace:

Wondering without despair about what is behind it all.

Alan Basham
Eastern Washington
University

