



Gillespie Senior Residences, L.P

Neighbors



FROM THE DIRECTOR'S DESK

Did you know that staying active is important for elderly individuals because it benefits their physical and mental health, allowing them to maintain independence and quality of life longer.

The physical health benefits are:

- * Reduced risk of falls.
- * Improved Mobility and Strength
- * Reduced risk of chronic diseases
- * Better sleep
- * Improved balance and coordination



The mental health benefits are:

- * Improved cognitive function
- * Reduced risk of depression and anxiety
- * Increased Social Interaction
- * Improved mood and overall well-being



Mother's Day is Sunday, May 11th, 2025



The office will be closed on Monday, May 26th, 2025, to observe Memorial Day.

Stay Safe and Healthy!

Dionne Wyatt, CEO

Address:

P.O. Box 303
760 Anderson St.
Carlinville, 62626
(217) 854-5393

Fax: (217) 854-8749

Office Hours:

Monday & Tuesday
8 a.m.-4:30 p.m.

CLOSED WEDNESDAY

Thursday & Friday
8 a.m.-4:30 p.m.

EMERGENCY

NUMBER:

(217) 827-2100

EMERGENCIES

INCLUDE:

- ◆ Gas leaks
- ◆ Broken water pipes
- ◆ Exposed electrical wires
- ◆ No heat (if the outside temperature is 45-degrees or lower)
- ◆ Sewer line stoppage (not drain line)- this includes a clogged toilet
- ◆ CO/Smoke detector beeping or chirping

Also fire, flood, or anything that threatens life, safety or property damage.

PREVENTATIVE MAINTENANCE & HOUSING QUALITY STANDARD INSPECTIONS

There are NO scheduled inspections for the month of May

INSPECTIONS MAY TAKE PLACE ON ANY DAY OF THE MONTH

BETWEEN THE HOURS OF 8:00a.m.—4:30 P.M, MONDAY—FRIDAY

*Q&A (Quality Assurance) inspections may take place on work orders and inspections anywhere from 3-5 days after the inspection/work order happened.

National Senior Health and Fitness Day - Wednesday, May 28th, 2025

Here are some ways to celebrate National Senior Health and Fitness Day:

Participate in Fitness Classes:

- Look for yoga, low-impact aerobics, dance, or strength training classes.

Enjoy Outdoor Activities:

- Walks through parks or nature trails, gardening, or outdoor games like bocce ball or shuffleboard.

Volunteer:

- Volunteering will keep you active while giving back to your community.

Individual Activities:

- ⇒ Go for a walk
- ⇒ DANCE!!!!
- ⇒ Take a Fitness Class
- ⇒ Schedule a Health Screening
- ⇒ Engage in Games (play cards, checkers, or other games that involve physical activity and social interaction.)



Macoupin County Public Transportation

112 S. Macoupin St. Gillespie, IL 62033

Call 217-839-4132 to reserve your seat