

The Park Bench

A Semi-Annual Publication of Asbury Park Retirement Community, Newton, KS
Spring 2016



"More than just a retirement community"

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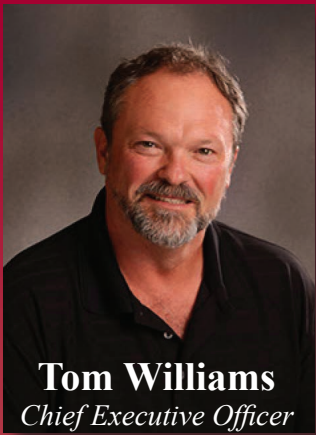
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A Message From the CEO & Board of Trustees Chair



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Chief Executive Officer

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"When grace is joined with wrinkles, it is adorable. There is an unspeakable dawn in happy old age."

- Victor Hugo

To celebrate Older American's Month this May I want to share this quote. I find joy working and living here each day experiencing the "grace" in many of you at Asbury Park. Many are living here because they have made a decision to be part of a community that shares life in a caring and compassionate way. Research is showing that socialization is crucial to the overall well being of an individual and as a result it is healthy to be a part of a community such as Asbury Park. Wow – living here is a good decision!

In an effort to make life more interesting we are working to bring an "Artist in Residence" from Bethel College to celebrate art and music with our residents and children in Asbury Station. College students may be living in one of our cottages this coming August to become a part of the Asbury Park Community. The students will help us design and paint a mural on a wall outside the Chapel/Community Center and assist us with implementation of the MUSIC AND MEMORY™ Program we will begin in May. We will also expect art and music recitals throughout the nine months they are with us. Please welcome them as they get to experience the "grace" at Asbury Park.

"Youth is the gift of nature, but age is a work of art."

- Stanislaw Jerzy Lec

Reflections

Serving at Asbury Park as Board Chair this past 10 months has been an honor. Despite the challenges we have faced together after opening new buildings and initiating new programs, I am confident that Asbury Park is prepared for the future. In the recent strategic planning session held by the Board with management staff we learned many of the decisions made in 2012 to replace the Assisted Living and provide a Memory Support program were timely to address the anticipated demands of the near future.

As we look back a few years our growth reinforces my belief that God is in charge. The work at Asbury Park has progressed because of our faithful God who cares for His oldest, sickest children and for His youngest children through the Asbury Station Child Care. What a wonderful community Asbury Park is for the residents, caregivers, Newton and the surrounding area. Let's look forward together with optimism and faith that God will continue to provide. Please join me and continue to pray and support the leadership and the hard working staff as they carry out this important ministry and mission in Newton, Kansas.

Sincerely yours, Sandy Froemming RN, Chair



Making new friends after a move or other life event

Downsizing and other life changes often find seniors leaving their comfort zones to move to new neighborhoods or regions of the country. It can be difficult to leave those comfort zones behind, especially when it means saying goodbye to close friends or family members. Establishing new social circles as a senior can be challenging. But with a little effort and the right attitude, seniors can meet new people and enjoy the excitement that comes with new friendships.

- Join a club. If you have a particular hobby or interest, rekindle it in your new location. Find a local gardening club, church-sponsored organization or fitness center where you can meet like-minded men and women.
- Volunteer your time. Many people make new friends through volunteering. Volunteer and you're likely to meet people who share the same interests as you. Sign up with a favorite charity or volunteer at nonprofit events and look for familiar faces. Start talking to those people you meet again and again.
- Participate in church events. Places of religious worship are often cornerstones of a community, and they frequently host different events to get parishioners or members together. Read the bulletin and get involved in pot lucks, retreats, movie nights, and other church-sponsored events.
- Work at a school. Schools also serve as hubs of community activity. Volunteer or work for a local school and you will soon find yourself immersed in your community's weekday hustle and bustle. This is a great way to meet people and learn more about your new neighborhood in the process.
- Host your own party. Go out on a limb and plan a new to the neighborhood party. Put invitations in neighbors' mailboxes and invite everyone over for snacks and coffee. Remember, neighbors may be just as nervous about new faces as you are, and a party is a great way to break the ice.

Change can be hard for seniors starting out in new communities. With some gumption and a few strategies to get started, anyone can expand their circle of friends.



4 FUN things to do with Asbury Park THIS YEAR!

1 Relay for Life. Asbury Park regularly has a group of staff that participate each year.

.....
Great Plains United Methodist Conference. **2**
Asbury Park has a booth and gives away goodies each June at the Conference.

.....
3 Taste of Newton. In the fall you can find us downtown serving chicken noodles and mashed potatoes!

.....
Wichita Senior Fair in September. **4**
Once again we are out promoting Asbury Park to local seniors.

Asbury Park's

Beulah & Doneva Arrowsmith



Beulah, an Independent Living resident at Asbury Park is a mother of three: two sons and a daughter. Beulah has a special relationship with her daughter, Doneva Arrowsmith.

Doneva moved in with her mother in 2015 to help take care of her mom so she could live more independently on campus.

Since living together the ladies have made a number of ongoing memories. Beulah says the living arrangement is to her benefit because Doneva helps care for her and the house. "I have an exceptional mother, she has a great sense of humor and doesn't anger easily," Doneva said of her mother. She also said "having someone to depend on for health reasons is a major benefit of us living together."

Beulah has lived at Asbury Park Independent Living for the past 7 years and Doneva for the past year.

Beverly Roberts & Helen Weikal

Bev Roberts, Accounts Receivables at Asbury Park comes into work every day about 30 minutes early. She comes to prep for the day but also to have a special time to visit with her mother, Helen Weikal, a resident in the Assisted Living Memory Support.



Helen moved to Asbury Park last year so she could be closer to Bev. "She is so sweet and helps me with anything I need, I like that she works here and can come and visit me," said Helen. Bev visits about 5 days a week.

Bev enjoys having her mother so close too, "We really enjoy when my mom can come spend the night with me and I can bring her back in the mornings, that's my favorite memory."

Mothers & Daughters

Mildred Cox & Lela Heacock

Mildred Cox loves Asbury Park and the care she receives, but once a week she leaves campus to spend quality time with her daughter Lela.

Lela comes to visit her mother at least once a week. Their favorite thing to do together is to go to lunch, either at Asbury Park or a local restaurant and then go shopping.

One of Lela's favorite memories with her mom is from coming to Asbury Park to teach an activity where the residents churned homemade butter, "Growing up mom always had me in the kitchen-wether I wanted to be or not."

Mildred and Lela have participated in many activities together, their favorites include making mardi gras masks, making ice cream & butter and painting decor for the buildings.



Betty Meier & Willie Gonzalez

Since 2005 Betty Meier has been a resident at Asbury Park. Her daughter Willabeth "Willie" has been visiting at least twice a week since then.

Together they enjoy watching television, manicures and chatting. "We like to talk about everything, her life when she was younger, our families and the grandkids, just everything" Willie said about their chats together.

They both enjoy each others company. Willie said her favorite thing about her mother is her sense of humor and that they can laugh at things together.

Memorials and Tributes, Wills and Bequests

March 23, 2015 - April 26, 2016

IN MEMORY OF:

Leo "Barney" Arnold
« Gary & Jacquelyn Sue Rocchino

Robert Broadfoot
« Roland Claassen

Lucille Cies
« Jim Tanner

Pat Coffman
« Clint & Carrie Herman
« Annette Marker

Robert Coulter
« Dianna Bradford
« Marvin Brofst
« Judy Goertzen
« Joe Handley
« Elinor Keesling
« Glenn & Doryce Moore
« Charles Musick

Howard Eshelman
« Elinor Keesling
« Evelyn Scheffler

Jeanetta Farr
« Gerald Riffel

Rose Friesen
« JD & Geraldine Hampton
« Barb Reynolds
« Neva Riley

Avenell and Mildred Harms
« Duane Harms

Dora Kriegsman
« David & Patty Briar

Frank Little
« June Little

Nona Malone
« Nancy Boden
« Stephen & Brenda Brackeen
« Larry & Barbara Houdek
« Eldon & Barbara Hoyle
« Gail & Cheryl Konzern
« Rudy & Diane Ludwig
« Charles & Helen Robb
« Ranell Ruder

Jessie Robinson
« David & Irma Butler
« June Little
« Mina Coulter
« Joe Handley
« Elinor Keesling
« Glenn & Doryce Moore
« Charles Musick
« Avis Riggan
« Harold & Adell Sage

Tina Tardy
« David & Heidi Kreider

Delores Thomas
« Jim & Barb Stucky

Marvin Wenger
« Bill & Naomi Wenger

Dorothy Williams
« Elinor Keesling

IN HONOR OF:

Herb Cies
« Jim Tanner

Violet Sadowsky
« Tom Adrian
« Donald & Sally Chesser
« Steve & Sharon Cranston
« Lamonte and Val Gleason
« Janene Jantz
« Mark & Carolyn McGinn
« Ron & Linda Stephen

Many times we want to honor those who have made a difference in our lives, but we are just not sure how to do this. Asbury Park can help you find ways to honor friends and loved ones such as Memorials and Tributes through donations sent to Asbury Park.

Find out how you can MAKE A DIFFERENCE by contacting:

Ericia Stevens
Director of Marketing
(316) 283-4770 ext. 1103
ericias@asbury-park.org

Asbury Station Child Care

Asbury Station Childcare has been growing quite a bit this year. We started out the year with 3 rooms and now have 5 rooms full of children. We have 2 toddler rooms and 3 preschool classrooms. The preschoolers have done some fun things this year including a trip to the apple orchard. They got to pick and eat their own apples from the trees. We also used some of the apples to make applesauce for snack. Another highlight this year was the Christmas play the children put on. They did a wonderful job.

We are having a graduation ceremony for 7 of our preschoolers who will be attending school this fall. In the next couple of weeks we will be saying goodbye to a few children for the summer and are also welcoming some new friends. The children are looking forward to some fun summer activities like outdoor games and water play.



For enrollment information please contact Julie Yoder
Asbury Station Child Care Director at (316) 283-4770 ext. 1177 or juliey@asbury-park.org

Resident Care Club

Social Security is the foundation of economic security for millions of Americans. More than 50 million Americans –living in about one in four households –receive Social Security benefits, with about 70 percent going to retired workers and families, and the rest going to disabled workers and survivors of deceased workers.*

When Franklin Roosevelt signed Social Security into law, average life expectancy was 64 and the earliest retirement age in Social Security was 65. Today, Americans on average live 14 years longer, retire three years earlier, and spend 20 years in retirement. *

“If you live long enough, have enough health problems and see enough inflation after retirement, it is very likely you will run out of money. Nobody plans to run out of funds, but the state of your life can drain your funds. Asbury Park is a real Heaven on Earth.”

~Herb (age 96), Resident at Asbury Park.



To help keep up with the rising cost of care we are asking for YOU to become a Resident Care Club Member!

Platinum Club Level

Members who donate \$1200 or more per year.

Gold Club Level

Members who donate \$600-\$1199 per year.

Silver Club Level

Members who donate \$300-\$599 per year.

Asbury Park's mission is to care for God's oldest children, despite their ability to pay. During 2005 our charitable care was \$353,000. It now amounts to more than \$1 million per year. This is the result from inflation of health care and lack of state and federal dollars available to keep up with health care inflation. Despite efforts to reduce expenses we are challenged every month to make ends meet.

We can only continue our ministry of caring with your financial commitment to care.

To become a member of the Resident Care Club call 316-283-4770 today!

2016 Valentine Fundraiser

This years banquet was a huge success. We raised just over \$18,500 that will go to the Resident Care Club.

The Fundraiser was held at Mosley Street Melodrama in Wichita, KS. Attendees enjoyed

dinner and the live theatre showing of “Little Miss Moonshine” and a 90's music review.

We appreciate all the support we have received from our vendors, board of trustees, residents, staff and the community!





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It's time to RE-ENROLL in the Dillons Community Rewards Program!

HOW THE PROGRAM WORKS: Asbury Park will get a contribution from Dillons each quarter. The amount is determined by the number of members we have registered. We receive credit for almost every purchase our members make when they use their Dillons Plus Card.



The Reward Program will NOT affect your Fuel Points, you still get them!

The more individuals that join, the greater the potential for a bigger contribution we will receive from Dillons. Joining is simple. You can visit the Asbury Park website, scroll to the bottom and select the "Giving" tab, once on the Giving Page simply click the Dillons Community Rewards and it will take you to the website. From there you will Log-In and click "Enroll Now" you can enter in our NPO number (58790) or search by name, just select us and you're done!

The more you shop the more Dillons gives back to the community!

Thanks For Your Support!