

RESIDENT SPOTLIGHT: JAMES T. GREEN RESIDENT SINCE January 2018

James T. Green was born on January 30th in Kemp, Oklahoma. James was the oldest in the family with one sister and three younger brothers. He grew up and lived in the country all his life. A fun fact about his hometown Cushing, Oklahoma is that President Obama has been the only President so far to visit this town. One of the first things you should know about James is that he is a WWII Vet. James was drafted into the Army shortly after he graduated high school in May 1945. He went down to Texas to train and then was sent to Germany for 11 months. James was discharged from the Army on December 23, 1946 in Fort Dix, NJ and took a two-day train ride back to Tulsa, OK. After the Army, James went to the School of Technical Training in Okmulgee, OK where he focused on Drafting. He wrote a one-page letter with his experience and education to Cessna in Wichita and got the job. He moved to Wichita KS in 1949 and started at Cessna as a Design Draftsman even though he had no clue about planes. James later became a Design Engineer. When he was asked what his favorite job was he said, "I worked ten years in Air Craft Interiors (1972-1982) and it was by far the best job. You learn everything you need to know on the job and don't need to go to school for it". James worked at Lear Jet, Boeing, Beech, and Cessna and retired from three out of the four companies! He retired from Cessna after 32 years. Another fact to know about James is that he is a cancer survivor! He went in for a free checkup in 2003 and discovered he had prostate cancer. He quickly met with his doctor, got the surgery and is now 15 years cancer free! On the first and third Wednesday of the month he meets at Victory in the Valley for the only daytime cancer support group in Wichita! The third fun fact about James is that he is part Indian! His great grandfather is full blooded Chickasaw Indian, which makes James 1/8 Chickasaw Indian. James met the love of his life in September 1950 at the First Baptist Church in Wichita. The music director introduced James to his wife's cousin, Esther. Esther was also from Oklahoma and moved up to Wichita to be part of the church's choir. James and Esther were married on June 8, 1952. They were both part of the Wichita Choral Society for five years. They loved to travel and James recalls that his favorite trip was their first one they made overseas (they went three times) in 1985 to Italy, England, France, and Lichtenstein. Esther also lived at KMH, but over in the pavilion before passing away in February 2018. James has two children-Mark and Melody and 5 grandchildren. We asked James what his favorite thing about living at KMH is and he said, "**Activities! There's always plenty to do and I stay very busy**".

James' secret to a happy life,
*"Jokes. Humor and music are
key!"*



Bell Tower *Talk*

Official Newsletter for KMH

May 2018 Issue # 5

A Newsletter Publication for KMH Residents, Families, and Wichita-area Seniors.



•OUR MISSION•

To provide an active and vibrant community where every person can live life to the fullest.



KMH

Vibrant living. Valued principles.

Hello, everyone and Happy May! This time of year, it is really beginning to feel like spring and we are continuing to think about new ideas to improve life at KMH. Some of these ideas will improve life for staff members and other ideas will improve life for residents. In addition, some will improve life for both! One project we would like to complete this year is related to our new game room. As I said in earlier articles, we would like to add an air hockey table and other inside games for visiting grandchildren. In terms of outside ideas, we are discussing the addition of playground equipment to the campus such as swings and slides. While these ideas have generated some initial excitement, it will take support from residents, staff members and family members to make it happen. If you are interested in financially supporting either of these improvement plans please contact Hervey Wright. The great thing about the game room is that we can add one piece at a time. So, there is immediate gratification and excitement as we continue to improve that area in real time. Another thing I would like to propose is educational assistance for KMH employees who are trying to better themselves. While we have an employee assistance fund, we do not have an educational fund. If education is near and dear to your heart, this is another way we can improve life at KMH... in this way for staff members. We all want to be a part of something bigger than ourselves and whether your passion is children or education, there are ways you can get involved. During this time of new growth and renewal thank you for considering these worthy causes and I look forward to keeping you updated as we head into the summer.

Matthew Bogner, CEO



Celebrating Birthdays

- Donlie Tanner, 3rd
- Pat Gepner, 12th
- Pat Gibson, 13th
- John Valusek, 14th
- Betty Foley, 15th
- Phyllis Myers, 19th
- Juanita Carter, 19th
- Estella Schmidt, 24th
- Joyce Miller, 30th

Welcome New Residents

Take a moment to drop by and say hello to your newest neighbors!

- Greely Osborn, Manor
- Roland Dixon, Towers
- Frank Ringer, Towers
- Francine Hargadine, Manor
- Nancy Farha, Manor

Celebrating May

- Barbecue Month
- Family Month
- Arthritis Month
- Military Appreciation Month
- **Receptionists Day**
May 9
- **International Nurses Day**
May 12
- **Mother's Day**
May 13
- **Armed Forces Day**
May 19
- **Red Nose Day**
May 24
- **Memorial Day**
May 28

"The best preparation for tomorrow is doing your best today."

Celebrating Employee Anniversaries

- Connie Pace-Adair (Chaplain) 2 yrs



Most of you know that KMH-Kansas Masonic Home was established in September of 1896. It was started as a home for orphaned children and widows. Over the years, the community became a home for seniors and has evolved into a full continuum of care including independent, assisted, memory care, and long-term care. We also have our Rapid Recovery Suites for short term rehabilitation. In the early years, KMH was only available to Masons and their families. Today, approximately 60% of our residents have a Masonic connection. We have members from many different lodges and chapters.



I had the honor of attending the Kansas Grand Lodge Annual Communication meetings (for Masons) in Topeka this past March and the Kansas Grand Chapter Annual Session (for Eastern Star) in Topeka in April. I gave a welcome from the Kansas Masonic Home to both groups and shared all that is happening here. I also hosted a booth and had marketing and general information about our community available.

I shared that we are raising money for our Eastern Star Chapel to repair the beautiful stained and painted glass windows. There were many that are interested in this project and I hope they will share with their respective lodges and chapters. Although most Masons and Eastern Star members have been to KMH in the past, many of them have not been here since we have completed our renovations and change to the Household model of care. Part of my job is to encourage visits to KMH and also to reach out to the lodges and chapters around the state to share all that is happening here.

I am proud of our Masonic heritage and glad so many of you have chosen Kansas Masonic Home as your home. **Our community is one of the finest Masonic communities in the country.**

Are you a member of a local church, breakfast club, hobby group, etc.? We would love to host your friends here at KMH and take care of everything for you! Contact Marketing to let us know about your group and how we can host them with you. Please contact Lauren at 269-7720 to schedule your group!



KMH Staff Contact Information

Nisha Weems- Director	269-7504
Lori Clark- Concierge	269-7623
Jon Graber- Weekend Concierge	269-7623
Jessica Schroeder- Life Enhancement Specialist	269-7658
Anne Edmiston- Life Enhancement Director	269-7585
Toji Jones- Life Enhancement Specialist	269-7508
Chaplain Connie	269-7568
Hervey Wright- Director of Development	269-7513
Caitlin Kozak- Marketing	269-7777
Dining Services	269-7653
Towers Nurse	269-7667
David Shuman- Building Services	269-7656
Beauty Shop	269-7621
Physical Therapy	269-7596
Teresa Obermeier- Resident Statement Billing	269-7514

Outings:

Friday, May 11th

Leaving from Towers Lobby at 11:00 am

Casino Trip



Friday, May 25th

Time: TBD

Movie: Book Club



Wednesday, May 30th

Leaving from Towers Lobby at 11:00 am

Lunch Outing: La Galette



May Music Performances:

Wed. May 2nd-9:00am Friends University Spring Singalong (Auditorium)

Wed. May 9th-2:30pm Music by Larry & Sharon (Towers Dining Room)

Tues. May 14th-2:00pm Gospel Quartet (Pavilion Commons)

Tues. May 22nd-Randi Williams Band (Pavilion Commons)

Tues. May 22nd-Randi Williams Band (Rapid Recovery)

Fri. May 25th-Music by Dan Mobley (Auditorium)

Thurs. May 31st-Buford's Music (Pavilion Commons)



MAY MOVIES

Located in the Auditorium at 2:30 pm

Thursday May 3rd: The Best Man (NR)

Saturday May 5th: Quiet Victory (TV-PG)

Sunday May 6th: In the Heart of the Sea (PG-13)

Thursday May 10th: The Iron Lady (PG-13)

Saturday May 12th: I'll See You in My Dreams (PG-13)

Sunday May 13th: The Sound of Music (G)—starts at 2:00pm

Thursday May 17th: Set Fire to the Stars (NR)

Saturday May 19th: Parkland (PG-13)

Sunday May 20th: Jackie (R)

Thursday May 24th: My Old Lady (PG-13)

Saturday May 26th: Noah (PG-13)

Sunday May 27th: The Fugitive (PG-13)

Monday May 28th: Apollo 13 (PG-13)—starts at 2:00pm

Thursday May 31st: Marie's Story (NR)



Movies are subject to change depending on availability from the library and Netflix



Find this newsletter online at:

www.KMH.org

Calling All Ambassadors!

KMH is re-launching the Ambassador Program and we need you!

Ambassadors are an enthusiastic group of residents interested and committed to promoting KMH to non-residents, potential residents and new residents. This group, sponsored by the Marketing Department, promotes the community through various means including volunteering, dining with potential residents and acting as a host for your new neighbors.

Ambassador sign up is **Friday, May 4th at 11am in the Towers Lounge!**

Be an ambassador!



Is this Where Our Hearts Live?

In thinking of May and all that brings to us, I also thought of how we, staff, and you, KMH Residents, really need to know that we are cared about. Not just physically, but emotionally and spiritually as well. As we celebrate May Day the 1st, Cinco de Mayo on the fifth, Mother's Day on the 13th, the First Day of Ramadan on the 15th, and Memorial Day on the weekend preceding and the 28th, we are here and engaged in the special happiness of each one. I know these are all celebrations of the heart, mind, soul, and spirit. Families come together, neighbors (including here in your apartments at KMH) speak, smile, and enjoy the special time. We can reflect, at days end, the fun we've had. And so, take this with you. Be Happy Here, Where You Are at KMH!

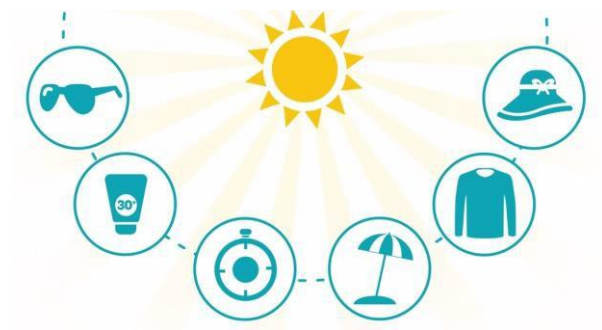
Mark your calendars! On Wednesday, May 16th at 2:00pm in the Auditorium I'll be discussing how to curate your own vibrant obituary.

So, for any and all of you, know this: your May Baskets, your Cinco festivities, your Mom's day, your religious focus during Ramadan, and Memorials at month's end, are celebrated with you. Take joy in that. You are, truly cared for. Know that you are in my daily prayers. Please keep me in yours? Thank you. From my heart to yours,
Chaplain Connie



Spring/Summer Safety Tips

Spring and summer months are the time to start enjoying the outdoors, particularly after a long winter indoors. Unfortunately, the sunshine, heat and UV rays can bring a few dangers, especially for seniors. This includes sunburn, eye damage, dehydration, and heat exhaustion to name a few.



Safety Tips:

1. Drink plenty of fluids: Aim to drink 6-8 glasses of water per day. By the time you are thirsty your body is already dehydrated. For seniors, the feeling of thirst decreases as we age so be sure to increase your water intake if you are exercising or doing any type of extended physical activity. Also, be sure the fluids you are taking in are non-alcoholic and decaffeinated. Carbonated soda sodas may taste good, but they will only further your dehydration.
2. Clothing and accessories: When possible, wear loose, lightweight, and light-colored sleeves to help protect your skin from the sun but also allowing your skin to breathe. Wearing wide brimmed hats to keep the sun off your face and neck, as well as sunglasses that block UVA and UVB rays can help to reduce the effect of damage linked to cataracts and age-related macular degeneration.
3. Be an early bird or a night owl: The sun is strongest between 10am and 4pm. If you must be outside during the hot summer months, limit your outdoor activity to the morning and the evening, when the temperature is lower and the sun is less intense.
4. Watch for heat stroke: It is extremely important to watch for signs of heat stroke especially for seniors. Signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse. If you or someone you know experiences these symptoms, seek medical attention immediately.
5. Review your medications: Many seniors use medications daily. Some medications can cause side effects, like increased sensitivity to ultraviolet (UV) rays. Review all medications and check with your household nurse, pharmacist, or doctor for any questions.
6. Wear sunscreen: Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and has a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure.

It only takes about 15 minutes for the sun to damage unprotected skin. You may not notice it immediately, but the damage is there. With these tips, everyone can enjoy the warm weather!



Dr. Zafar will be here on Thursday, May 17th at 10:30am in the Auditorium to discuss the pros and cons of purchasing hearing aids. After his lecture he will perform hearing tests, cleanings, and repairs on residents' hearing aids.

Eastern Star

The flowers are officially planted for the Eastern Star near the Chapel! Scooter Powell and Ray Wohlford did an excellent job planting the gorgeous flowers, as well as keeping the whole campus looking fabulous! Thanks for all your hard work!!



Edwin's Birthday Party



Edwin's daughters Dianne and Amy did a wonderful job throwing their dad a party for his 90th birthday. Thank you so much to all the residents and staff that came by to celebrate his special day!



Birthday Brunch!

We had 11 resident birthdays that we celebrated in April and in May we'll have 9! Please join us when we celebrate these birthdays. The birthday brunch is held the last Friday of every month at 10:00am in the Towers Dining Room!

WHERE IN KMH IS THIS?

KMH Mystery Photo Contest

See if you can find where this architectural element is located. Give your guess to Lori Clark-Towers Concierge and all correct entries will be entered in a drawing at the end of the month for a small prize. Good Luck!

Last month's winner was JD Johnson and the location was on the wall between Manor apartments 115 and 117.



Laveta Cushenbery brought her Adam's Synchronological Chart (or Map of History) to Bible Trivia this month. The amount of history and trivial questions you could get off this chart is really amazing! If you're interested in looking at it for yourself, be sure to join in on the fun on Thursdays at 12:45pm in the Media Center!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>May 2018</div>		<div>1</div> 9:30 Coffee & Current Events with Anne 10:00 Friends University Brass Quartet 11:00 Exercise with Anne 12:45 Faith TV 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 2:30 Lounge Around: Bingo with Hervey 2:30 Bingo with Anne 3:30 Game Time with Anne May Day	<div>2</div> 9:00 Friends University Spring Sing-along 9:30 Water Aerobics with Anne 10:00 Towne Hall 12:45 Bible Study with Chaplain 1:15 Bingo with Chisholm Life Skills Students 1:30 Ball Exercise with Anne 2:30 Happy Hour/Dollar Store 6:30 Scrabble	<div>3</div> 9:00 Word Game with Jessica 9:30 Walmart Shopping Trip 9:30 Bible Study 10:00 Red Skelton: America's Clown Prince 12:30 Blood Pressure Checks with Anne 12:45 Bible Trivia 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Movie: 3:30 Game Time with Jessica & Anne 6:00 Bridge	<div>4</div> 9:00 Word Game with Jessica 9:30 Coffee & Current Events with Anne 9:40 Meditation Walk with Chaplain 10:00 Catholic Mass 10:00 Inspiration with Chaplain 11:00 Music & Faith Talk with Connie 11:00 Ambassador Program 1:30 Wellness Walk 1:30 Bingo with Jessica 2:00 Horse Racing 2:00 Village Store Bingo (\$0.50 to play) 3:00 Crafting with Staff	<div>5</div> 9:30 Reminiscence 1:00 Bingo 1:30 Lounge Around: Left, Center, Right with Lillian 2:30 Puzzle Time 2:30 Movie: 4:00 Balloon Toss 7:00 Movie Cinco de Mayo
<div>6</div> 9:30 Morning Stretches 10:00 Chapel Service 1:30 Bingo 2:30 Movie: 2:30 Snacks and Conversation 4:00 Trivia 7:00 Movie	<div>7</div> 9:00 Word Game with Jessica 9:30 Arm Chair Travel with Jessica 9:30 Water Aerobics with Anne 9:45 Bible Study in the Pavilion 11:00 Exercise with Anne 1:30 Bingo with Jessica 1:30 Muscle up with Anne 2:30 Lounge Around: I've Got It with Lillian 3:30 Walking Group	<div>8</div> 9:00 Word Game with Jessica 9:30 Dillons Shopping Trip 9:30 Coffee & Current Events with Nisha 12:45 Faith TV 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Lounge Around: Bingo with Hervey 3:30 Game Time with Jessica & Anne	<div>9</div> 9:30 Water Aerobics with Anne 10:00 Resident Council 12:45 Bible Study with Chaplain 1:15 Bingo with Chisholm Life Skills Students 1:30 Ball Exercise with Anne 2:15 Happy Hour/Dollar Store 2:30 Music by Larry & Sharon 3:30 Color Me Calm with Jessica 6:30 Scrabble	<div>10</div> 9:00 Word Game with Jessica 9:30 Bible Study 9:30 Coffee & Current Events with Anne 10:00 Red Skelton: America's Clown Prince 11:00 Exercise with Anne 12:30 Blood Pressure Checks with Anne 12:45 Bible Trivia 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Movie: 3:30 Game Time with Jessica & Anne 6:00 Bridge	<div>11</div> 9:00 Word Game with Jessica 9:40 Meditation Walk with Chaplain 10:00 Inspiration with Chaplain 11:00 Casino Outing 11:00 Music & Faith Talk with Connie 11:00 Resident & Staff Cookout in the Pavilion Courtyard 1:30 Fitness DVD 2:00 Village Store Bingo (\$0.50 to play) 3:00 Tie Blankets	<div>12</div> 9:30 Reminiscence 1:00 Bingo 1:30 Lounge Around: Left, Center, Right with Lillian 2:30 Puzzle Time 2:30 Movie: 4:00 Balloon Toss 7:00 Movie
<div>13</div> 9:30 Morning Stretches 10:00 Chapel Service 1:30 Bingo 2:00 Movie: The Sound of Music 2:30 Snacks and Conversation 4:00 Trivia 7:00 Movie Mother's Day	<div>14</div> 9:00 Word Game with Jessica 9:30 Arm Chair Travel with Jessica 9:30 Water Aerobics with Anne 9:45 Bible Study in the Pavilion 11:00 Exercise with Anne 1:30 Bingo with Jessica 1:30 Muscle up with Anne 2:00 Gospel Quartet 2:30 Lounge Around: I've Got It with Lillian 3:30 Walking Group	<div>15</div> 9:00 Word Game with Jessica 9:30 Walmart Shopping Trip 9:30 Coffee & Current Events with Nisha 12:45 Faith TV 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Lounge Around: Bingo with Hervey 3:30 Game Time with Jessica & Anne	<div>16</div> 9:30 Water Aerobics with Anne 10:00 Men's Group 12:45 Bible Study with Chaplain 1:00 Dollar Tree with Kenny 1:30 Ball Exercise with Anne 2:00 Curating with Vibrancy 2:30 Happy Hour/Dollar Store 3:30 Color Me Calm with Jessica 6:30 Scrabble First Day of Ramadan	<div>17</div> 9:00 Word Game with Jessica 9:30 Bible Study 10:30 Pros and Cons for Hearing Aid Purchases with Dr. Zafar 12:45 Bible Trivia 1:10 Water Aerobics with Angie 1:30 Fitness DVD 1:30 Bingo with Jessica 2:30 Movie: 6:00 Bridge	<div>18</div> 9:00 Word Game with Jessica 9:40 Meditation Walk with Chaplain 10:00 Inspiration with Chaplain 11:00 Music & Faith Talk with Connie 1:30 Bingo with Jessica 1:30 Fitness DVD 2:00 Village Store Bingo (\$0.50 to play) 3:00 Crafting with Marketing	<div>19</div> 9:30 Reminiscence 1:00 Bingo 1:30 Lounge Around: Left, Center, Right with Lillian 2:30 Puzzle Time 2:30 Movie: 4:00 Balloon Toss 7:00 Movie Armed Forces Day
<div>20</div> 9:30 Morning Stretches 10:00 Chapel Service 1:30 Bingo 2:30 Movie: 2:30 Snacks and Conversation 4:00 Trivia 7:00 Movie First Day of Shavuot	<div>21</div> 9:00 Word Game with Jessica 9:30 Arm Chair Travel with Jessica 9:30 Water Aerobics with Anne 9:45 Bible Study in the Pavilion 11:00 Exercise with Anne 2:00 Field Day 2:30 Lounge Around: I've Got It with Lillian	<div>22</div> 9:00 Word Game with Jessica 9:30 Dillons Shopping Trip 9:30 Coffee & Current Events with Nisha 12:45 Faith TV 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Lounge Around: Bingo with Hervey 2:30 Randi Williams Band in Pavilion 3:30 Game Time with Jessica & Anne 4:30 Randi Williams Band in Rapid	<div>23</div> 9:30 Water Aerobics with Anne 12:45 Bible Study with Chaplain 1:30 Ball Exercise with Anne 2:00 Transportation Talk 2:30 Happy Hour/Dollar Store 3:30 Color Me Calm with Jessica 6:30 Scrabble	<div>24</div> 9:00 Word Game with Jessica 9:30 Bible Study 9:30 Coffee & Current Events with Anne 10:00 Red Skelton: America's Clown Prince 11:00 Exercise with Anne 12:30 Blood Pressure Checks with Anne 12:45 Bible Trivia 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Movie: 3:30 Game Time with Jessica & Anne 6:00 Bridge	<div>25</div> 10:00 Birthday Brunch 11:00 Music & Faith Talk with Connie 11:30 Movie Outing: Book Club (Time to be determined) 1:30 Fitness DVD 2:00 Village Store Bingo (\$0.50 to play) 3:15 Music by Dan Mobley	<div>26</div> 9:30 Reminiscence 1:00 Bingo 1:30 Lounge Around: Left, Center, Right with Lillian 2:30 Puzzle Time 2:30 Movie: 4:00 Balloon Toss 7:00 Movie
<div>27</div> 9:30 Morning Stretches 10:00 Chapel Service 1:30 Bingo 2:30 Movie: 2:30 Snacks and Conversation 4:00 Trivia 7:00 Movie	<div>28</div> 1:30 Lounge Around: I've Got It with Lillian 2:30 Movie:  Memorial Day	<div>29</div> 9:00 Word Game with Jessica 9:30 Wal-Mart Shopping Trip 9:30 Coffee & Current Events with Nisha 12:45 Faith TV 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 1:30 Bingo with Jessica 2:30 Lounge Around: Bingo with Hervey 3:30 Game Time with Jessica & Anne	<div>30</div> 9:30 Water Aerobics with Anne 11:00 Lunch Outing: La Galette 12:45 Bible Study with Chaplain 1:30 Ball Exercise with Anne 2:30 Happy Hour/Dollar Store 6:30 Scrabble	<div>31</div> 9:00 Word Game with Jessica 9:30 Bible Study 9:30 Coffee & Current Events with Anne 10:00 Red Skelton: America's Clown Prince 10:00 Buford's Music 11:00 Exercise with Anne 12:30 Blood Pressure Checks with Anne 12:45 Bible Trivia 1:10 Water Aerobics with Angie 1:30 Muscle up with Anne 2:30 Movie: 6:00 Bridge		