



Carma's Commentary

Sometimes when I'm talking to myself, I'll say, "Let's go do this" or "What shall we do today?" It sounds like I have one or two people inside my head. Before you judge me as totally nuts, let me explain.

According to *A Course in Miracles Made Easy* by Alan Cohen, we all have voices inside our head that are constantly talking to us. Some people consider it our conscience. Things get more complicated, though, when there are two voices in there arguing. The conversation might go something like, Voice A: "I want to buy that car", Voice B: "You don't deserve that car, why are you even thinking about it?"

Listening to those voices is a human nature thing that we supposedly all do. It has something to do with filtering all the stimuli in our external world down to a level that is manageable in our minds. However, it causes consternation when we let those voices undermine our sense of self-worth without us knowing what is happening. For example, when we hear the voice talking about not deserving something we want to buy, it doesn't mean we should see ourselves as not worthy.

In the evening when I'm all alone and the house is quiet, I catch the voices in my head battling it out on what should happen during some future event. In other words, I'm trying to control my environment and practicing what to say in different scenarios. Of course, 99% of the time none of those scenarios ever occur. If I back off and listen to those voices as a casual observer without a bunch of emotion attached, I'm more likely to simply appreciate the present moment without the typical associated stress. Staying focused on the present moment has an amazing ability to help those future events take care of themselves.

One of the future events coming up that I would normally be very stressed about is trying to fill the Development officer's position as Steve Gustafson prepares for his (second) retirement. I could let fear get the best of me and become paralyzed with my actions or I could keep my eyes and ears open for the best possible candidate.

A development officer helps raise funds for resident assistance and capital projects like the Special Care Center. In my mind, the ideal candidate would be someone who very much lives in the present moment and is attentive within any conversation. Steve has been an excellent example of that for me. Having a conversation with him leaves me feeling like I've been listened to by someone who has a very open mind. He has a way of being accepting while maintaining his own set of values.

There is a Simon Sinek quote on an office door down the hall that states: "When the things you say and the things you do are in alignment with what you actually believe, a thriving culture emerges." In order for me to get to that point, I have to evaluate my words and actions every minute of the day. If I get sidetracked by the various scenarios that might happen in the future, fear of the unknown plagues my vision.

I've read somewhere along the way that if we leave our fear of the unknown to a higher power and focus on working in the here and now, everything pretty much takes care of itself. That philosophy definitely works for me. Of course I don't practice what I preach every minute of the day, but it is worth setting as a goal.

If I take a few deep breaths and calm down while I focus on the current situation, there seem to be fewer internal voices arguing with me, myself and I.

Carma Wall, CEO
cwall@thecedars.org

LaMonte Rothrock VP Marketing and Sales

We are getting close to filling the village up. As of this date, we have five units sitting empty. I want to thank all of you for your support and encouraging others to move to our community.

Thanks for your participation in the Independent Living Tornado Drill. I appreciate our volunteer helpers, Dave Fruth, Don Herrick, Jerry Schweitzer, June Switzer, Art Hoch, Madonna Reynolds, Howard Hall, Bill Parker. We had 67 residents come to the two down under rooms and Wellness Center. The drill generated several issues that the administration discussed following the event, and we will be making several improvements to the process, rooms, and communication. Please let us know if you have additional concerns that you did not share with our volunteers.

Other thanks go out to those of you that deliver the Village Voice. Your commitment to The Cedars is appreciated.

Ramonda Eck, Madonna Reynolds, Marvin and Helen Schmidt, Levonne Minear, Susan Petz, Carolee Chartier, Mary Wagoner, Bob and Judy Carson, Jody Miller, Ed Switzer, Bill and Jan Parker.

Welcome Our new Village Residents

Paul and Veneta Ediger 1208 Darlow
Dean Arndt 912 Darlow

November Birthdays:

Jennifer Henry	Vernon Henry
Arlo Tiede	Colleen Peters
Tom Siniard	Betty Brandsted
Vera Ellwood	Ralph Kreutziger
Rosemary Harlow	John Green
Leon Neher	Lowell Ensey
Phil Leaf	Joyce Siniard

Recycling with the Blue Tubs dates: November 14, 28

The View from the Advancement Office

Two years ago Carma gave me a call at McPherson College. She was looking for someone to provide leadership for the Vision 20/20 Campaign here at The Cedars. I had just retired from the College, and the idea of continuing to work about 15 hours each week was intriguing. I have passion for the mission of The Cedars, I knew a number of residents, and I really enjoy being with people. My great grandmother was a longtime resident when The Cedars moved to McPherson, my mother was the first full-time nurse when the first Health Care Center opened on Kansas Avenue, and both of my parents and my in-laws have been at The Cedars one time or another.

The Cedars is making great progress toward its goal for Vision 20/20. We have raised the required \$500,000 in gifts and commitments for the Special Care Center and continue to seek gifts for the “Good Samaritan Fund,” which was created to help those in our community who have outlived their resources. With public sentiment declining for Medicaid and other assistance programs, The Cedars must look to other sources to cover the gap between what Medicaid pays and actual cost of care. Therefore, the “Good Samaritan Fund” is critical not only to help our neighbor as Jesus asks us in Matthew 25, but it is essential as we strive to balance our budget as a not-for-profit community.

Our conference center, pool, and exercise facilities were built with significant support from our predecessors in Independent Living, Assisted Living, and Healthcare. As we approach the end of this calendar year, I would invite your support, as you are able, for the “Good Samaritan Fund.” Another way you can be of assistance is through a planned gift. Within the past several months, three villagers have visited with me about donating a percentage of their life lease refund back to The Cedars at the point they vacate their unit. Quite a number of residents have remembered The Cedars in their estate planning. These gifts are critical for the ongoing support of our community.

I have shared with Carma, the executive team, and the board that I plan to retire at the close of this calendar year. It is with every confidence that I believe we will successfully meet our campaign goal by January 1. Not only is this an appropriate time for Carma to bring in a new advancement officer as The Cedars pursues the next stage of strategic planning, but Gail and I anticipate a bit more flexible schedule and a fair amount of traveling as we are able. The Cedars is a special place. Thank you for the opportunity to be a welcomed member of this community and for your continued support of residents who are high need.

Steve Gustafson

This'n That

from around The Village

November Luncheon

When: Tuesday, November 20, 12 noon
 Where: Wellness Center Banquet Room
 Hosts: Ellie Ullom, and Ken & Elsie Holderread
 Menu: Chicken cordon bleu, vegetable medley, mashed potatoes & gravy, dinner roll, very berry parfait.
 Cost: \$11

Please note: Phone reservations to Diane at 241-0919 (ext 110) **by Friday, Nov. 16th**

You are invited to bring a donation of food for the McPherson County Food Bank.

November birthstone: Topaz
November flower: Chrysanthemum

The Month of November is:

Aviation History Month
 National Caregivers Appreciation Month
 National Diabetes Awareness Month
 Native American Heritage Month

November Fun Facts:

November 8, 1895 – X-rays were discovered by Wilhelm Roentgen in Germany.
 November 9, 1989 – The Berlin wall was opened up after standing for 28 years.
 November 11, 1938 – Irving Berlin's *God Bless America* was first performed.
 November 19, 1863 – President Lincoln delivered the Gettysburg address.
 November 22, 1963 – President John F. Kennedy was shot

Cedars Village Christmas Service Project

'Tis the season for Giving. Last year the Cedars Village residents donated to the first service project - Socks for the McPherson Elementary Children. The project was a huge success! This year all Cedars Village Residents are invited to donate to the "Clothes Closet" at the McPherson Middle School. T.J. Jackson is the coordinator at the Middle School for this project. "Clothes Closet" is stocked with assorted clothing - socks and shoes, sweat shirts and pants to shirts and jackets etc. Anything the children might need. Clothing is given to any children who may have spills, soiling at school, or have needs. You are invited to buy new clothing for boys and girls to help stock the Closet at the Middle School. There will be a place for donations in the Coffee Shop area. If you wish you may leave a monetary donation with Diane at the Wellness Desk, we'll do the shopping for you. The project will start December 1 and continue through the end of the year. Be thinking about how you will contribute to this worthy cause. *Hint:* Watch for clothing sales during the holiday season. T.J. Jackson will give more details - specific needs and sizes in the next few weeks. Look for more specifics in the next Village Voice. Donating makes you feel warm and fuzzy and brings smiles and warm fuzzies to those who receive.

Thank You

Monroe and Corinne Hughbanks want to thank all those who helped them celebrate their 70th wedding anniversary by their presence and lovely cards.

November Events

LaMonte Rothrock, contact person unless otherwise indicated.

November 1 – Men Make Dinner Day

First Friday at The Cedars

November 2 – 3 p.m. WCC

Broadway Musicals and the Nostalgic Effect

Jd Bowman, Professor of Theatre will be our presenter on November 3. The golden classic musicals from the 1950s were the biggest crowd pleasers and box office hits. But, do we genuinely prefer the musicals of the past or are we more enamored with the memories surrounding those musicals? Professor Jd. Bowman will lead a discussion about some classic musicals and how they stack up to newer works you may not have heard of yet

“Work Day”

Tuesday, Nov. 6 - 10:00

We’ve had a nice summer and the flowers have been exceptionally pretty this year, but now it’s time to put those flowerbeds to rest. We’re planning a work day to deadhead, trim, dig, pull up, and just spruce up various areas around campus. We have a couple of places where groups of people can work together and that will be a change for this year’s work day. Come join us.

Someone will be at the gazebo at 10:00 with rolls and coffee and then give out assignments to those folks who want to work. Please bring tools and gloves if you have them. You’ll want to put your name on your tools in case they are left somewhere and we need to return them to you.

At noon we plan to have a picnic at the gazebo. If you can’t work but want to help by providing food for the picnic, that would be great. You can call Bonnie (245-0674) if you want to donate food. That would help in our planning for the meal. Of course, we’d want you to stay and eat with us. There’s always plenty of food.

(Rain date is Thursday, Nov. 8 - same time - same plan for working.)

McPherson High School Color Guard

Tuesday, Nov. 6 – 2 p.m.

The Color Guard from McPherson High School will give a short performance at The Cedars Conference Center. They will perform to the 2nd movement of “Chronometry” from the 2018 Marching Show.

November 7 – Bittersweet Chocolate with Almonds Day

Michael Himlie

Christian Peacemaker Team

Thursday, Nov. 8 - 7:00 p.m.

Michael Himlie, from Harmony, Minnesota, works with Christian Peacemaker Teams (CPT), in Palestine and Israel. CPT is an interfaith organization working in conflict and war zones around the world, committed to building partnerships to transform violence and oppression. Michael graduated from Manchester University in May 2017, majoring in peace studies, with particular interest in philosophy, theology, interpersonal mediation, and nonviolent intervention in Middle Eastern war zones, with a focus on Israel’s occupation of Palestine. Through photography and stories, Michael will share of his experiences working in Palestine, what life under military occupation looks like, the beauties that prevail despite, and how we, as the silent majority, can contribute to an end of the occupation.

He has also worked on the Greek Island of Lesbos, with the refugee crises, with refugees from the Middle East and Northern Africa. He has recently worked in Iraqi Kurdistan, with Kurdish shepherds and farmers who were being bombed and shelled from the governments of Turkey and Iran.

Come to the Wellness Center on Thursday, Nov. 8, at 7:00 to hear stories about Michael’s recent experiences. (He was to have returned to

the US mid October so this will be an up-to-date report.)

We'll have refreshments. Thank you for your donations.

>>If you'd like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by 5:00 that day.

Alternative Christmas Gift Market

Saturday, Nov. 10 – 9 to 1

Looking for a meaningful gift for your loved ones this holiday season? Tired of shopping for the person who has everything? Visit the 14th annual Alternative Christmas Gift Market on Saturday, Nov. 10, from 9 a.m. - 1 p.m. in the Cedars Conference Center.

The Market, a project of the McPherson Church of the Brethren, features 18 agencies representing local, national, and international charities benefiting people in need. Every booth has literature describing their charity and the people they serve. You may make donations in lieu of gifts and receive gift cards to share at the holidays. Also, some booths have items for sale, such as t-shirts, books, and jewelry. There will also be a booth marketing fair trade items and crafts made by low-income artisans from around the world.

The booths represent a broad spectrum of charities, ranging from local organizations such as the Cedars Resident Assistance Fund and STEP of McPherson County, to international groups working to end hunger and poverty such as Heifer, New Community Project, and Brethren Disaster Ministries.

There is no admission charge, and free refreshments are provided.

Movie Night

“Dead Poets Society”

Monday, Nov. 12 - 7:00

Remember this 1989 movie? It's rated PG. Come to the Wellness Center on Monday, Nov. 12 at 7:00 to watch “Dead Poets Society.”

“A new English teacher, John Keating (Robin Williams), is introduced to an all-boys preparatory school that is known for its ancient traditions and high standards. He uses unorthodox

methods to reach out to his students, who face enormous pressures from their parents and the school. With Keating's help, students Neil Perry (Robert Sean Leonard), Todd Anderson (Ethan Hawke) and others learn to break out of their shells, pursue their dreams and seize the day.”

We'll have popcorn and other goodies. *Thanks for your donations to help cover expenses.* Be sure to invite your neighbors to come along with you for a fun evening.

>>If you'd like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by 5:00 that day.

November 13 – Caregiver Appreciation Day

Needle-Crafters

Wednesday, Nov. 14 2 p.m.

Come to the South Down Under Room (912½ Cedars Drive) if you are interested in making hand-crafted shawls, scarves, pocket prayer cloths, or other remembrances for persons needing encouragement because of illness or bereavement. Bring your questions and hand-work ideas. “Would you like some free yarn? There is a supply of donated yarn of varying weights and colors in the south down-under room. We suggest that you come on Wednesdays to make your selection in order to have assistance in getting your supply of yarn.” Contact person: Vera Ellwood 504-5030.

November 15 – Clean Your Refrigerator Day

Maggie Witte

Thursday, November 15 - 3:00

“Kansas Talking Books”

Attention - all persons with limited vision. Attention - persons who have difficulty holding a book and turning pages. Attention - persons who want to read but cannot get to a library. Attention - persons who are temporarily or permanently visually or physically impaired.

Maggie Witte is from Emporia and she works for the Kansas Talking Book Service. She's coming to the Wellness Center on Thursday, November 15, at 3:00 to tell us about services and

equipment that are available to folks who want to read but cannot because of a variety of reasons. The Talking Book program is funded jointly by federal, state and local tax dollars. All materials are loaned to readers at no charge. No postage is necessary to mail library materials to and from Talking Books.

Maggie's presentation will consist of an overview of the service, a demonstration of the players and books, and then time for questions and answers.

Anyone who is interested in hearing this presentation is welcome. You do not need to be a resident of the Cedars Village to attend. So if you have friends or family members who might be interested, please feel free to advise them of this meeting. Help spread the word. Everyone is welcome. Several people at The Cedars are subscribers and enjoy their access to good books that they can listen to without having to go to the library to check them out.

We'll have refreshments. (Thank you for your donations.)

>>If you'd like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by noon that day.

Book Club to Meet

Monday, Nov. 26 - 3:00

Come to the Quiet Room in the Wellness Center right by the coffee shop on Monday, November 26 at 3:00 and share about the books you've been reading. This is an informal time of sharing. You can pick up an idea of a book you'd like to read or an author that intrigues you from what someone else shares. This is a good way to meet a few people if you're new to The Village. Everyone is welcome.

November 17 – World Peace Day

November 25 – National Parfait Day

Community Classroom

Tuesday, Nov. 27 - 10:30 a.m.

Get Help for Depression and Anxiety

Join us on November 27 at 10:30 in the Wellness Center and learn about getting help for depression and anxiety. A complimentary blood pressure check is available.

Schowalter Villa Men's Chorus

"Sacred Music"

Tuesday, Nov. 27 - 7:00

A group of men get together and sing sacred music at Schowalter Village in Hesston, and then they sing once a month during their chapel services. They are coming to give a program at The Wellness Center on Tuesday, November 27, at 7:00 p.m. You're invited. Encourage your friends and neighbors to come along with you. Music, music, music - one form of entertainment we really enjoy here at The Cedars.

We'll have refreshments. Thank you for your donations.

>>If you'd like to come and need a ride, contact Dave/Bonnie Fruth (245-0674) by 5:00 that day.

Trip - Two places in McPherson

Stinemetze - Building an airplane

Prairieland Partners (John Deere)

Wednesday, Nov. 28 - 8:45

Tom Stinemetze has always been fascinated with airplanes - says he's an "airplane nut." He'd been in the process of building an airplane since 2004 and he's not finished dreaming or building yet. We'll leave from the Wellness Center at 8:45 and go to his garage right here in McPherson and see how things are going with his project. Tom likes to work with his hands and he wants to continually learn new things. Every piece in his airplane must be just right and he has a son who comes back home occasionally to check things out. Tom says this will be a standing tour in his garage lasting 45 minutes to an hour.

Our second stop on our November field trip will be to go to Prairieland Partners, which is the John Deere facility north of McPherson. We tried to go there in May and that didn't work out, so we're trying it again. This "store" has 52 employees and 108,000 square feet of floor space. Prairieland deals with new equipment, used equipment, and all things "John Deere" such as tractors, sprayers, excavators, machines for mowing, harvesting, etc. etc. etc. You'll just have to come along to see for yourself. This is also a walking/standing tour. There is an elevator for getting up to their second story.

We'll be ready to sit and rest and eat a bite together and we'll go to LaFiesta for lunch where you can order from their menu.

destinations how many people to expect. We hope you want to go along.

November 29 –Square Dance Day

If this trip sounds like something you are interested in, call Dave/Bonnie Fruth (245-0674) by Monday, Nov. 26 so we can advise folks at our

Community Garden Season Comes to an End

A summer of good eating has been the result of the Community Garden located at the corner of Darlow Drive and Maxwell Street. Your contributions for vegetables taken has also benefited the Good Shepherd Fund. A total of \$350.75 was put in the donation can. After removing \$70 to cover seed costs, \$280.75 has been turned in for the Cedar's Good Shepherd Fund.

Thanks to Bonnie Fruth, June Switzer, Don Fast, and others the garden thrived in the absence of the Schrocks while we were in South Sudan for 2½ months. They worked many, many hours to keep ahead of the weeds and pour on water during the dry spell. There would not have been vegetables without their mighty efforts.

An early fall freeze has caused the garden to come to an end a bit earlier than expected. The foliage has been cut and thanks to Kurt and the maintenance tractor and equipment the soil will be tilled for the winter.

Because of a broken arm (couldn't type) and our trip to South Sudan, Carolyn did not get the collection of recipes finished and distributed for your use this summer. She intends to get that completed this winter and have it ready for creative vegetable cooking next spring. If you have discovered a new recipe that you want to share, it is not too late. Give it to Carolyn by hand or email.

Thanks for all your participation in the garden and the recipes. We look forward to another wonderful season of gardening and dining in the summer of 2019.

Carolyn and Roger Schrock
rocaschrock@gmail.com

Volunteer Opportunity

Would you be interested in helping The Cedars continue to be a friendly, welcoming and helpful place? We are currently scheduling volunteers at the reception area desks at the Business Office and Assisted Living Entrances. Our primary responsibility is simply to provide a friendly greeting and offer assistance as needed. This is a "low-key" but important volunteer position! We think you might enjoy this opportunity to "make a difference".

Volunteers are needed who would like to assist one morning or afternoon weekly or bi-weekly. If you are interested, please contact June Switzer @ 620-728-5810 or ejswitzer@cox.net.

Report of The Cedars Service Teams Fall Event

Fifty-seven people participated in the carry-in Salad Supper in the WCC on September 25, 2018. Door prizes were the lovely table centerpieces donated by Nooks & Crannies. **This Fall Event of The Cedars Service Teams** (formerly known as The Cedars Guild) began with up-to-date reports from the Teams while we feasted on a large variety of delicious salads! Following the meal, we were blessed by the harmony of the male barbershop quartet “Good+3.” The evening culminated in the annual quilt drawing.

The Cedars Service Teams are volunteers in teams organized by area and type of service. There are currently 9 teams united through leadership of a Board which acts as a steering committee. **If you would like to serve on the Board, we are currently looking for two volunteers. Please call Colleen Peters if you have any interest or questions about this position—620-755-3098.**

Barbara Schmidt is the recipient of this year’s quilt—a beautiful, queen-size pink creation of circle-of-heart squares hand-embroidered by Alma Price and pieced and machine-quilted by Joyce Hall. Congratulations to Barbara!

Two anonymous donors pledged to match our funds dollar-for-dollar up to \$1,000. **Thank You** to all who bought tickets and gave donations toward the project. A total of \$1,300 was received—qualifying us for this \$1,000 match! In addition, another anonymous late donation of \$1,000 was received, bringing the total monies to \$3,300 for the purchase of this year’s project: a recliner chair for Cedars House 805 and a specialized table for the Puzzle Room in The Cedars Health Care Center.

Thank you to all who participated. This is just one more example of the generous giving of residents and friends in support of improvements and enhancements to the campus.

**Village Council Minutes
October 16, 2018**

Village Council met on Tuesday, October 16, 2018, at 10am in the Reading Room.

Council Members: LaMonte Rothrock (Vice President of Marketing), Art Hoch, Merlin Miller, Carolyn Schrock, Fred Nowak, Lois Neher, Marvin Schmidt and Ladene Herrick. Also attending was Board Member David Fruth.

New officers are: Art Hoch President, Fred Nowak-Vice President, and Ladene Herrick, Secretary/Treasurer.

The minutes of the September 18, 2018, meeting were approved.

Village Council has opened a separate account with \$428.20 with People's Bank. Signers are Ladene Herrick and LaMonte Rothrock.

LaMonte shared with us details of the Emergency response drill for October 17. This is a drill for just Independent Living.

The fishing dock will be extracted October 31. Further discussion will determine if the dock will be replaced.

Village Council will be looking at the Resident Handbook for possible changes in the handbook at our next meeting, November 20.

LaMonte is working on a possible program to educate us on Scams (phone and computer) after the first of next year.

Window Washing will take place twice a year. Those with patios will have the possibility of having those windows washed also. Furnace filters will be changed twice a year. LaMonte continues to work with the Police Department for ways to slow down the speeders in the Village.

The next meeting will be Tuesday, November 20, 2018, at 10am in the Board Room.

Submitted by Ladene Herrick, Secretary

Ongoing Events

LaMonte Rothrock, contact person unless otherwise indicated

Exercise Class - WCC

Thirty-five minute exercise time from 9:00-9:35 Monday, Wednesday, and Friday mornings.

EnhanceFitness classes – WCC

With the YMCA we offer EnhanceFitness classes on Monday, Wednesday, and Friday mornings at 10:15-11:15.

Tai Chi classes – twice weekly – Fitness Center

Tai Chi classes will exercise in the Fitness Center each Tuesday & Thursday mornings at 11.

2nd Tuesday Coffees

November 13 at 10 a.m.

Men: at the Café for visiting, coffee, and an occasional speaker.

Women: at WCC Coffee Shop. Pick up your coffee cup, stop by your neighbor's door and join other Village women for coffee & goodies.

China Painting—SDUR

Every Thursday morning the China Painters paint in the South Down Under Room from 9-11 a.m. There will be fun and helpful persons to get you started and loving china painting.

Van to Dillons or WalMart

We take a van on Thursdays on alternate weeks to WalMart or Dillons, leaving at 9:30 a.m. and returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. If you are interested in going on the van, let Diane Goldberg know (241-0919 ext. 110) before 9 a.m. each Thursday so she can know the number of people going and reserve a van.

Swim and Pool Activities

If you want to use the pool and do not have a partner, let Diane know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

Pool – Every Thursday come to the North Down Under Room at 3 p.m. and invite your friends to join you for a round of Pool.

Village Breakfast – November 8

Enjoy a made-to-order omelet with a variety of sides at 8:15 a.m. in the Cedars Café for only \$5. Noon lunches are also served at the Café Sunday through Friday. The noon menu is available daily by phoning The Cedars (241-0919 x300) after 10 a.m. Menus may change according to number of guests.

Friday Morning Coffees

Take your coffee break each Friday morning from 9:30-10:30 at The Courts for fun and good fellowship with residents there.

Using the Wii

The Wii game is set up in the WCC fitness room ready to play every day.

Documents to be shredded

Villagers can bring documents that need to be shredded at any time to Diane Goldberg's office in the Wellness Conference Center. **Don't** take your documents to either the Business office or Assisted Living.

This is a service that The Cedars provides for us. (Document shred is for items containing personal information that you don't want others to get)

Recyclable paper, cards, magazines or newspapers can be dumped into your blue recycle cans or the recycling container in the NE corner of the rocked parking lot at The Wellness Center.

Some Small Groups at The Cedars

Wednesdays: Village Study

On break for summer

4th Monday

Book Club

3:00 – WCC

Getting to Know our Neighbors in Cedars Village

Married in 2008, **Merlin and Jody Miller** rented 1138 Darlow Drive for a few months until 1202 Darlow Drive became available. The large living area, the wrought-iron fenced yard and bird-feeder lined patio were perfect for them to sit long hours watching the birds and enjoying Mother Nature. Just this spring, a pair of cardinals raised three offspring in a nest in their porch plants.

Merlin was born in 1931 in Troy, Kansas. At age eight, his family moved to Marshalltown, Iowa where he lived until he graduated from high school. He attended McPherson College for two years, but then had to return home when his father died. Later, he was drafted and served for two years in WWII. In 1957, he returned to McPherson and worked at the refinery for thirty-three and a half years. Merlin has three children; Cheri Hudson from California; Diane Patton from Maize and Kevin lives in Provincetown, Massachusetts. He claims fifteen grandchildren.

Jody was born in Coldwater in Comanche County. Her birth occurred in her grandparents' home where most of the children and grandchildren were born. She attended Pratt Community College for two years and really wanted to continue to a four-year college, but her parents could not afford it. She met her first husband, Darrell, at a drug store in Coldwater where she was working. When he died, their marriage was just a few short weeks of celebrating fifty years. Jody has worked in a production company in Wichita and, most recently, at Prairie View as a receptionist.

Jody and Darrell had two children. Dalyn and husband live in McPherson where she is vice-president of national sales for Viega. Her two grandchildren live in Texas and Seattle. Jody's son, David, was unmarried and had brittle diabetes. Like his mother, he loved people and lived a rich social life. He developed some heart problems and suffered a fatal heart attack at the age of thirty-eight.

Jody "knows everybody in town," according to Bonnie Fruth. Indeed, for many years, she and a committee organized and served large community Thanksgiving and Christmas dinners for hundreds of people. She had the daunting task of taking reservations for the events. She and Merlin have retired from those duties.

Merlin has always owned an RV and he and Jody just moved out of the fifth one and repacked their dishes and linens into a new-to-them RV. They travel many miles in their mobile home visiting children and, most recently, camping (they admit it's really "glamping") in the Branson area enjoying live shows and other entertainment there. Live performance of plays, concerts, music shows and so on are a passion for them.

Merlin never stops. He exercises five days a week at the fitness center, he gardens, plays golf, always has a jigsaw puzzle on the kitchen table and he sings in the church choir. Not too long ago, he brought down his ice skates and went skating on the frozen pond just behind their house which Jody and the dog watched anxiously with cell phone ready. Nearly all sports appeal to him; he taught countless people to water ski and still has his bowling ball in the attic. His hobbies include lapidary, which he also taught to 4-H kids, woodworking and leather.

Jody loves to read just about anything. An avid learner, she reads fiction and non-fiction. She also likes to cook and makes new casserole recipes frequently. She says Merlin is a good dancer and they watch many movies. She still remembers the old Chief Theatre in Coldwater. From his childhood, Merlin remembers seeing "My Friend Flicka" at the local theater. He also liked "The Sound of Music" and liked "Lassie" on television.

Ann Stover, Evelyn Field, David Fruth

Getting to Know our Neighbors in Cedars Village

There are two gardens on Darlow Drive and one of them belongs to **Tom and Joyce Siniard**. They plant seeds in the early spring at their house, then transplant when it is warm enough. Tom remembers gardening with his grandmother and mother, but swears this is his last year to plant. He has said this before. Married in January 1973 in a blizzard, they have been married for 45 years. Two children, Tim and Sarah Anne were born to their union. Tim and wife live in Amarillo and have two children; Sarah Anne and husband live in Wellington where she is a librarian.

Joyce's maiden name is Park. Her father worked for the railroad, so they lived in a variety of places until she, as the oldest of three (2 brothers), was school age. They settled in Springfield, Missouri. As a high school student, Joyce made the marching drum corps team, called the "Kilties" and performed with them for two years. Joyce attended Central Christian College in McPherson and later attended Southwest Missouri State College and became a county extension agent.

Tom lived in southwest Oklahoma in Altus, which means "higher ground" in Latin. He has one brother and three sisters. As a young man, he graduated from Southwest Oklahoma State College and became a middle-school social studies teacher. His passion for history is deep, and he treasures the happenings of his childhood with his grandfather, a boot maker, who made boots for the expansive Wagoner Ranch in Texas. He has many stories of experiences attending the Ranch rodeos and meeting important people.

It was in Johnson that two little ol' lady landlords did some matchmaking and introduced Joyce to Tom and somehow finagled Joyce needing a ride home, which Tom provided. The rest is history, as they say.

Tom taught in Satanta, Kansas, for five years, then moved to Johnson where he finished his thirty-three teaching career. The Siniards took students from Tom's class on a "rewards" trip at the end of school year. The trip was to Mt. Capulin National Monument, New Mexico. The monument, an extinct cinder cone volcano, is protected.

Joyce was an extension agent for thirteen years. But after a few years of Tom, Tim and Sarah vacationing in their summer months without Joyce (because she was working), she decided to become a teacher and assume the same calendar as theirs. It was a big step because she moved to Goodwell, Oklahoma, to attend Panhandle State College for two summers and one entire school year. Home on the weekends, she lived in the dorm during the school year. She served as both an itinerant gifted teacher for ten years and as a FACS (Family and Consumer Sciences) teacher for a total of twenty eight years. The most recent years were in Kingman, Kansas, where they moved a few years ago to be closer to her parents.

In 2012, Tom and Joyce moved to 1207 Darlow where they retired. Tom is an avid reader and usually reads one book a day. Joyce serves as the "heir-apparent" of Myrna Eis in charge of the Quilting group which meets weekly in the south Down Under Room. Their goal is to make a bed-sized quilt for all those in skilled nursing. Joyce has made dozens of quilts, table runners, and holiday decorations. She's nearly finished with a lovely quilt with blocks of fishing and nature for husband Tom, who loves to tie his own flies for fly-fishing.

Joyce serves on the Welcome Wagon committee to greet new residents with gifts of coupons, maps, schedules, cloth napkins etc.

Tom and Joyce had satisfying and fulfilling week-long family vacations in adjacent states, the favorite being Colorado. Joyce would still like to visit Imboden, Arkansas, her early childhood home. Tom enjoys eating "anything that doesn't eat him first"; Joyce likes lasagna. He likes "Amazing Grace" and "Wayward Wind." Joyce loved the movie and song, "Blue Hawaii." Tom's favorite author is James Michener; Joyce likes a variety of genres.

Ann Stover, Evelyn Field, David Fruth

Chaplain's Corner

BEREAVEMENT GROUP

A new group will begin September 6, 2018. The group meets, at 1:30 weekly on Thursdays for 10 weeks. If you would like more information or have questions regarding the group and the nature of grief and mourning, please feel free to contact Chaplain Chris Whitacre at 241-0919 ext 127.

VILLAGE STUDY GROUP

Stay tuned for information regarding the next Village Study Group start time and topic.

Chris Whitacre
Chaplain

In Memoriam

Anne Burkholder

1930– 2018

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
December newsletter deadline: Nov. 23				1 9a China Painting –SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 1:30p Bereavement Group 3p Pool- NDUR	2 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness 3p First Friday - Bowman	3
4	5 9a Exercise group 10:15a EnhanceFitness	6 8a * Smoke Alarm Check * 9-1 Peoples Bank Open 10a Work Day w/lunch 11a Tai Chi 1:30p Play Cards 2p MHS Color Guard	7 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness 10:15a Village Study Group	8 8:15a Village Breakfast 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 1:30p Bereavement Group 3p Pool- NDUR 7p Michael Himlie CPT	9 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness	10 9-1 Alternative Gift Market
11	12 9a Exercise group 10:15a EnhanceFitness 7p Movie Night	13 9-1 Peoples Bank Open 10a Men's Coffee 10a Women's Coffee 11a Tai Chi	14 * Blue Tub Recycle Day * 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness 10:15a Village Study Group 2p Needle-Crafters- SDUR	15 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 1:30p Bereavement Group 3p Talking Books - Witte 3p Pool- NDUR	16 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness	17
18	19 9a Exercise group 10:15a EnhanceFitness	20 9-1 Peoples Bank Open 10a Village Council 11a Tai Chi 12n Village Luncheon 1:30p Play Cards	21 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness 10:15a Village Study Group	22 THANKSGIVING DAY	23 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness <u>Newsletter articles due</u>	24
25	26 9a Exercise group 10:15a EnhanceFitness 3p Book Club	27 9-1 Peoples Bank Open 10:30a Community Classroom 11a Tai Chi 7p Men's Chorus	28 * Blue Tub Recycle Day * 8:45 LV McPherson Trip 9a Exercise Group 10a Sew'nTie Quilts - SDUR 10:15a EnhanceFitness 10:15a Village Study Group	29 9a China Painting -SDUR 9:30a Van to Dillons/ WalMart 11a Tai Chi 1:30p Bereavement Group 3p BUNCO 3p Pool- NDUR	30 9-1 Peoples Bank Open 9a Exercise group 9:30a Coffee at the Courts 10:15a EnhanceFitness	