

MAY, 2018

For Everything There is a Season

To My Friends,

HEREFORD, TEXAS

I am having a very difficult time writing this article. I do not have the words to adequately describe the emotions I am experiencing. On January 30th of this year, I gave my official notice to the Board of Directors that I am retiring from King's Manor. My reasons have nothing to do with any happenings, events or circumstances at King's Manor, but much to do with personal goals and needs. This was not a decision made lightly or last minute - it was with great thought and prayer. I came to King's Manor 24 years ago as the Social Services Director: I fell in love with social work and with this place and its people.

Not long before taking the Executive Director position, I completed my Master's in Social Work with the intent of going into clinical social work eventually. I have found that I miss that professional arena. Becky Williams, our current Social Services Director and Admission Coordinator does an excellent job and has pointed out that she is not ready to give up that position! In order to fulfill that original dream, I have to leave my long-time home of King's Manor. However, I must note here, we are not leaving Hereford.

King's Manor Methodist Retirement System, Inc. is

a unique place, not just in the types of services it provides. The mission is "Caring for the Generations through the healing hands of Christ". The "hands" are what make it special. This community provides support in so many ways, including those of you who are physically separated by miles. You support it financially, through volunteerism, through music, through worship and with your prayers and your presence. Lastly, you support us with your patronage; trusting us to provide care for you and those you love.

King's Manor has a dedicated, knowledgeable and insightful Board of Directors that guides and directs the organization with over 40 years combined years of experience. The goals of King's Manor to serve this community by providing quality care, have not changed and will not change.

The Founder's Board is also composed of dedicated and experienced members who hold strong beliefs in the importance of benevolent care at King's Manor and the integrity to ensure funds are used wisely.

I wish I could name every staff member here and tell you what each contributes to this organization and to the care of our residents. Strong leadership permeates our walls; there

are dedicated, long-serving employees in every department. Jim Layman, is our CFO of 10 years and will continue to provide stability, integrity and leadership to King's Manor. I will not be leaving "my post" until a suitable individual has been hired and trained for the position. It has been such an honor and a privilege to know each of you; my fellow employees, family members and residents. So many faces and personalities have left imprints on my soul. I am forever changed.

New vision, fresh insight and different perspectives are good for organizations; King's Manor included. Don Davidson saw his vision come to reality 56 years ago, my tenor is but a blip on the radar. God has his hands on this place. Many a day I have come to work only to hear the words of the song, *How Great is Thy Faithfulness*, because "morning by morning His mercies I see". His hands will continue to cover this place as He always has, through you.

There is a time and a season for everything. I ask that you open your arms and your hearts to this coming season.

With a full heart and all the best wishes,

Shelly Mass
Shelly Moss

Samaritan Hospice: Asking the Tough Questions

Kings Manor Methodist Retirement System

As promised in last month's Newsletter article by Liz Sullivan, is the questionnaire for families to use as a planning tool.

Who is your medical insurance with and where do you keep your card? (This may need to be asked every year since people sign up for other insurance programs in January. Request a copy of the card. The patient can call with you there to the insurance customer service line to get information on benefits, deductibles and co-pays.)

What is your social security number and where do you keep your card? (Request a copy of the card.)

Do you have a Medicare Card and where do you keep it? (Some people think they don't need their Medicare card when they sign up for a Medicare advantage or replacement plan. They still need to keep their card. Request a copy of the card.)

Who is your primary care physician and what is his/her phone and address?

What pharmacy do you use to get your medications? (Get address/ phone no.)

Do you have a list of medications you are taking right now? (Get a list, keep it updated as medications can change frequently)

Have you signed a medical power of attorney? (If so, request a copy. If not, you can request one from Kings Manor Methodist Retirement System. Explain to your family member that it can *only* be used if the person is unable to answer for themselves. For example: if the individual were unconscious from a car accident and a medical procedure needed to be authorized. Whoever is the power of attorney, needs to remember that they are making decisions based on the *patient's wishes* not their own. Families should have a conversation about what an individual might want and with the person assuming the role of power of attorney before paperwork is completed. Everyone needs to be comfortable with their roles.)

Have you signed an Out of Hospital Do Not Resuscitate? (OOHDNR) (If so, request a copy. If not, you can request one from Kings Manor Methodist Retirement System. Keep in mind that CPR becomes less effective with age and disease processes and frequently bones are broken in the process. Ask King's Manor and Samaritan social workers for more information on this subject. This is a very personal decision, some individuals will not want to sign a DNR and it is their choice.)

5/01

Our Appreciation .

Donations to King's Manor

Hereford Lions Club Mr. and Mrs. Leander Reinart Sr.

Mr. and Mrs. Joseph P. Crowley Scott Keeling Linda & BJ Gililland

Honorariums

Nelda & Eldon Fortenberry Janice and Mike Carr

Memorials to King's Manor

Tillie Miller

Janice & Mike Carr Elizabeth & Steve Landers

Yvonne Lewis

Janice & Mike Carr

John Thames

Judith Minchew

Gerald Payne M.D.

Joyce & Lynton Allred

Jolene Bledsoe

Jovce Jenkins

Linda & BJ Gililland

Brinda & Dan Tipps

Johanna Holl

Nancy & Bob Josserand

Lori & Scott Hall

Janice & Mike Carr

Dr. A. T. Mims

Linda Honeycutt

Susan & John Perrin

Leroy Edwards

Anonymous

Ruth Newsom

Susan & John Perrin

Jean Caison

Patsy & L.V. Watts Jovce Jenkins Karen & David Caison Jan & Ron Weishaar Gayland Ward Seed Co. Nancy & Bob Josserand Ruth & Herschel Black Mary L. Lewis Lori & Scott Hall Janice & Mike Carr

Marcella McLain

Nancy & Bob Josserand Linda & BJ Gililland

Llovd Neil Smith

Ruth & Herschel Black

Kevin Ford

Ruth & Herschel Black

Joan Hopper

Nancy & Tom George

L.J. Clark

David Kreig

Carlyle Sargent

Betty Freeman

Arthur Schreck

Alice Lueb

Memorials to Samaritan

Hospice

Tillie Miller

Duane Albracht

Jean Caison

Ann Cummings

Memorials and donations received after April 20 will be listed in June newsletter.

To insure that your memorial gifts are properly acknowledged, please provide a contact person with their mailing address.

WELCOME!

King's Manor extends a Warm Welcome to:

Westgate

Jackie Shoffit Skilled Joyce Kaul Skilled Roger Williams Skilled Julia Chavez Longterm Marie Stringer Longterm Seletta Gholson Longterm



HAPPY BIRTHDAY!

Manor: William Craia

William Clarg	3/01
Betty Drake	5/16
Katie Kendall	5/16
Dennis Latham	5/22
Claudia McBraver	5/26

Westgate:

,, ese g	
Seletta Gholson	.5/08
Ted Higgins	.5/12
Frankie Wood	
Jean Gilter	.5/20
Vivian McPherson	5/21

Employees.	
Nancy Martinez	.5/03
Stephen Coneway	.5/04
Mary Rocha	.5/05
Maira Rivera	.5/16
Latisha Sanchez	.5/22
Jenica Saldana	.5/27
Patricia Rincon	.5/28
Sabrina Riojas	5/29

Childcare:

Sadie Bailey	5/26
Caitlynne Ellis	5/29



Our Deepest Sympathy to the Family of:

Jean Caison Jolene Bledsoe

Grievances: Just a Reminder If you have a grievance you would like to formally submit, there are forms available in the notebook on the table in the Westgate Activity Room with instructions. Also remember that survey results remain displayed on that same table.

Activity News

Manor News

May is here and I am praying for rain and ready for the sunshine. With that said. I have new ideas for our Assisted Living patio to help create a more relaxing fun summer for all the residents and families. On Thursday May 10th at 6:30pm, I would like to invite residents and families who would like to attend a volunteer meeting on adopting an area for our patio. I have a great idea in mind and need your input and help to create a plan. I look forward to seeing you at the meeting and FYI, I will be serving banana splits so bring your sweet tooth. On May 11th at 2:30 in the Lamar Room we will have our annual Mother's Day Tea. Our theme will be, "show and tell." If you have any memorabilia such as wedding photos, family photos, any-

thing dear to your heart that shares memories of being a mother or even of your mother, please bring them for display. I would like to thank everyone that came to our Volunteer/ Family Night last month. We had a great turn out. I would also like to thank again the Friday morning men's **group** for cooking and providing the meat for hamburgers, they were really great! With the warmer months coming I am looking forward to new and exciting activities so be sure and check your calendars for daily events. I pray everyone has a great month and Happy Mother's Day to all the moms.

> Brenda Blacksher Manor Activity Dir.

Westgate News

The weather is warming up for

outdoor activities. Fun, fun, fun! We start the month with a birthday party on the 3rd. On the 4th we will have Mariachi music and bakery breads. On the 5th fiesta lunch, on the 9th ice-cream bars in the gazebo, on the 10th crafts, and on the 11th Mother's Day poetry & tea party. The 14th -18th is National Nursing Home Week. The theme is celebrating, "life stories." Residents will share stories, memories, reminisce all week and end with a cook-out on the 18th. We will end the month with, "which war is it" trivia, patriotic videos on the 25th and popsicles on the 30th. Everyone have a wonderful and blessed month. Happy Mother's Day to all the moms.

W.G. Activities, Chris & Bertha

Estella Delgado, Director of Housekeeping, Laundry and Transportation 40 years of Service

Next time you bump into Stella Delgado, pat her on the back and say "Congratulations"!! Stella came to work here as a housekeeper on May 26th 1978 as a housekeeper. She worked up to the position of Director of Housekeeper, changing King's Manor forever! This facility is immaculate under her direction. Stella has continued collecting jobs and titles through the years and has been the Director of Transportation and Laundry for years.

To say Stella has given forty years of service is really an understatement. It is more like forty years of hard labor. Rarely will you find Stella sitting. She is all over the building helping out her staff. If she is short a housekeeper, or if someone is ill, you can find her cleaning that area, or driving the van. She is all over the panhandle! We found a newspaper clipping of Stella from the Brand, wielding a huge buffer, sporting a thick dark hair pulled back; no date on the clipping, but she was probably 19.

With a heart of a servitude and love, Stella spends her holidays taking residents home for holidays, so they (Continued on Page 5)



Mrs. A. [Tony] Guzman, head of the house keeping department at the Manor along with her assistant's Stella Ruiz and Diana Griego have been working very hard this past week cleaning and vacuuming rugs and dusting he manor to it's shiniest. King's Manor and Westgate Nursing Home will be open all day Saturday for anyone interested in visiting the residents or viewing the home. The barbecue will begin at 5 p.m.

Tough Questions:

(Continued from Page 2)

Have you signed a Living Will or Directive to Physician? (If so, request a copy. If not, you can request a copy from Kings Manor Methodist Retirement System. Both forms serve the same function of allowing an individual to make decisions regarding life-support while of sound mind. If you have an irreversible, or terminal condition and two physicians agree on this prognosis, they will sign the document. An individual can state that they do not want life support should they go into cardiac arrest or have another life threatening event. Some forms allow a person to create a checklist of what they might want and not want, for example, blood products or antibiotics.)

Do you have funeral plans? (Find out where, funeral name, address and phone no. If not, start discussing as a family.)

Do you have a retirement plan/IRA/Pension, or CD's at the bank? Family members will have a much easier time if they are made aware of any or all investments and debts. A Durable Power of Attorney will be required of anyone other than the person on the account. Ask your loved one to assign someone to handle financial issues. The medical power of attorney will not be accepted by financial institutions, but will require a Financial Power of Attorney. The laws regarding all powers of attorney changed at the 85th Texas Legislature when House bill 1974 was passed going into effect on 9/1/2017. It would be wise to consult an attorney regarding this document to ensure it will be accepted at all institutions in Texas.

I know that you want to live in your home as long as possible, but, if your care is more than I can provide for you, and you need daily nursing care what are your wishes? I will be there for you, love you and visit you, but this is only in the event that you need more nursing care, where are you willing to go? (Talk about assisted living, and nursing home placement)

What other options are you willing to talk about? Do you have the finances for those options?

Things to follow up on:

Family member who asked the tough questions:

Elizabeth Sullivan, LNFA, LMSW

Delgado:

(Continued from Page 4)

can have that time with their families. She has been known to do women's hair and makeup before she takes them to the gathering! She can tell you the name of every resident here and most everyone who has ever been

here!

Stella can be found most days at noon, gathering with her staff in the breakroom. She often provides the meal to thank them for a job well done.

Thank YOU Stella for a job well done. You have been and will continue to be a great blessing to King's Manor!



Assisted Living Families

Summer Patio Project

Date: May 10th, Time: 6:30p.m.

Place: Lamar Room

Serving: Banana Splits!

Manor Activity Calendar May, 2018







Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Coffee Social 1:30 Table Games 3:00 Soda Shop	2 11:00 Exercise 1:30 Table Games 3:00 Nail Care	3 10:30 Do-Nut Social 1:30 Table Games 4:30 Circus Outing Sugar Land Mall	4 10:00 Coffee Social 11:00 Exercise 1:30 Table Games & Refreshments	5 10:00 Coffee Social 3:00 Bingo
6 9:00 Worship Service 10:00 Coffee Social 1:00 Table Games	7 10:00 Coffee Social 11:00 Exercise 1:30 Table Games 3:00 Bingo	8 10:00 Coffee Social 11:00 Bible Study 1:30 Table Games 3:00 Remember When	9 10:30 Line Dancers 1:00 Table Games 3:00 Nail Care	10 10:30 Do-Nut Social 1:30 Table Games ******** 6:30 Family Volunteer Meeting LR	11 10:00 Coffee Social 11:00 Exercise 1:30 Table Games 2:30 Mothers Day Tea (Show & Tell)	12 10:00 Coffee Social 3:00 Bingo
13 Mothers Day 9:00 Worship Service 1:00 Table Games	14 10:00 Coffee Social 11:00 Exercise 1:30 Table Games 3:00 Bingo	15 10:00 Coffee Social 1:30 Table Games 3:00 Peanut Auction	16 11:00 Exercise 1:30 Table Games 3:00 Nail Care	1710:30 Do-Nut Social 1:30 Table Games 3:00 Birthday Party	18 10:00 Coffee Social 11:00 Exercise 1:30 Table Games & Refreshments	19 10:00 Coffee Social 3:00 Bingo
20 9:00 Worship Service 10:00 Coffee Social 5:00 Church of Christ	21 10:00 Coffee Social 11:00 Exercise 1:30 Table Games 3:00 Bingo	22 10:00 Coffee Social 11:00 Bible Study 1:30 Table Games 3:00 Patio Social	23 11:00 Exercise 1:30Table Games 3:00 Nail Care	24 10:30 Book Club 1:30 Table Games 3:00 Trivia 5:30 Game Night	25 10:00 Coffee Social 11:00 Exercise 1:30 Table Games 2:00 Movie & Pop-Corn	26 10:00 Coffee Social 3:00 Bingo
27 9:00 Worship Service 10:00 Coffee Social 1:00 Table Games	28 Memorial Day 10: 00 Coffee Social 12:00 Lunch 1:30 Table Games	29 10:00 Coffee Social 1:30 Table Games 3:00 Ice- Cream Social	30 11:00 Exercise 1:30Table Games 3:00 Nail Care	31 10:30 Do-Nut Social 1:30 Table Games 3:00 Chair Dance	Happy Birthday ********** William Craig 5/01 Betty Drake 5/16 Katie Kendall 5/16	Dennis Latham 5/22 Claudia McBrayer 5/26



Westgate Activity Calendar May, 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4:00 Mail Tues & Thurs Shopping Days The Price is Right/lobby Calendar Subject To Change		18:30 Special Time (10n1) 9:00 Western Movie 10:00 Exercise 1:30 Music & Memory 3:00 Bingo 4:30 Sing-a-Long	2 8:30 Devotional Room Visits 9:00 Newspaper & Coffee 9:30 Nail Care 1:30 Word Search 3:00 Resident Council 6:00 Game Night	3 8:30 Sensory 1011 9:00 Table Puzzle 10:00 Morning Stretch 1:00 Dominoes 3:00 Luau Birthday Party 4:30 Sing-a-Long	4 8:30 Bedside Activity (10n1) 9:30 Music & Memory 10:00 Mariachi Music Pan Dulce (Bakery) 11:00 Back to The 60's 1:30 News & Leisure 2:00 Scenic Drive Outing	9:00 Newspaper 10:00 Bingo 12:00 Fiesta Lunch 1:30 News & Leisure 2:00 Table Puzzle
6 9:00 Worship Service 10:00 Coffee & Conversations 1:00 Catholic Church Visits Prayer & Communion 2:00 Lobby Relaxation Social	7 8:30 Morning Greet Visits 9:00 Music & Memory 10:00 Bible Study 10:45 Hymns 1:30 Social Time 2:00 Jokes & Riddles	88:30 Sensory 10n1 9:00 Coffee Time 10:00 Morning Stretch 1:30 PM Gathering 3:00 Bingo 4:30 Sing-a-Long	98:30 Devotional Room Visits 9:00 Newspaper & Coffee 9:30 Nail Care 1:30 Table Puzzle 3:00 Ice-cream Bars (Gazebo)	10 8:30 Special Time (10n1) 9:00 Western Movie 10:00 Morning Stretch 1:00 Music & Memory 3:00 Mother's Day Crafts 4:30 Sing-a-Long	118:30 AM Social Visits (10n1) 9:30 Morning Conversations 10:00 Mother's Day Poetry & Quotes 11:00 Back to The 50's 1:00 Dominoes 2:00 Mother Day Tea Party	12 9:00 Newspaper 10:00 Bingo 1:30 News & Leisure 2:00 Table Puzzle
Happy 9:00 Worship Service 10:00 Coffee & Conversations 1:00 Catholic Church Visits Prayer & Communion 2:00 Lobby Relaxation Social	Room Visits 9:00 Music & Memory 10:00 Bible Study 10:45 Hymns 1:30 Table Puzzle 2:00 Mother's Day Reminisce	158:30 Special Time (10n1) 9:00 Western Movie 10:00 Morning Stretch 1:30 Music & Memory 3:00 Bingo 4:30 Sing-a-Long 6:00 Game Night	168:30 Devo- tional Rm Visits 9:00 Newspaper & Coffee 9:30 Nail Care 1:30 Word Search 3:00 Show & Tell (Stirring Up Memories)	178:30 Sensory (10n1) 9:00 Table Puzzle 10:00 Morning Stretch 1:00 Dominoes 3:00 Special Life Events (all about me) 4:30 Sing-a-Long	188:30 Bedside Activity (10n1) 9:30 Music & Memory 10:00 Memory Lane Camping & Grilling 12:00 Cook-out/Gazebo 1:00 Siesta Time 2:00 Golden Age Club (Celebrating Life Stories)	19 9:00 Newspaper 10:00 Bingo 1:30 News & Leisure 2:00 Table Puzzle
209:00 Worship Service 10:00 Coffee & Conversations 1:00 Catholic Church Visits Prayer & Communion 2:00 Lobby Relaxation Social	21 8:30 Morning Greet Visits 9:00 Music & Memory 10:00 Men's Western Movie 1:30 Social Time 2:00 Chicken Soup For The Soul	228:30 Sensory (10n1) 9:00 Coffee Time 10:00 Morning Stretch 1:30 PM Gathering 3:00 Bingo 4:30 Sing-a-Long	238:30 Devo- tional Rm Visits 9:00 Newspaper & Coffee 9:30 Nail Care 1:30 Table Puzzle 3:00 Loteria Game	24 8:30 Devotional Room Visits 9:00 Western Movie 10:00 Social Time 1:00 News & Leisure 3:00 Afternoon Stretch 4:30 Sing-a-Long	Greet 9:30 AM Social Visits (10n1) 10:00 Which War is It? Trivia 11:00 Back to The 60's 1:00 Table Puzzle 2:00 Patriotic Music Videos	26 9:00 Newspaper 10:00 Table Game 1:30 News & Leisure 2:00 Table Puzzle
279:00 Worship Service 10:00 Coffee & Conversations 1:00 Catholic Church Visits Prayer & Communion 2:00 Lobby Relaxation Social	8:30 News 9:00 Table Puzzle 10:00 Lobby Social 1:00 Siesta Time 2:00 In House Movie	298:30 Special Time (10n1) 9:00 Western Movie 10:00 Morning Stretch 1:30 Music & Memory 3:00 Bingo 4:30 Sing-a-Long	30 8:30 Morning Conversations 9:00 Newspaper & Coffee 9:30 Nail Care 1:30 Word Search 3:00 Popsicles (Gazebo)	318:30 Devotional Room Visits 9:00 Sensory (10n1) 10:00 Morning Stretch 1:00 Dominoes 3:00 Room Calendars Decorating For June 4:30 Sing-a-Long	Happy Seletta Gholson 5/08 Ted Higgins 5/12 Frankie Wood 5/15	Birthday Jean Gilter 5/20 Vivian McPherson 5/21

KING'S MANOR METHODIST HOME, INC. 400 Ranger Drive Hereford, Texas 79045 NON PROFIT ORG US POSTAGE PAID PERMIT NO 247 AMARILLO, TX

KING'S MANOR STAFF (806) 364-0661

Executive Director	Shelly Moss
Westgate Administrator	Jennifer Bailey
Chief Financial Officer	Jim Layman
Director of Nursing	Kari Snow
Executive Director of Hospice	Liz Sullivan
Social Services/Admiss	Becky Williams
Activity Dir.	Brenda Blacksher
Billing Coordinator	
Medicare Billing	JoAnne Valadez
Human Resources	Missy Wilcox
Dir. Housekeep./Trans	Stella Delgado
Dir. of Maintenance	Larry Carlson
Dir. of Dietary Services	Rosie Tijerina
Assisted Living Director.	Kaye Hansard
Chaplain	
Child Care Director	Mary Rocha
Administrative Assist.	Laura Cervantes

King's Manor Board of Directors

Chairman: Dan Higgins

Members: John Perrin, Michael Carr, Julia Laing, Scott Keeling, Brenda Fuentes, Brent Carlson. Ex-officio: Kevin Bushart FUMC

King's Manor Methodist Retirement System A Continuing Care Retirement Community offering

Independent Living: Houses, Cottages and Duplexes

Assisted Living: Private Apartments

24-Hour Nursing Care: offering long-term care, respite care, physical and occupational therapy and quality nursing services. Private Pay, Medicare, Medicaid and Insurance.

Child Care Center: Open to the community and Staff, 6:00 a.m. to 6:00 p.m. Mon - Fri. High staff ratios to provide love and care for your children.

Samaritan Hospice: Local professionals specializing in rural care in your home or in the facility of your choice.

samaritanhospice.net • www.kmmrs.com

King's Manor is an equal opportunity employer. We believe that all persons are entitled to equal employment and do not discriminate against employees or applicants for employment, training, or advancement because of race, color, religion, national origin, age, sex, or disability.

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