



Valuable Lessons

There are some experiences which, though we would not want to repeat, teach us valuable lessons. I had such an experience in August and shared some of my perspectives with you last month. I have been a patient in hospitals before, but apparently God thought I needed a refresher course! Whatever the reason, I left with a great deal to think about. I hope I will look at our residents and see their needs and issues more clearly. I hope that I will be more compassionate and empathetic.

I have always been a healthy person and other than the occasional virus or sinus infection, I have lived a life free of pain. I have also become accustomed to being very mobile and ambulatory. A jet skiing accident suddenly opened a whole new world for me; a world that included pain.

Let's talk about pain. I love this quote from the article *Pain Assessment in the Nonverbal Patient*, (Keela Herr) "Pain is whatever the experiencing person says it is, existing whenever he/she says it does. Pain is a subjective experience, and no objective tests exist to measure it." My interpretation of that is that we are not in a position to judge how much pain another human being is experiencing based on a diagnosis or condition, or how it should limit their activity.

In the days immediately following the accident, I discovered that if I was really hurting, it did not matter how delicious lunch was or what

great reading material was available to me, I was not interested. I use those examples because I normally relish both good food and great literature. All my energy went towards dealing with the pain. The longer I tolerated pain, the less able I was to tolerate any other negative experience. In other words, the least little irritant could bring me to tears. I was not patient and very quickly became rather snippy. Even, or especially to, those I love.

The huge benefit I had is that I was able to verbalize whatever the issue was. I was able to cry out "Nurse!" and then explain where it hurt and how it hurt. Doctors and nurses ask all kinds of annoying questions, like "Is it a burning pain or a stabbing pain?" "Is it constant or intermittent?" "Is it a three, or a ten with one being the least and ten being the worst?" But in long-term care facilities, there are many individuals who are not able to verbalize their problem. They may

only know that something is wrong, but do not have the cognitive ability to determine that they are in pain. Or they know, but no longer have the verbal ability to express it, let alone tell you if it is a three or a ten. So, how do you know they are hurting? How do you a care giver or family member assess their pain level?

Here are some behavioral things to look for:

- contorted facial expressions or grimacing
- repeated verbalizations/vocalizations such as crying out, moaning, or crying
- rubbing body parts, body movements, favoring one limb over another
- changes in interpersonal interactions (a usually social person becomes withdrawn)
- changes in activity patterns or routines (person who usually loves to read, stops reading)

(Continued on Page 2)

5th Annual King's Manor Autumn Health Fair



Thursday, October 20, 2011

8:30 a.m. to 1:30 p.m.

King's Manor Lamar Room

FREE Health Screenings • Flu Shots • Reflexology
Snack Food • Foot Assessments

Valuable Lesson . . .

(Continued from Page 1)

- changes in behavior, combativeness (particularly while being given care)
- agitation, restlessness, irritability, confusion
- loss of appetite

Assessing pain levels and then finding the best approach to alleviating the pain are of utmost importance in adding quality of life for anyone experiencing pain. My experience was short-term. But for individuals facing chronic pain, due to chronic issues, it is imperative that the pain be addressed so that they are able to focus on things that bring enjoyment.

One last lesson: there is more to treating patients than taking blood pressures and giving pain medication. The generous use of kindness, gentleness, and compassion go a long way in relieving the frustration and irritability that comes with suffering. Do not underestimate the power of validation. I have written in the past about how important it is

to validate emotional pain and loss. It is equally important to validate physical pain. Why do you think preschoolers want their scratched finger kissed and bandaged? They need someone to acknowledge that they have been hurt. I can't really explain it, I just know it helps. The agitation and irritability start to melt away when a family member, care giver, or a professional says, "I know you must be hurting." It gets even better when they add, "let me see what I can do for you." It gets *really* good when the kind and smiling nurse, hands you a little white cup, containing the little white pill!

Shelly Moss
Shelly Moss

Welcome Reverend Dennis Latham

We are pleased to welcome Dennis Latham as Chaplain of King's Manor. Dennis grew up in Hereford and still has many ties to our community. He has already provided many services and is getting to know our staff and residents. Dennis will be here each Sunday morning through the noon meal and will come back for any programs scheduled for Sunday evenings. We are enjoying his thought provoking messages and warm personality. We invite you to attend our services beginning at 9:00 on Sunday mornings in the Lamar Room and enjoy this time of worship and fellowship.

Compassion Sunday October 9, 2011

The First Baptist Church of Hereford will be hosting the Worship Services in the Lamar Room on October 9th as part of their annual Compassion Weekend. Tom Simons will be giving the message. There will be special music from King's Manor's Choir and the Baptist Church. We are looking forward to this special service. Music begins at 9:00 a.m. followed by the message at 9:20. Please enjoy food and fellowship after the service.

Angels Among Us



There are some very quite soft spoken angels that appear every Sunday morning in the Chapel of

King's Manor to help with the service. These are angels who receive no monetary rewards for their service and few accolades. Nelda and Eldon Fortenberry come early and put hymnals in the "pews" and help get people settled for the service. Afterwards, they put a little something sweet and a little something salty on the tables for an after worship snack. Then, they begin the process of returning people to their rooms if they need assistance. Warren Gee faithfully leads the music with his strong masculine voice. The music has been consistently and beautifully provided by Cynthia Streun on the piano and Jerre Shultz on the organ. For many years Gene Streun serenaded the flock with his lilting voice. Unfortunately, his health has made it difficult for him to continue; we have appreciated his devotion. Similarly, Jerre is taking a leave of absence due to short-term health problems. We wish her a speedy recovery. Jackie Shoffit spread her wings and the result is a King's Manor Choir under her direction. They practice every Monday and perform on special occasions. Jackie frequently performs solos—and the ones I have heard represent heaven's choir well!

Thank you to our musical angels and angels of hymnals and treats! Your volunteerism makes King's Manor's worship service fulfilling and a pleasure for all who attend.

Happy Flying—Kind Angels!
Shelly

Activity News

National Assisted Living Week was September the 11th through the 17th. Monday, the 12th, was PJ Day. Staff and residents were able to relax all day in their favorite pajamas.

Wednesday was a big day; the men had a great steak luncheon in the Lamar Room and our guests were the Hereford, Bootleg, and Dawn Fire Departments. The food was great as always and we appreciate all our firefighters for all that they do for our communities.

Also, at noon for the ladies, Laura decorated the Manor Dining Room for a Luau. The staff wore the traditional grass skirts and of course big Hawaiian smiles on their faces. The menu consisted of sweet and sour chicken, egg rolls and fried rice. It was a very hard choice on that day whether to eat steak or Hawaiian food. We appreciate the maintenance staff and the kitchen staff for making sure everyone had a great time.

Family Night was on the 15th. This was "Patriotic Day" in a continued remembrance of 9/11. The Kiwanis Club members were so gracious to come cook hamburgers that evening. The crowd was great that night and the food was perfect as usual. Thank you to all the members for cooking!

Laura finished up the week on Friday with a movie and refreshments. The Manor Birthday Party was on the 22nd. We appreciate all the churches in the community for always making sure we have a great birthday cake every month.

Also, I would like to extend our appreciation to the Wesley Methodist Church that comes on the

first Sunday evening of the month for fellowship. Also, I would like to thank the Church of Christ who comes on the third Sunday evening of the month with a meal and worship.

It's hard to believe that autumn is here and we are already planning holiday activities. October is when we always start preparing our Christmas list for the residents. Can you believe it's that time again?

We will also be having a Health Fair on the 20th of October in the Lamar Room. It is open to the public, so please stop by. There will be food, massages, flu shots, and blood pressure checks, osteoporosis checks, blood sugar checks, and foot assessments available.

The Childcare children will be "Trick or Treating" up and down the halls on the 31st so that the residents can enjoy handing out candy. We will have a refreshment party at 2:30 that afternoon at Westgate. Also, from 6:00 p.m. to 7:00 p.m., the residents will be handing out candy to the staff's children that would like to "Trick or Treat". We hope you can come. I hope everyone has a great October and enjoy the fall weather.

Brenda Blacksher
Activity Dir.

Welcome Baskets

King's Manor would like your assistance. If you have any unused travel size toiletries such as lotion, shampoo, soap, toothpaste, or toothbrushes, please bring them to the front office. We would like to make Welcome Baskets for our new residents.



Samaritan Hospice News

Cooler weather has arrived! And, just around the corner will be Thanksgiving and Christmas. I noticed that the stores are already putting Christmas stuff on the shelves. It seems to be earlier and earlier every year!

Our volunteers have been busy and will get even busier as the holidays approach. They have finished painting the Hospice Room in Westgate and will be moving in furniture and hanging window treatments soon. If you get a chance, stop by and give it a peak. They are so excited to be able to do this for our patients and their families. Volunteers will be helping with monthly birthday parties at all of the surrounding nursing homes. They will also be helping with activities at the Senior Centers as well.

October 8th is World Hospice Day, so we ask that you lift up a prayer for Hospice patients worldwide on this day!

Volunteers as well as Samaritan Hospice staff will be taking part in the Health Fair at King's Manor on October 20th.

Future fundraisers for Samaritan Hospice: Bake/Wreath Sale: No date has been set as of yet, but we are looking to be ready for this between Thanksgiving and Christmas. If you would like to help with baked goods or if you would like to help make the wreaths, just give me a call and I will be happy to give you more information.

We pray you all have a very blessed month and we at Samaritan Hospice want to thank God for Shelly Moss and pray for her continued recovery.

Volunteer Director,
Linda Brito

Our Appreciation . . .

Donations to King's Manor

Wayne & Joelle Elliston
A.W. & Jackie Shoffit
Tom Alger Dairy

Memorials to King's Manor

Mildred Hicks

Vel Simpson

Glenna Tooley

L.W. Tooley

Nancy Blakemore

Bill Blakemore

Earl Stagner

Vel Simpson

Betty Grady

Jamie Brown

Jim & Zula Arney

Jewel Blankenship

Scott & Lori Hall

Jean Easley

Jim & Zula Arney

Robert Lloyd

Jim & Zula Arney

Bobbie Kitchens

Jim & Zula Arney

Gladys Simpson

Jim & Zula Arney

Morris Hacker

Jim & Zula Arney

Maggie Garnett

Alice Lueb

Dale Furr

Alice Lueb

Tom Posey

Scott & Missy Wilcox

Wanda West Riddle

Jim and Nance Perrin

Joe & Pam Perrin

Donations to

Samaritan Hospice

Volunteer Program

Tom Alger Dairy

Memorials to Samaritan Hospice Mary Bernard

Katherine Thurber

James Bailey

The Moize Family

WELCOME

King's Manor extends a warm
welcome to:



Westgate:

Marie Goheen

Jackie Cook

Enrique Jackson

Ted Higgins

Independent Living:

Dean & Helen Slaughter

Thank You! Thank You!

A **BIG THANK YOU** to the
Khuri Foundation for the recent
donation. We were able to purchase
17 new beds for Westgate. Our res-
idents are resting very comfortably.
Thank you.

Our Christian Sympathy

To the families of:



Bernadina Hernandez

Delta Wilbanks

OCTOBER BIRTHDAYS

Employees:

Daniela Dominguez 10/01
Kesha Tapia..... 10/02
Mikel Mungia..... 10/03
Paloma Jaime 10/04
Veronica Espinoza..... 10/05
Kim Parr..... 10/05
Mary Valdez 10/05
Donicia Gaitan 10/09
Elizabeth Ramirez..... 10/09
Guadalupe Martinez..... 10/11
Margie Valdez 10/13
Leesa Morales 10/19
Mary Brinkman 10/21
Marie Dominguez 10/26
Robin Smith 10/27

Manor:

Bill Crow..... 10/02
Mary Jane Burrus..... 10/03
Norma Tomberlin..... 10/04
Mildred Knox..... 10/12

Westgate:

Bennie Manley 10/02
Teresa Contreras..... 10/03
Catharine Russell 10/09
Jean Scott 10/09
Emma Noland 10/16
Armenia Creitz..... 10/19
Elmina Garcia 10/21
Eresmila Olivo 10/22
Ruth Fortenberry..... 10/24

Childcare:

Chasten Conway 10/30



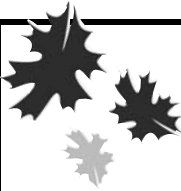

Save The Date
2nd Annual King's Manor
Homemade Dessert Auction
November 17, 2011
7:00 p.m.—Lamar Room





THE MANOR October, 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Happy Birthday Bill Crow—10/02 Mary Jane Burrus—10/03 Norma Tomberlin—10/04 Mildred Knox—10/12</p>		<p>Staff are welcome to bring their Children for Trick or Treating on the 31st from 6:00–7:00 p.m.</p>	<p>1. 9:30 Coffee/Visit 1:00 Games</p>
<p>2. 9:00 Worship 10:00 Coffee/Visit 1:00 Games 6:00 Wesley Methodist Fellowship</p>	<p>3. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Resident Council 1:00 Games 3:00 Choir Practice</p>	<p>4. 9:00 Coffee/Visit 10:00 Room Visits 11:00 Bible Study 1:00 Movie & Games 2:00 One Card Bingo</p>	<p>5. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 Spelling Bee</p>	<p>6. 9:00 Coffee/Visit 10:00 Nail Care 1:00 Games 2:00 Cooking Class</p>	<p>7. 9:30 Coffee Visits 11:00 Exercise 1:00 Games 3:00 Bingo</p>	<p>8. 9:30 Coffee/Visit 1:00 Games</p>
<p>9. 9:00 Worship 10:00 Coffee/Visit 1:00 Games</p>	<p>10. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Games 3:00 Choir Practice</p>	<p>11. 9:00 Coffee/Visit 10:00 Room Visits 11:00 Bible Study 1:00 Movie & Games 2:00 Table Games Tournament in the Lamar Room</p>	<p>12. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 Spanish Bakery</p>	<p>13. 9:00 Coffee/Visit 10:00 Nail Care 1:00 Games 2:00 Movie and Popcorn in the Lamar Room</p>	<p>14. 9:30 Coffee/Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p>	<p>15. 9:30 Coffee/Visit 1:00 Games</p>
<p>16. 9:00 Worship 10:00 Coffee/Visit 1:00 Games 5:30 Church of Christ</p>	<p>17. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Games 3:00 Choir Practice 5:00 Game Night</p>	<p>18. 9:00 Coffee/Visit 10:00 Room Visits 11:00 Bible Study 1:00 Movie & Games 2:00 One Card Bingo</p>	<p>19. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 12:00 Men's Luncheon 1:00 Games 2:00 Patio Talk</p>	<p>20. 8:30 - 1:30 p.m. Health Fair 1:00 Games 3:00 BirthDay Party</p>	<p>21. 9:30 Coffee/Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p>	<p>22. 9:30 Coffee Visit 1:00 Games</p>
<p>23. 9:00 Worship 10:00 Coffee/Visit 1:00 Games</p>	<p>24. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Games 3:00 Choir Practice</p>	<p>25. 9:00 Coffee/Visit 10:00 Room Visits 11:00 Bible Study 1:00 Movie & Games 2:00 The Good Old Days</p>	<p>26. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 A Taste of Fall</p>	<p>27. 9:00 Coffee/Visits 10:00 Nail Care 1:00 Games 2:00 Fall Crafts</p>	<p>28. 9:30 Coffee/Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p>	<p>29. 9:30 Coffee/Visit 1:00 Games</p>
<p>30. 9:00 Worship 10:00 Coffee/Visit 1:00 Games</p>	<p>31. 9:30 Coffee Visits 10:00 Childcare Trick or Treating 1:00 Games 3:00 Choir Practice</p>					



Westgate Calendar


October, 2011



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 9:30 Room Visits 10:00 Exercise w/ Ball Toss 1:00 Table Games & Dominoes 3:00 Bingo	
2 9:00 Church 10:00 Coffee social 10:15 Catholic Church Room Visits 1:30 Room Visits 3:00 Movie & Popcorn	3 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Bible Study 1:00 Individual Act 2:30 Bingo 4:00 Mail	4 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Popcorn Social 4:00 Mail	5 8:30 Morning Greeting & Room Visits 9:00 Beauty Care 1:00 Individual Activity (Activity Room) 3:00 Music Therapy 4:00 Mail	6 8:30 Morning Greeting & Rm Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Remember When 4:00 Mail	7 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Coffee Social 1:00 Individual Act 3:00 A Taste of Fall 4:00 Mail	8 9:30 Room Visits 10:00 Remember When 1:00 Individual Activities / Act Room 3:00 Bingo	
9 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Rm Visits 1:30 Room Visits 3:00 Ice-Cream Social	10 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Bible Study 1:00 Individual Act 2:30 Bingo 4:00 Mail	11 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Trivia 4:00 Mail	12 8:30 Morning Greeting & Room Visits 9:00 Beauty Care 1:00 Individual Activity (Activity Room) 3:00 Music Therapy 4:00 Mail	13 8:30 Morning Greeting & Rm Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Table Games / Dominoes 4:00 Mail	14 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Coffee Social 1:00 Individual Act 3:00 Spanish Bakery 4:00 Mail	15 9:30 Room Visits 10:00 Exercise w/ Ball Toss 1:00 Table Games & Dominoes 3:00 Bingo	
16 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Room Visits 1:30 Room Visits 3:00 Remember When	17 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Bible Study 1:00 Individual Act 2:30 Bingo 4:00 Mail	18 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Cooking Class 4:00 Mail	19 8:30 Morning Greeting & Room Visits 9:00 Beauty Care 12:00 Men's Lunch 1:00 Individual Activity 3:00 Music Therapy	20 8:30 Morning Greeting & Rm Visits 9:00 Individual Act Activity Room 10:00 Health Fair 1:00 Individual Act 3:00 Soda Shop 4:00 Mail	21 8:30 Morning Greeting & Rm Visits 9:00 Individual Act Activity Room 10:00 Coffee Social 3:00 Birthday Party 4:00 Mail	22 9:30 Room Visits 10:00 Donuts & Coffee 1:00 Table Games & Dominoes 3:00 Bingo	
23 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Rm Visits 1:30 Room Visits 3:00 Shirley Temple Movie	24 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Bible Study 1:00 Individual Act 2:30 Bingo 4:00 Mail	25 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Harvest Trivia 4:00 Mail	26 8:30 Morning Greeting & Room Visits 9:00 Beauty Care 1:00 Individual Activity (Activity Room) 3:00 Music Therapy 4:00 Mail	27 8:30 Morning Greeting & Rm Visits 9:00 Individual Act Activity Room 10:00 Exercise 1:00 Individual Act 3:00 Fall Crafts 4:00 Mail	28 8:30 Morning Greeting & Rm Visits 9:00 Individual Act Activity Room 10:00 Halloween Cooking Class 1:00 Individual Act 3:00 Resident Council 4:00 Mail	29 9:30 Room Visits 10:00 Donuts & Coffee 1:00 Table Games & Dominoes 3:00 Bingo	
30 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Rm Visits 1:30 Room Visits 3:00 Tea Party	31 8:30 Morning Greeting & Room Visits 9:00 Individual Act Activity Room 10:00 Bible Study 2:30 Harvest Party Activity Room 6:00 till 7:00 Staff's Children Trick or Treating WG & Manor	Happy Birthday Bennie Manley—10/02 Teresa Contreras—10/03 Catharine Russell—10/09 Jean Scott—10/09 Emma Noland—10/16	Armenia Creitz—10/19 Elmina Garcia—10/21 Eresmila Olivo—10/22 Ruth Fortenberry—10/24				



Adult Day Care October, 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Closed</i>
2 <i>Closed</i>	3 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity	4 8:00 - Morning Greeting 10:00- Exercise 1:00 - Table Games 3:00-Popcorn Social	5 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy	6 8:00 - Morning Greeting 10:00 - Exercise 1:00 - Table Games 3:00- Remember When	7 8:00 - Morning Greeting 10:00 Coffee Social 1:00 Table Games 3:00 A Taste of Fall	8 <i>Closed</i>
9 <i>Closed</i>	10 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity	11 8:00 - Morning Greeting 10:00- Exercise 1:00 - Table Games 3:00- Trivia	12 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy	13 8:00 - Morning Greeting 10:00 - Exercise 1:00 - Table Games 3:00 - Table Games	14 8:00 - Morning Greeting 10:00 Coffee Social 1:00 Table Games 3:00 Spanish Bakery	15 <i>Closed</i>
16 <i>Closed</i>	17 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity	18 8:00 - Morning Greeting 10:00- Exercise 1:00 - Table Games 3:00- Cooking Class	19 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy	20 8:00 - Morning Greeting 10:00 - Health Fair 1:00 - Table Games 3:00 - Soda Shop	21 8:00 - Morning Greeting 10:00 Coffee Social 1:00 Table Games 3:00 Birthday Party	22 <i>Closed</i>
23 <i>Closed</i>	24 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity	25 8:00 - Morning Greeting 10:00- Exercise 1:00 - Table Games 3:00- Harvest Trivia	26 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy	27 8:00 - Morning Greeting 10:00 - Exercise 1:00 - Table Games 3:00 - Fall Crafts	28 8:00 - Morning Greeting 10:00 Halloween Cooking Class 1:00 Table Games 2:00 Movie	29 <i>Closed</i>
30 <i>Closed</i>	31 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Harvest Party					

KING'S MANOR
 METHODIST RETIREMENT HOME, INC.
 400 Ranger Drive
 Hereford, Texas 79045

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KING'S MANOR STAFF
(806) 364-0661

Executive Director Shelly Moss
 Westgate Administrator..... Laurel English
 Chief Financial Officer Jim Layman
 Director of Nursing Yolanda Alaniz
 Assist. Dir. Nursing..... Lorenzo Martinez
 Social Services/Admiss..... Becky Williams
 Activity Dir. Brenda Blacksher
 Billing Coordinator Janet Coleman
 Medicare Billing Margie Valdez
 Human Resources Janelle Cardinal
 Dir. Housekeep./Trans..... Stella Delgado
 Dir. of Maintenance Larry Carlson
 Dir. of Dietary Services..... Gwen Whittaker
 Assist. Dir. of Dietary Rosie Tijerina
 Asstd. Living/Adult Day Care Mgr..... Kaye Hansard
 Dir. Samaritan Hospice Kim Parr
 Chaplain Dennis Latham
 Child Care Director..... Mary Rocha
 Administrative Assist..... Missy Wilcox

King's Manor Board of Directors

Chairman: Dan Higgins Secretary: Kathy Allison
 Members: John Perrin, Michael Carr, Julia Laing,
 Scott Keeling, Brenda Fuentes.
 Ex-officio: Kevin Bushart FUMC

King's Manor Methodist Retirement System

A Continuing Care Retirement Community offering

Independent Living: *Houses and Cottages*

Assisted Living: *Private Apartments*

Adult Day Care Services: *7:30 a.m. - 5:00 p.m., Social and intellectual stimulation, 2 hot meals and transportation provided.*

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.*

Sewing 13 Counties: *Deaf Smith, Parmex, Oldham, Potter, Randall, Swisher, Castro, Bailey, Armstrong, Hartley, Hale, Lamb and Carson.*

The area's only not-for-profit, faith-based, community providing all levels of care in an affordable family atmosphere: Where loving care and friendships make it feel like home.