



The True Message of Valentine

Valentine's Day is approaching. Red, pink, and white heart-shaped boxes have already lined the shelves of retail stores. Jewelers have stocked up on diamond hearts and restaurants are booking up. It seems very much a day to celebrate young, romantic love. But what brought this ancient tradition about was much deeper. Here is the short version. Saint Valentine was a bishop who held secret marriage ceremonies for soldiers under Claudius II, Emperor of the Roman Empire. Claudius believed that soldiers without wives or families made better warriors. He believed that marriage made the men weak; thus he prohibited soldiers from marrying. The sympathetic Bishop Valentine realized the injustice of the decree and secretly joined many young lovers in matrimony. But alas, Bishop Valentine was discovered and arrested. While awaiting his sentence in prison, Valentine was approached by his jailor, Asterius. It was said that Valentine had been granted the gift of healing. Asterius had a blind daughter and requested Valentine to restore the sight of his blind daughter. Valentine was successful in his efforts. The Emperor was impressed by Valentine and tried to persuade him to stop performing marriages and to convert to the Roman Gods. Not only did Valentine refuse to stop performing marriages if released, but tried to convert the Roman Emperor to Christianity! Well, that did not go over well *at all* and Claudius ordered that Valentine

be executed. This decree caused the healed daughter much grief, as she and Valentine had developed a deep friendship. Just before his execution, Valentine requested paper and pen from his jailer and penned a farewell note to the daughter signed, "From your Valentine," a phrase that has endured many centuries. Valentine was martyred for refusing to renounce his religion and is believed to have been executed on February 14, 270 A.D.

After learning the story, somehow it seems we have gotten the holiday all wrong. The little stuffed bears and candied hearts we give at Valentines just does not seem representative of the man and his actions. The real story is not so much about romance as it is a story of friendship, commitment, deep convictions and sacrifice. But then again, maybe we are not too far off. Isn't marriage about those very things? I have learned this from some admirable mentors here at King's Manor. The couples that have made King's Manor their home have shown me what true commitment really means. What real sacrifice really looks like. Those promises we make as blushing young brides and baby-faced grooms are, for the most part, very vague ideas: "for better or for worse," "for richer and for poorer" and "in sickness and in health." But after 30, 40 or even 70 years of marriage, those same couples have a much better understanding of those once vague concepts! The couples who arrive here have weathered many storms together; had careers,

children, and grandchildren. They have since left those careers, left the homes in which they raised their children and have begun a new life. They usually come here if not

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Angels Among Us

From the day they alighted on our front porch, two Angels named Jackie and A.W. Shoffit have strived to make King's Manor a better place to live. They take part in the activities and social events.



Jackie, with her musical talent and organizational skills, started a choir and has been leading it once a week. She brings joy to the worship services singing occasional solos with her tranquil soprano voice. A.W. is the president of the Resident Council and is an advocate for the residents of the Manor and Assisted Living. Not long after arriving, he implemented a wonderful Resident Directory in which each resident has a page with their picture, where they live, and how they came to be at King's Manor. There is a brief history included that helps us to get to know one another better. A.W. is also an excellent wood craftsman and has shared some of his work with staff and for the auction. These angels have faced several difficult earthly challenges and deep sorrows in their time here and yet they continue to focus on helping others. We are glad Jackie and A.W. are a part of King's Manor.

The True Message of Valentine

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because of sickness, but perhaps in anticipation of the need to slow down.

As youths, we think love is just for us. But the truth is- the young don't really have a clue! Commitment isn't just about getting or staying married. It is about continuing to love and honor; to continue being friends; to love one's spouse, even when they no longer can call the other's name. It is getting up to care for the other, even when one's own pain is almost too great to bear. It is talking louder so the other person can hear you and then saying it again. Becky, our Social Worker, adds, "It is about sheer will."

I once heard Doug Manning speak at a seminar where he explained that he and his wife had driven a great distance to share with us. He said he could not hear very well and was poor with directions. His wife always rode with him and she could not see distances well, but was good

with a map. He said that between the two of them they almost made one person! What a great description of marriage! One spouse picks up where the other leaves off. We see it every day - one spouse may be the legs and the other the eyes. They are determined, strong, and amazingly without complaint.

Those marriage vows are no longer just lovely words, they are kept promises. And we see them keep on keeping them. When better goes to worse, they keep on loving. When health turns to sickness, they keep on loving. And even after death do us part, they keep on loving.

In Honor of the couples of King's Manor and in Memory of those we have lost.

Happy Valentine's Day,

Shelly Moss
Shelly Moss



Wayne and Camelia Jones enjoying a meal together.

Samaritan News

It doesn't seem possible that February is already here! Only a couple of more months and we will be planning our outdoor activities. But, until then, we have this month that is known for couples and love. Samaritan Volunteers will be having their Annual Valentine Fundraiser at First National Bank on February 13th from 9:00 a.m. until sold out and at King's Manor on February 14th from 9:00 a.m. until sold out. We hope you will all come out and buy your sweetheart something sweet or we will even have roses for sale.

We are hoping to have our respite rooms in Dimmitt and Muleshoe done by the end of this month. We had a few delays but, we will persevere and we are excited to see how well they turn out. I will keep you updated as to when we will have our open house for each facility.

We planned on having a Volunteer Training this month, but as of right now, we are looking at doing that in March or April. If you have any questions, please give me a call at 806-626-8467.

We pray blessings to you all,
Linda Brito
Volunteer Coordinator



Activity News

Well, we have all the Christmas decorations put away other than a few odds and ends. Valentine's Day is already on our minds and we are preparing for our Annual Valentine's Banquet on the 12th of February at 12:30 p.m. We always have such a wonderful time in February because, of course, "Love" is in the air.

February 2nd is "Ground Hog Day" and we hope he gets to see his shadow. We will have a lot of fun with "History and Trivia" with the residents on that day. Friday, the 3rd, is "Wear Red Day" to sup-

port Women's Heart Health. And of course, on February the 14th, we will be celebrating Valentine's Day with all the residents.

January went by so fast, but the pace has slowed down a lot compared to December. We had such a wonderful past year with all the residents and staff. We know 2012 will be a busy year and we are looking forward to all the special events already planned.

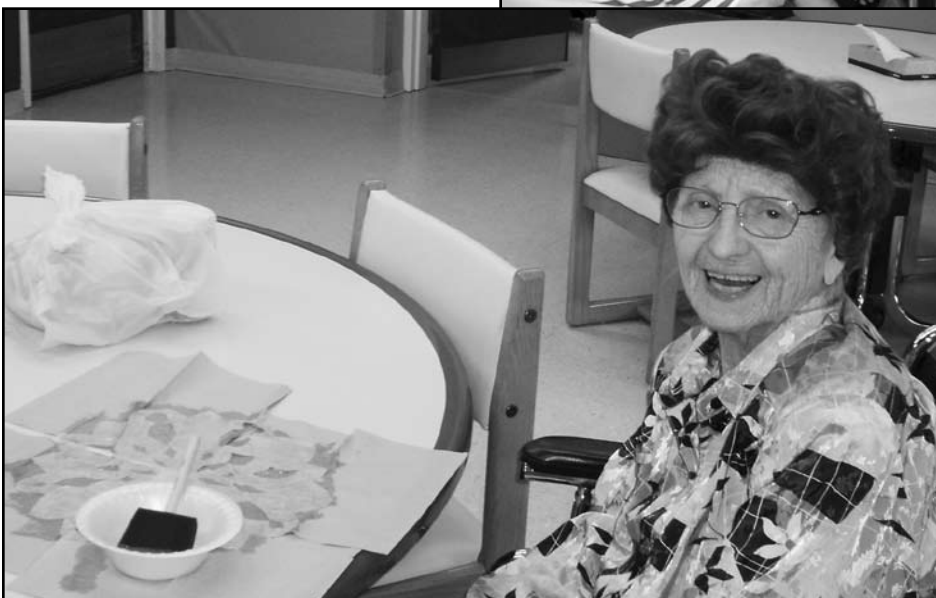
May you all have a great New Year.....

Brenda Blacksher
Dir. of Activities

Westgate residents
toast in the New Year.



Helen Ward



Betty Martin



Ruby Burch

Our Appreciation . . .

Donations to King's Manor

The Moss Family
 Carol Hance
 BJ & Linda Gililand
 A.W. & Jackie Shoffit
 Bill & Barbara Townsend
 Johnny & Jana Trotter
 Herschel & Ruth Black
 Eunice Wright Irrev. Trust
 Mid-States Medical, Inc.
 Sylvia Douglas
 Lorain & Frances Baker Mem.
 Fund
 Frances A. Baker Mem. Fund
 Bob & Nancy Josserand

Memorials to King's Manor

Roxie Cosper

Greg & Janette Abraham

Patsy Ireland

Ronnie & Connie Lance
 Bill & Pauline Howard
 Mr. & Mrs. Mickey Bonesio &
 Family

Louise Ferguson

G.C. & Gladys Merritt
 Jerry & Sue Smith
 James & Helen Higgins
 Hubert & Sharon Swanson
 Scott & Lori Hall

Marty Scarpella

Ronnie & Connie Lance

Flo Windwehen

Mary McFarling
 Jelly & Rosalee McGowen
 Dick & Jo Beth Shackelford

Irene McKinster

Sue Amstutz

Gene Sparks

Bill & Pauline Howard

Memorials to Samaritan

Hospice

Louise Ferguson

Ron & Jan Weishaar
 Willora Bryant
 Steve & Terry Robison

FEBRUARY BIRTHDAYS

Employees:

Laura Cervantes 2/03
 Diamantina Villarreal 2/03
 Rosie Tijerina 2/06
 Judy Montez 2/19
 Vanessa Tamez 2/19
 Gwen Whittaker 2/21
 Maria Oviedo 2/22
 Mary Valdovinos 2/24

Manor:

Katherine Smith 2/08
 Beth Boles 2/25
 Helen Langley 2/25

Westgate:

Wilma Neiman 2/14
 Ruby Burch 2/15
 Earlene Gordon 2/19
 Waymon Gordon 2/22
 George Paetzold 2/27

Childcare:

Nataley Cervantez 2/05
 Kraegan Pesina 2/17

Burrito Sale - Friday, February 24th

King's Manor Relay for Life team is having a Burrito Sale Friday, February 24th, in the lobby area from 8am-noon or until sold out. Please come out and help support your local relay. Thanks.



You are invited to our annual Valentine Sweetheart Dinner Sunday, February 12, 2012 at 12:30 p.m. in the Lamar Room. Adults—\$12.00 Children under 10 yrs.—\$5.00 R.S.V.P. by February 6, 2012 (364-0661)

Menu: Prime Rib, Potato Casserole, Asparagus, Salad, Rolls, Cheesecake with Raspberry Drizzle

Welcome

King's Manor extends a warm welcome to:

Westgate:

Irene Reinart
 Rodolfo Martinez
 David Campos

Assisted Living:

Jelly & Rosalee McGowen
 Elmer Reinart
 Teresa V. Paetzold
 Edna Jimmerson



Independent Living:

Mary McFarling

Our Christian Sympathy

To the families of:

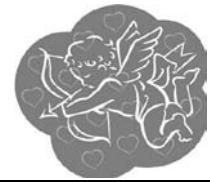





Patsy Hudman
 Flo Windwehen
 Pedro Cervantez
 Estevan Ramirez
 Mary Harman



THE MANOR

February, 2012



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|---|--|---|
| |  | | <p>1. 9:00 Coffee Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 Spelling Bee</p> | <p>2. 9:00 Coffee Visit 10:00 Nail Care 1:00 Games 2:00 The Good Old Days 5:30 Supper Club</p> | <p>3. 9:30 Coffee Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p> | <p>4. 9:30 Coffee/Visit 1:00 Games</p> |
| <p>5. 9:00 Worship 10:00 Coffee/Visit 1:00 Games 6:00 Wesley Methodist Church</p> | <p>6. 9:30 Coffee Visit 10:00 Donut Run 11:00 Exercise 1:00 Resident Council Meeting 1:00 Games 3:00 Choir Practice</p> | <p>7. 9:00 Coffee Visit 10:00 Room Visits 11:00 Bible Study 1:00 Movie & Games 2:00 One Card Bingo</p> | <p>8. 9:00 Coffee Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 Cooking Class</p> | <p>9. 9:00 Coffee Visit 10:00 Nail Care 1:00 Games 2:00 Valentine Crafts</p> | <p>10. 9:30 Coffee Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p> | <p>11. 9:30 Coffee/Visit 1:00 Games</p> |
| <p>12. 9:00 Worship 10:00 Coffee/Visit 1:00 Games 12:00 Valentine's Banquet</p> | <p>13. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Games 3:00 Choir Practice</p> | <p> 14. 9:00 Coffee/Visit 11:00 Bible Study 1:00 Games 2:00 Valentine's Party with Cookies and Refreshments</p> | <p>15. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 12:00 Men's Luncheon 1:00 Games 2:00 Movie</p> | <p>16. 9:00 Coffee Visit 10:00 Nail Care 1:00 Games 2:00 Reminisce</p> | <p>17. 9:30 Coffee Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p> | <p>18. 9:30 Coffee/Visit 1:00 Games</p> |
| <p>19. 9:00 Worship 10:00 Coffee/Visit 1:00 Games 5:30 Church of Christ</p> | <p>20. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Games 3:00 Choir Practice</p> | <p>21. 9:00 Coffee/Visit 10:00 Room Visits 11:00 Bible Study 1:00 Movie & Games 2:00 One Card Bingo</p> | <p>22. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 Spelling Bee</p> | <p>23. 9:00 Coffee/Visit 10:00 Nail Care 1:00 Games 3:00 Birthday Party</p> | <p>24. 9:30 Coffee/ Visit 11:00 Exercise 1:00 Games 3:00 Bingo</p> | <p>25. 9:30 Coffee/Visit 1:00 Games</p> |
| <p>26. 9:00 Worship 10:00 Coffee/Visit 1:00 Games</p> | <p>27. 9:30 Coffee/Visit 10:00 Donut Run 11:00 Exercise 1:00 Games 3:00 Choir Practice</p> | <p>28. 9:00 Coffee/Visit 10:00 Room Visits 11:00 Bible Study 1:00 Games 2:00 Movie and Popcorn</p> | <p>29. 9:00 Coffee/Visit 9:30 Country Store 11:00 Exercise 1:00 Games 2:00 National Cherry Pie Month</p> | <p>Happy Birthday Katherine Smith 2/08 Beth Boles 2/25 Helen Langley 2/25</p> |  | |



Westgate Calendar

February, 2012



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|--|---|--|
| | | | 1 9:00 Morning Greeting & Room Visits 9:30 Beauty & Relaxation 1:00 Individual Activity 3:00 Music Therapy 4:00 Mail | 2 Ground Hog Day 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 1:00 Individual Activity 3:00 Ground Hog Trivia 4:00 Mail | 3 Wear Red Day 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Coffee & News 3:00 Heart Health Trivia 4:00 Mail Support Women's Heart Health | 4 9:30 Room Visits 10:00 Exercise 1:00 Individual Activity 2:30 Bingo |
| 5 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Visits 1:30 Room Visits 2:30 Movie & Popcorn | 6 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Bible Study 1:00 Individual Activity 3:00 Bingo 4:00 Mail | 7 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 1:00 Individual Activity 3:00 Crafts - Valentine Decorations 4:00 Mail | 8 9:00 Morning Greeting & Room Visits 9:30 Beauty & Relaxation 1:00 Individual Activity 3:00 Music Therapy 4:00 Mail | 9 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 1:00 Individual Activity 3:00 Ice cream Parlor (Chocolate Sundae) | 10 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Coffee & News 1:00 Individual Activity 3:00 The good old Days (Music) 4:00 Mail | 11 9:30 Room Visits 10:00 Exercise 1:00 Individual Activity 2:30 Bingo |
| 12 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Visits 12:30 Valentine Banquet | 13 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Bible Study 1:00 Individual Activity 3:00 Bingo 4:00 Mail | 14 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 3:00 Valentine Party 4:00 Mail | 15 9:00 Morning Greeting & Room Visits 9:30 Beauty & Relaxation 12:00 Men's Lunch 1:00 Individual Activity 3:00 Music Therapy 4:00 Mail | 16 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 1:00 Individual Activity 3:00 Reminisce 4:00 Mail | 17 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 1:00 Individual Activity 3:00 Movie 4:00 Mail | 18 9:30 Room Visits 10:00 Exercise 1:00 Individual Activity 2:30 Bingo |
| 19 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Visits 1:30 Room Visits 2:30 Movie & Popcorn | 20 Presidents Day 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Bible Study 1:00 Individual Activity 3:00 Bingo 4:00 Mail | 21 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 1:00 Individual Activity 3:00 Cherry Pie & Coffee /Hmmm Good 4:00 Mail | 22 Ash Wednesday 9:00 Morning Greeting & Room Visits 9:30 Beauty & Relaxation 1:00 Individual Activity 3:00 Music Therapy 4:00 Mail | 23 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 1:00 Individual Activity 3:00 Cooking Class 4:00 Mail | 24 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Coffee & News 3:00 Birthday Party 4:00 Mail | 25 9:30 Room Visits 10:00 Exercise 1:00 Individual Activity 2:30 Bingo |
| 26 9:00 Church 10:00 Coffee Social 10:15 Catholic Church Visits 1:30 Room Visits 2:30 Remember When | 27 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Bible Study 1:00 Individual Activity 3:00 Bingo 4:00 Mail | 28 9:00 Morning Greeting & Room Visits 9:30 Individual Activity 10:00 Exercise 10:15 Resident Council Meeting Dining Room 3:00 Soda Shop 4:00 Mail | 29 Leap Year 9:00 Morning Greeting & Room Visits 9:30 Beauty & Relaxation 1:00 Individual Activity 3:00 Music Therapy 4:00 Mail | | | |



Adult Day Care February, 2012



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-------------------|---|---|---|--|--|-------------------|--|
| | | | 1. 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy | 2. Ground Hog Day 8:00 - Morning Greeting 10:00 - Exercise 1:00 - Table Games 3:00- Ground Hog Trivia | 3. Wear Red Day 8:00 - Morning Greeting 10:00 Spanish Bingo 1:00 Table Games 3:00 Heart Health | 4. Closed | |
| 5. Closed | 6. 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity | 7. 8:00 - Morning Greeting 10:00- Exercise 1:00 - Table Games 3:00 Crafts | 8. 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy | 9. 8:00 - Morning Greeting 10:00 - Exercise 1:00 - Table Games 3:00- Ice Cream Parlor | 10. 8:00 - Morning Greeting 10:00 Coffee Social 1:00 Table Games 3:00 The Good old Days (Music) | 11. Closed | |
| 12. Closed | 13. 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity | 14. 8:00 - Morning Greeting 10:00- Exercise 1:00 Table Games 3:00- Valentine Party | 15. 8:00 - Morning Greeting 9:00 Beauty Care 1:00 - Table Games 3:00 - Music Therapy | 16. 8:00 - Morning Greeting 10:00 - Exercise 1:00 Table Games 3:00 - Reminisce | 17. 8:00 - Morning Greeting 10:00 Coffee Social 1:00 Table Games 3:00 Movie | 18. Closed | |
| 19. Closed | 20. Presidents Day 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity | 21. 8:00 - Morning Greeting 1:00 - Table Games 3:00- Cherry Pie & Coffee | 22. Ash Wednesday 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music | 23. 8:00 - Morning Greeting 10:00 - Exercise 1:00 - Table Games 3:00 - Cooking Class | 24. 8:00 - Morning Greeting 10:00 Coffee Social 1:00 Table Games 3:00 Birthday Party | 25. Closed | |
| 26. Closed | 27. 8:00 - Morning Greeting & Coffee 10:00 - Bible Study 2:30 Bingo 3:30- Individual activity | 28. 8:00 - Morning Greeting 10:00- Exercise 1:00 - Table Games 3:00- Soda Shop | 29. Leap Year 8:00 - Morning Greeting 9:00 - Beauty & Relaxation 1:00 - Table Games 3:00 - Music Therapy | | | | |
| | | | | | | | |

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
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

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Members: John Perrin, Michael Carr, Julia Laing,
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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.