



Valentines at its Best

The month of February is a time when we celebrate romantic love. Flower shops are stuffed full of roses, red and white balloons, and pink bears with red hearts on their furry chests. I am all for roses and dinner dates. However, there is another kind of love that we are privileged to see here at King's Manor every single day. It is not the sentimental love of chic flicks, but the selfless, sacrificial and unconditional love of the Bible. Agape is the kind of love that comes from God himself; the kind of love that led him to sacrifice Christ on the behalf of the sinful, unlovable and undeserving human race.

In the same way, we are to love others sacrificially. Jesus gave the parable of the Good Samaritan as an example of sacrifice for the sake of others, even for those who may care nothing at all for us. Sacrificial love is not based on a feeling, but a determined act of the will, a joyful resolve to put the welfare of others above our own. But this type of love does not come naturally to humans, but comes to us through the gift of the Holy Spirit. Because of that gift, we can obey Jesus who said, "I give you a new commandment, that you love one another. As I have loved you, you should also love one another" (John 13:34). (<http://christianity.about.com/od/glossary/a/Agape.htm>)

It is this "joyful" resolve that we

see day in and day out. In the dining rooms of Westgate and the Manor, family members can be seen enjoying a meal with their parent, sister, aunt or friend. You can tell if a visitor is present without even knowing who is who; just look at the beaming smiles and know who has the visitor!

These visitors come without hopes of anything in return, except to see the happiness of the person on whom they bestow their attention. I hear the children of our residents speak of wanting to give back to their parents the attention and affection that was given them. They talk of the positive characteristics instilled in them and of the traits in their parents that they love and admire.

We see sons come in and out every day to make sure "mom" has everything she needs, but mostly just to enjoy one another's company; granddaughters who go out with a hamper of dirty laundry only to return the next day with stacks of neatly folded items; daughters with paint swatches and pictures to hang; sons-in-laws moving in furniture; nieces driving to doctor's appointments. And the list goes on. They are more consistent than the U.S. mail; they come through rain, snow, wind and dirt (mostly the latter!). They come even when they are not met with smiles of gratefulness, or sometimes even recogni-

tion. We witness people continuing to love, even when the person is not able to return that love, due to dementia or physical condition. Then there are children that take care of parents or family members who were not really there for them for whatever reason. They come because God told us to love one another. They come because "it is the right thing to do." Finally we see volunteers from the community who adopt people and love them, for no other reason than because they need to be loved.

In a time when our nation is struggling with the aftermath of unspeakable acts of violence, a time when the world seems almost devoid of goodness, we need to focus on what is true, lovely and noble. There is no better place to witness what is praiseworthy in people than here; this is the place to take a seat and watch. Witness the resolve; the acts of kindness one after another, after another.

And then sit back and witness the joy on the face of both the giver and the receiver. Better yet, come be a part!

Happy Valentine's Day!

Shelly Moss
Shelly Moss

Angels Among US *L'Allegra Sponsors Child Care Canopy*

The week of January 20 was Activity Professionals Week; a time set aside to honor these important members of our staff. These ladies really do need your help in keeping the feathers pushing through their shoulder blades plucked and trimmed back in order to stay incognito here in the real world. Activity Director for the Manor, Brenda Blacksher and her weekend helper Carmela Brock; Activity Director for Westgate, Chris Martinez and her assistants Laura Cervantes and Maria Guzman, do an excellent job. They provide activities to meet various cognitive levels and interests, keeping residents engaged and providing something to look forward to each day. It is the activity department that makes holidays in our facility festive with decorations inside and out, special foods and playful parties; from green hats on St. Patrick's Day and to bubbly and noise makers on New Year's. Whatever the day, whatever the occasion, one can see these gifted girls trotting from one end of the building to the other. And each one always with a smile on her face. Thank you for all you do. King's Manor would not get through the calendar year without our Activity Angels!

King's Manor's Child Care has long needed a protective cover for the playground: the summers just get too hot for the kids to play outside during the heat of the day. In answer to our need, L'Allegra Study Club very generously designated the proceeds of their 2012 plant sale money to King's Manor's Child Care. The study club presented the facility with a check for \$6,194.00. The child care raised another \$2000 towards the project and Johnny Brownlow Construction was contracted to do the job at a more than reasonable rate. A 20 foot by 20 foot metal cover was erected over the playground this past August. It has been a great addition to the facility, not only enabling the children to enjoy the playground even on the hottest summer day, but even during rain



and snow! We hope that there will be many rainy days in the coming months for them to try out the new canopy!

L'Allegra had their January meeting at King's Manor and they were able to view the results of their hard work and generosity. We are very grateful to these community conscious women for taking an interest in our organization and for all they do to make Hereford a better place to live and raise children.

King's Manor Auxiliary Valentine's Bake Sale and Craft Sale "Let Us Help With Your Valentine's Day Gifts"



February 8, 2013

8:00 am King's Manor Lobby



Proceeds go to Assisted Living Flooring Project



You're Invited to:
King's Manor's Annual Valentine Sweetheart Dinner
Thursday, February 14, 2013
6:30 p.m. Lamar Room
Adults—\$10.00
Children under 10 yrs.—\$5.00



Menu: Steak, Baked Potato, Fried Green Beans, Salad, Rolls, and Cheesecake

Activity News

As the Christmas trees and all the decorations are safely tucked away for 2013, our memories of a wonderful year remain behind. The Activity Department had a great year with the residents, with a lot of very special events that took place in 2012. I look forward to making many memories in 2013 as well.

We started out the New Year at the Manor, on the 31st, with a pizza party and game night. Bringing in the New Year with horns, hats and bubbling grape juice made for a fun evening. Another fun event was on the 15th. It was National Hat Day and throughout the facility everyone wore an array of different hats to celebrate. That afternoon, we had a tea party with great refreshments. Thank you to all the residents and staff that participated. On the 17th, we had Bill Dufur here to present a program on Sequoia/ Kings Canyon National Park. We appreciate the Arm Chair Traveler, what a great way to get away. On the 22nd, at the Manor, we had Cooking Class. We made homemade granola - we thought we might start the New Year on a healthy note!

Westgate residents also enjoyed a great New Years Eve party at noon in the dining room, with music, fun and a great meal. Chris and Laura also made a beautiful New Year's cake to serve. I would also like to recognize that one time a month Westgate has wonderful Spanish Bakery treats for the residents.

February will bring very many special events for both the Manor and Westgate; I truly hope to see everyone at our Valentine Banquet on the 14th, at 6:30 p.m. in the La-

mar Room. This year, we will have our banquet on Valentine's Day in honor of all our sweethearts here at King's Manor. We hope to have the honor of your presence to enjoy a relaxing evening with your loved ones on Valentine's Day. The food will be excellent and entertainment will be provided; not to mention the crowning of our Manor and Westgate Kings and Queens for the year. This will really be a very special event. I have listed all the special events scheduled in February for the Manor and Westgate. I hope everyone has a great month and a Happy Valentine's Day!

Brenda Blacksher,
Activities Director

Manor Special Events for February

American Heart Month/Wear Red

February 2nd

(Groundhog Day)

Trivia @ 3:00 p.m.

February 3rd

Wesley Methodist Church @ 6:00 p.m. (Watch the Super Bowl together after services at Station #3)

February 4th

Resident Council 1:00 p.m.

February 12th

Mardi Gras Party at Noon

February 13th

Ash Wednesday

February 14th

Valentine Banquet @ 6:30 p.m. w/ Family and Friends in Lamar Room

February 19th

West Texas Senior Resources for Veterans and Families @ 1:00 p.m.

February 20th

Men's Luncheon @ Noon Lamar Room invite a Male Friend

February 21st

Arm Chair Traveler @ 1:00 p.m./ Yosemite National Park

February 26th

Movie and a Meal at Senior Citizens 3:00 p.m.

February 28th

Birthday Party @ 3:00 p.m./Supper Club Outing (Mexican Food) 5:00 p.m. Meet at Station #3

Westgate Special Events for February

February 3rd

Super Bowl Party @ 3:00 p.m. WG Activity Room / Wesley Methodist Church 6:00 p.m. Lamar Room

February 7th

Spanish Bakery WG Activity Room 3:00 p.m.

February 12th

Mardi Gras Party w/Childcare @ 3:00 p.m. WG Activity Room

February 14th

Valentine's Lunch Party at noon WG Dining Room/Valentine's Card Party at 3:00 p.m./Valentine's Banquet Lamar Room @ 6:30 p.m. w/ Family

February 19th

Cooking Class @ 3:00 p.m.

February 20th

Men's Luncheon at Noon Lamar Room (Invite a Male Friend)

February 21st

Monthly Birthday Party at 3:00 p.m./ with Childcare WG Activity Room

February 24th

Tortilla Chip Party 3:00 p.m.

February 26th

Resident Council 3:00 p.m.

February 28th

Memory Books/WG Activity Room @ 3:00 p.m. (Families that have Photos, please join us to add to loved ones Memory Book)

Our Appreciation . . .

Donations to King's Manor

Ted Ray & Janet Coleman
Caviness Beef Packers
A.W. & Jackie Shoffit
Sylvia Douglas
Eunice Wright Irrevocable Trust
Lorain & Francis Baker
Memorial Fund
Francis A. Baker Memorial Fund

In Honor of:

Alice Lueb

Trish Shipley

Assisted Living Flooring Project

Steve & Ginger Olson
Calvin & Marian Goodin

Adult Day Care

Ken & Jody Branum

Memorials to King's Manor

Earlene Gordon

Roy & Sandi Blevins
Ray & Yvonne Simpson

Imogene Roberson Pogue

L.J. & Wilma Clark

Leona Glenn

John & Susan Perrin

Willard Tolbert

John & Susan Perrin

Meredith Ireland

Mickey & Shell Bonesio

Faye Wright

Phyllis Goettsch

Dorothy Phillips

L.J. & Wilma Clark

Flo Windwehen

Nicolo & Sandi Todaro

Wilma Neiman

Mike & Kaye Hansard

Perry Ray

Pat & Deborah Smith

Terry Watson

Pat & Deborah Smith

Mike Ranspot

Pat & Deborah Smith

Clinton & Aleane West

Lynton & Joyce Allred

Johnny West

Lynton & Joyce Allred

Jimmie & Mary Allred

Lynton & Joyce Allred

Carlos & Lottie Anderson

Lynton & Joyce Allred

Mamie Kendall

Lynton & Joyce Allred

Beatrice Nolan

Lynton & Joyce Allred

Emelene Kriegshauser

Leroy Bodkin

Mildred Knox

Paula Edwards

Scott & Missy Wilcox

BJ & Linda Gililand

Frank & Ruth Robbins

Bartley & Evelyn Dowell

Frankie Ruland

Scott & Missy Wilcox

Frank & Ruth Robbins

Wayne & Paula Proffitt

VFW Auxiliary

Margaret Cooper

Clarence Kelley

Seletta Gholson

Memorials to Samaritan Hospice

Earl Brookhart

Tom & Beverly Benton

Mike & Marilyn See

Mike & Patsy Patrick

Floyd & Phyllis Neill

Joan Osborn

McGinty & Associates

Ann Cummings

Scott & Lori Hall

Marie Yeager

Glenda Marcum

Welcome

King's Manor extends a warm
welcome to:

Westgate:



Jolene Bledsoe
Otis Lee
Buster Miller
William Drerup
Bess Williams
Sylvia Douglas

Assisted Living:

Benny Womble

FEBRUARY BIRTHDAYS

Employees:

Laura Cervantes 2/03
Diamantina Villarreal 2/03
Rosie Tijerina 2/06
Angie Ramos 2/10
Bertha Rodriguez 2/16
Judy Montez 2/19
Gwen Whittaker 2/21

Manor:

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

Westgate:

Sylvia Douglas 2/04
Hertha Frye 2/08
Ruby Burch 2/15
Ruben Losolla 2/23

Childcare:

Kraegan Pesina 2/17

Full Names Please . . .

Please use full names when addressing mail to a King's Manor resident. Due to the fact that nearly all our residents are grandparents, if the envelope is addressed to "Grammy" only, we may not know which resident to deliver it to.

Thank you

Our Christian Sympathy

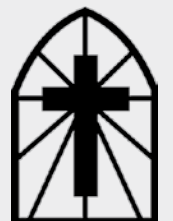
To the families of

Marie Yeager

Mildred Knox

Lisa Shelton



Wendel Clark





THE MANOR February, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Happy Birthday 	Katherine Smith 2/08 Beth Boles 2/25 Helen Langley 2/25		 American Heart Month	1 10:00 Coffee Social 11:00 Exercise 1:00 Games 3:00 Bingo	2 10:00 Coffee Social 1:00 Games 3:00 Groundhog Day/Trivia
3 Super Bowl Sunday 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games 6:00 Wesley Methodist	4 10:00 Coffee & Do-nuts 11:00 Exercise 1:00 Resident Council 3:00 Table Games	5 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Trivia	6 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Crafts	7 10:00 Coffee Social 10:00 Nail Care 1:00 Games 3:00 Movie & Pop-Corn	8 8:00 Auxiliary Bake Sale 10:00 Coffee Social 11:00 Exercise 1:00 Games 3:00 Bingo	9 10:00 Coffee Social 1:00 Games 3:00 Crafts
10 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games	11 10:00 Coffee & Do-nuts 11:00 Exercise 1:00 Table Games 3:00 Movie & Pop-Corn	12 10:00 Coffee Social 11:00 Bible Study Mardi Gras Party @ Noon 1:00 Games	13 Ash Wednesday 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Hot Choc Social	14 Happy Valentine's Day 10:00 Coffee Social 1:00 Games 6:30 Valentine Banquet	15 10:00 Coffee Social 11:00 Exercise 1:00 Games 3:00 Bingo	16 10:00 Coffee Social 1:00 Games
17 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games 5:30 Church of Christ	18 Presidents Day 10:00 Coffee & Do-nuts 11:00 Exercise 1:00 Table Games 3:00 Trivia of Our Presidents	19 10:00 Coffee Social 11:00 Bible Study 1:00 West Texas Senior Resources for Veterans and Spouses 2:00 Table Games	20 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 12:00 Men's Luncheon 1:00 Table Games 3:00 Heart Health	21 10:00 Coffee Social 10:00 Nail Care 1:00 Arm Chair Traveler 3:00 Movie & Pop-Corn	22 10:00 Coffee Social 11:00 Exercise 1:00 Games 3:00 Bingo	23 10:00 Coffee Social 1:00 Games 3:00 Soda Shop
24 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games	25 10:00 Coffee & Do-nuts 11:00 Exercise 1:00 Table Games 3:00 One Card Bingo	26 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00-6:00 Movie & Meal @ Senior Citz.	27 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Sing-A-Long	28 10:00 Coffee Social 10:00 Nail Care 1:00 Games 3:00 Birthday Party 5:00 Supper Club Outing		

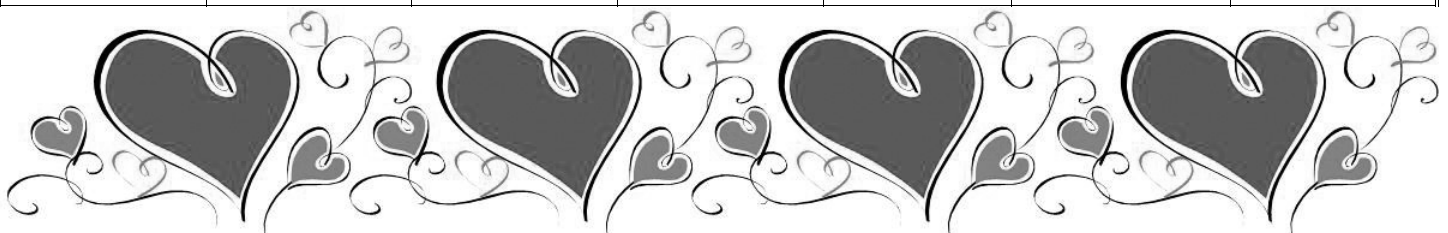


Westgate Activity Calendar

February, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Happy Sylvia Douglas 2/04 Hertha Frye 2/08	Birthday Ruby Burch 2/15 Ruben Losolla 2/23				1 American Heart Month/ Wear Red 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Coffee Social 1:00 Table Games 2:30 Westgate Cinema/ Movie & Popcorn 4:00 Mail	2 Groundhog Day! 9:00 Room Visits 10:00 Reminisce 1:00 Individual Activities 2:30 Bingo
3 Super Bowl Sunday 9:00 Worship In Lamar Room 10:30 Refreshments In Lamar Room 1:00 Room Visits 3:00 Super Bowl Party 6:00 Wesley United Methodist	4 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Bible Study 1:00 Individual Activities 3:00 Bingo 4:00 Mail	5 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Individual Activities 3:00 Crafts 4:00 Mail	6 8:30 Daily Devotional 9:30 Nail care 1:00 Ion1 room Visits 3:00 Sing -A- Long 4:00 Mail	7 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Individual Activities 3:00 Spanish Bakery Breads 4:00 Mail	8 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Coffee Social 1:00 Individual Activities 2:30 Westgate Cinema/ Movie & Popcorn 4:00 Mail	9 9:00 Room Visits 10:00 The Good Old Days 1:00 Individual Activities 2:30 Bingo
10 9:00 Worship In Lamar Room 10:30 Refreshments In Lamar Room 1:00 Room Visits 3:00 Valentine's Card Party	11 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Bible Study 1:00 Individual Activities 3:00 Valentine's Bingo 4:00 Mail	12 Lincoln's Birthday 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Individual Act. 3:00 Mardi Gras Party w/childcare 4:00 Mail	13 Ash Wednesday 8:30 Daily Devotional 9:30 Nail Care 1:00 Ion1 Room Visits 3:00 Sing -A-Long 4:00 Mail	14 8:30 Daily Dev. 9:00 Ion1 Room Visits 10:30 Exercise 11:30 Valentine's Lunch/Party 1:00 Individual Activities 3:00 Valentine's Card Handout 4:00 Mail 6:30 Valentine Banquet/ Lamar Room	15 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Coffee Social 1:00 Table Games 2:30 Westgate Cinema/ Movie & Popcorn 4:00 Mail	16 9:00 Room Visits 10:00 Reminisce 1:00 Individual Activities 2:30 Bingo
17 9:00 Wor- ship In Lamar Room 10:30 Refresh- ments In Lamar Room 1:00 Room Visits 3:00 Book Club	18 Presidents' Day 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Bible Study 1:00 Individual Activities 3:00 Bingo 4:00 Mail	19 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Veterans Benefits In-service/Lamar Room 1:00 Individual Activities 3:00 Cooking Class 4:00 Mail	20 8:30 Daily Devotional 9:30 Nail Care 12:00 Men's Luncheon 1:00 Ion1 Room Visits 3:00 Sing -A-long 4:00 Mail	21 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Individual Activities 3:00 Birthday Party w/childcare 4:00 Mail	22 Washington's Birthday 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Coffee Social 1:00 Individual Activities 2:30 Westgate Cinema/ Movie & Popcorn 4:00 Mail	23 9:00 Room Visits 10:00 The Good Old Days 1:00 Individual Activities 2:30 Bingo
24 National Tortilla Chip Day 9:00 Worship In Lamar Room 10:30 Refreshments In Lamar Room 1:00 Room Visits 3:00 Tortilla Chip Party	25 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Bible Study 1:00 Individual Activities 3:00 Bingo 4:00 Mail	26 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Individual Activities 3:00 Resident Council 4:00 Mail	27 8:30 Daily Devotional 9:30 Nail Care 1:00 Ion1 Room Visits 3:00 Sing -A-long 4:00 Mail	28 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:00 Individual Activities 3:00 Memory Books 4:00 Mail		





Adult Day Care February, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			American Heart Month		1. 10:00 Coffee & News 3:00 Movie & Pop-Corn	2. Closed
3. Closed	4. 10:00 Coffee & Do-Nuts 3:00 Bingo	5. 10:00 Exercise 3:00 Crafts	6. 9:30 Beauty Care 3:00 Sing a Long	7. 10:00 Exercise 3:00 Spanish Bakery	8. 10:00 Coffee & News 3:00 Movie & Pop-Corn	9. Closed
10. Closed	11. 10:00 Coffee & Do-Nuts 3:00 Bingo	12 10:00 Exercise 3:00 Mardi Gras Party	13 Ash Wednesday 9:30 Beauty Care 3:00 Sing a Long	14 10:00 Exercise 11:00 Valentine Lunch Party 3:00 Valentine Card Party	15 10:00 Coffee & News 3:00 Movie & Pop-Corn	16 Closed
17 Closed	18 10:00 Coffee & Do-Nuts 3:00 Bingo	19 10:00 Exercise 3:00 Cooking Class	20 9:30 Beauty Care 3:00 Sing a Long	21 10:00 Exercise 3:00 Birthday Party	22 10:00 Coffee & News 3:00 Movie & Pop-Corn	23 Closed
24 Closed	25 10:00 Coffee & Do-Nuts 3:00 Bingo	26 10:00 Exercise 3:00 Movie And pop-corn	27 9:30 Beauty Care 3:00 Sing a Long	28 10:00 Exercise 3:00 Memory Books		

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

NON PROFIT ORG US POSTAGE PAID AMARILLO, TX PERMIT NO 247
--

KING'S MANOR STAFF
(806) 364-0661

Executive Director Shelly Moss
 Westgate Administrator..... Lance Allen
 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 Bea Galvan
 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.*

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

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.