



Resilience

Do you remember Webster's dictionary? Yes, it is still around – only now you don't have to haul a book out and look up the word. I kind of miss dragging down my old, giant, red Webster's given to me as a high school graduation gift. A person used to have to at least sort of know how to spell a word to look it up (sometimes an issue for me). Now, I can get fairly close to the word I want, type it into the Google search bar, and if I misspell, it will politely ask, "did you mean__?" and then I will be provided with a myriad of answers. Today I typed in the word, "resilience." Google responded, "It said did you mean *resilience*?" I clicked on the Merriam Webster and found the following definitions: 1) the capability of a strained body to recover its size and shape after deformation caused especially by compressive stress and 2) an ability to recover from or adjust easily to misfortune or change.

According to the second definition, the fact that I am able to easily adjust to the change of using a computer instead of a dictionary to look up words, means that I have some degree of resilience. All humans have this quality to some extent; the ability to learn, to change, to come back after setbacks or crisis in our lives. The question of much debate is: "Why are some individuals so much more flexible and able to bounce back than others?" I am always amazed to see

the resilience of our residents here at King's Manor. The losses that individuals face as they age often come one after another. To call the loss of a spouse, a "misfortune" as in the second definition, is certainly an understatement. The loss of the use of the entire side of one's body is more than just "a change." In many cases, I think the first definition is more fitting. I would venture to say that losing a mate of 40, 50 or even 60 years would cause a body to be strained or deformed by "compressive stress." Or it could be said they were pounded into a pulsating mass of grief. And yet. Slowly. One agonizing step at a time. The lump does begin to recover its shape. However, the fallacy of thought that often occurs is that the person should recover in such a way that the lump assumes its original shape. But true resilience requires us to learn from the experience and morph into something that resembles the old shape, but is in fact slightly different. Slightly stronger; like iron ore plunged into white flame and pulled out as steel.

Ask someone who has just left their home of 36 years and moved into a space a quarter the size how that feels. More than likely, they will not even be able to put it into words. How do you leave the home where the pantry is etched with ruler marks indicating the milestones of your children? How do you give up the dining room table

where holiday meals were shared with family and friends? They may answer bravely, "You do what you have to do." Or they may shed a few tears. But somewhere along the way, there is a realization that it is nice not to have to dust all that furniture. Or, there are other tables, set with meals to be shared with new friends.

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Angels Among Us

We have a church service here at the Manor every Sunday morning; 52 weeks out of the year. It is presided over by King's Manor's Chaplain, Dennis Latham. All of the rest of our little church's positions are held by extraordinarily giving and dependable volunteers. Although each of them deserves mention, there are two angels in particular that must be named; they are Gene and Cynthia Streun. For over eight years, Gene and Cynthia provided ethereal music to King's Manor's congregation. Cynthia's fingers flew expertly over the piano keys, while Gene's voice rose over the worshiping heads. Gene's voice was pure and uplifting, never failing to inspire. Even when mobility became difficult, Gene continued to make the trip to the chapel to sing. It was important to him and Cynthia made sure he was here. We are grateful for that legacy. Now Gene is singing with the heavenly chorus and no doubt his face is beaming with joy. Thank you Cynthia, for your gift of music and for the many memories of Gene.

Resilience

(Continued from Page 1)

Losing a spouse means redefining oneself. Making new friends, finding a place to focus the energy once focused on the spouse, and finding new meaning in life. Those are big agenda items. It takes time. It takes reshaping. And yet we see old shapes begin to take on new forms every day. We see persistence in the continuation of life, a desire to continue to be a part.

Changes in our lives force us to take risks, to learn and to grow. Change whether forced upon us by nature or by our own choosing can cause anxiety and fear. And yet the resilient work through those emotions and on the other side find increased self-esteem and optimism for the future. Though theories vary, most agree that resilience can be learned and that it grows with exercise.

The experts have learned from studying people who have overcome life's curveballs and earned the label of "resilient". Here are some tips from *Psychology Today* that can help us follow in their footsteps:

- **Acceptance:** Before you can move forward, you must take the time to accept what has happened, whether it be a death, an illness, or change in circumstance. Realize you may not ever know the "why."
- **Take time to grieve:** You can't pretend it didn't happen. The loss of a home or independence requires

grieving time. The time associated with the grief process varies from person to person and depends on the depth of the loss.

- **Be patient:** Reflect and think about what you plan to do; but don't rush, it will only aggravate the process.
- **Face your fears:** It's normal to feel insecure, but don't cower and avoid uncertainty.
- **Go beyond your comfort zone:** Take risks. Push yourself. Doing so will build self-esteem and resilience.
- **Find your hero.** Think about people who have survived adversity, whether it be Christopher Reeve, or your next door neighbor. Use them as your role models.
- **Know what you want.** If you have goals, it's easier to make plans and move forward.
- **Be a problem-solver.** Don't be the victim, instead learn to behave proactively.
- **One step at a time.** To move forward, the enormity of the task (such as moving to a smaller home) may seem insurmountable. Focus on each step you must take, not the entire undertaking. One day at a time may be too much. You may need to just need to focus on getting through breakfast at first.

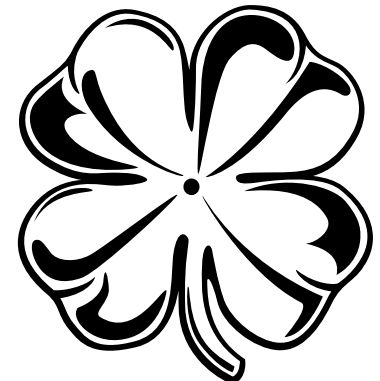
- **Seek support:** Talk to friends, family or a therapist. Do not isolate yourself.
- **Be kind to yourself:** Losses are a source of stress; both mentally and physically. Take care of yourself by eating right and regularly, exercise, and rest.

One that the magazine doesn't mention that I believe is a huge component of the resilience I see here is this: Look outside yourself. Kindness and empathy towards others is a great way to forget your own troubles for a bit and find emotional connection with your peers.

There are no shortage of super hero's here to use as role models. The super powers of our residents abound: thoughtfulness, kindness, flexibility, courage, risk taking, self-confidence, acceptance, optimism and persistence.

You are my heroes,

Shelly Moss
Shelly Moss



Activity News

February was a great month with lots of red, pink and love to set the month for a great time. We had plenty of time to prepare for our Annual Valentines Banquet; the room was set-up with anticipation of several to attend. We decorated the tables in burgundy table cloths, and angel vases filled with pink roses; the tables looked so beautiful. The menu consisted of steak, baked potato, fried green beans, great yeast rolls and to top it off strawberry cheesecake – hmmm good. The steaks were cooked to perfection by Scott Ward, Toby Turpen, and Rodney Ferguson. What an amazing job they did on the steaks; we appreciate you so much. The kitchen prepared the rest of the meal and it was wonderful as usual. I would also like to thank the girls that volunteered from HHS that helped serve that night. As the beautiful music played, plates were served by staff and volunteers. After the meal, the Royal Court was announced. The King and Queen are both voted on by the residents. Dr. Trow Mims was voted as King

at the Manor and Marie Stringer was voted as Queen. They were such gracious participants and how stunning they both looked in their royal crowns. Our King for Westgate was Willie Vasquez and Queen was Elva Mary. All were presented with crowns and a box of candy. We appreciate the new Royalty for participating and being such gracious participants.

As March blows in, we look forward to several special activities from St. Patrick's parties to hunting eggs with the childcare. Please be sure and check your calendar for upcoming events. I pray you all have a great Easter and I'm glad spring is on its way.

Brenda Blacksher
Activity Director

Welcome

King's Manor extends a warm welcome to:



Westgate:
Noella Dominguez
Maria Ramos
Sylvia Douglas
Ercel Brashear

Assisted Living:
Jolene Bledsoe
Otis Lee
Miles Caudle

Independent Living:
Jane Garth



**Happy Easter
King's Manor
Office Closed
Good Friday
March 29, 2013**

MARCH BIRTHDAYS

Employees:

Senaida Garza	3/02
Maria Guzman	3/07
Mary Lou Garcia.....	3/09
Sara Huerta.....	3/10
Briana Flores.....	3/11
Angie Ureste	3/12
Eunice Cerda.....	3/14
Carla Barrientos	3/18
Hilda Condarco	3/22
Maria Ortiz.....	3/22
Oflia Salazar.....	3/22
Orlando Urquiza.....	3/23
Don Davis	3/24
Donna Kirby.....	3/25
Scott Ward.....	3/26
Janie Cadena	3/28

Manor:

Betty Robinson.....	3/05
Helen Slaughter.....	3/05
Jeanette Thurman	3/11
Erma Barnhill.....	3/17
Earl Slaughter.....	3/17
Windy Windwehen.....	3/25
A.W. Shoffit	3/28

Westgate:

Catharine Enfield	3/08
Betty Hudson	3/22
Mariano Rodriguez	3/25

Childcare:

Vanessa Martinez	3/20
Jazmine Alderate.....	3/30
Cooper Copeland	3/31

Our Christian Sympathy

To the families of:



Rodolfo Martinez
Ruby Burch
Pedro Madrigal
Kathryn Vardell
Ella Caudle

**Relay for Life Bake Sale
Friday, March 22, 2013
8:00 a.m.—Front Lobby**



Our Appreciation . . .

Donations to King's Manor

Sylvia Douglas
A.W. & Jackie Shoffit
Mr. & Mrs. Bert Ballengee
James & Helen Higgins

Donations to Assisted Living Flooring Project

Ruland Kids

In Honor of:

Joe & Jerre Bea Shultz

Roy & Shirley Carlson

In Memory of:

Mildred Knox

Pat & Deborah Smith

Kathryn Vardell

Pat & Deborah Smith
Carolyn & Dean Hacker

Gene Streun

Carolyn & Dean Hacker

Memorials to Adult Day Care

Frankie Lynn Goldston

Mike & Kaye Hansard

Rebecca Bruce

Mike & Kaye Hansard

Kathryn Vardell

Mike & Kaye Hansard

Mildred Knox

Mike & Kaye Hansard

Earl Brookhart

Mike & Kaye Hansard

Memorials to King's Manor

Perry Ray

CD & Linda Fitzgearld

Ellen Collins

Jim & Zula Arney

Edna Lupton

Bob & Debbie Wiggins

Frankie Ruland

Roy & Sandi Blevins
Sue Inmon
Jim & Zula Arney

Faye Wright

CD & Linda Fitzgearld

Mildred Knox

Katherine Smith
Marline Watson

CD & Linda Fitzgearld
Maribeth Gililland Johnson
Jim & Zula Arney
G.C. & Gladys Merritt

Ruby Burch

Joyce Jenkins
Katherine Smith

Norene Poarch

BJ & Linda Gililland

Leota Nadine West

Wayne & Marsha Winget

Wendel Clark

BJ & Linda Gililland
Frank & Ruth Robbins
Herschel & Ruth Black
Jim & Zula Arney
G.C. & Gladys Merritt

Billie Boren

BJ & Linda Gililland
Herschel & Ruth Black
Scott & Missy Wilcox

Dorothy Phillips

Margaret Carnahan
Jim & Zula Arney

Earl Brookhart

Jim & Zula Arney

Vera Newton

Jim & Zula Arney

Sue Hutson

Jim & Zula Arney

Lisa Shelton

Bartley & Evelyn Dowell
G.C. & Gladys Merritt

Evelyn Crofford

BJ & Linda Gililland

Emelene Kriegshauser

Herschel & Ruth Black

Gene Streun

George & Jo Ochs
Mr. & Mrs. Max Goforth
Herschel & Ruth Black
Johnny & Jana Trotter
Scott & Missy Wilcox
Joyce Jenkins
Katherine Smith
Murlene Streun & Family
Paula Edwards
Alta Mae Higgins

Colline & Albert Kinsey
Dave & Norma Thompson

Memorials to Child Care

Kathryn Vardell

Kyle & Susie Cluck-Smith
J. Alan & Barbara Ames
Linda Williams
Catharine Enfield
BJ & Linda Gililland
Johnny & Jana Trotter
Frank & Ruth Robbins
Gripp Memorial
Youth Foundation
Wilton Windwehen
Donnie & April Coker
Sue Inmon
Dodge City International
George & Jo Ochs
Carla Scott
Jack & Clara Patton
Scott & Missy Wilcox
Jackie Schaeffer Byrnes

Donations to Samaritan Volunteers

Tom Alger Dairy
Hereford Texas Federal
Credit Union

Memorials to Samaritan Hospice

Ann Meyer

Steve & Terry Robison

Earl Brookhart

John & Susan Perrin

Gene Streun

Jack & Carolyn Witherspoon
Bill & Suzan Sanders
Diane Sanders
Dick & Patty Hill
Mark & Lesley Simpson
Brent & Sarah Sanders
Brad & Lisa Palmer
Brad & Sharon Sanders
Bob & Nancy Josserand

Ruby Burch

Sharla Heizer



THE MANOR March, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Happy Birthday Betty Sue Robinson—3/05 Helen Slaughter 3/05	Jeanette Thurman 3/11 Erma Barnhill 3/17 Earl Slaughter 3/17	Windy Windwehen 3/25 A.W. Shoffit 3/28	1 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo	2 10:00 Coffee Social 1:00 Games 3:00 Soda Shop
3 Daylight Savings Time 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games 6:00 Wesley Church	4 10:00 Coffee & Donuts 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 One Card Bingo	7 9:30 Nail Care 10:30 Coffee Social 1:00 Games 3:00 Movie & Pop-Corn	8 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo	9 10:00 Coffee Social 1:00 Games 3:00 Bible Trivia
10 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games 	11 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Music Memories	12 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Filling Easter Eggs for Hunt	13 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Sonic Outing Happy Hour	14 9:30 Nail Care 10:30 Coffee Social 1:00 Games 3:00 Movie & Pop-Corn	15 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo	16 10:00 Coffee Social 1:00 Games 3:00 Remember When
17 St. Patrick's Day 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games 5:30 Church of Christ	18 10:00 Coffee & Donuts 11:00 Exercise 1:00 Table Games 3:00 Trivia	19 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Reminisce	20 Spring Begins 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 12:00 Men's Lunch 1:00 Table Games 3:00 Decorative Egg Painting	21 9:30 Nail Care 10:30 Coffee Social 1:00 Arm Chair Travelers' 3:00 Table Games 5:00 Supper Club Outing	22 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Birthday Party	23 10:00 Coffee Social 1:00 Games 3:00 Movie
24 Palm Sunday 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games	25 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Music Memories	26 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Memory Games	27 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Sonic Outing Happy Hour	28 10:00 Easter egg Hunt w/ Childcare Lamar Room 1:00 Games 3:00 Movie & Pop-Corn	29 Good Friday 9:30 Country Store 10:00 Coffee Social 1:00 Table Games	30 10:00 Coffee Social 1:00 Games 3:00 Cookie Social
31 Easter 9:00 Worship in Lamar Room 10:00 Coffee Social 1:00 Table Games						



Westgate Activity Calendar

March, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>Happy Birthday</p> <p>Catharine Enfield 3/08</p> <p>Betty Hudson 3/22</p> <p>Mariano Rodriguez 3/25</p>		<p>1 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Coffee Social</p> <p>1:00 Table Games</p> <p>2:30 Westgate Cinema</p> <p>4:00 Mail</p>	<p>2 9:00 Ion1 Room Visits</p> <p>10:00 Trivia</p> <p>1:00 Individual Activities</p> <p>2:30 Bingo</p>
<p>3 9:00 Worship/Lamar Room</p> <p>10:30 Refreshments/Lamar Room</p> <p>1:00 Room Visits</p> <p>3:00 Men's Group</p> <p>6:00 Wesley United Methodist</p>	<p>4 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Bible Study</p> <p>1:00 Individual Activities</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky Williams</p> <p>4:00 Mail</p>	<p>5 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Individual Activities</p> <p>3:00 Crafts</p> <p>4:00 Mail</p>	<p>6 8:30 Daily Devotional</p> <p>9:30 Nail Care</p> <p>1:00 Ion1 Room Visits</p> <p>3:00 Sing-A-Long</p> <p>4:00 Mail</p>	<p>7 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Individual Activities</p> <p>3:00 Spanish Breads Bakery</p> <p>4:00 Mail</p>	<p>8 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Coffee Social</p> <p>1:00 Individual Activities</p> <p>2:00 Catherine Enfield 106th Birthday Party</p> <p>4:00 Mail</p>	<p>9 9:00 Ion1 Room Visits</p> <p>10:00 Spelling Bee</p> <p>1:00 Individual Activities</p> <p>2:30 Bingo</p>
<p>10 Daylight Saving Time Begins</p> <p>9:00 Worship/Lamar Room</p> <p>10:30 Refreshments/Lamar Room</p> <p>1:00 Room Visits</p> <p>3:00 Tea Party</p>	<p>11 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Bible Study</p> <p>1:00 Individual Activities</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky Williams</p> <p>4:00 Mail</p>	<p>12 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Individual Activities</p> <p>3:00 Cupcake/toy walk w/childcare</p> <p>4:00 Mail</p>	<p>13 8:30 Daily Devotional</p> <p>9:30 Nail Care</p> <p>1:00 Ion1 Room Visits</p> <p>3:00 Sing-A-Long</p> <p>4:00 Mail</p>	<p>14 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Individual Activities</p> <p>3:00 Humor Hour</p> <p>4:00 Mail</p>	<p>15 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Coffee Social</p> <p>1:00 Table Games</p> <p>2:30 Westgate Cinema</p> <p>4:00 Mail</p>	<p>16 9:00 Ion1 Room Visits</p> <p>10:00 Trivia</p> <p>1:00 Individual Activities</p> <p>2:30 Bingo</p>
<p>17 St. Patrick's Day</p> <p>9:00 Worship/Lamar Room</p> <p>10:30 Refreshments/Lamar Room</p> <p>1:00 Room Visits</p> <p>3:00 St. Patrick's Party</p>	<p>18 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Bible Study</p> <p>1:00 Individual Activities</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky Williams</p> <p>4:00 Mail</p>	<p>19 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Individual Activities</p> <p>3:00 Filling Easter eggs w/candy</p> <p>4:00 Mail</p>	<p>20 Spring Begins</p> <p>8:30 Daily Devotional</p> <p>9:30 Nail Care</p> <p>12:00 Men's Lunch</p> <p>1:00 Ion1 Room Visits</p> <p>3:00 Sing-A-Long</p> <p>4:00 Mail</p>	<p>21 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Arm Chair Traveler/Lamar Room</p> <p>3:00 Birthday Party w/ childcare</p> <p>4:00 Mail</p>	<p>22 Relay for Life Bake Sale</p> <p>8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Coffee Social</p> <p>1:00 Individual Activities</p> <p>2:30 Westgate Cinema</p> <p>4:00 Mail</p>	<p>23 9:00 Ion1 Room Visits</p> <p>10:00 Spelling Bee</p> <p>1:00 Individual Activities</p> <p>2:30 Bingo</p>
<p>24 Palm Sunday</p> <p>9:00 Worship/Lamar Room</p> <p>10:30 Refreshments/Lamar Room</p> <p>1:00 Room Visits</p> <p>3:00 Men's Group</p>	<p>25 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Bible Study</p> <p>1:00 Individual Activities</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky Williams</p> <p>4:00 Mail</p>	<p>26 8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:30 Exercise</p> <p>1:00 Individual Activities</p> <p>2:00 Resident Council</p> <p>3:00 Egg Painting w/ childcare</p> <p>4:00 Mail</p>	<p>27 8:30 Daily Devotional</p> <p>9:30 Nail Care</p> <p>1:00 Ion1 Room Visits</p> <p>3:00 Sing-A-Long</p> <p>4:00 Mail</p>	<p>28 8:30 Daily Devotional</p> <p>10:00 Easter egg hunt w/childcare-Lamar room</p> <p>1:00 Ion1 Room Visits</p> <p>3:00 Memory Books</p> <p>4:00 Mail</p>	<p>29 Good Friday</p> <p>8:30 Daily Devotional</p> <p>9:00 Ion1 Room Visits</p> <p>10:00 Coffee Social</p> <p>1:00 Table Games</p> <p>2:30 Westgate Cinema</p>	<p>30 9:00 Ion1 Room Visits</p> <p>10:00 Trivia</p> <p>1:00 Individual Activities</p> <p>2:30 Bingo</p>
<p>31 Easter Sunday</p> <p>9:00 Worship/Lamar Room</p> <p>10:30 Refreshments/Lamar Room</p> <p>1:00 Room Visits</p> <p>3:00 Easter Party Refreshments</p>						



Adult Day Care March, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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 Social 3:00 Bingo	12 10:00 Exercise 3:00 Cup-cake Walk	13 Ash Wednesday 9:30 Beauty Care 3:00 Sing a Long	14 10:00 Exercise 3:00 Humor Hour	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 Fill Easter Eggs	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 Social 3:00 Bingo	26 10:00 Exercise 3:00 Egg Painting	27 9:30 Beauty Care 3:00 Sing a Long	28 10:00 Egg Hunt w/ Childcare 3:00 Memory Books	29 Closed for Good Friday	30 Closed
31 Happy Easter !						

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..... 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, Parmer, 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.