



Words of Wisdom

I have had the privilege of having two very wise men in my life: my father and my husband. Whenever I complained of some misdeed inflicted upon me that had angered or wounded me, my father would listen with concern, and then respond with, "Let it go." As a younger person, that didn't really seem that helpful. It seemed like a platitude, a way of closing the subject with a proverbial pat on the head.

My husband's advice for handling issues that haunted me was this: "Just stop thinking about it." Which, by the way, I found equally infuriating. How was I supposed to just stop thinking about "it" particularly when "it" consumed me? The issue might have been an argument with a sibling, some infraction I perceived someone had committed against me or, most commonly, something stupid I had said or done. But as I get older, the more wisdom I see in his words. In fact, they are the key to my father's advice of "let it go."

One must stop thinking about the thing that is stuck in your head in order to let it go. If something stays stuck in your head for long, it eventually works its way to your heart, and then to the rest of your body. If you have ever been deeply emotionally wounded by another person, you know exactly what I mean. Deep seated anger and resentment can eat away at you causing depression, and stress related disease process such as high

blood pressure, heart disease and more. This does not include just anger or hatred directed at another person, but directed towards oneself. Self-hatred is a poison like no other.

The solution? Stop thinking about it and let it go. How do you let it go? One word: forgive. Forgiveness is the key to all relationships. Starting with our relationship with God, who forgives us through Christ, and then with our forgiveness of others.

At the heart of any lasting relationship is forgiveness. Marriages may start with love, but the strength and endurance of the marriage is based on each party's ability to forgive the other when they err in their ways. I am not just referring to the big stuff, but all the little things that happen along the way. We must be able to not dwell on their shortcomings (don't think about it) and then to not hold it against them (let it go). In other words: forgive and forget (technically, forget and forgive). Many a friendship or working relationship has gone by the wayside because of the inability of someone to get past some transgression. What about parent-child relationships? Siblings? We as humans mess up; this does not exclude humans in the roles of Mother, Father, Sister, Brother, Friend, and on and on. Sometimes, probably most times, we had no idea how deep a wound we were inflicting on someone else whilst in mid cut. Usually, we are

just groping along in the fog of our own lives that we accidentally collide with others who get in that path, maybe totally unaware of who we hit or how hard.

It is better to deal with issues quickly before they build up to a point where no one really knows why there are bad feelings. As we have only too recently been reminded, life can change in an instant and we may not have tomorrow to make amends. If you have a conflict with someone, whether it happened yesterday or 25 years ago, talk to them about it if you can, then stop thinking about it. Strike it from the records in your head and move on. When the thoughts and memories start to creep back in, immerse yourself into something else, a craft project, a funny movie, a suspenseful book, etc..., anything to take your mind somewhere else. The more you practice diverting your mind from the negative thought, the easier it will become. I am not saying it is a simple thing. I am saying it is worth it. Every time.

May you be at peace with yourself and with others this Mother's Day,

Shelly Moss

Volunteers are more important to King's Manor and Samaritan Hospice than we can put into words. Some of you may not even think of yourselves in that way. You may do your "thing" with such effortless and love that you don't even know how important you are. I tried to put it into words all you do and what value you have. Even so, I cannot even say how much you are appreciated. Though it will never make it into any coffee table poetry books, here goes:

You Come with Arms Full

You come bearing flowers, you come bearing cakes,
You come with cookies, pies and sometimes even rakes!

You rev up your engines and mow sweet green grass,
You pull weeds and trim trees and take folks to Mass.

You come playing music on keyboards and strings,
You sing songs of joy and of fun kinds of things.

You come in the form of church members and board members and club members and such,
You come with glad hearts as you do so very much.

You come with minds full of plans;
You think of ways to keep plenty of funds on hand.

You come with stories of travel afar and bring us the world through pictures of places
Our eyes brim with wonder at the sight of the earth's marvelous spaces.

You come with smiles on your faces and laughter on your lips,
And often accompanied with homemade food for our hips.

You come with arms full of books, magazines, socks, even soap,
But even more your arms bear morsels of hope.

You come bringing God's word and news of Christ's love,
You bring the community to our door; we are alone, no more.

By Shelly Moss

Activity News

April was a great month with lots of celebrations throughout and many special events. We have been very blessed. May will be just as special with Mother's Day right around the corner. King's Manor will be celebrating with **Family Night** on the 9th of **May** at **6:30 p.m.** Please come join us for a great

celebration for all our moms. We will be serving homemade Chicken Tetrazzini with garlic bread. Families and friends are asked to please bring "your mom's" favorite side dish or dessert to go along with the meal.

Chris, Laura and I have planned a very full calendar for May's ac-

tivities, so please be sure and check your calendar for events. Family and friends are always welcome to attend. I hope you all have a great Mother's Day and a wonderful spring.

Brenda Blacksher
Activity Director

Samaritan Hospice

Ever hear the expression “the elephant in the room?” It normally is referring to something no one wants to talk about. But, we at Samaritan Hospice have a different kind of Elephant in our rooms. These Elephants are talked about all over town and are very much respected and loved for their hearts and sweet giving spirits. They are called “Angels” among most of our patients and we could never do without them—never want to. They are our wonderful VOLUNTEERS!!! We just added a few more to our family and would like to introduce them to you...

Kim Hatla is from Dimmitt and will be loving on our patients and

families in Hereford as well as Dimmitt.

Betty Innes will be reaching out her loving hand in the Muleshoe/Farwell area. She is a retired RN.

Rosa Garza will be working hard on fundraising for us as well as helping out in the office.

We are so blessed to have these ladies and I know they are excited to be a blessing as only a volunteer can. You can follow us on Facebook at “Samaritan Hospice volunteer program.” As always, if interested in volunteering, please give me a call for more information at 806-626-8467.

Blessings,
Linda Brito

Relay for Life Hamburger Lunch

Friday, May 17, 2013
11:30—1:00 Lobby
\$6.00—Hamburger, Chips and Drink

Office Closed
Memorial Day
May 27, 2013

Save the Date

35th Annual Founders Barbeque
Saturday, July 20th, 2013

Featuring

“Hard Nights Day” A tribute to the Beatles

Dig out your bell bottoms, tie dye a t-shirt, and cinch up your peace sign belt buckle! It is going to be a back to the sixties evening rocking to the beat of old favorites like, *I Wanna Hold Your Hand*, *Eight Days a Week*, and *Hey Jude*. Mark your calendars because this is one event you will not want to miss!

MAY BIRTHDAYS

Employees:

Mary Rocha..... 5/05
Janett Fuentes..... 5/07
Anna Moreno 5/07
Julianne Ortiz..... 5/10
Rachel Martinez..... 5/17
Kayla Landers 5/19
Lance Allen 5/20
Christina Torres..... 5/23
Laura Acuna 5/27
Jenica Mannrique 5/27
Mercedes Garcia 5/30

Manor:

Earl Lance 5/07
Seletta Gholson 5/08
Katie Kendall 5/16

Westgate:

Tommye Harrison 5/02
Oveta White 5/10
Frankie Wood 5/15
June Stark..... 5/16
Jean Gilter 5/20
Javier Gutierrez..... 5/24
Adella Mathers..... 5/27
Dena Collum 5/29
Fidel Reyna 5/31

Childcare:

Landry Jones 5/06
Gael Ortega 5/15
Alexus Dela Cruz..... 5/16
Pete Dela Cruz 5/16
Keely Burnett..... 5/16
Addison Thomas 5/18

Our Christian Sympathy

To the family of:
Otis Townsend



Our Appreciation . . .

Donations to King's Manor

A.W. & Jackie Shoffit
Elias & Jacqueline Dela Cerda
First Presbyterian Church

Assisted Living Remodel

Steve & Sharon Hodges

In Honor Of:

Eldon & Nelda Fortenberry

Herschel & Ruth Black

Frances Crume

Betty Grady

Otis Lee

Mike & Kaye Hansard

Memorials to King's Manor

Kathryn Vardell

Marline Watson

L.J. & Wilma Clark

Bob & Rita Martinez

Ella Caudle

Ross & Linda Baird

Marline Watson

Jerry & Denise Teel

Herschel & Ruth Black

Betty Grady

L.J. & Wilma Clark

Henry & Lillian Batenhorst

Faye Wright

Marline Watson

Beverly Davies

Ross & Linda Baird

Billie Boren

Marline Watson

Irene Baird

Marline Watson

Ronnie Short

Ross & Linda Baird

G.C. & Gladys Merritt

Gene Streun

Ross & Linda Baird

Marline Watson

Jerry & Denise Teel

Raymond & Linda Davis

Henry & Lillian Batenhorst

Bera Johnson

John Stribling

Margaret Cooper

Bera Johnson

Daulma Stribling

Bera Johnson

Emma Noland

Cliff & Sidney Kerr

Josie Chesser

Juanita Coker

Micah Noland & Children

Bryan & Cathy Chesser

Jelly McGowen

Margaret Cooper

Clona Blackney

Dean & Mary Herring

G.C. & Gladys Merritt

Ross & Linda Baird

Scott & Missy Wilcox

Mildred Knox

Raymond & Linda Davis

Phyllis Goetsch

Wanda Thompson

Ross & Linda Baird

Scott & Missy Wilcox

Frankie Ruland

Bera Johnson

Wendel Clark

Bera Johnson

Helen Eades

Herschel & Ruth Black

Paula Daniel

Roy Don & April Coker

Marcie Johnson

Mike & Kaye Hansard

Memorials to

Samaritan Hospice

Ella Caudle

Ronald & Paula Thornton

Emma Noland

Pat & Deborah Smith

Micah Noland & Children

Angels Among Us

If you have a quick eye, you may catch a glimpse of a true to life angel whizzing around Westgate in the early morning hours. With wings tucked under his shirt, he pushes residents back to their rooms after breakfast. I am blessed to meet this angel almost every morning. I hear his greetings and watch him interact with the residents as he wheels them to and fro. His exterior may be that of a rough and tough, hardworking man...and that he is, but the kind loving heart he has for God's fragile, aging, children shows through in his warm gentle smile. When I ask him how he is, his reply is "Wonderful." And I agree. Thank you, Eldon Fortenberry, for loving King's Manor and sharing yourself and your talents with, not only your mother, Ruth, but with all of us, here at King's Manor.



Janet Coleman

Welcome

King's Manor extends a warm welcome to:

Westgate:

Izzy Bushart

Dena Collum

Javier Gutierrez

Ted Higgins

Lavon Nieman

Kathryn Robinson

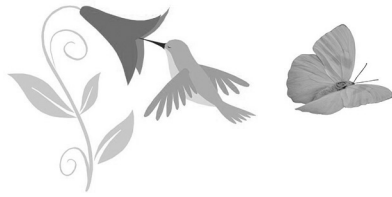
Luella Thomas



Manor:

Mary Dean


Imogene Sweeney

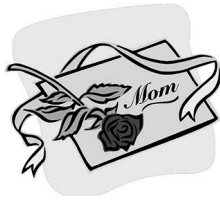


THE MANOR

May, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Have a Great Mother's Day !</p>			<p>1 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games</p> <p>4:30 Outing Carson and Barns Circus</p>	<p>2 9:30 Nail Care 10:30 Coffee Social 1:00 Table Games 3:00 Movie</p>	<p>3 10:00 Coffee Social 10:00 Exercise 1:00 Table Games 3:00 Bingo</p>	<p>4 10:00 Coffee 1:00 Games 3:00 Reminisc</p>
<p>5 9:00 Worship 10:00 Coffee Social 1:00 Table Games 6:00 Wesley Meth. Church</p>	<p>6 10:00 Coffee Social 11:00 Exercise 1:00 Resident Council 3:00 Table Games</p>	<p>7 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Coke Floats</p>	<p>8 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 One Card Bingo</p>	<p>9 9:30 Nail Care 10:30 Coffee Social 1:00 Table Games 6:30 Family Night In Honor of Moms !</p>	<p>10 10:00 Coffee Social 10:00 Exercise 1:00 Table Games 3:00 Bingo</p>	<p>11 10:00 Coffee social 1:00 Games</p> <p>2:00 Birthday Party For Earl Lance</p>
<p>12 Mother's Day 9:00 Worship 10:00 Coffee Social 1:00 Table Games</p>	<p>13 10:00 Do-nut Social 11:00 Exercise 1:00 Games 3:00 Spelling Bee</p>	<p>14 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Sonic Outing</p>	<p>15 9:30 Country Store 10:00 Coffee Social 12:00 Men's Luncheon 3:00 Trivia (Game)</p>	<p>16 9:30 Nail Care 10:30 Coffee Social 1:00 Table Games 1:00 Arm Chair Traveler 6:30 HISD/ Pinning LR</p>	<p>17 10:00 Coffee Social 10:00 Exercise 1:00 Table Games 3:00 Bingo</p>	<p>18 10:00 Coffee 1:00 Games 3:00 Bible Trivia</p>
<p>19 9:00 Worship 10:00 Coffee Social 1:00 Table Games 5:30 Church Of Christ</p>	<p>20 10:00 Coffee Social 11:00 Exercise 1:00 Games 3:00 Patio Fun</p>	<p>21 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Ice-Cream Sundaes</p>	<p>22 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Keno (Game)</p>	<p>23 9:30 Nail Care 10:30 Coffee Social 1:00 Table Games 3:00 Birthday Party</p>	<p>24 10:00 Coffee Social 10:00 Exercise 1:00 Table Games 3:00 Bingo</p>	<p>25 10:00 Coffee 1:00 Games 3:00 Movie</p>
<p>26 9:00 Worship 10:00 Coffee Social 1:00 Table Games</p>	<p>27 Memorial Day 10:00 Coffee Social 11:00 Exercise 1:00 Table Games</p>	<p>28 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Smoothies</p>	<p>29 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 5 Second Rule (Game)</p>	<p>30 9:30 Nail Care 10:30 Coffee Social 1:00 Table Games 5:30 Game Night</p>	<p>31 10:00 Coffee Social 10:00 Exercise 1:00 Table Games 3:00 Bingo</p>	<p>HAPPY BIRTHDAY</p> <p>Earl Lance 5/07</p> <p>Seletta Gholson 5/08</p> <p>Katie Kendall 5/16</p>



Westgate Activity Calendar

May, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
May 6th—10th National Nurses Week 	Happy Tommye Harrison 5/02 Oveta White 5/10 Frankie Wood 5/15 June Stark 5/16 Jean Gilter 5/20	Birthday Javier Gutierrez 5/24 Adella Mathers 5/27 Dena Collum 5/29 Fidel Reyna 5/31	1 8:30 Daily Devotional 9:00 Word Search Puzzles 9:30 Nail Care 1:30 Ion1 Room Visits 3:00 Poker Keno 4:00 Mail	2 8:30 Daily Devotional 9:00 Ion1 room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Banana Split Party 4:00 Mail	3 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Walking Club 1:30 Table Games 2:30 Westgate Cinema 4:00 Mail	4 8:30 Ion1 Room Visits 10:00 Patio Outing 1:30 Individual Activities 2:30 Bingo
5 9:00 Worship/Lamar Room 10:30 Refreshments/Lamar Room 1:30 Room Visits 3:00 5 De Mayo/ Fiesta 6:00 Wesley United Methodist	6 8:30 Daily Devotionals 9:00 Ion1 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo 3:00 Support Group w/ Becky W. 4:00 Mail	7 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:30 Memory Ticklers 3:00 Popsicle party w/childcare-Gazebo 4:00 Mail	8 8:30 Daily Devotional 9:00 Word Search Puzzles 9:30 Nail Care 1:30 Ion1 Room Visits 3:00 Sing-A-Long 4:00 Mail	9 8:30 Daily Devotional 9:00 Ion1 room Visits 9:30 Shopping Reservations 10:30 Exercise 1:30 Individual Activities 3:00 Cooking Class 4:00 Mail 6:30 Family Night/ Lamar Room	10 8:30 Daily Devotional 9:00 Ion1 Room Visits 9:30 Shopping Outing 10:00 Walking Club 1:30 Table Games 2:30 Westgate Cinema 4:00 Mail	11 8:30 Ion1 Room Visits 10:00 Spelling Bee 1:30 Individual Activities 2:30 Bingo
12 Mother's Day!  9:00 Worship/Lamar Room 10:30 Refreshments/Lamar Room 1:30 Room Visits 3:00 Mother's Day Tea Party	13 8:30 Daily Devotionals 9:00 Ion1 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo 3:00 Support Group w/ Becky W. 4:00 Mail	14 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Crafts 4:00 Mail	15 8:30 Daily Devotional 9:00 Word Search Puzzles 9:30 Nail Care 11:30 Ladies Lunch 12:00 Men's Lunch/ L.R. 1:30 Ion1 Room Visits 3:00 5 Second Rule/ Game 4:00 Mail	16 8:30 Daily Devotional 9:00 Ion1 room Visits 10:30 Exercise 1:00 Arm Chair Traveler 3:00 Birthday Party w/childcare 4:00 Mail	17 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Walking Club 1:30 Table Games 2:30 Westgate Cinema 4:00 Mail	8:30 Ion1 Room Visits 10:00 Patio Outing 1:30 Individual Activities 2:30 Bingo
19 9:00 Worship/Lamar Room 10:30 Refreshments/Lamar Room 1:30 Room Visits 3:00 Ice-cream Party	20 8:30 Daily Devotionals 9:00 Ion1 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo 3:00 Support Group w/ Becky W. 4:00 Mail	21 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:30 Memory Ticklers 3:00 Name 5/Trivia 4:00 Mail	22 8:30 Daily Devotional 9:00 Word Search Puzzles 9:30 Nail Care 1:30 Ion1 Room Visits 3:00 Sing-A-Long 4:00 Mail	23 8:30 Daily Devotional 9:00 Ion1 room Visits 9:30 Shopping Reservations 10:30 Exercise 1:30 Individual Activities 3:00 Spanish Breads Bakery 4:00 Mail	24 8:30 Daily Devotional 9:00 Ion1 Room Visits 9:30 Shopping Outing 10:00 Walking Club 11:30 Cook-out/Gazebo 1:30 Table Games 2:30 Westgate Cinema 4:00 Mail	25 Ion1 Room Visits 10:00 Reminiscence 1:30 Individual Activities 2:30 Bingo
26 9:00 Worship/Lamar Room 10:30 Refreshments/Lamar Room 1:30 Room Visits 3:00 Poker Keno	27 Memorial Day  8:30 Daily Devotionals 9:00 Ion1 Room Visits 10:00 Bingo 1:30 Table Games 3:00 Lobby Social	28 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Resident Council 4:00 Mail	29 8:30 Daily Devotional 9:00 Word Search Puzzles 9:30 Nail Care 1:30 Ion1 Room Visits 3:00 Parachute Exercises w/childcare 4:00 Mail	30 8:30 Daily Devotional 9:00 Ion1 room Visits 10:30 Exercise 1:00 Individual Activities 3:00 Memory Books 4:00 Mail	31 8:30 Daily Devotional 9:00 Ion1 Room Visits 10:00 Walking Club 1:30 Table Games 2:30 Westgate Cinema 4:00 Mail	



Adult Day Care May, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1. 9:30 Beauty Care 3:00 Keno	2. 10:00 Exercise 3:00 Banana Split Party	3. 10:00 Coffee & News 3:00 Movie & Pop-Corn	4 Closed
5. Closed	6. 10:00 Coffee & Do-Nuts 3:00 Bingo	7. 10:00 Exercise 3:00 Party w/ Childcare	8. 9:30 Beauty Care 3:00 Sing a Long	9. 10:00 Exercise 3:00 Cooking Class	10. 10:00 Coffee & News 3:00 Movie & Pop-Corn	11. Closed
12. Closed	13. 10:00 Coffee Social 3:00 Bingo	14 10:00 Exercise 3:00 Crafts	15 9:30 Beauty Care 3:00 Table Games	16 10:00 Exercise 3:00 Birthday Party	17 10:00 Coffee & News 3:00 Movie & Pop-Corn	18 Closed
19 Closed	20 10:00 Coffee & Do-Nuts 3:00 Bingo	21 10:00 Exercise 3:00 Trivia	22 9:30 Beauty Care 3:00 Sing a Long	23 10:00 Exercise 3:00 Spanish Breads	24 10:00 Coffee & News 3:00 Movie & Pop-Corn	25 Closed
26 Closed	27 Memorial Day Closed	28 10:00 Exercise 3:00 Movie	29 9:30 Beauty Care 3:00 Exercise W/ Childcare	30 10:00 Exercise 3:00 Memory Books	31 10:00 Coffee & News 3:00 Movie & Pop-Corn	

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

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 US POSTAGE PAID
 PERMIT NO 247
 AMARILLO, TX

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..... Marisela Hernandez
 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.