



# The Dementia Dilemma

What is the difference between dementia and Alzheimer's? This is a question that is so frequently asked that it begs to be addressed. Dementia is a general term for a decline in mental ability severe enough to interfere with daily life; it is not a specific disease, but an *overall* term that describes a wide range of symptoms. While symptoms of dementia can vary greatly, at least two of the following core mental functions must be significantly impaired to be considered dementia:

- Memory
- Communication and language
- Ability to focus and pay attention
- Reasoning and judgment
- Visual perception

Dementia is often incorrectly referred to as "senility" or "senile dementia," which reflects the formerly widespread *but incorrect* belief that serious mental decline is a normal part of aging. While Alzheimer's disease does account for somewhere between 60% and 80% of dementia cases, there are numerous other conditions that can cause symptoms. It is important to note that many dementias are reversible. Do not assume this is normal, but visit your physician and be assessed for the possible causes which could include easily treated conditions such as:

- Urinary tract infections (UTI) are quite common in the elderly and more frequent in women than men. An abrupt change in functioning or a sudden delirium might be the result of infection.
- Metabolic issues such as hypothyroidism (very low thyroid) or thyrotoxicosis (very high levels of thyroid hormone in the body), repeated episodes of hypoglycemia (low blood sugar) as related to diabetes; liver cirrhosis and elevated ammonia levels in the blood.
- Electrolytes are out of balance; vitamin deficiency and/or malnutrition; elderly individuals living alone are at high risk of poor nutrition.
- Side effects from many commonly used medications; be sure and discuss all medications with your physician.

**Vascular dementia** is the second most common dementia type. Vascular dementia results from conditions that damage the brain's blood vessels, reducing their ability to supply the brain with the large amounts of nutrition and oxygen it needs to perform thought processes effectively. The location of the brain injury de-

termines how the individual's thinking and physical functioning are affected. Common conditions that may lead to vascular dementia include:

- Stroke (infarction) blocking a brain artery. Strokes that block a brain artery usually cause a range of symptoms that may include vascular dementia. But some strokes don't cause any noticeable symptoms. These "silent brain infarctions" still increase dementia risk. With both silent and apparent strokes, the risk of vascular dementia increases with the number of infarctions that occur over time. One type of vascular dementia involving many strokes is called multi-infarct dementia.
- Other conditions that could lead to vascular dementia include: narrowed or chronically damaged brain blood vessels; increasing age; history of heart attack, strokes or mini strokes; Atherosclerosis; high cholesterol; high blood pressure; diabetes; smoking; and atrial fibrillation.

Vascular dementia is often accompanied by some physical challenge such as limited movement on one side of the body, particularly if it is a single larger stroke. Both the cognitive and physical impairments

*(Continued on page 2)*

**Save the Date for the Saturday, July 20th Founder's BBQ**

**Get your Go Go Boots ready for**

**"A Hard Night's Day" Tribute to the Beatles**

## Dementia or Alzheimer's?

(Continued from page 1)

related to vascular dementia usually develop suddenly and at the same time, whereas Alzheimer's causes a steadier decline with physical side effects not occurring until later stages of the disease. Very often people with vascular dementia maintain their personality and retain some abilities until the later stages of the disease. This is different for those with Alzheimer's who are likely to experience a decline in *all abilities*. Vascular dementia can affect distinct parts of the brain depending on where the stroke or mini-strokes have occurred, whereas Alzheimer's disease affects the entire brain.

There are many other, less common, conditions that can cause symptoms of dementia, including:

**Dementia with Lewy bodies (DLB):** Lewy body disease occurs when protein deposits in the brain called Lewy bodies impede normal cognitive function. Some researchers consider DLB the second most common form of dementia, accounting for up to 20 percent of cases. Others believe DLB may be a subtype of Alzheimer's disease rather than a separate disease.

- **How the symptoms compare to Alzheimer's:** Symptoms of both can include confusion, problems with concentration, and some memory impairment. Hallucinations tend to be more common. Like Alzheimer's, DLB is progressive. People with Alzheimer's have good days and bad days, but people with DLB may experience changes more frequently (even from one hour to the next -- and these changes may seem quite extreme).
- REM sleep behavior disorder, which causes movements, ges-

turing, and speaking during sleep and confusion upon awakening, is often considered an early sign of DLB.

- People with DLB also experience problems with mobility, similar to those of Parkinson's disease. These include movements that are slow, stiff, or shaky, trouble balancing, and a shuffling walk.

**Dementia caused by Parkinson's disease:** Problems with movement are a common symptom early in the disease. If dementia develops (as occurs in about 1 in 5 cases), symptoms are often similar to dementia with Lewy bodies.

- **Brain changes:** Alpha-synuclein clumps are likely to begin in an area deep in the brain called the substantia nigra. These clumps are thought to cause degeneration of the nerve cells that produce dopamine.
- **How the symptoms compare to Alzheimer's:** The symptoms of Parkinson's are usually diagnosed first because the dementia develops in the disease's later stages. *Parkinson's dementia does not typically involve problems with language.*

**Frontotemporal dementia:** Frontotemporal dementia is associated with *rare diseases* or disorders that affect the frontal lobe or front of the temporal lobes of the brain. Pick's disease is one example. Pick's involves abnormal deposits of the tau protein in the brain (called Pick bodies). Damage to the frontal and temporal lobes affects personality, memory, and behavior.

- **How the symptoms compare to Alzheimer's:** Frontotemporal dementia is associated with impaired judgment, changes in personality, mood swings, problems with language, and a decreased interest in activities that were once enjoyed. *Symptoms can oc-*

*cur suddenly.*

- Though frontotemporal dementia is a progressive disease, personality and behavioral symptoms tend to occur early on, whereas disorientation (getting lost) tends to occur late. (It's typically reversed in Alzheimer's.) Semantic memory (memory of the meaning of words and objects) is more affected than episodic (time related) memory.
- Uninhibited or inappropriate behavior is common in people with frontotemporal dementia. They may demonstrate a marked lack of empathy, acting without regard to what other people think or feel.

**Head injuries** that cause hydrocephalus or a subdural hematoma, which is an accumulation of blood underneath can cause dementia. Some of these may be reversible.

This is certainly not an all-inclusive list, but may help you distinguish between some different disease processes. Any time you notice a loved one or yourself having difficulty performing tasks that used to come easily, such as balancing a checkbook, playing games (such as bridge), and learning new information or routines, getting lost on familiar routes, language problems (such as having trouble finding the name of familiar objects) losing interest in things previously enjoyed, flat mood, misplacing items and or experiencing personality changes and loss of social skills, make an appointment with your physician for an evaluation and assessment.

Have a great June!

*Shelley Moss*

## Activity News

We had a wonderful month of May; **Family Night** was great! We had Chicken Tetrazzini for the main course with garlic bread and families brought sides dishes of all kinds. In honor of our moms, each resident and daughter received a corsage. I appreciate Adult Day Care members and Laura and Chris for helping make them. The musical entertainment was so inspiring; **Jim & Rhonda Murphry** from Victory Church in Friona sang with **Kevin & Carolyn Wiseman** from the First Baptist Church in Friona. What a wonderful time we had listening to all the songs that we grew up singing in Church. On the 15th, the guys enjoyed a great luncheon in the Lamar Room while the ladies enjoyed their Shish Kabobs as a great appetizer before their meal. Thanks again to the guys in maintenance for cooking. On the 16th, we had another great program with Bill Duffer (Arm Chair Traveler) which is held each month on the 3rd Thursday at 1:00 p.m. Come join us and enjoy the scenery and history of great parks all over the United States. In May, Westgate

residents had their first Summer Cook out in the gazebo. This will continue as long as the weather is nice. What a great time everyone had getting together and fellowshiping over the smell off freshly grilled hamburgers. June is here and we all know that this is the month we like to let our Fathers know how much we appreciate them. On Friday the 14th at 3:00 p.m. in the Lamar Room, we will be having homemade ice-cream for all our Manor dads. Westgate will be having an ice-cream social on the 16th in the Westgate Activity Room at 3:00 p.m. And of course, our wonderful Kitchen staff will be preparing a special meal for the dads on Father's Day. If you would like to eat with your special guy on Father's Day, please let us know by the 11th so we can prepare plenty of goodies. I hope everyone has a great summer. I know school is out and graduation is over for some of you, so all relax and enjoy your time together.

Brenda Blacksher

## JUNE BIRTHDAYS

### Employees:

Marisela Hernandez .....	6/01
Kiana Zamora.....	6/07
Esmeralda Ramirez .....	6/11
Mary Jane Chavira .....	6/12
Dora Franco .....	6/19
Angie Lopez.....	6/19
Ana Olmos .....	6/19
Yolanda Alaniz.....	6/22
Larry Carlson .....	6/23
Sandra Fowler .....	6/23
Maria Campos-Lopez.....	6/25
Paul Garcia.....	6/26
Martha Ramos.....	6/28

### Manor:

Leona Shoffit.....	6/02
Mary Frisbie.....	6/06
Elmer Reinart .....	6/07
Louise Packard .....	6/12

### Westgate:

Joel Bradley .....	6/11
Dave Hopper .....	6/11
Frances Crume .....	6/30
Georgia Parks.....	6/30

### Childcare:

Emma Council .....	6/01
Harper Miller .....	6/12
Keenan Brownlow .....	6/12
Lucas Woodard .....	6/15
Andrew Matthews.....	6/16
Teagan Thomas .....	6/25
Kadence Pesina .....	6/26

### King's Manor Auxiliary Bake Sale



Friday, June 14, 2013  
8:00 a.m.—Lobby

### Relay for Life Burrito Sale

Friday, June 28  
Lobby  
10:00 a.m. -  
12:00 p.m.

### Our Christian Sympathy

To the family of:  
Imogene Sweeney



## Our Appreciation . . .

### Donations to King's Manor

A.W. & Jackie Shoffit

### Assisted Living Flooring Project

In Honor of:

**Elmer & Irene Reinart**

The Reinart Family

### Donations to Library Fund

Monsanto Fund

In Honor of:

**Don Clements**

Mike & Janice Carr

### Memorials to Library Fund

**Otis Townsend**

Mike & Janice Carr

### Memorials to King's Manor

**Otis Townsend**

Mike & Kaye Hansard

Wilton Windwehen

Roy Don & April Coker

Scott & Missy Wilcox

Don & Adelle Clements

**D.C. Herring**

Herschel & Ruth Black

Scott & Missy Wilcox

**Mildred Knox**

Don & Adelle Clements

**John Stribling**

Don & Adelle Clements

**Daulma Stribling**

Don & Adelle Clements

**Helen Eades**

Ed & Jane Coplen

## Samaritan Hospice

June Blessings; Thank you Jesus for the rain!!! Summer is in full swing now and children are playing and families are vacationing. We pray everyone gets to take advantage of God's creation and get some good quality time outside with their families. Now is even a great time to start putting our bodies closer to the top of that priority list and get some exercise. After all, our bodies are the temple of the Holy Spirit.

Samaritan will be having a garage sale this month. We are looking at June 14th and 15th. Location is undecided at this time however, if you have something you would like to donate, please give us a call. We can even pick it up for you. The proceeds will go to the various needs of our patients and their

families.

As always, we thank the community for all your support and love. We could not do what we do without your support...God Bless You!

You can follow us on Facebook—"Samaritan Hospice volunteer program."

As always if interested in volunteering, please give me a call for more information at 806-626-8467,

Linda Brito

***Congratulations  
to the  
Class of  
2013***

## Welcome

King's Manor extends a warm welcome to:

### Westgate:

David Campos

Dave Hopper

Ruth Knox

Anne Krieger

Betty Lookingbill

Roman Losolla

Leon McCutchen

Juanita Salazar

### Independent Living:

Leona Shoffit



## Angels Among Us

Day in and day out our nursing staff performs an endless stream of tasks in the name of caring for our residents. What is noteworthy is that they do it kindly, gently and with the spirit of giving.



In our modern world of advancing technology and stringent regulatory environment, their jobs have become a balancing act of patient care versus paperwork. There may be days here and there when there is stuff going on at home, or it is so crazy busy at work such that just doing the job may be all they can manage. But overall, I see smiling faces, and kind words of encouragement coming from our nursing staff. Thank you to our winged R.N.'s, L.V.N.'s, C.N.A.'s and helping hands for the unconditional love you bring to our residents and their families.

# THE MANOR

## June, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Happy ..	Fathers ..	Day ....!		To All Our Guys	We Love You !	1 10:00 Coffee Social 1:00 Games 3:00 Reminisce
<b>2</b> 9:00 Worship 10:00 Refreshments 1:00 Table Games 6:00 Wesley Meth. Church	<b>3</b> 10:00 Coffee & Do-Nuts 11:00 Exercise 1:00 Resident Council 1:00 Table Games 3:00 Patio Social	<b>4</b> 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Coke Floats	<b>5</b> 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Crafts	<b>6</b> 9:30 Nail Care 1:00 Table Games 3:00 Movie & Pop Corn	<b>7</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo	<b>8</b> 10:00 Coffee Social 1:00 Games 3:00 Soda Shop
<b>9</b> 9:00 Worship 10:00 Refreshments 1:00 Table Games	<b>10</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 One Card Bingo	<b>11</b> 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Remember When	<b>12</b> 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Spelling Bee 5:30 Church of Christ	<b>13</b> 9:30 Nail Care 1:00 Table Games 3:00 Movie & Pop Corn	<b>14</b> 8:00 Auxiliary Bake Sale 11:00 Exercise 1:00 Table Games 3:00 Party for Father's Day	<b>15</b> 10:00 Coffee Social 1:00 Games
<b>16</b> Happy Father's Day 9:00 Worship 10:00 Refreshments 1:00 Table Games	<b>17</b> 10:00 Cof- fee & Do-Nuts 11:00 Exercise 1:00 Table Games 3:00 Patio Social	<b>18</b> 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Watermel- on on the Patio	<b>19</b> 9:30 Country Store 11:00 Exercise 12:00 Men's Luncheon LR / 12:00 Ladies Lunch Manor DR 1:00 Table game	<b>20</b> 9:30 Nail Care 1:00 Arm Chair Traveler 2:00 Table Games <b>5:00 Pizza Party /DR</b>	<b>21</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo	<b>22</b> 10:00 Coffee Social 1:00 Games 3:00 Bible Trivia
<b>23</b> 9:00 Worship 10:00 Refreshments 1:00 Table Games	<b>24</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 One Card Bingo	<b>25</b> 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Sonic Outing	<b>26</b> 9:30 Country Store 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Crafts	<b>27</b> 9:30 Nail Care 1:00 Table Games 3:00 Birthday Party /Meth Church	<b>28</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo	<b>29</b> 10:00 Coffee Social 1:00 Games 3:00 Patio Social
<b>30</b> 9:00 Worship 10:00 Refreshments 1:00 Table Games	<b>Happy</b>  <b>Leona Shoffit</b> 6/02 <b>Mary Frisbie</b> 6/06	<b>Birthday</b>  <b>Elmer Reinart</b> 6/07 <b>Louise Packard</b> 6/12				



# Westgate Activity Calendar

## June, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Happy</b></p> <p><b>Joel Bradley</b> 6/11</p> <p><b>Dave Hopper</b> 6/11</p>	<p><b>Birthday</b></p> <p><b>Frances Crume</b> 6/30</p> <p><b>Georgia Parks</b> 6/30</p>					<p><b>1</b> 9:00 <i>lon1</i> Room Visits</p> <p>10:00 Patio Outing</p> <p>1:30 Individual Activities</p> <p>2:30 Bingo</p>
<p><b>2</b> 9:00 Worship/ Lamar Room</p> <p>10:30 Refreshments/ Lamar Room</p> <p>1:30 Room Visits</p> <p>3:00 Loteria Game</p> <p>6:00 Wesley United Methodist</p>	<p><b>3</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room visits</p> <p>10:00 Bible Study</p> <p>1:30 Table Games</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky W.</p> <p>4:00 Mail</p>	<p><b>4</b> 8:30 Daily Devotional</p> <p>9:00 Room Visits</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p><b>3:00 Watermelon Party</b></p> <p>4:00 Mail</p>	<p><b>5</b> 8:30 Daily Devotional</p> <p>9:30 Word Search Puzzles</p> <p>9:30 Nail Care</p> <p>1:30 <i>lon1</i> Room Visits</p> <p>3:00 Sing-A-Long</p> <p>4:00 Mail</p>	<p><b>6</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>9:30 Shopping Reservation</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p>3:00 Spanish Breads Bakery</p> <p>4:00 Mail</p>	<p><b>7</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>9:30 Shopping Outing</p> <p>10:00 Walking Club</p> <p>1:30 Table Games</p> <p>3:00 Movie &amp; Popcorn</p> <p>4:00 Mail</p>	<p><b>8</b> 9:00 <i>lon1</i> Room Visits</p> <p>10:00 Reminisce</p> <p>1:30 Individual Activities</p> <p>2:30 Bingo</p>
<p><b>9</b> 9:00 Worship/ Lamar Room</p> <p>10:30 Refreshments/ Lamar Room</p> <p>1:30 Room Visits</p> <p>3:00 Poker Keno</p>	<p><b>10</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>10:00 Bible Study</p> <p>1:30 Table Games</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky W.</p> <p>4:00 Mail</p>	<p><b>11</b> 8:30 Daily Devotional</p> <p>9:00 Room Visits</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p><b>3:00 Cooking class</b></p> <p>4:00 Mail</p>	<p><b>12</b> 8:30 Daily Devotional</p> <p>9:00 Word Search Puzzles</p> <p>9:30 Nail Care</p> <p>1:30 <i>lon1</i> Room Visits</p> <p>3:00 <b>Who Am I/Trivia</b></p> <p>4:00 Mail</p>	<p><b>13</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p><b>3:00 Fun In the Sun w/Childcare</b></p> <p>4:00 Mail</p>	<p><b>14</b> <b>Flag Day</b></p>  <p>8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>10:00 Walking Club</p> <p>1:30 Table Games</p> <p>3:00 Movie &amp; Popcorn</p> <p>4:00 Mail</p>	<p><b>15</b> 9:00 <i>lon1</i> Room Visits</p> <p>10:00 Patio Outing</p> <p>1:30 Individual Activities</p> <p>2:30 Bingo</p>
<p><b>16</b> <b>Father's Day</b></p> <p>9:00 Worship/Lamar Room</p> <p>10:30 Refreshments/ Lamar Room</p> <p>1:30 Room Visits</p> <p><b>3:00 Father's Day Ice-cream Social</b></p>	<p><b>17</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>10:00 Bible Study</p> <p>1:30 Table Games</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky W.</p> <p>4:00 Mail</p>	<p><b>18</b> 8:30 Daily Devotional</p> <p>9:00 Room Visits</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p>3:00 Crafts</p> <p>4:00 Mail</p>	<p><b>19</b> 8:30 Daily Devotional</p> <p>9:00 Word Search Puzzles</p> <p>9:30 Nail Care</p> <p><b>11:30 Ladies Lunch</b></p> <p><b>12:00 Men's Lunch/Lamar Room</b></p> <p>1:30 <i>lon1</i> Room Visits</p> <p>3:00 Sing-A-Long</p> <p>4:00 Mail</p>	<p><b>20</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>9:30 Shopping Reservation</p> <p>10:30 Exercise</p> <p>1:00 Arm Chair Traveler</p> <p>3:00 Birthday Party w/ childcare</p> <p>4:00 Mail</p>	<p><b>21</b> <b>Summer Begins</b></p>  <p>8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>9:30 Shopping Outing</p> <p>10:00 Walking Club</p> <p><b>11:30 Cook-out/Gazebo</b></p> <p>1:30 Table Games</p> <p>3:00 Movie &amp; Popcorn</p> <p>4:00 Mail</p>	<p><b>22</b> 9:00 <i>lon1</i> Room Visits</p> <p>10:00 Spelling Bee</p> <p>1:30 Individual Activities</p> <p>2:30 Bingo</p>
<p><b>23</b> 9:00 Worship/ Lamar Room</p> <p>10:30 Refreshments/ Lamar Room</p> <p>1:30 Room Visits</p> <p>3:00 Loteria Game</p>	<p><b>24</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room visits</p> <p>10:00 Bible Study</p> <p>1:30 Table Games</p> <p>3:00 Bingo</p> <p>3:00 Support Group w/ Becky W.</p> <p>4:00 Mail</p>	<p><b>25</b> 8:30 Daily Devotional</p> <p>9:00 Room Visits</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p>3:00 Resident Council</p> <p>4:00 Mail</p>	<p><b>26</b> 8:30 Daily Devotional</p> <p>9:00 Word Search Puzzles</p> <p>9:30 Nail Care</p> <p>1:30 <i>lon1</i> Room Visits</p> <p>3:00 Trivia</p> <p>4:00 Mail</p>	<p><b>27</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>10:30 Exercise</p> <p>1:30 Individual Activities</p> <p>3:00 Memory Books</p> <p>4:00 Mail</p>	<p><b>28</b> 8:30 Daily Devotional</p> <p>9:00 <i>lon1</i> Room Visits</p> <p>10:00 Walking Club</p> <p>1:30 Table Games</p> <p>3:00 Movie &amp; Popcorn</p> <p>4:00 Mail</p>	<p><b>29</b> 9:00 <i>lon1</i> Room Visits</p> <p>10:00 Patio Outing</p> <p>1:30 Individual Activities</p> <p>2:30 Bingo</p>
<p><b>30</b> 9:00 Worship/ Lamar Room</p> <p>10:30 Refreshments/ Lamar Room</p> <p>1:30 Room Visits</p> <p>3:00 Poker Keno</p>						



# Adult Day Care

## June, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1  Closed
2 Closed	3 10:00 Coffee & Do-Nuts  3:00 Bingo	4 10:00 Exercise  3:00 Water- melon Party	5 9:30 Beauty Care  3:00 Sing a Long	6 10:00 Exercise  3:00 Spanish Breads	7 10:00 Coffee & News  3:00 Movie & Pop-Corn	8  Closed
9 Closed	10 10:00 Coffee Social  3:00 Bingo	11 10:00 Exercise  3:00 Cooking Class	12 9:30 Beauty Care  3:00 Trivia	13 10:00 Exercise  3:00 Fun in The Sun	14 10:00 Coffee & News  3:00 Movie & Pop-Corn	15  Closed
16 Closed	17 10:00 Coffee & Do-Nuts 3:00 Bingo	18 10:00 Exercise  3:00 Crafts	19 9:30 Beauty Care  3:00 Sing a Long	20 10:00 Exercise  3:00 Birthday Party	21 10:00 Coffee & News  3:00 Movie & Pop-Corn	22  Closed
23 Closed	24 10:00 Coffee & Do-Nuts 3:00 Bingo	25 10:00 Exercise  3:00 Sonic Outing	26 9:30 Beauty Care  3:00 Trivia	27 10:00 Exercise  3:00 Memory Books	28 10:00 Coffee & News  3:00 Movie & Pop-Corn	29  Closed
30 Closed						

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

NON PROFIT ORG  
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.