



Dying: A Natural Passage

Not a very enticing title for an article I realize. However, it is one of the few topics I could choose, that we all have (or will eventually) experience both personally and with loved ones. I recently came across a book nestled in a far corner of my office entitled, *Dying: A Natural Passage* written by Denys Cope. The book resonated with me: to some extent it answers some of the questions and comments we hear so often. "Why is Mom lingering like this; why can't she just go on?" "Why won't Dad eat?" "Are we starving Mom by not providing artificial nutrition at this point?" All valid questions, many of which are addressed to an extent in Cope's book. I would like to share some of the highlights in the following "abridged" version.

There was a time when pregnant women basically went into hiding after they begin to show and did not emerge until after the baby was born. Pregnancy was not discussed out loud but in the hushed tones of secrecy. It was to be kept a mystery. There was a slow evolution of allowing pregnant women to be seen publicly until Lucille Ball speeded up the process by being pregnant on her television show and now we see pregnant women in skin tight dresses in magazines and T.V. and have water breaking and other aspects of pregnancy and birth widely discussed. "It is out of the closet." Now, death must come out of the closet. As a society, is it not time for us to stop pretending it does not exist for us? Death is not

a failure and we are all going to experience it, ideally, we will become as familiar with the stages of dying as we are with those of pregnancy and birthing. We need to demystify death, learn to accept dying as normal and understand the hard work that it is.

Too often, we are not comfortable around a dying person; we may feel we need to fix it, or are afraid of saying or doing the wrong thing. Though most Americans express a desire to die at home, only 30 to 35% actually do. The remainder (with exceptions to those who die in an accident) die in the hospital. Sometimes it is because family members are frightened and feel totally ill equipped to care for their loved ones. Many people feel inadequate to deal with the death process. Understanding how to be with loved ones in their last days is one of the most life-affirming – and life and death altering gifts we can give them and ourselves.

Dying is absolutely safe – Ram Dass

It is most important to know that the dying process is not something to be feared. It is a very normal, natural, exquisitely well-orchestrated physical and spiritual experience, just like the pregnancy, labor and birth process that it parallels. There is a pregnancy to the dying process, a labor, a transition phase and then the "deathing" instead of birthing. Like labor and delivery, the dying process can vary from

an easy, quick experience to a very long and difficult one, to a rich and peaceful experience, to any combination of these. Each is unique to the person.

Throughout the dying process, a person naturally begins to do things that conserve energy. Our body is programmed for survival, to live as long as it can and to support life as long as it can. Energy conservation is one of the ways it does this. We eat less and lighter food because our body cannot utilize the food as well. We do less and less physically as we turn inward toward an internal focus. Very often these same changes in lifestyle are also common in elder hood and, in themselves; they do not necessarily indicate someone has started to die. It is when several factors come together that one can see, most often in retrospect that the person had been in early stages of dying for a while.

At the time, we may note that Mom did not want to go on an outing with her grandchildren one day and that she has quit going to her bible study. But only later when a diagnosis is made or there is an event, do we realize there was a pattern beginning to evolve.

Here, I will divert from the book for a minute to add that as family and friends watching a person withdraw or stop eating, our first response is to "fix it." We encourage our loved one to do the things

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Dying: A Natural Passage

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they have always loved to do. We cook their favorite foods, we take them to their favorite burger place to encourage and stimulate. All of these are good things. We know that losing interest in things we enjoy (including food) is one of the signs of depression. It can also signal something acute and reversible such as an infection like a urinary tract or an upper respiratory infection. So we should take notice, get lab tests, have a screening for depression and visit the doctor. But, it could mean that the person has turned inward and is beginning to prepare themselves (either consciously or subconsciously) for the next phase of life, the passage to death.

In many cultures, especially the Eastern traditions, meditating on one's death is part of a daily spiritual practice. As a result, when a person's time comes, it is something very familiar and known. American's are a long way from this concept. We tend to fight death off with the biggest stick we can find for as long and hard as we can. In next month's article, we will revisit the need to become more accepting of this part of life's cycle and move on to the stages of dying and attempt to answer some of the questions we so often have when someone we love is going through the passage.

We're all just walking each other home – Ram Dass

Shelly Moss

Shelly Moss

Enjoy the stroll!

Activity News

National Assisted Living Week is September the 8th-14th. This year's theme is **Homemade Happiness**. For our residents, happy memories call forward a simpler time when the long hot summer days were spent at a local park or county fair. These were the days when life was about eating homemade food, making the things you needed, such as clothing etc., and helping your neighbors. I could go on and on. I know we all remember those days. Creating happiness here at the Manor is a daily occurrence. During National Assisted Living Week, we hope to bring Homemade Happiness back to all the residents, staff, volunteers and all the people that are heroes in our daily lives. On the Activity Calendar, I have scheduled a special event for each day and we would love family, friends, staff and volunteers to come have **Homemade Fun** this week. On the **Tuesday the 10th**, you are invited to attend a homemade cookie social in honor of residents, staff and volunteers. This is your day, so we would love

to have you. The Lamar Room will be decorated during the week of all the fun memories in the past and we hope many of you can attend this week, let's all celebrate together. In order to decorate, I am asking residents to bring in a homemade art project or anything that has past memories to display in our case in the Lamar Room for the week. Also, we will be going to Westgate on the 12th to visit our friends and heroes. I will be providing the paper and supplies, if you could make some homemade cards to hand out on that day. If you would like to pick up some supplies, they will be located at the Manor Desk - remember Homemade is our theme. I am really looking forward to all the fun events that are scheduled. **Also, a very big reminder, Family Night is on the 19th. We will be having Mexican Stack so please bring a side dish, or a topping for the Stack. We will have great fun, food, and entertainment.**

Come Have Fun with Us,
Brenda Blacksher
Activity Director



Marie Stringer enjoying Luau with Jackie and A.W. Shoffit

Our Appreciation . . .

Donations to King's Manor

A.W. & Jackie Shoffit
Jim & Nance Perrin
Birdwell Family
Charitable Endowment Fund
Genevieve Miller

Memorials to King's Manor

Mary Lou Joiner
Mike & Kaye Hansard

Tony Hoffman
Seletta Gholson

Clifford Higgins
Herschel & Ruth Black
Scott & Missy Wilcox

David McDonald
Scott & Lori Hall

Sylvia Douglas
Joyce Jenkins
Sue Inmon
Katherine Smith
Edward & Kathy Allison
Mike & Kaye Hansard

Melody & Imogene Harris
Mike & Kaye Hansard

Charles Hoover
Dave & Norma Thompson
The Coffey Family
Herschel & Ruth Black
Lillie Shipman
Frank & Dolores Brorman
Dan & Mary McWhorter

Milton Rudder
Scott & Karen Keeling

Red Clark
McGinty & Associates

Michele Scott
Herschel & Ruth Black

Kathryn Vardell
Dan & Mary McWhorter

Memorials to Child Care

David McDonald
BJ & Linda Gililland

Nathan Eckert
Seletta Gholson

Charles Hoover
BJ & Linda Gililland

Memorials to Therapy Dept.

David McDonald
Alice Lueb

Mary Ann Garcia
Alice Lueb

SEPTEMBER BIRTHDAYS

Employees:

Maria Medrano..... 9/04
Sylvia Gutierrez 9/10
Adelina Luna..... 9/10
Isabel Alejandre 9/15
Erlinda Celaya..... 9/17
Veronica Moreno..... 9/18
Donna Hill..... 9/19
Gracie Gutierrez..... 9/23
Dolores Hernandez..... 9/26

Manor:

Dr. A. Trow Mims 9/20
Jeanie Caison 9/29

Westgate:

Inez Jones..... 9/04

Childcare:

Libby Wagner..... 9/08
Lillie Baird 9/18



Manor residents enjoying Luau

Office Closed
Monday, September 2, 2013
In Observance of Labor Day

Angels Among Us

Choosing the Angel of the Month is a difficult task here. There are countless individuals who go over and beyond to make this a special place to live and work. However, this person was unanimously chosen Angel of the Month. In the midst of our West Texas heat wave and then later during our unusual bout of humidity, this angelic figure was out pruning trees and hauling limbs to the dump. An unlikely job for our CFO, Jim Layman. However, he still managed to keep all of our bills paid and our finances lined out while beautifying the premises! Thank you to our winged tree clipper for making our campus so lovely!

Our Christian Sympathy

To the families of:
Charles Hoover
Jim Aikin
Sylvia Douglas
Louise Packard



Welcome

King's Manor extends a warm welcome to:

Westgate:
Rena Brinson
Luiz Castillo
Grace Neeper



Samaritan Happenings

Samaritan Hospice Volunteers provided the staff of Castro County Nursing Home with an appreciation lunch. It was a great time of fellowship. In September, we will surprise another nursing facility with an appreciation luncheon. We want them to know just how special they are not only to us, but to their community.

Our volunteers have a couple of fundraisers coming up including a Fall Bake Sale as well as a Christmas Wreath and Bake Sale. I will post more information as we have it.

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 at "Samaritan Hospice volunteer program."

If interested in volunteering, please give me a call for more information at 806-626-8467.

Blessings,
Linda Brito
Volunteer Coordinator



Child care enjoying the carnival in the Gazebo



Our "class clown" Janet Coleman with Madalena Hudson



THE MANOR

September, 2013






Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Worship 10:00 Refreshments 1:00 Table Games 6:00 Wesley Methodist	2 10:00 Coffee Social 11:00 Exercise 1:00 Resident Council 3:00 Table Games	3 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Memory Games	4 9:30 Country Store 11:00 Exercise 1:00 Table Games 3:00 Bingo	5 9:30 Nail Care All Morning 1:00 Table Games 3:00 Reminisce	6 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:15 Movie	7 10:00 Coffee Social 1:00 Table Games 3:00 Puzzle Fun
8 National Assisted Living Week 8-14th 9:00 Worship 10:00 Refreshments 1:00 Table Games	9 10:00 Coffee Social 11:00 Exercise 3:00 Old Fashion Freeze	10 Happiness Is our Heroes 10:00 Coffee Social 11:00 Bible Study 3:00 Cookie Social w/ our Heroes	11 9:30 Country Store 11:00 Exercise 1:00 Table Games 3:00 Bingo Bring a Homemade Prize of any Kind	12 10:00 Sharing Cheer at Westgate 1:00 Table Games 1:00 Beauty Care in LR w/ High School	13 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:15 Movie and Pop-corn invite a friend	14 10:00 Coffee Social 1:00 Table Games 3:00 Homemade Memories
15 9:00 Worship 10:00 Refreshments 1:00 Table Games	16 10:00 Coffee Social 11:00 Exercise 3:00 Table Games	17 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Memory Games	18 9:30 Country Store 11:00 Exercise 1:00 Table Games 3:00 Bingo	19 9:30 Nail Care All Morning 1:00 Arm Chair Traveler 6:00 Family Night Mexican Stack	20 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:15 Movie	21 10:00 Coffee Social 1:00 Table Games 3:00 Bible Trivia
22 9:00 Worship 10:00 Refreshments 1:00 Table Games 5:30 Church Of Christ	23 10:00 Coffee Social 11:00 Exercise 3:00 Patio Social	24 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Memory Games	25 9:30 Country Store 11:00 Exercise 1:00 Table Games 3:00 Bingo	26 9:30 Nail Care All Morning 1:00 Table Games 3:00 Birthday Party	27 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:15 Movie	28 10:00 Coffee Social 1:00 Table Games 3:00 Hot Tea Social
29 9:00 Worship 10:00 Refreshments 1:00 Table Games	30 10:00 Coffee Social 11:00 Exercise 3:00 Table Games		Happy ----- Trow Mims- 9/20	Birthday ----- Jeanie Caison- 9/29		



Westgate Activity Calendar

September, 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 9:00 Worship/ Lamar Room 10:30 Refreshments/ Lamar room 1:30 Room Visits 3:00 Coke Floats 6:00 Wesley United Methodist/LR	2 Labor Day 8:30 Daily Devotionals 9:00 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo	3 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Cooking Class 4:00 Mail	4 8:30 Daily Devotionals 9:00 Room Visits 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Sing-A-long 4:00 Mail 5:30 Watermelon w/families-act room	5 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Bakery Breads 4:00 Mail	6 8:30 Daily Devotionals 9:00 Room visits 9:30 Shopping Outing 10:00 Wheeling Out- doors/Walking Club 1:30 Table Games 2:30 Movie/popcorn 4:00 Mail	7 9:00 Room Visits 10:00 Spelling Bee 1:30 Individual Activities 2:30 Bingo
8 Grand-parents Day!  9:00 Worship/Lamar Room 10:30 Refreshments/ Lamar room 1:30 Room Visits 3:00 Poker Keeno	9 8:30 Daily Devotionals 9:00 Room Visits 10:00 Bible Study 12:00 Family Council 1:30 Table Games 3:00 Bingo 3:00 Support Group w/ Becky W. 4:00 Mail	10 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Crafts 4:00 Mail	11 911 Remem- brance 8:30 Daily Devotionals 9:00 Room Visits 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Sing-A-long 4:00 Mail	12 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Birthday Party w/childcare 4:00 Mail	13 8:30 Daily Devotionals 9:00 Room visits 9:30 Shopping Outing 10:00 Wheeling Out- doors/Walking Club 1:30 Table Games 2:30 Movie/popcorn 4:00 Mail	14 9:00 Room Visits 10:00 Reminisce 1:30 Individual Activities 2:30 Bingo
15 9:00 Worship/ Lamar Room 10:30 Refreshments/ Lamar room 1:30 Room Visits 3:00 16 De Setem- bre Fiesta 	16 8:30 Daily Devotionals 9:00 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo 3:00 Support Group w/Becky W. 4:00 Mail	17 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 11:30 Ladies Luncheon 12:00 Men's Lunch- eon/Lamar Room 1:30 Individual Activi- ties 3:00 The Good Old Days 4:00 Mail	18 8:30 Daily Devotionals 9:00 Room Visits 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Sing-A-long 4:00 Mail	19 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:00 Arm Chair Traveler w/Bill Dufur 3:00 Trivia 4:00 Mail 6:00 Family Night	20 8:30 Daily Devotionals 9:00 Room visits 9:30 Shopping Outing 10:00 Wheeling Out- doors/Walking Club 1:30 Table Games 2:30 Movie/popcorn 4:00 Mail	21 9:00 Room Visits 10:00 Spelling Bee 1:30 Individual Activities 2:30 Bingo
22 Autumn Begins  9:00 Worship/ Lamar Room 10:30 Refreshments/ Lamar room 1:30 Room Visits 3:00 Coke Floats	23 8:30 Daily Devotionals 9:00 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo 3:00 Support Group w/Becky W. 4:00 Mail	24 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Resident Council 4:00 Mail	25 8:30 Daily Devotionals 9:00 Room Visits 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Sing-A-long 4:00 Mail	26 8:30 Daily Devotionals 9:00 Room Visits 10:30 Exercise 1:30 Individual Activities 3:00 Memory Books 4:00 Mail	27 8:30 Daily Devotionals 9:00 Room visits 9:30 Shopping Outing 10:00 Wheeling Out- doors/Walking Club 1:30 Table Games 2:30 Movie/popcorn 4:00 Mail	28 9:00 Room Visits 10:00 Reminisce 1:30 Individual Activities 2:30 Bingo
29 9:00 Worship/ Lamar Room 10:30 Refreshments/ Lamar room 1:30 Room Visits 3:00 Loteria/ Game	30 8:30 Daily Devotionals 9:00 Room Visits 10:00 Bible Study 1:30 Table Games 3:00 Bingo 3:00 Support Group w/Becky W. 4:00 Mail			Happy Birthday Inez Jones - 9/04		



Adult Day Care September, 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Closed	2 Labor Day	3 9:00 Coffee Social 10:30 Exercise 3:00 Cooking Class	4 10:00 Coffee Social 3:00 Sing A Long	5 9:00 Coffee Social 9:30 Nail Care 10:30 Exercise 3:00 Bakery Breads	6 10:00 Coffee Social 3:00 Movie & Pop-Corn	7 Closed
8 Closed	9 10:00 Coffee Social 3:00 Bingo	10 9:00 Coffee Social 10:30 Exercise 3:00 Crafts	11 10:00 Coffee Social 3:00 Sing A Long	12 9:00 Coffee Social 9:30 Nail Care 10:30 Exercise 3:00 Birthday Party	13 10:00 Coffee Social 3:00 Movie & Pop-Corn	14 Closed
15 Closed	16 10:00 Coffee Social 3:00 Bingo	17 9:00 Coffee Social 10:30 Exercise 3:00 The Good old Days	18 10:00 Coffee Social 3:00 Sing A Long	19 9:00 Coffee Social 9:30 Nail Care 10:30 Exercise 1:00 Arm Chair Traveler	20 10:00 Coffee Social 3:00 Movie & Pop-Corn	21 Closed
22 Closed	23 10:00 Coffee Social 3:00 Bingo	24 9:00 Coffee Social 10:30 Exercise 3:00 Movie	25 10:00 Coffee Social 3:00 Sing A Long	26 9:00 Coffee Social 9:30 Nail Care 10:30 Exercise 3:00 Memory Books	27 10:00 Coffee Social 3:00 Movie & Pop-Corn	28 Closed
29 Closed	30 10:00 Coffee Social 3:00 Bingo					

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

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(806) 364-0661

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 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
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 Dir. Housekeep./Trans..... Stella Delgado
 Dir. of Maintenance Larry Carlson
 Dir. of Dietary Services..... 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.