



# Companioning

## Needed:

A strong, deep person *wise enough* to allow me to grieve in the depth of who I am, and *strong enough* to hear my pain without turning away.

I need someone who *believes* that the sun will rise again, but who *does not fear* my darkness.

Someone who can *point out* the rocks in my way *without making me a child* by carrying them. Someone who can *stand* in thunder and *watch* the lightning and *believe* in a rainbow.

Joe Mahoney

All of the Samaritan Hospice employees, myself included, recently took a class entitled *Companioning* which was given by Rodney Bolejack, D.Min. I was so impressed by what he had to say that I would like to share it with you.

- Companioning is a willingness to *be present* with another, wherever they may be in their journey, and walk with them through their personal and often “unchartable territories” without having the need to say the right thing or to fix the unfixable.
- Companioning creates a safe place for those who are hurting to find their own answers.

I love this definition of the word companioning. I think the natural instinct for most of us is to try and “fix it”, either by physically doing

something or by saying the magic words. In truth, in many situations there is nothing to be done and no magic words. But, perhaps there is magic in the willingness to be present with another on their walk. The second part of the above definition is the creation of a safe place. This is similar to what happens in professional counseling sessions where the professional is bound by ethics to confidentiality, to listening without judgement and an avoidance of advice giving. By developing a trusting relationship with another, you allow them a safe environment to verbalize feelings without fear of judgement and the time and opportunity to say the words that need to be said. King’s Manor’s Social Worker, Becky Williams, vividly remembers an experience years ago in which she was asked to sit with a patient on Hospice while his caregiver ran errands. When she arrived at the home, the woman did not go shopping, but sat with Becky and began talking. She continued talking about her husband, and her family and her life, for five hours. This woman clearly needed that *companionship* much more than she needed a break to go to the grocery store. She needed to tell her story, rather a life review, and be heard. Becky companioned her through that experience. No magic words or no doctorates in psychology were required; just a willingness to really listen to someone for as long as they need to be heard.

Henri Nouwen says the following of Creating a Safe Place:

- Creating a free, empty space where a stranger may enter and become a friend instead of an enemy
- It is the space in the relationship between me and thee
- I have created that safe place when you are free to be you

A place where a person is free to be themselves without fear of judgement or reprisal is indeed a sacred place. Think about it; how many places do you feel free to be you? How many times in everyday conversation, do we, or the person we are conversing with say, “don’t think badly of me for saying this, but....” Most of us worry to some extent what people think of us. Caregivers sometimes worry that others will think they are selfish or uncaring if they say they need time for themselves, or that they are resentful, or even angry in their roles as caregivers. It is truly a rare place, and usually with only a few individuals with whom we can really let down our hair. And sometimes there are things that we cannot share *especially* with those we most love. But you might tell an objective companion, someone who accepts you as you are without judgement.

How do you show acceptance?  
Carl Rogers says that acceptance of

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## Companioning (Continued from page 1)

another person is a matter of “deep, empathic understanding which allows you to see the world the other person inhabits through his or her eyes. It means an acceptance of and regard for his or her attitudes of the moment no matter how negative or positive.” Furthermore, an accepting companion does not judge, advise, attempt to rescue or preach to. Telling someone who is grieving – whether it is over the loss of a spouse or the loss of their eyesight or mobility, to just “think about something else” or “work on your attitude” will close the door to that person’s heart. Admonishments like this will come across just like saying “be quiet.” The grief needs to be released. The person needs to be heard. It is the companion who needs to be quiet.

What are the qualities of a Companion? Dr. Bolejack lists the following as essentials.

- Presence
- A *non-anxious* presence
- The commitment to not abandon you; physically, spiritually or emotionally.
- A companion can be *told* to stay away, but cannot be *pushed* away.

The first function of a companion is to be present and to be present without conveying anxiety in response to what the person being supported is saying or experiencing. A trusting companioning relationship is built on the person in need knowing that their companion will not be repelled by their neediness, their anxiety, their grief, or their despair. Anyone who has lis-

tened to a grieving person knows the energy this requires. Listening to someone in deep pain and knowing that you can’t fix it is just plain hard – but therein lays the gift.

Listening and then reflecting back what the other person has said allows them to hear their own story and also reminds them that most of the answers they seek are within them. As you listen, listen for their uniqueness and perhaps point this out, again giving them a perspective on their own life.

Not only hospice workers, social workers and volunteers benefit from learning the skill of companioning. All of us can learn and give those in our lives this gift. As we approach Mother’s and Father’s days and you think about what you might give your parent, consider this: the promise to walk beside them as they walk their journey . . . not behind pushing them forward, not in front trying to pull them along with you at your pace; but beside them, where they are. Bask in the joy of a shared journey. Be fully present with them and listen without trying to fix, or to judge or say anything to “make it better.” Even if just for a day.

Happy Mother’s Day,

*Shelly Moss*  
Shelly Moss



## “Don’t Sing Songs to a Heavy Heart”

The more you are able to understand a suffering individual and value him or her as a unique person with a unique life history, a unique set of circumstances, and a unique set of resources to draw on, the more likely you will be able to relate effectively with that person.

Come as a guest to the suffering person’s house of pain—without assumptions, without judgment.

Come with a heart open to understanding.

Kenneth Haugk, Ph.D.

## Amazon Smiles on King’s Manor: Donate by Shopping!

Need a new dress for Spring and are looking on Amazon? Or are you one of those folks who shops on Amazon for most everything from electronics to food items? (A person could get everything necessary for living from Amazon, if need be.) Whichever category you fall into, you can support King’s Manor while shopping by signing up for Amazon Smile which supports 501(c)(3) public charitable organizations. You will not pay higher prices nor are you charged extra fees and The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases.

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# Our Appreciation . . .

## Donations to King's Manor

Kris & Wayne Dollar  
Patsy Giles Memorial Endowment  
Carol & Billy Gage  
Catherine & Jonathan Hord

Amarillo Area Foundation

Jackie & A.W. Shoffit

Senior Crime Stoppers

Teresa Paetzold

Donald Douglas

## In Honor of:

### King's Manor Staff

James Burrus

## Memorials to King's Manor

### Jane Garth

James Burrus

Denise & Jerry Teel

### Flo & Windy Windwehen

Jo Beth Shackelford

April & Donnie Coker

Sandi & Nick Todaro

Paul Windwehen

### Otis Lee

Denise & Jerry Teel

Shirley & Roy Carlson

### Betty Martin

Helen Langley, Suzanne,

Barbara, Camille, & Carolyn

### John Aikin

Helen Langley, Suzanne,

Barbara, Camille, & Carolyn

## Jesus Castaneda

Gloria Garcia

## Vondell Plummer

Shirley & Roy Carlson

## Memorials to

### Samaritan Hospice

### Buster Miller

Linda & BJ Gililland

Karen & Russell Harkins

Karen & Scott Keeling

Julian Berry

### Leroy Foster

Mr. & Mrs. Joe Kerr

### Billy Dean Grissom

Pat Fisher

### Dale Christie

Rockrose Development

Karen & Scott Keeling

McCracken Farm Service

The Hitmen Baseball Team

### Vondell Plummer

Alice & Roger Rahlfs

Gladys & G.C. Merritt

Missy & Scott Wilcox

Linda & BJ Gililland

Tonja & Steve Horrell

Bill Craig

Susan & Donald Giesecker

Phyllis & Floyd Neill

Jo & George Ochs

## HAPPY BIRTHDAY

### Employees:

Mary Rocha..... 5/05

Janett Fuentes..... 5/07

Anna Moreno ..... 5/07

Laura Stanart..... 5/07

Adelina Alaniz ..... 5/10

Julianne Ortiz..... 5/10

Giovani Alejandro ..... 5/16

Maria Mercado..... 5/19

Laura Acuna..... 5/27

Lexie Gallardo ..... 5/27

Sabrina Schlotter..... 5/29

### Manor:

Seletta Gholson..... 5/08

Art Schreck ..... 5/13

Katie Kendall ..... 5/16

### Westgate:

Ted Higgins..... 5/12

Mae Nunn..... 5/13

Frank Robbins..... 5/15

Frankie Wood..... 5/15

June Stark..... 5/16

Jean Gilter ..... 5/20

Sammie Lucas..... 5/20

Adella Mathers..... 5/27

### Childcare:

Mikaeyla Castaneda..... 5/13

Addison Thomas ..... 5/18

Caitlyne Ellis..... 5/29

## King's Manor Office Closed

### Memorial Day

May 25, 2015



**SAVE THE DATE!**

**Saturday**

**July 11, 2015**



King's Manor extends a warm  
welcome to:

Therapy:

Al Malone

## Our Christian

### Sympathy

To the family of:  
Tommye Harrison



## Activity News

### Manor News

April was a great month! It was just a jumpstart to summer and all the fun events we have planned right around the corner. On the 2nd, we had a great time watching the children from childcare hunt eggs in the Lamar Room, along with a surprise visit from the Easter Bunny. Both the Manor and Westgate calendars were full of daily fun filled activities in April. We were so excited to have Family Night on the 16th. This was our first official Family Night in over a year, hoo-rah! What a great night it was with fried chicken as the main course and family members bringing their favorite side dish or dessert. You would not believe the food we had lined out on our new serving bar! After the meal we had a lovely lady, by the name of Gerry Ingram from Vega, perform wonderful Christian melodies from the good old days. We so enjoyed listening to her sing and what a wonderful talent God has bestowed upon her. On the 20th of April, we had a Volunteer Appreciation Bingo Party in the Lamar Room. King's Manor is so blessed to have such a wonderful community filled with so many giving and talented people. These volunteers are truly the heart strings of our facility.

We were so excited to "cast off" the month of May. When I say cast off, I really mean cast off! May is **National Nursing Home Week and also Older Americans Month**. So, it's time to celebrate, celebrate, celebrate! As you look at both calendars, you will see that almost every

day is full of fun filled activities. The week of **May the 11th -15th**, King's Manor will be casting off a great celebration for **National Nursing Home Week and Older Americans Month**. The theme this year is "**FIESTA**" so, we have decided to take all of our residents, staff, and children on a **Great Fiesta Cruise!** Each day, during the week of the cruise, is a special event for all. Please refer to your schedule as your daily vacation planner. We invite all families and friends to come go with us on vacation. Please note, we have a dress code on each day of the week. We are truly looking forward to seeing you with us on this great adventure full of fun filled days of great fellowship. We plan on letting this be a vacation of a life time! I hope everyone has a great summer and also, congratulations to all our Seniors graduating this month! Chris, Bertha and I look forward to seeing you on the ship.

Bon Voyage,  
From your Cruise Ship Director  
Brenda Blacksher



Mary McFarling getting ready for the Fiesta Cruise

## Amazon Smiles

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### What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support your favorite charitable organization (King's Manor Methodist Retirement System, of course!) every time you shop, at no cost to you. When you shop at smile.amazon.com, you'll find the exact same low prices as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization.

### How do I shop at AmazonSmile?

To shop at AmazonSmile simply go to smile.amazon.com from the web browser on your computer or mobile device.

### Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages.

### Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

### \*\*How do I select a charitable organization to support when shopping on AmazonSmile?

On your first visit to AmazonSmile (smile.amazon.com), you need to select a charitable organization to receive donations from eligible

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## Amazon Smiles

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purchases *before* you begin shopping – when you select the “or pick your own charity” dropdown, type in King’s Manor Methodist Retirement System. It will remember your selection, and then every eligible purchase you make at smile.amazon.com will result in a donation.

### Can I change my charity?

Yes, you can change your charity any time. Your AmazonSmile purchases after the change count towards your newly selected charity. To change your charity, sign in to smile.amazon.com on your desktop or mobile phone browser and simply select “Change your Charity” in “Your Account.”

## King’s Manor Rehab Program

Just a quick note to let you know that you have a choice of where to go for physical, occupational, and or speech therapy after an injury or a planned surgery. King’s Manor offers excellent rehab services in a comfortable home like environment on our remodeled skilled hall. If you are already a resident in Westgate, you can enjoy the benefits of a skilled nursing stay and receive your therapy while remaining in the comfort of your own room. If you have a hospital stay at HRMC, you will experience a seamless transition as we contract with HRMC for therapy services. Take advantage of the years of experience and continuity of care that King’s Manor’s Rehab program has to offer. Please give us a call and we will be more than happy to visit with you about these services.

## Home Health News

### King’s Manor Home Health News

Over the last twenty five years I’ve been involved with the home health branch of medicine there have been so many changes. One thing still remains the same, until you or a loved one needs in home care you probably won’t be considering these questions: what is it, who is eligible, how do you find a quality agency, and who pays for the services?

#### What is home health care?

It is a wide range of health care services that can be given in your home for an illness or injury. The services provided can be: skilled nursing, home health aides, medical social work, rehabilitation services such as physical, occupational, and speech therapy.

Home health care is usually less expensive, more convenient than, and often as effective as care you get in a facility.

#### Who needs home health care and what would be the reason?

It could be individuals who have health problems, but who want to maintain their independence in their homes with the support of a professional caregiver. The patient may have had surgery or an injury and need supervision or assistance. Qualifying individuals may have a chronic disease or disabilities, like Alzheimer’s, heart failure, kidney disease, or diabetes, and need careful monitoring but, do not want or need to enter a nursing home or skilled care facility.

#### So, how does an individual or family member select a home care provider?

There are many important factors to consider in selecting the best agency to meet your needs, most importantly of which is to assess what types of services you or your loved one will need.

#### The most frequently asked question is: How are the services paid for?

There are several avenues that will need to be discussed concerning the way to pay for services. They could include private pay, long term care policies, and Medicare or Medicaid.

If you or someone you know might need home care services and is asking these questions, please feel free to give us a call at King’s Manor Home Health and we will help find the answers. Our number is 363-6085 or drop by the Atrium at 425 N. Main, Suite E.

Blessings to You and Yours,

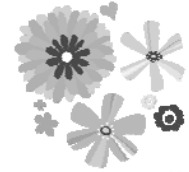
George Buchenau, R.N.  
Executive Director King’s Manor  
Home Health and Samaritan Hospice














**King’s Manor  
Home Health  
363-6085**



## Manor Activity Calendar May, 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>May Is: Older Americans Month</b></p> 	<p><b>May Is: National Nursing Home Week 10-16</b></p> 	<p><b>Fiesta Cruise May 11-15th</b></p> 	<p><b>Happy Birthday</b> <b>Seletta Gholson 5/08</b> <b>Art Schreck 5/13</b> <b>Katie Kendall 5/16</b></p>		<p><b>1</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:00 Movie &amp; Pop-Corn</p>	<p><b>2</b> 10:00 Coffee Social 1:00 Table Games 3:00 Bingo</p>
<p><b>3</b> 9:00 Worship Service 10:00 Coffee Social 1:00 Table Games <b>6:00 Wesley Methodist</b></p>	<p><b>4</b> 10:00 Coffee Social LR 11:00 Exercise <b>1:00 Resident Council</b> 1:00 Table Games 3:00 Sing A Long</p>	<p><b>5</b> 10:00 Coffee Social 11:00 Bible Study <b>1:00 In-service LR Medicare Fraud w/ Ombudsman</b> 2:00 Table Games 3:00 <b>Spanish Breads &amp; Coffee</b></p>	<p><b>6</b> 9:00 Catholic Book Study Group LR 11:00 Exercise 1:00 Table Games  3:00 Bingo</p>	<p><b>7</b> 10:00 Nail Care And Coffee Social LR 1:00 Table Games <b>3:00 Punch Bowl Cakes and Tea For Moms</b></p>	<p><b>8</b> 8:00-3:00 Outing to Amarillo 5800 Bell St. (Older American's Month) Showcase of Talent</p>	<p><b>9</b>  10:00 Coffee Social 1:00 Table Games 3:00 <b>20th Birthday Party :) ) for Seletta Don't Tell !</b></p>
<p><b>10</b>  9:00 Worship Service 10:00 Coffee &amp; Donut Social</p>	<p><b>11</b>  10:00 Coffee Social LR 11:00 Exercise 1:00 Table Games <b>3:00 Sing A Long Dress for Summer</b></p>	<p><b>12</b> Day at Sea w/Pirates 10:00 Coffee Social 11:00 Bible Study <b>12:00 Lunch w/ Pirates</b> 3:00 Clowns Under Construction LR <b>Dress Like A Pirate Day</b></p> 	<p><b>13</b> Port Of Cozumel  <b>11:00 Port Party at Gazebo</b> <b>12:00 Lunch w/ Captain -Gazebo Dress for Summer Port Party Day</b></p>	<p><b>14</b> Day At Sea  9:00 Coffee Social 1:00 Table Games <b>2:00 King's Manor Fiesta Dancers and Talent Show LR Dress for a Fiesta Day</b></p> 	<p><b>15</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:00 Movie &amp; Pop-Corn LR Titanic</p>	<p><b>16</b> 10:00 Coffee Social 1:00 Table Games 3:00 Bingo</p>
<p><b>17</b> 9:00 Worship Service 10:00 Coffee Social 1:00 Table Games <b>5:30 Church of Christ Supper</b></p>	<p><b>18</b> 10:00 Coffee Social LR 11:00 Exercise 1:00 Table Games 3:00 Sing A Long</p>	<p><b>19</b> 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 <b>Chair Volley Ball</b></p>	<p><b>20</b> 9:00 Catholic Book Study Group LR 11:00 Exercise <b>12:00 Men's Lunch</b> 1:00 Table Games 3:00 Bingo</p>	<p><b>21</b> 7:00 Eggs <b>Benedict/Breakfast Social</b> 10:00 Nail Care And Coffee Social  1:00 Table Games <b>3:00 Birthday Party</b></p>	<p><b>22</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:00 Movie &amp; Pop-Corn</p>	<p><b>23</b> 10:00 Coffee Social 1:00 Table Games 3:00 Trivia</p>
<p><b>24/31</b> 9:00 Worship Service 10:00 Coffee Social 1:00 Table Games</p>	<p><b>25 Memorial Day</b> 10:00 Coffee Social &amp; Donuts  <b>1:00 Memorial Day Sing A Long</b></p>	<p><b>26</b> 7:00 Pilot Club 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games <b>3:00 Chair Volley Ball</b></p>	<p><b>27</b> 9:00 Catholic Book Study Group 11:00 Exercise 1:00 Table Games  3:00 Bingo</p>	<p><b>28</b> 10:00 Nail Care And Coffee Social LR 1:00 Table Games 3:00 Memory Games</p>	<p><b>29</b> 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 2:00 Movie &amp; Pop-Corn</p>	<p><b>30</b> 10:00 Coffee Social 1:00 Table Games 3:00 Memory Lane</p>



# Westgate Activity Calendar May, 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>National Nursing Home Week May 10-16</i></p> <p><i>This Calendar is Subject to Change</i></p>	<p><i>May Is Older Americans Month</i></p>				<p><b>1</b> Shopping Day</p> <p>8:30 Room Visits 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:00 Patio Outing 11:30 Lunch with Residents 1:30 Table Games 2:00 Patio Outing 4:00 Mail</p>	<p><b>2</b> 8:30 Room Visits 10:00 Bingo 11:30 Lunch w/ Residents Newspaper 2:30 Table Games Volunteer &amp; Family Visits</p>
<p><b>3</b> 9:00 Worship In Lamar Room 10:00 Refreshments in Lamar Room 10:15 Catholic Church Visits 11:30 Lunch w/ Residents 1:00 Table Puzzles 2:00 Dominoes</p>	<p><b>4</b> 8:30 Room Visits 9:00 Morning Devotionals 9:15 Bible Study 10:00 The Price is Right Show in lobby 11:30 Lunch w/ Residents 1:30 Table Games 3:00 Bingo 4:00 Mail</p>	<p><b>5</b> CINCO DE MAYO 8:30 Sensory Group 9:00 Morning Devotionals 10:00 The Price is Right Show 10:30 Exercise 11:30 Lunch w/ Residents 1:30 Gardening 3:00 Bakery Breads/coffee 4:00 Mail</p>	<p><b>6</b> 8:30 Room Visits 9:00 Morning Devotionals 9:30 Nail Care 10:00 The Price is Right Show in lobby 11:30 Lunch w/ Residents 1:30 Word Search Puzzles 3:00 Sing-A-Long 4:00 Mail 5:30 Movie Night Front Lobby</p>	<p><b>7</b> 8:30 Sensory Group 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:30 Exercise 11:30 Lunch with Residents 3:00 Birthday Party 4:00 Mail</p>	<p><b>8</b> Shopping Day 8:30 Room Visits 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:00 Patio Outing 11:30 Lunch with Residents 1:30 Table Games 2:00 Strawberry Shortcake Sundaes For Moms 4:00 Mail</p>	<p><b>9</b> 8:30 Room Visits 10:00 Bingo 11:30 Lunch w/ Residents Newspaper 2:30 Table Games Volunteer &amp; Family Visits</p>
<p><b>10</b> Happy Mother's Day! 9:00 Worship In Lamar Room 10:00 Refreshments in Lamar Room 10:15 Catholic Church Visits 11:30 Lunch w/ Residents 1:00 Table Puzzles 2:00 Cookies For Moms In Lobby</p>	<p><b>11</b> NATIONAL Dress for Summer 8:30 Morning Visits 9:00 Morning Devotionals 10:00 Worship w/Paul having a Joyful Heart 11:30 Meet the Staff Loading Passes 1:30 Table Games 3:00 Fiesta Bingo 4:00 Mail 5:00 Family Support Group w/ Psychologist Julie C. Johnson</p>	<p><b>12</b> NURSING Dress Like a Pirate 8:30 Morning Visits 9:00 Morning Devotionals 10:00 The Price is Right Show 10:30 Dancercise 11:30 Lunch w/ Pirates 3:00 Clowns Under Construction 4:00 Mail</p>	<p><b>13</b> HOME Dress For Summer Port Of Cozumel 8:30 Morning Visits 9:00 Morning Devotionals 11:00 Port Of Cozumel Party At Gazebo And Lunch with Captain 3:00 Trivia 4:00 Mail</p>	<p><b>14</b> WEEK Dress for Fiesta Day At Sea 8:30 Morning Visits 9:30 Morning At the Spa 10:00 The Price is Right Show in lobby 10:30 Exercise 11:30 Fiesta Lunch 2:00 King's Manor Fiesta Dancers LR and Talent Show 4:00 Mail</p>	<p><b>15</b> Day At The Sea 8:30 Room Visits 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:00 Fiesta Orange Cocktails/ Party 11:30 Lunch with Residents 1:30 Table Games 2:00 Movie on Deck 4/Titanic 4:00 Mail</p>	<p><b>16</b> 8:30 Room Visits 10:00 Bingo 11:30 Lunch w/ Residents Newspaper 2:30 Table Games Volunteer &amp; Family Visits</p>
<p><b>17</b> 9:00 Worship In Lamar Room 10:00 Refreshments in Lamar Room 10:15 Catholic Church Visits 11:30 Lunch w/ Residents 1:00 Table Puzzles 2:00 Dominoes 5:30 Church of Christ LR</p>	<p><b>18</b> 8:30 Room Visits 9:00 Morning Devotionals 9:15 Bible Study 10:00 The Price is Right Show in lobby 11:30 Lunch w/ Residents 1:30 Table Games 3:00 Bingo 4:00 Mail</p>	<p><b>19</b> 8:30 Sensory Group 9:00 Morning Devotionals 10:00 The Price is Right Show 10:30 Exercise 11:30 Lunch w/ Residents 1:30 Gardening 3:00 Ice-Cream Outing to McDonald's &amp; Scenic Drive 4:00 Mail</p>	<p><b>20</b> 8:30 Room Visits 9:00 Morning Devotionals 9:30 Nail Care 10:00 The Price is Right Show in lobby 11:30 Lunch w/ Residents 12:00 Men's Luncheon LR 1:30 Word Search Puzzles 3:00 Loteria Game 4:00 Mail</p>	<p><b>21</b> 8:30 Sensory Group 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:30 Exercise 11:30 Lunch with Residents 1:30 Gardening 3:00 Arm Chair Traveler 4:00 Mail</p>	<p><b>22</b> Shopping Day 8:30 Room Visits 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:00 Patriotic Sing-A-Long Memorial Day 12:00 Cook-Out /Gazebo 1:30 Table Games 2:00 Patriotic Video Reminiscence &amp; Refreshments 4:00 Mail</p>	<p><b>23</b> 8:30 Room Visits 10:00 Bingo 11:30 Lunch w/ Residents Newspaper 2:30 Table Games Volunteer &amp; Family Visits</p>
<p><b>24</b> 9:00 Worship In Lamar Room 10:00 Refreshments in Lamar Room 10:15 Catholic Church Visits 11:30 Lunch w/ Residents 1:00 Table Puzzles 2:00 Dominoes</p>	<p><b>25</b> MEMORIAL DAY 8:30 Room Visits 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:00 Bingo 11:30 Lunch w/ Residents 1:30 Table Puzzles 2:00 Table Games Family &amp; Friends</p>	<p><b>26</b> 8:30 Sensory Group 9:00 Morning Devotionals 10:00 The Price is Right Show 10:30 Exercise 11:30 Lunch w/ Residents 1:30 Gardening 3:00 Resident Council 4:00 Mail</p>	<p><b>27</b> 8:30 Room Visits 9:00 Morning Devotionals 9:30 Nail Care 10:00 The Price is Right Show in lobby 11:30 Lunch w/ Residents 1:30 Word Search Puzzles 3:00 Gaither Video Sing-A-Long 4:00 Mail</p>	<p><b>28</b> 8:30 Sensory Group 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:30 Exercise 11:30 Lunch with Residents 1:30 Gardening 3:00 Spelling Bee 4:00 Mail</p>	<p><b>29</b> Shopping Day 8:30 Room Visits 9:00 Morning Devotionals 10:00 The Price is Right Show in lobby 10:00 Patio Outing 11:30 Lunch with Residents 1:30 Table Games 2:00 Patio Outing 4:00 Mail</p>	<p><b>30</b> 8:30 Room Visits 10:00 Bingo 11:30 Lunch w/ Residents Newspaper 2:30 Table Games Volunteer &amp; Family Visits</p>
<p><b>31</b> 9:00 Worship In Lamar Room 10:00 Refreshments in Lamar Room 10:15 Catholic Church Visits 11:30 Lunch w/ Residents 1:00 Table Puzzles 2:00 Dominoes</p>				<p><b>Happy</b> Ted Higgins 5/12 Mae Nunn 5/13 Frank Robbins 5/15 Frankie Wood 5/15</p>	<p><b>Birthday</b> June Stark 5/16 Jean Gilter 5/20 Sammye Lucas 5/20 Adella Mathers 5/27</p>	

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..... Joanna Kluck  
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 ..... Tina Valdez  
Human Resources ..... Janelle Cardinal  
Dir. Housekeep./Trans..... Stella Delgado  
Dir. of Maintenance ..... Larry Carlson  
Dir. of Dietary Services..... Rosie Tijerina  
Assisted Living Director. .... Kaye Hansard  
Dir. Samaritan Hospice & Home Health.... George Buchenau, Jr.  
Chaplain ..... Dennis Latham  
Child Care Director ..... Mary Rocha  
Administrative Assist. .... Missy Wilcox

**King's Manor Board of Directors**

Chairman: Dan Higgins

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*

**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.*

**Home Health:** *Featuring excellent therapy services and skilled nursing care.*

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.

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