



Music and Memory Program

King's Manor is initiating a new program designed to enhance the lives of those with dementia and/or anyone in the facility whose life is enriched by music. Our administrator, Joanna Kluck, became interested in the program and was so impressed with what she learned that she began the process of introducing it to our facility. She approached the Hereford Rotary Club, who very generously volunteered to supply the seed money to get us certified, and they have applied to the district Rotary to supplement the initial investment needed to initiate the program.

The musicandmemory.org website gives as an example of how the program works in the form of a gentleman by the name of Henry who loved music all throughout his life; his family remembers that he had a song for every occasion. After he began having seizures, he was placed in a nursing home. He has been there over 10 years and over the years has become more withdrawn and less responsive. The narrator says that he was "depressed, unresponsive, and almost un-alive." Isn't this one of our greatest fears for our loved one when they are diagnosed with some form of dementia or Alzheimer's? And in fact, one of our greatest fears for ourselves? Of course we have music in the Home, many times a day in various formats. However, the music that may awaken my soul is not necessarily the same as that which awakens yours. A prime example: we thought my son hated music until he was nearly 12 be-

cause he always wanted us to turn off the radio or TV. As it happens, he just wasn't fond of country and western! Who knew someone from Texas could genuinely dislike C&W? In fact, he is passionate about *his* own genres of music and playing various instruments and listening to music is an important part of his life.

The key to this program is *personalized* music which is downloaded to Mp3 players or iPods especially for a specific individual's use. Our new friend Henry was given an iPod, loaded with music he loved earlier in life, especially chosen by his children. When he listened to the music, he transformed. It was said that "his face resumed expression, he became animated and alive". The transformation began to bleed over into the time when he did not have his iPod on and Henry became more verbal and interactive. According to spokespersons of the program, "Henry's remarkable re-awakening is not unique. In hundreds of MUSIC & MEMORYSM Certified Care Facilities throughout the U.S. and Canada, we've helped thousands of individuals struggling from dementia and other chronic cognitive and physical impairments reconnect with family, friends and caregivers through our personalized digital music program."

The Therapeutic Benefits of Personalized music

- Participants are happier and more social.
- Relationships among staff, participants and family deepen.

- Everyone benefits from a calmer, more supportive social environment.

- Staff regain valuable time previously lost to behavior management issues.

- There is growing evidence that a personalized music program gives professionals one more tool in their effort to reduce reliance on anti-psychotic medications.

I encourage you to read more about the program by going to the website at musicandmemory.org. We will receive 10 iPods with the program, but to expand it as much as we would like, more Mp3 players or iPods will be needed. Many people have replaced these with their cell phones, so if you have any old devices just lying in your junk drawer of obsolete technology, bring it to us! Also if you have CDs with Gospel, music from the Big Band Era, 30s 40's 50's that we could borrow and download, we would greatly appreciate them. Be sure and label them clearly. I-tunes gift cards to purchase specific music would be very welcome as well. If you are interested in your family member here at King's Manor participating, be making lists of the kinds of music that might awaken old memories for your loved one.

We are excited to see this program bring joy and animation into our Home!

Sincerely,


Shelly Moss

Letters of Appreciation

From the family of Ercel and Annie Brashear:

“To the entire staff of King’s Manor and Westgate Nursing Home:

Our deepest thanks for the gentle and compassionate care you gave to Ercel and Annie Brashear during the time they lived with you. We had all tried to move them nearer to us so that we could be more a daily part in their lives and participate more immediately in their care, but they wanted to die in Hereford where they’d spent so much of their lives. We could not have asked for more wonderful people to care for them in our stead, and we will be forever grateful for all the understanding, generosity and kindness you demonstrated throughout the time they spent with you. Hereford is very fortunate to have such wonderful people willing to share their hearts and their time with the elderly under their care.”

Ercel and Jean Brashear
Carole and Dennis West
Steve and Diva Brashear
And our families

From Dr. Mims:

“Thank you so much for your role in the celebration event for me at King’s Manor last Wednesday. It was a great joy to see all of the people that came. I can’t thank you enough. The event was very touching and very meaningful for me to see the love of my friends in Hereford. My words cannot fully express my appreciation for this love and the care of the people and I hope you can feel my appreciation and love for you all.

King’s Manor is a wonderful institution in this town. Any town would be proud to have the quality of care given here and I would recommend King’s Manor retirement home to anyone. I have enjoyed living with you on Sunset Drive over the past four and a half years. Moving here after 55 years on Fifth Street was a big change and I found not just a place to live, but a new home at King’s Manor. I thank all of you for your friendship and I will miss you all.

I hope you know how much I enjoyed living in Hereford. I love the people and the town and I will miss being with you. As you know and I tried to say on Wednesday, I am not leaving Hereford for any other reason than to be closer to my family. There was no better place for me to live. I will often be thinking of the memories, friends, and long attachments here. I will be thinking of you often. I hope to hear from you. In case you want to get in touch, call the office at King’s Manor and they will be happy to give it to you.”

Sincerely yours,
Arthur Trow Mims, M.D.

Family Night

Thursday, April 21st

Lamar Room

6:00 PM

Mexican Stack Supper

Please bring your favorite side dish or dessert

Come for great food, fun and fellowship.

Our Appreciation . . .

Donations to King's Manor

Donald Douglas

Donations to Benevolent Fund

A.W. & Jackie Shoffit

Wayne & Kris Dollas

Honorarium

Adella Mathers

Warren & Billie Jo Gee

Heather Cole

Memorials to King's Manor

Annie Brashear

Roswitha & Don Frevert

Margret & Joe Jones, Jr.

Goodin Fuels, Inc.

The Winget Family

Joe & Ginger Wallace

Dick & Barbara Pearce

Ercel & Annie Brashear

Dennis & Carole West

Ronnie Buse

Edward & Kathy Allison

Wayne Lady

Walter Campbell

Scott & Lori Hall

Juanita Coker

Marline Watson

Joe & Ginger Wallace

Frances Crume

Coach Don & Linda Black

Bobby & Delmarie Davis

Marcella Bradly

Sue Inmon

Alma Pittenger

Marline Watson

B.J. & Linda Gililland

Ann Cummings

Herschel & Ruth Black

Bill & Ausma Wilson

Wayne Lady

The Winget Family

Linda Wilson, Shawn & Blaine

Donald Douglas

Scott & Lori Hall

Dalhart Church of the Nazarene

Bobby & Nelda Douglas

Debbie Towns & Family

Curt & Cindy Ferguson

Lynn & Becky Turner & Family

Raymond & Linda Davis

Joyce Jenkins

Johnny & Jana Trotter

Joe Ward

Wayne Lady

Ruth Ann Hudson

Sandi & Nick Todaro

Ann Line

B.J. & Linda Gililland

Herschel & Ruth Black

Joe & Ginger Wallace

Mr. & Mrs. James Higgins

Bobbie Riddle

Mr. & Mrs. James Higgins

Frank Robbins

Edward & Kathy Allison

Kathryn Robinson

Marline Watson

Catharine Russell

Marline Watson

Patricia Sims

Edward & Kathy Allison

Billy Wayne Sisson

Scott & Lori Hall

Carolyn Hacker

Carole Coffey Stapp

Edward & Kathy Allison

Bob Webster

A.W. & Jackie Shoffit

Elvin Wilson

Scott & Lori Hall

Benny Womble

Edward & Kathy Allison

Joan Womble

Goodin Fuels, Inc.

Joyce Jenkins

Joe & Ginger Wallace

Garry Yosten

Mr. & Mrs. James Higgins

HAPPY BIRTHDAY!

Employees:

Heaven Galvan 4/02

Jessica Graves 4/02

Cynthia Martinez 4/06

Joana Santos 4/06

Yadira Lara 4/20

Janet Coleman 4/21

Kristi Batenhorst 4/23

Jessica Lovington 4/25

Victoria Sturgeon 4/26

Paula Aguilar 4/28

Missy Wilcox 4/29

Manor:

Joyce Jenkins 4/01

Juanita Higgins 4/16

Frankie Barrett 4/17

Irene Reinart 4/29

Westgate:

Miles Caudle 4/09

Alta Mae Higgins 4/16

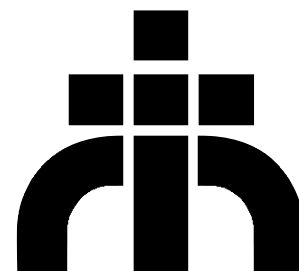
Mary Arnold 4/19

Childcare:

Jeremiah Nunez 4/08

Cashlynn Sanchez 4/17

Chloe Rocha 4/31



Grievances: Just a Reminder
If you have a grievance you would like to formally submit, there are forms available in the notebook on the table in the Westgate Activity Room with instructions. Also remember that survey results remain displayed on that same table.

Manor News

April is here and all I can say is Thank You from the bottom of my heart to all of the residents, families and staff for volunteering your time to make sure the activity calendar was in full force while I was out. Also, all of the wonderful cards that I got were a daily motivation to feel better and get back to work. Now that I am back to work, the continued help from residents and staff until I fully recover my strength is deeply appreciated.

Spring has arrived and I am ready for warmer days and lots of sunshine with prayers for rain so that we have a continued healing of the land this year as we did last year. I am looking forward to the spring and summer activities. On the 8th, I have scheduled an ice-cream Sunday social for 3:00 in the dining room. On Mondays at 3:00 in the Lamar Room, our Sing-a-Long group with Jackie is back in full force, so everyone come join in. I have planned **Family Night for the 21st of April at 6:00 p.m. in the Lamar Room.** Our menu will be **Mexican Stack**, so bring your favorite side dish that goes with Mexican food, or favorite topping or dessert. We always have a great time and look forward to seeing everyone.

Last month I had mentioned that in February, our Reminisce group discussed Love and Marriage during the Great Depression. This month we discussed how the residents celebrated Easter in the good old days, when money was scarce. I love to hear the stories from the residents. They inspire me to continue to keep family traditions going. Egg hunts back in the day were usually at school or after church.

Activity News

Everyone got together to dye hard-boiled eggs, usually fresh from the farm-- no store bought eggs at that time or candy eggs. After Sunday morning services with everyone in their Easter clothes, men in their suits, and ladies with dresses, hats and gloves (and if you were a lady and didn't have a hat on, that was a major no-no), the children would hunt the hardboiled eggs that were hidden all around the church grounds or at home hoping that you found them all. For the next several days that week, everyone ate meals containing colored eggs, pink and green egg salad or colored potato salad. It was even stated that the eggs peeled differently because they were fresh, and sometimes a dyed egg was found that had not made it into the boiling pot.

What memories this group brought back to one another and myself, but the most important memory at the end of the group was that Easter was not all about the bunnies and the eggs and the wonderful meal; it was about the fellowship with one another, celebrating and giving thanks that God so loved the world that He gave His only Son. I hope everyone had a great March and I am looking forward to our next Reminisce in April on the 5th. Have a blessed month.

Brenda Blacksher
Activity Dir.

Westgate News

April is an activity-packed month starting with a Birthday Party on the 7th, Men's Baking Club on the 12th, Coke Float Party on the 14th, crafts on the 19th, a scenic drive for ice cream on the 20th, donuts on the 22nd, and Happy Hour on

the 28th.

With the weather warming up, we will schedule weekly patio outings starting in May. Patio outings have been scheduled twice this month. Our monthly cook-outs will also start in May. Our first hamburger cook-out is scheduled **May 13th.** We look forward to all our cook-outs. Residents enjoy the fun time outside eating, socializing, watching the children, and enjoying the weather. Dietary and Maintenance, we thank you for all your hard work preparing/grilling and making sure our Residents are well fed. We also thank the rest of the staff in providing the best care for the Residents during meals outside at these special occasions.

March is gone and with it, the Easter Holiday. Usually, we celebrate Easter Sunday in April, but this year it fell in March. I hope the celebration was special for you and your family. The Resurrection of our Lord—Easter Sunday—is greater than Christmas, because our Lord died for our sins. Have you heard the saying, “His-tory is His Story”? Well, that's exactly what salvation history is: the epic story encompassing all of God's dealings with humanity. Every year, the Church proclaims anew several key chapters of this sweeping story. For instance, you can imagine Advent as the story leading up to the birth of Jesus. Lent follows Him on His journey to the Cross. On Easter Sunday, we begin another chapter: the season of Easter. He is risen, and a new story is about to unfold. Jesus is risen, and the Spirit has been poured out. And so the story continues to advance

(Continued on Page 5)

Activity News

Westgate News

(Continued)

through us. Isn't Jesus wonderful? Not only did He die for us, forgives us, and promises us eternal life, but He is also inviting us to be a part of history, the greatest story ever told. He was born in order to become, by His dying and rising, the One Savior of the world-our Savior! Today, as we renew our commitment to live in close union with the Risen Lord Jesus, let us ask the Lord to deepen His life within us and to make us His witnesses of Easter joy and hope. Alleluia!

Chris & Bertha



Mrs. Beatriz Fuentes and her daughter celebrate St. Patrick's Day.



Child Care leprechauns (led by Batman) celebrate St. Patrick's Day also.

WELCOME!

King's Manor extends a Warm Welcome to:

Rehab:

Johnny Butler

Long Term Care:

Jeanie Caison

Assisted Living:

Bill Craig

Our Christian Sympathy to the families of:

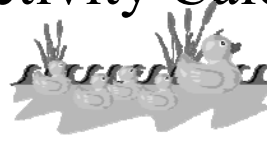
- Anna Brashear
- Wanda Silerio
- Ruthie Gruhlkey
- Joan Womble
- Donald Douglas






Residents assist staff and child care in coloring Easter eggs.



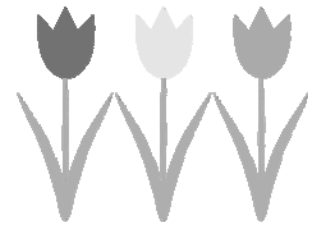
Manor Activity Calendar




Sun	Mon	Tue	Wed	Thu	Fri	Sat
	APRIL National Child Abuse Prevention Month 	<u>Happy</u> Joyce Jenkins 4/01 Juanita Higgins 4/16	<u>Birthday</u> Frankie Barrett 4/17 Irene Reinart 4/29	To All the Manor Volunteers— I truly love And Appreciate You! 	1 April Fools Day 10:00 Coffee Social 11:00 Exercise 3:00 "I Love Lucy" Reruns & Pop-Corn	2 10:00 Coffee Social 1:00 Table Games 3:00 Bingo
3 9:00 Worship Services 10:00 Coffee Social 1:00 Table Games	4 10:00 Coffee Social 11:00 Exercise 1:15 Resident Council 3:00 Sing A Long	5 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Remember When	6 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo 6:00 Prayer Meeting	7 7:00 Eggs Benedict 10:00 Coffee Social 1:30 Table Games 3:00 Nail Care	8 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Ice-cream Sundaes	9 10:00 Coffee Social 1:00 Table Games 3:00 Bingo
10 9:00 Worship Services 10:00 Coffee Social 1:00 Table Games	11 10:00 Coffee Social 11:00 Exercise 1:30 Table Games 3:00 Sing A Long	12 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Crafts	13 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo 6:00 Prayer Meeting	14 10:00 Coffee Social 1:30 Table Games 3:00 Nail Care	15 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Movie & Pop-Corn	16 10:00 Coffee Social 2:00-4:00 p.m. Alta Mae Higgins 100th Birthday Party
17 9:00 Worship Services 10:00 Coffee Social 5:30 Church Of Christ	18 10:00 Coffee Social 11:00 Exercise 2:00 Nail Care 3:00 Sing A Long	19 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Trivia	20 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo 6:00 Prayer Meeting	21 7:00 Eggs Benedict 10:00 Coffee Social 1:30 Table Games 6:00 Family Night	22 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Movie & Pop-Corn	23 10:00 Coffee Social 1:00 Table Games 3:00 Bingo
24 9:00 Worship Services 10:00 Coffee Social 1:00 Table Games	25 10:00 Coffee Social 11:00 Exercise 2:00 Nail Care 3:00 Sing A Long	26 10:00 Coffee Social 11:00 Bible Study 1:00 Table Games 3:00 Crafts	27 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Bingo 6:00 Prayer Meeting	28 10:00 Coffee Social 1:30 Table Games 3:00 Birthday Party	29 10:00 Coffee Social 11:00 Exercise 1:00 Table Games 3:00 Coke Floats	30 10:00 Coffee Social 1:00 Table Games 3:00 Bingo



Westgate Activity Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<ul style="list-style-type: none"> 4:00 Mail Lon1's Between Groups Shopping Days Tuesdays & Thursdays 10:00 the Price is Right/lobby Tues & Thurs 4:30 Sing-a-Long 	<p>Calendar Subject To Change</p>	<p>HAPPY Miles Caudle 4//9</p> <p>Alta Mae Higgins 4/16</p>	<p>BIRTHDAY</p> <p>Mary Arnold 4/19</p>	<p>1 April Fool's Day 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Coffee & Music 1:30 Table Games 2:00 Patio Outing</p>	<p>2 8:30 Room Visits 10:00 Bingo 1:00 Table Puzzle 2:00 Cards Newspaper Family & Friends</p>
<p>3 9:00 Worship Service Lamar Rm 10:00 Refreshments Lamar Rm 10:15 Catholic Church Visits 2:00 Table Games</p>	<p>4 8:30 Morning Devotionals 9:00 News 10:00 Bible Study 2:00 Room Visits 3:00 Bingo</p>	<p>5 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Cleaning/Sorting Bingo Chips 3:00 Trivia</p>	<p>6 8:30 Rm Visits 9:00 Morning Devotionals/Rm 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Sing-a-Long Newspaper</p>	<p>7 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Tea Social 3:00 Birthday Party w/childcare</p>	<p>8 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Coffee & Music 1:30 Table Games 2:00 Movie Matinee</p>	<p>9 8:30 Room Visits 10:00 Bingo 1:00 Table Puzzle 2:00 Cards Newspaper Family & Friends</p>
<p>10 9:00 Worship Service Lamar Rm 10:00 Refreshments Lamar Rm 10:15 Catholic Church Visits 2:00 Table Games</p>	<p>11 8:30 Morning Devotionals 9:00 News 10:00 Bible Study 2:00 Room Visits 3:00 Bingo</p>	<p>12 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Popcorn Social 3:00 Men's Baking Club</p>	<p>13 8:30 Rm Visits 9:00 Morning Devotionals/Rm 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Loteria Game Newspaper</p>	<p>14 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Magazines 3:00 Coke Float Party</p>	<p>15 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Coffee & Music 1:30 Table Games 2:00 Patio Outing</p>	<p>16 8:30 Rm Vsts. 10:00 Bingo 1:00 Table Puzzle 2:00 Cards, News Family/Friends 2:00-4:00 Alta Mae Higgins 100th BID Party</p>
<p>17 9:00 Worship Service L.R. 10:00 Refresh-LR 10:15 Catholic Church Visits 2:00 Table Games 5:30 Church of Christ</p>	<p>18 8:30 Morning Devotionals 9:00 News 10:00 Bible Study 2:00 Room Visits 3:00 Bingo</p>	<p>19 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Tea Social 3:00 Crafts</p>	<p>20 8:30 Rm Visits 9:00 Morning Devotionals/Rm 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Scenic Drive Newspaper</p>	<p>21 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Popcorn 3:00 Spelling Bee 6:00 Family Night</p>	<p>22 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Donuts & Music 1:30 Table Games 2:00 Arm Chair</p>	<p>23 8:30 Room Visits 10:00 Bingo 1:00 Table Puzzle 2:00 Cards Newspaper Family & Friends</p>
<p>24 9:00 Worship Service Lamar Rm 10:00 Refreshments Lamar Rm 10:15 Catholic Church Visits 2:00 Table Games</p>	<p>25 8:30 Morning Devotionals 9:00 News 10:00 Bible Study 2:00 Room Visits 3:00 Bingo</p>	<p>26 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Cleaning Bingo Chips 3:00 Resident Council</p>	<p>27 8:30 Rm Visits 9:00 Morning Devotionals/Rm 9:30 Nail Care 1:30 Word Search Puzzles 3:00 Reminisce Newspaper</p>	<p>28 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Exercise 1:30 Magazine Club 3:00 Happy Hour</p>	<p>29 8:30 Rm Visits 9:00 Morning Devotionals/Rm 10:00 Coffee & Music 1:30 Table Games 2:00 Patio Outing</p>	<p>30 8:30 Room Visits 10:00 Bingo 1:00 Table Puzzle 2:00 Cards Newspaper Family & Friends</p>

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

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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 D'dee Grove
Social Services/Admiss..... Becky Williams
Activity Dir. Brenda Blacksher
Billing Coordinator Janet Coleman
Medicare Billing Tina Valdez
Human Resources Missy Wilcox
Dir. Housekeep./Trans..... Stella Delgado
Dir. of Maintenance Larry Carlson
Dir. of Dietary Services..... Rosie Tijerina
Assisted Living Director..... Kaye Hansard
Chaplain Dennis Latham
Child Care Director Mary Rocha
Administrative Assist..... Linda Davis

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.*

samaritanhospice.net • www.kmmrs.com

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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