

Memorials and Gifts

In Memory of Mary Yocham
 Brent and Suzanne Huckabay
 Ken and Peggy Gaunt
 Clinton Kuzmich
 Roger and Alice Freidline
 Jerry and Jan Watson

In Memory of Martha Dwyer
 Roger and Alice Freidline

In Memory of Eric Nelson
 Jack Burkett



When you wish to honor a friend or loved one with a memorial gift, please consider making Manor Park, Inc. the beneficiary of your contribution. The gifts received from memorials are a fitting tribute because they are used to enhance the lives of our residents.

Contact Lucy Woodside - 699-3424 or lwoodside@manorparkinc.org

HELPFUL EVENT INFORMATION

Events printed in **BOLD** on the calendar usually include a combination of a meal, a ticket, or transportation. Residents are asked to sign-up so we have a head count. This helps staff plan enough food, staff, and/or buses.

Life happens - if you signed up for an event and are unable to attend, it is important to notify: **Resident Services - 699-3426** 24 hr. advance notice to avoid being charged :

\$ 7.00 for on campus events
\$10.00 for off campus events

Are we MISSING your photo on the Wall of Residents?
 (in the hall by the Pharmacy & Library)



Please contact Resident Services Specialist, **Nicole** 699-3426 to schedule a time to have your photo taken.

Independent Living event sign-up sheets on clipboard,...



The sign-up sheets for activities can be found on the two long wooden tables located in the Atrium.



The clipboards are updated before the monthly Residents Meeting. Residents attend the Residents Meeting then sign up for next month's events.



If a ticket is required for an event, you must indicate if you have your own or NEED one for the event. **Nicole** will assist you with on-line ticket purchases.

Coming up next month . . .

May 3rd "Fiesta on the Patio"

May 24th Honor Our Veterans Celebration

May 27th Memorial Day Offices CLOSED

INDEPENDENT LIVING

N' THE MANOR OF SPEAKING

APRIL 2019

SPRING has officially sprung! We couldn't be happier about it! Longer days, more sunshine, blooms abound, Concho Patio is ready for gatherings, and **LOTS** of greater community offerings. The calendar is full, don't wait to get involved. We are going lots of places, doing lots of things. Something for **EVERYONE!**



2208 N. Loop 250 W.
 Midland, Texas 79707
 (432) 689-9898
 www.manorparkinc.org



If you have a suggestion, correction or comment about the newsletter, activities, or campus issues— please contact

Sherice Barndt
 699-3469 or email sbarndt@manorparkinc.org

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Easter Egg Scavenger Hunt - Tuesday, April 9 9am - 4p

You are invited to bring your smartphones, tablets, or other devices with a QR code reader and join an Easter Egg Scavenger Hunt. OH! You don't have a QR Reader? Well, we can help you out! First, CLICK on your APP icon on your phone or tablet (iPhone - Android - or something similar). Second, search "QR reader". You should have several FREE choices. Choose one to download, then OPEN when instructed. Third, the icon for the app you chose will appear on the device screen. Open the app to learn how it works. **The day of the hunt, START at the Wallace Bldg entrance. DON'T forget your tablet or phone.**



Frequently Called Phone Numbers

Information / Receptionist	689-9898
(Independent Residents)	
Activity / Event Inquiries	699-3426; 699-3428
Accounting / Billing	699-3422
Beauty Shop: <i>Somewhere In Time</i>	
699-3405	
Chaplain	699-3404
Clinic (FMH Foundation)	689-0042
Director of Independent Living	699-3469
Dining Room	ext.2020 689-9898
Grill (Clubhouse)	699-3418
Helen Greathouse Manor	694-1691
Housekeeping	699-3433
Maintenance / Repairs / Handyman	699-3427
Mabee Healthcare Center	689-0707
Marketing Office	699-3414
Pharmacy	689-3355
just need a refill? Call	699-6065
Receptionist (Mabee / Younger)	699-3401
Security	967-3898
Transportation (Medical & Valet)	699-3474

Communication is very important to us.

COMMENT SHEETS are available in three locations:

- ◆ Receptionist office
- ◆ IL Activities sign up table
- ◆ Clubhouse entry

Please leave the completed form with the receptionist.

Dir. IL Sherice Barndt
699-3469 or email
sbarndt@manorparkinc.org

Neighborhood Resident Council Monthly Meeting

NEXT meeting
Tuesday, Apr 16 at 2:30

Blischke, Jim	Allegra Boone
Bowles, Patsy (Miller, Carrie Jo)	
Brenner, Hal & Leanne	
Carnett, Em	Collins, Gail
Cook, Tom & Kerri Kay	
Courtney, Kay	Davis, Evelyn
Emerson, Genell	
	Forsyth, Jackie
Fox, Linda	Hale, Mervyn & Jody
Hall, Al	Howard, Snooky
Jensen, Richard & Irene	
Jones, Patsy	
	Malone, Skippy
Sherrod, Joyce	Skiles, Jack
Stice, Dale & Carolyn	
	Stooksberry, Barbara
Vaughn, Elizabeth	Vinson, Vi
Watts, Joyce & Richard	Anita West

We have over 27 neighborhoods, each of which has a Resident Representative. Currently we have one empty. These volunteers play an integral role in communication to neighbors as well as fostering well being in each neighborhood.

Monthly Resident Meeting

Tuesday, Apr 30
9:30am Right Activity Room
(coffee, juice, & muffins at 9:00 a.m.)

Challenge!
Bring a
NEW
neighbor



Resident Meetings give our valued residents an opportunity to hear from the Executive Director, Alan Hale, about what is happening on our campus and in the community. We encourage you and your neighbors to join us each month.

Bkmobile

Helen Greathouse Manor

Friday, April 12
10:00 – 11:30 am

They offer:
Large print, Audio books,
DVDs, and “play-a-ways”. You can
call in special requests to be
brought by the bus.
Call: 432.688.4325



Classic Memories *Car Club*

Meet and Greet
Saturday, April 6, 2019
4:00 P.M.
Pevehouse Pkwy. or
Clubhouse parking lot.
Followed by a cruise
around the campus.
Come check out these cool
cars of the past.

Performance
by pianist
Stephen Hopp

Sat, April 27th
6:30pm
Parks-Fuadræ
Chapel

About Hospice Care - part 3 (A Medicare Benefit)



Who's eligible for the hospice benefit

If you have Medicare Part A (Hospital Insurance) AND meet all of these conditions, you can get hospice care:

- Your hospice doctor and your regular doctor (if you have one) certify that you're terminally ill (you're expected to live 6 months or less).
- You accept palliative care (for comfort) instead of care to cure your illness.
- You sign a statement choosing hospice care instead of other Medicare-covered treatments for your terminal illness and related conditions.

Note: Only your hospice doctor and your regular doctor (if you have one) can certify that you're terminally ill and have 6 months or less to live.

What Medicare covers

You can get a one-time only hospice consultation with a hospice medical director or hospice doctor to discuss your care options and management of your pain and symptoms. You can get this one-time consultation even if you decide not to get hospice care. Once your hospice benefit starts, Original Medicare will cover everything you need related to your terminal illness, but the care you get must be from a Medicare-approved hospice provider. Hospice care is usually given in your home, but it also may be covered in a hospice inpatient facility. Depending on your terminal illness and related conditions, the plan of care your hospice team creates can include any or all of these services:

- Doctor services
- Nursing care
- Medical equipment (like wheelchairs or walkers)
- Medical supplies (like bandages and catheters)
- Prescription drugs
- Hospice aide and homemaker services
- Physical and occupational therapy
- Speech-language pathology services
- Social worker services
- Dietary counseling
- Grief and loss counseling for you and your family
- Short-term inpatient care (
- Short-term respite care
- Any other Medicare-covered services needed to manage your terminal illness and related conditions, as recommended by your hospice team

Information taken from: <https://www.medicare.gov/pubs/pdf/02154-medicare-hospice-benefits.pdf>

Book Club



Meets the **first Thursday** of every month at 2:30pm in the Right Activity Room. Over the next 3 months we will discuss the following books on the dates listed. We invite you to join us for one book or for all.

April 4th - Founding Brothers: The Revolutionary Generation by Joseph Ellis

May 2nd - Get Shorty
By Elmore Leonard

June 6th - A Walk in the Woods: Rediscovering America on the Appalachian Trail by Bill Bryson

VICTORY GARDEN

The onions plants were planted in January and scallions should be able to be pulled any time. Remember when you pull a scallion, alternate plants so the ones left will have room to grow into full size onions.



On March 9, we planted radishes, spinach, lettuce and beets. Radishes should be ready the first part of April. The rest should be mature the end of April into the first of May. When picking spinach and lettuce, do NOT pull out plant. Cut what you need and the plant will regrow. Enjoy and pass on vegetables to those who cannot get to the gardens.

EXPLORE the ROSE GARDENS

South of the Parks Faudree Chapel and at the Victory Garden we have rose gardens for all to enjoy. Soon a stunning blend of fragrant blossoms will be available for everyone to enjoy. Don't be afraid to clip a rose to take with you to your home or a neighbor.



Any comments or questions about the gardens can be addressed to:

Linda McDonald at 319-294-2117 or siamez42@gmail.com

Swap Market

Friday, April 26th

10 am - 1pm

Right Activity

Bring items to swap among friends. NO money exchange. NO large furniture. All items left can be donated to Helping Hands.

Call resident Loraine Calabria 699-4540 for more information



The West Texas Iris Society

Saturday, April 13.



Public viewing will be from 1:30 – 4:00 pm. It is staged at the Midland Park Mall in the front of the women's Dillard's.

It will have hundreds of beautiful colored iris displayed as single stalk specimens, dozens of design arrangements highlighting iris, many excellent photos that display iris, and several educational display boards that will teach everyone something about iris.

WHO KNOWS WHAT?

ROAD SCHOLARS

...have played and learned on well-organized trips close to home and farther away.

Come hear your neighbors' experiences and how you can be apart of this wonderful experience.

Wed, April 20

at 2 pm

Wayne Moore Room (HGM)

A light snack is served.

Welcome Home



Letty Haest

114 Abell Hanger Circle

New Resident Orientation

Wed, April 24

3:00 pm Tour

3:30 pm Session

For more information, call 699-3469

Each resident attending will receive a special gift handmade by the Needlework Group.

**If you were unable to attend in the past, please, join us at one of our monthly meetings.

April Birthdays

Join us to CELEBRATE !

Thurs, April 18

5:00pm - 6:00pm

Right and Left Activity Room

SERVING:

Spaghetti with Italian Sausage Sauce and Meatball, tossed salad, and garlic knots

 \$5 charge Non - birthday residents & guests

 Dining Room open for takeout only on this day.

Sue Hardwick	4-3	Lois Harrington	4-19
Ruby Wurth	4-6	Wilbur Harkness, III	4-20
Janyce Helton	4-7	Billy Phillips	4-21
Ed Magruder	4-10	William Barker	4-22
Carole Morgan	4-12	Carolyn Wood	4-25
Lena Nichols	4-14	Mary "Carol" Hardwick	4-27
Narnie Buchanan	4-15	Vivian Renfrow	4-27
Elizabeth Vaughn	4-15	Bobbie Lattner	4-27
Emma Carnett	4-17	Helen Tonde	4-29
Ron Morgan	4-18		

Have you completed your HOLLERAN resident survey? There is still time! Available on-line in Library. If you have not yet done so, please complete by April 5, 2019

VOLUNTEERS NEEDED...

Victory Garden – Do you have a passion for gardening? We have 7 restored raised beds that will flourish with a little TLC and water. Contact Linda Mc Donald -319-294-2117

Happy Hour - Our Auxiliary is always glad to have new members join them Sept - May each year. If you have a relative or friend that would be interested in joining this group, please have them contact Nicole Church 699-3426

TOUR OF HOMES - Volunteers needed. Call Marketing 699-3414



Communion Service

Parks-Faudree Chapel Thursday, April 18th

10:00 am

Chaplain Bill Billett will lead the service

Easter Sunday April 21



Manor Park's Winners

Bridge

Feb 18

High: Mary Truex
2nd High: S. Howard

Mar 4

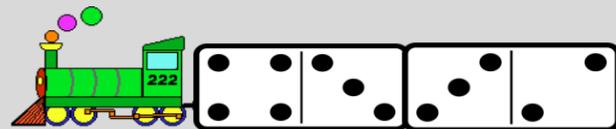
High: Mary Truex
2nd High: M. F. Wallace

Feb 25

High: Betty Conley
2nd High: S. Howard

Mar 11

High: Betty Conley
2nd High: Helen Farmer



MEXICAN TRAIN

Join the fun!

2/19/19	Ann Minter	236
2/25/19	Ann Minter	151
3/4/19	No game	
3/11/19	Dona Holliday	144

Mah Jongg

Come learn! We take it slow.

2/16/19	Linda McDonald
2/23/19	Gracie Shaw & Linda McDonald
2/26/19	Joyce Keenan & JoAnn Cozart
3/6/19	JoAnn Cozart
3/12/19	No game

Grocery Shopping . . . *let us do the driving!*

Every Thursday,
the Wallace Building

Residents begin **gathering** at **8:30 a.m.** in the foyer of the Wallace bldg.
The bus leaves promptly at 8:55 a.m.

*We now rotate between Albertson's & HEB.
Look at the calendar for which grocery store is scheduled each week.*

CONTACT Nicole with questions
699-3426

Recycle Collection Days for January

 **Apr 10 - Paper only**

 **Apr 24 - Plastic & Aluminum only**

USE **BLUE** recycle bags or mark clearly with **GREEN** tape/string to indicate "recycle"

Supporting the Resident Recycle Initiative is our GOAL!

RECRUITING!

Collection day helpers
Avid recyclers

REMINDER:

Our recycling pick-ups **do not** include plastic grocery bags. We will take recycled aluminum and plastic placed in those kinds of bags IF they are marked and IF it is very limited. We will not pick up "bags of bags". They jam the recycle machines. Most grocery stores have recycling bins for bags.

Sherice will accept clean plastic grocery bags for a group project making sleep mats for the homeless. Just bring by her office.

4

YELLOW PAGES

FMH MEDICAL SERVICE AREA

Texas Tech Physicians

Dr. Chau Minh Le

Family and Geriatric Medicine
Offering **home visits** for our Independent Living residents

THURSDAYS

1:00 p.m. - 5:00 p.m.

432-349-8331

(Leave a message)

All About Hearing

Appointments can be made
TUESDAYS 9a - 12p.

Call to schedule an appt:

432-689-2220

HANDY HELPER SERVICES

COMPUTER HANDYMAN SERVICES

Schedule a work order through the **Maintenance Office**
697-9033

HANDYMAN SERVICES

For example ... Hang pictures, assemble furniture, up-keep of patio and more.

Contact

Maintenance Office 697-9033

HANDY HOUSEKEEPER

Let us help with those home duties that are time consuming and difficult to accomplish. Specialty house services can be hired for a nominal fee so you can enjoy your retirement lifestyle.

To schedule your services:

Housekeeping - 699-3433 OR
LVillanueva@manorparkinc.org

LAB SERVICES

Midland Health

Will now provide services out of the FMH Medical Services office (across from the pantry).

7:00am to 7:30am

First and third TUESDAY

PANTRY SERVICES

Village Pantry

postage stamps, detergent, snacks, milk, & more!

Monday - Friday

10:30a - 3:30p

697-9010

PHARMACY SERVICES

Provide RX

Mon-Fri

10a-1pm & 2p-5:30p

689-3355

FREE on campus delivery

Call early for same day delivery

Need to REFILL a prescription?
call 699-6065

RESPITE SERVICES

HGM-VOGEL

Respite care available
Intermittent rates 7a-7p
Daily (24hr) rates up to 2weeks
Offered 7 days a week.
Admission criteria must be met along with required paperwork.

For more information
Call 432-694-1691 or email
scalley@manorparkinc.org

SALON SERVICES

Somewhere In Time Salon

For men, women, & home services

Tuesday thru Friday

For appointment call:

699-3405

TRANSPORTATION SERVICES

Valet

Monday thru Friday 8am - 4pm

For a roundtrip in the Midland city limits the rate is \$12. *If you have multiple stops, you will be charged an extra \$5 per stop.*

For MP staff assistance (staying with Resident during the outing) the rate is \$20/hr .

For a trip to the Airport cost is \$20 one way.

After-hours and Weekends

When one person or a group (up to 14 persons) would like to use the Valet services for an event the charge is \$25/hr minimum of 2 hrs. This amount can be divided by all passengers.

TRANSPORTATION Dept.

CALL- 699-3433 or

EMAIL transportation@manorparkinc.org

Medical Transport

Services are available for medical appointments in Midland and Odessa.

Benefits include:

- Reduce stress of parking space
- Door to door service
- Avoid busy traffic

Call 699-3474.

Leave a voice message and they will return your call

Include in your message:

Your name

Your address

Date & time of your appointment

Name of your doctor

April Wellness Center Newsletter

Matter of Balance will continue into April on the 2nd and 4th from 1PM to 3PM. If you're afraid to fall, or don't know where to begin when it comes to preventing falls, sign up for the rest of the sessions or pass by the Wellness Center to ask about it!

Hello everyone! There's a few things going on for the month of April. Foot health, overall health, and balance are all important! If you have any questions call us at (432)699-3411.

Have a Happy Easter!!!



April 1-7th is **National Public Health week!** To celebrate, the Wellness Center will emphasize the 7 Dimensions of Wellness that are important for overall health: Physical, emotional, social, intellectual, spiritual, environmental, and occupational. It's important to nurture and balance each dimensions for good overall personal health.

Reminder: NO CLASSES APRIL 11TH, 12TH, AND 15TH.

National Foot Health awareness month is here! Chris from Midland Athletic Company will come and give a talk on foot health, strength, and safety. They will bring their foot scanner that will give measurements such as pressure areas and whether someone pronates or supinates, and more interesting foot topics! It will be Tuesday, April 16th in the Left Activity Room.

Mon	Tue	Wed	Thu	Fri
1 Walking Group 8AM Fit Mix 10AM April Fool's Day	2 Get Limber 8:30 AM Matter of Balance 1— 3 PM in LA room Balance 3 PM PUBLIC HEALTH WEEK	3 Walking Group 8AM Fit Mix 10AM Line Dancing 2PM PUBLIC HEALTH WEEK	4 Get Limber 8:30 AM Matter of Balance 1— 3 PM in LA room Balance 3 PM PUBLIC HEALTH WEEK	5 Walking Group 8 AM Fit Mix 10 AM PUBLIC HEALTH WEEK
8 Walking Group 8 AM Fit Mix 10 AM	9 Get Limber 8:30 AM Balance 3 PM	10 Walking Group 8 AM Fit Mix 10 AM Line Dancing 2 PM	11 NO CLASSES	12 NO CLASSES
15 WELLNESS CENTER CLOSED NO CLASSES	16 Get Limber 8:30 AM Foot Health talk 1PM in LA room Balance 3 PM	17 Walking Group 8 AM Fit Mix 10 AM Line Dancing 2 PM	18 Get Limber 8:30 AM Balance 3 PM No balance due to Birthday Party	19 Walking Group 8 AM Fit Mix 10 AM Good Friday
22 Walking Group 8 AM Fit Mix 10 AM	23 Get Limber 8:30 AM Balance 3 PM	24 Walking Group 8 AM Fit Mix 10 AM Line Dancing 2 PM	25 Get Limber 8:30 AM	26 Walking Group 8 AM Fit Mix 10 AM
29 Walking Group 8 AM Fit Mix 10 AM	30 Get Limber 8:30 AM Balance 3 PM			



CAMPUS HAPPENINGS

Mondays
Mexican Train
1:00pm
Living Room - Various games played daily after lunch. Come join the FUN!

Bridge
1:00pm
Right Activity - Call Em Carnett at 687-6962 or Leon Thompson at 699-7133 for a place at the tables. Come join us!

Adult Coloring

2:00pm
In the Atrium – Join others as they color on paper or tablet.

Shape a New Normal

2:00pm
Chapel
Third Monday
A support group led by Chaplain Bill Billett to help residents cope with life changes after the death of a family member.

Tuesdays
Computer Group
10:00am
Library
Most Tuesdays, a volunteer resident will be helping with computers.
MahJongg
1:00 pm
Living Room
Contact Gracie Shaw 704-1756

Needlework & Crafts Group
2:00pm
Living Room
For beginners and experts. Gather to work on projects for the campus as well as personal items.

Party Around the Piano
5:30pm
Great Room in Clubhouse
Every second Tue. and last Thur.

Midland Health Lab
7:00am to 7:30am
FMH Medical Service (across from the pantry)
First and third Tuesdays
Get your lab work done early in the morning; you need your insurance card, I.D., doctor's order for lab work & FAX number; if you have questions call- (432)221-2911

Wednesdays
Coffee Klatch
9:00am
Atrium
Coffee and juice served along with something to munch or dunk;
Recycle pick up - 12 noon
Every other Wednesday.
CHECK your CALENDAR for pick-up dates and types. Have separated bags out where trash is picked up by 12noon.

Games
1:00pm
Living Room
Come join the fun! Play cards, dice, or dominos games



Thursdays
Men's Coffee Club
9:00am
Clubhouse Grill
Bring your own mug for complimentary coffee; you can order breakfast at the Grill too!

Grocery Shopping
8:55am
Bus departs from Wallace Bldg. Let us do the driving; climb aboard the 14-passenger buses; shop about an hour; we help unload your purchases.

Party Around the Piano
5:30pm
Great Room in Clubhouse
Every second Tue. and last Thur.
Bring a snack, your favorite drink, and come have a good time!

Book Club
2:30pm
Rt. Activity Rm-
First Thurs. of month.
Questions ?
Daryl Lane
704-1249

Alzheimer's Support Group
10:00am OR 2:00pm
Rt. Activity Rm.
Last Thursday each month.

Fridays/ Saturdays
Bookmobile
Second Friday 10am - 11:30am
Helen Greathouse Manor (HGM)
Come check out a book, video, or book CD.

Celtic Heritage Gathering
6pm
Rt Activity Rm
Second Saturday
A gathering for those interested in Celtic traditions; Manor Park provides a meeting location for this group. **Residents are welcome to attend**

BINGO
3:00pm
Rt Activity Rm
Third Saturday
Sponsored by Westside Lions Club with prizes provided.

Chapel Services

Friday Mornings

10:30am Catholic Mass-
St. Ann's Catholic Church

Sunday Mornings

9:45am Hymns /10:00am

Sunday Afternoon

4:00pm Vespers

Apr 7 - First United Methodist

Apr 14 - First Presbyterian

"Back Sliders" performers

Apr 21 - Holy Trinity Episcopal

Apr 28- Christ Church Midland

Other gatherings

Bible Study Parks-Faudree
Family Chapel organized by
Melissa Schuler of FUMC
Wednesday, 2:30 in Chapel

Grief Support Group SHAPING A NEW NORMAL

The 3rd Monday of every month
2pm Parks-Faudree Chapel

Chaplain Bill Billett present to
meet with whoever comes to the
chapel to listen to you as you talk
about what is going on in your life.

Do you have a prayer request? If you would like to be added to the prayer list, place your request in one of the boxes located around the campus. Requests are collected and distributed to the Manor Park prayer group.

Boxes are located throughout the campus.

You may also send your prayer requests to: mpprayer@suddenlink.net

Chaplains Chat...

With Spring having already sprung, and April beginning, there are a couple of special services that will be happening at Manor Park this April of which I want you to be aware. The first is our 20th Semi-Annual Memorial Service. This will take place in the Wayne Moore Room of Helen Greathouse Manor at 10:00 a.m. on Tuesday, April 16th. We will be remembering former residents and possibly others that passed away between July and December of 2018 during this time. Family will be asked to send pictures and written memories that will be shared during this time of memorial to help all of us work through the grief that we have experienced because of our friendships with people that died during this timeframe.

We will also be celebrating Holy Week, beginning with Palm Sunday on April 14th. The 10:00 a.m. service in the Parks-Faudree Family Chapel will be led by staff from St. Luke's UMC. On Thursday of this week, 4/18, Communion will be observed at the following times and locations: 10:00 a.m. in the Parks-Faudree Family Chapel, 1:00 p.m. in the Wayne Moore Room of Helen Greathouse Manor and at 4:00 p.m. at Scharbauer Cottage. Easter Sunday, 4/21, Jim Blischke, one of our many lay ministers on campus, will lead the 10:00 service. He will also be leading a Communion Service.

My hope is that you find meaning and apply that meaning to your personal life in any or all of these services during this month. These services are open to all.

Blessings,
Chaplain Bill Billett BCC

Let me know if I can be of help as you face any transition in your life. I am open to meeting with you. Please let me know if you would like me to come by and visit you. My phone number to my office is 699-3404 or send an email bbillett@manorparkinc.org

The Skinny On Dietary

Campus Dining Options

Café Barney's

Hours of operation daily:
11:30am – 1:30pm lunch
4:00pm – 6:00pm dinner

"To go" or delivery (lunch only)

Call - 689-9898 ext. 2020

Wildcatters Grill

Tuesday – Saturday
8:00 am – 3:00pm

Eat in or take out available.

Delivery to your car from the back door upon request-
699-3418.

Village Pantry

Mon - Fri

10:30am until 3:30pm

DINING HAPPENINGS

Apr 4 - Dutch Treat
Wildcatter's Grill 5:00pm

Apr 16 - Dinner with the Chef's
Dining Room at 5:00pm.
Sign up required

Apr 18 - "DAT" meeting in
Dining Room at 2:00pm.

Eating Right for Older Adults

Eating right doesn't have to be complicated. Start with the recommendations from Dietary Guidelines for Americans.

A Healthy Eating Plan:

- + Emphasizes fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- + Includes lean meats, poultry, fish, beans, eggs and nuts.
- + Is low in saturated fats, trans fats, cholesterol, salt (sodium) and added sugars.

Make Your Calories Count - Think nutrient-rich rather than "good" or "bad" foods. The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients and lower in calories. Most older adults need fewer calories. Making smart food choices can help you stay healthy & manage your weight. *American Dietetic Assoc.*

Housekeeping



IL housekeeping staff are responsible for completing the following general tasks in each of the homes on the Manor Park campus; general dusting, vacuuming of all carpeted areas, cleaning the kitchen, change linens on all beds, clean all bathrooms, sweeping and mopping of all hard surface floors.

The following tips will ensure that all housekeeping tasks are completed efficiently and effectively:

Countertops and tabletops should be cleared off any extra clutter so that the housekeeper can thoroughly clean and dust.

Place clean linens in an obvious place for any beds requiring the linens to be changed.

Let the housekeeper (or their supervisor) know which room(s) you prefer them to start cleaning first (i.e., some prefer that the housekeeper start in the kitchen, work their way to the living room, etc.)

Once a routine has been established, housekeepers will do a general cleaning of the entire house and if time permits, they will do a deep-cleaning of one or two rooms. If there is a room or rooms in the house that you do not want the housekeeper to clean please let them know in advance. But keep in mind that even a room that is never used will still build up dust (consider having it cleaned at least once every other month).

Please turn down thermostat to comfortable setting for cleaning your home. By doing this the housekeeper will be able to work more efficiently and will also help keep dust down when the housekeeper is doing the general of dusting of the house.

MAINTENANCE MATTERS ...



April 10 & 11
APROTEX

Pendant inspections for the following streets:

BANDERA
CHISOS
MCKITTRICK
MUSTANG
PALO DURO
PEVEHOUSE



If you will not be home, please, put your emergency pendant(s) on the kitchen counter.

Please report all
SUDDENLINK
problems to the
Maintenance Office,
FIRST

Albert Gonzales, in the Maintenance Dept., works closely with SUDDENLINK to solve issues before calling out one of their technicians.

Any issues that happen on the weekend should be reported, as soon as possible, on Monday.

Any plan adjustments of service plan or change of provider (Ex. Suddenlink, ATT, or Grande) should be communicated with the Accounting Dept. (699-3422) to ensure billing is updated.



**Carpet
Cleaning**

Yearly services provided.
Contact the Maintenance office for scheduling.

699-3427.

Window Cleaning

