

2020

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'N THE MANOR OF SPEAKING



The Village at
Manor Park

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



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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Livestream
Honor Our Veterans Ceremony
Friday, May 22 at 10am

Join us on *Facebook Live* or
at the Manor Park website
manorparkinc.org

Each year Manor Park holds a ceremony before Memorial Day to honor our Veterans, both residents and staff, for their service and sacrifice. We chose one of our veterans to be honored and receive the folded flag following the Flag Folding Ceremony. The ceremony serves as a time to remember those that have gone before us and honor those that are still with us. This event has always been a very special and well attended event at Manor Park. Our hopes are to give everyone that same experience, but from the safe quarters of home this year. The IL Staff will be working with residents to prepare your technology (cellphones, computers, tablets, smart TV's etc..) needed to observe this event. If you currently have a Facebook account, please take time to like the page and follow the Manor Park page.

A photograph display of resident, staff, and family members who have served our country will be on exhibit, in the atrium and living room, for all to enjoy and reflect upon from May 18-June 5.

We ask that residents be mindful and observe social distancing as you admire the display of Veterans.

If you are new to Manor Park, please bring your VETERAN photo to Nicole Church, Resident Specialist, by May 15th. A copy of the picture will be made and the original returned immediately. If you have questions, please call 699-3426

Frequently Called Phone Numbers

Information / Receptionist (Independent Residents)	689-9898
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
Village Pantry Store	697-9010

Communication is very important to us.

COMMENT SHEETS

are available in three locations:

- ◆ Receptionist office
- ◆ IL Activities sign up table
- ◆ Front of Dir. IL office

Please leave the completed form with the receptionist.

Dir. IL Sherice Barndt

699-3469 or email sbarndt@manorparkinc.org

Neighborhood Resident Council

CANCELLED for May

**3rd Tuesday of each month
2pm**

Right Activity Room

Did you know our Resident Council volunteers attend a meeting each month to discuss campus issues, upcoming events, and give ideas for new opportunities. They are the voice for each neighborhood and work hard to get new neighbors acquainted with each other and involved.

THANK YOU FOR ALL YOU DO!

Monthly Resident Meeting

CANCELLED for May

**Last Tuesday of each month
9:30 am**

Right Activity Rm.

(coffee, juice, & pastries at 9 a.m.)

Join your neighbors as Alan Hale, Executive Director, gives a campus wide update along with other Administrative staff. You will have a chance to hear from other members of the staff as well.



Our communications to IL Residents:

NEWSLETTER, EMAIL, and PHONE

If you would like to receive the weekly Monday email and you aren't right now, please contact Amber at 699-3416 or iladminassistant@manorparkinc.org

Welcome Home



The Village at
Manor Park

Hawk, Betty
510 Adobe Drive

Holland, Rex & Betty
137 Bridgewater Circle

New Resident Orientation

Weds, May 27
2:30 pm Tour
3:00 pm Meeting

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.*



Birthday Party CANCELLED FOR MAY

Right Activity Rm.
5:00pm - 6:00pm

SERVING:
Dining Room open for
takeout only on this day.

There is a \$5 charge
for non - birthday residents
& guests



Dorothy Roepke	5/1
Edwin Burr	5/2
Janell McWhorter	5/3
Jerry Moritz	5/7
Charlotte Pierson	5/13
Jack Burkett	5/16
Betty Dickerson	5/18
Paula Johnson	5/19
Deena Harral	5/21
Vanda Powers	5/22
LaRue Whisenhunt	5/23
Pat Rendall	5/24
Barbara Stooksberry	5/24
Charles Aycock	5/28
Patsy Bowles	5/29
Doris Hicks	5/31
Kenneth Money	5/31

Manor Park's Winners

Gathering to play games on hold until further notice.

BUT, we have a challenge for you this month.

- ⇒ **Complete the inserted brain teaser page.**
- ⇒ **Return completed page to the front of the Wallace Bldg by Friday May 15th.**
A box will be available to insert your finished page.
Make sure you put your name and contact number on it.
- ⇒ **A drawing for 2 prizes will be held on Monday, May 18th at 9am. WINNERS will be announced in the Monday email and contacted by**



Grocery Shopping . . .

let us help you out!

We are happy to help you set up online ordering and assist with ordering.

CONTACT Amber – 699-3416

If you are not able to do online delivery or pick-up shopping, we can help you out.

CONTACT Nicole - 699-3426

REGISTRATION IS ONGOING



B & K Recycling Service Brad Connell

His services are off to a great start!

If you are interested, B&K is offering a reduced charge curbside recycling pick-up for Manor Park Residents. B&K Recycling will provide recycling services twice monthly for \$10/mo. to residents who **SIGN-UP** with the IL Dept.

The charge will be added to your monthly bill. Services will include pick-up & disposal of plastics 1&2, paper, aluminum, and cardboard.

If you need a registration form, they are located on the information rack outside the IL Dir. Office.



RENEW

REUSE

Mondays

Email sent
From IL office
Copies are kept
in the Clubhouse
and Wallace Bldg
Entrance

Tuesdays

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



Tips for the Dog Park

1. Keep an eye on your dog! .
2. Pick up after your dog.
3. Don't bring food to the park.
4. Bring a portable water bowl for your dog.
5. Bring a ball but be prepared to lose it.
6. Don't let your dog run in a pack. Intervene when play starts to get too rough.

www.AKC.org/dog-park-etiquette-tips

Thursdays

Email sent
From IL office
Copies are kept
in the Clubhouse
and Wallace Bldg
Entrance

Book Club

2:30pm
Rt. Activity Rm-
First Thurs. of
month.

Questions ?
Paula Johnson
704-1616

**NOT
MEETING
BUT
KEEP
READING**

Fridays/ Saturdays



*Stop and smell,
take pictures,
or even cut
the roses!*

Resources if you have concerns about reaching out for medical help

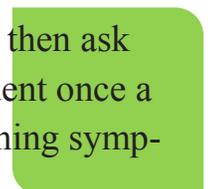
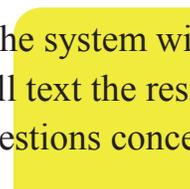
Midland Memorial Hospital—68NURSE (686-8773)

The 68NURSE service is available 24/7. If you are unsure if you need treatment or emergency services, please call 68-NURSE. The emergency room is still open for any emergent symptoms you may have that need immediate medical care. Don't delay if you feel concerned about any of your symptoms. The nurses are available to assist you in determining your best course of treatment. Please call anytime, night or day.

Other ways to monitor symptoms of COVID-19

Midland County C.H.A.T. System

Residents of Midland County can text "Chat" to (432) 287-7337. The system will then ask them 3 questions concerning symptoms. Afterwards, the system will text the resident once a week either on Mondays, Wednesdays, or Thursdays the same 3 questions concerning symptoms. This is for public record.





What a different and difficult time the end of Winter and the beginning of Spring has been! Between the carbon monoxide situation that was in HGM (and is in the final stages of being corrected as this is being written), the COVID-19 virus dilemma and the timing of the economic fight between countries over the price of oil, our world and the world in general, has seen upheaval like we have not seen in a very long time, if ever. Many of us are wondering, what in the world is next.

By the time you read this, hopefully things will be on corrective courses concerning the world's physical and economic situations. As I write this, we still do not know when things will get back to their 'normal'. Bible Studies and Worship Services are still on hold, but that does not need to keep us from seeking God's peace and presence.

As the writer of Ecclesiastes writes in Chapter 3, 'There is a time for everything, and a season for every activity under the heavens...' We certainly do not understand the 'why' of these events, but God is faithful to be with us each step of the way no matter what happens in our lives. The prayer continues to be that this virus is either stopped by God, as soon as possible, or that doctors find a vaccine and treatment(s), as soon as possible, to help combat the spread of the virus. Also, that world governments find a way to work out their economic differences to stabilize the world oil markets.

When all this is over, I would like to invite each of you, no matter where you are in the continuum of care, to come together and celebrate in a time of Thanksgiving. I do not know yet, when this service will take place, but just be thinking towards that end. When we get through this, together, we will have more things for which to be thankful, than ever before. I hope you will come and worship with everyone that comes to this service, with a joyful and thankful heart. I will be asking various residents and staff about participating in this service in one way or another. One of the things I am considering is our sharing Communion together. If you are interested in attending this service, please let me know by either sending me a message by computer at bbillett@manorparkinc.org, or on my office phone 699-3404. Folks in Helen Greathouse Manor can let John know if you plan on attending. People in Healthcare neighborhoods can let their Neighborhood Coordinators know if you would like to attend this service. I hope this service can be held sometime in May.

If you are an ordained Minister, Deacon, Eucharistic Minister or other church official that is permitted to help with the serving of Communion and would be willing to help with this during this service, please let me know. At this time, I do not know how many people will be attending, so I am trying to get a list of those that would be willing to help serve. Please let me know if you are willing to help serve Communion by sending me a message by computer or a phone message. Please see my email address or phone number in the previous or following paragraphs.

Barney's Café

ATTENTION

COVID-19 precautions in effect until further notice.

DELIVERY (lunch) and PICK-UP ONLY

Breakfast served

8:30a - 1:30p

Lunch specials served

11:30a - 1:30p

Dinner served

4:00p - 6:00p

Menus located at the Receptionist desk or Website.

Orders can be placed

Daily or weekly .

Call the Dining Room (689-9898 ext.

2020) and place your order, as

needed. (Note: Weekends call

689-9898 and use option 7)

Wildcatter's Grill

DELIVERY, TAKEOUT, and PICK-UP AVAILABLE.

Open Tuesday-Saturday

8:30a – 3:00p

699-3418

Village Pantry

Open Monday - Friday

10:30a – 3:30p



HOUSEKEEPING

First and foremost, I would like to take this opportunity to thank all Manor Park residents for all their prayers, patience, and support during this challenging time. The health and safety of all our residents and their housekeepers continues to be my number one priority as we continue to provide housekeeping services. As you all know we implemented the following changes in order to keep everyone safe:

- ⇒ Supervisors are calling all residents on their scheduled day for housekeeping services. Housekeeping supervisors will ask a series of COVID-19 approved screening questions.
- ⇒ Supervisors will need to talk to you or a representative for you prior to sending a housekeeper to your home. If we do not talk to you or hear from you before your scheduled time, we will not send a housekeeper out to your house. This includes residents that have given us prior permission to enter their homes.
- ⇒ All housekeepers are screened by a supervisor and their temperature is taken prior to be sent out to clean residential homes.

If there are questions or concerns that a resident is sick or not feeling well, we will lean more on the side of caution and not provide housekeeping services for that day. By that same token if a supervisor observes that a housekeeper is sick or not feeling well, we will not send that housekeeper to anyone's home.

I have all the faith in the world that together (while apart) we can get through this challenging and difficult time. God bless you all.

MAINTENANCE MATTERS . . .



ATTENTION:

APROTEX pendant and system inspections for

April and May

Have been rescheduled for August and September.

Please watch for information in coming months .

Maintenance Action Team

CANCELLED UNIL FURTHER NOTICE

Maintenance Office

Hours of Service:

Monday - Friday

8:00 am to 5:00 pm

Lunch 12:00 – 1:00 pm.

Maintenance men will wear mask and gloves in the home. They carry sanitizer to use before and after each home entry.

***** EMERGENCIES *****

after-hours or weekend

Contact **SECURITY**

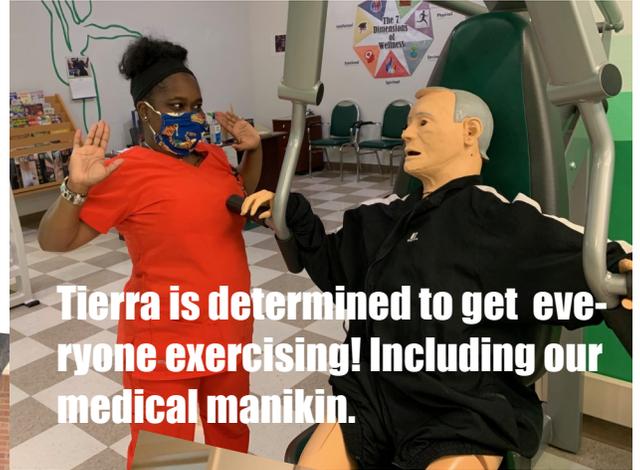
at **967-3898**.

Security will immediately contact the On-Call Maintenance Personnel.

Emergencies include: water flooding, power outages, stopped up toilet, and AC/Heater problems.



HOW ILL STAFF ARE **FIGHTING**
un**EVENT**ful & **LONELY** work conditions
during this time of self isolation Quarantine parades,
delivering ice cream, and much more.



Tierra is determined to get everyone exercising! Including our medical manikin.



AMBER CAN'T DECIDE LYSOL or HAIRSPRAY?



BUBBLES AND BUBBLES WRAP I LOVE BUBBLES!



JENNIFER IS EATING HER SORROWS AWAY!



NICOLE IS USING HER PARTY DECORATIONS TO ACCENT HER OUTFITS!



The list of books chosen for the year are located on the sign up table.

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.

May 7th - The Guernsey Literary and Potato Peel Pie Society by Mary Schaffer

June 4th - Empire of The Summer Moon by S.C. Gwynne

July 2nd - To Kill a Mockingbird by Harper Lee



SECOND LOCATION
Lil' Library
in the Clubhouse entry

WHO KNOWS WHAT?

CANCELLED UNTIL FURTHER NOTICE

**3rd Wednesday of
each month**

at 2pm

Wayne Moore Room (HGM)
REFRESHMENTS PROVIDED



The Garden Committee finished the planting at the Community Garden on April 5. We now have 60 tomato plants (3 different varieties), zucchini and yellow squash, jalapeños and bell peppers, radishes, okra, and the onions. We will have everything we need to make salsa!

The onions will probably be harvested around the first of June. The yellow onions are full-flavored and all-purpose onions that can stand up to almost any cooking method. The red onions have a vibrant color and are a perfect choice when used fresh, pickled, grilled, or roasted. The white onions have a cleaner finish and are best in sauces, salads, and salsas. Ever wonder why your eyes water when you cut an onion? Onions contain sulfuric compounds that can leave you wiping a tear or two. To reduce eye burn when cutting onions, chill the onions for 30 minutes then cut off the top and peel the outer layers leaving the root end intact.

An email will be sent out when the onions are harvested.

Barbara Stooksberry

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

CANCELLED UNTIL FURTHER NOTICE

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

CANCELLED UNTIL FURTHER NOTICE

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
LVillanue-
va@manorparkinc.org**

LAB SERVICES

Midland Health

Lab- 432-221-2911

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

RESPIRE SERVICES

HGM-VOGEL

CANCELLED UNTIL FURTHER NOTICE

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

CANCELLED UNTIL FURTHER NOTICE

Somewhere In Time Salon

For men, women,
& home services

Tuesday thru Friday

For appointment call:

699-3405

TRANSPORTATION SERVICES

CANCELLED UNTIL FURTHER NOTICE

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

QR CODE WALKING CHALLENGE

QR codes are now placed on benches of the walking route going around the Wallace building and HGM. What are they for? QR codes stand for "Quick Response", which refers to the instant access to the information hidden in the code. **There is information that will benefit and/change your walking routine with some body strength building exercises and tips with walking.** On your phone, go to your app store and download a free QR code app. All of those apps should be able to read these codes. Scan as you see a code and follow the instructions. Codes will have different information every now and then... Have fun!

CHAIR EXERCISES



Sitting at home? Don't let that be an excuse to not exercise! Here are a few exercises you can do while sitting down on a chair:

March in place. Varieties of marching include doing to taps when the foot is forward, reach hands forward at the same time, or do cross punches with the arms while marching the feet.

Seated Jumping Jacks. Remember doing the original exercise during physical education as a kid? This is a great alternative aerobic exercise to do (as long as you repeat for several minutes!)

Do the "Peekaboo". Form a goalpost with your arms and bring your forearms together in front of your face. Return back to the starting point with the shoulder blades squeezing together. Your back, chest, and arms will get a workout!

MANOR PARK WELLNESS

Our exercise classes are now online! If you have a Facebook account, type in "Manor Park Wellness" and click on the page. Go "like" the page by clicking on the "thumbs up" on the top of the page to get notifications when we're live and in action! There is always access to [previous videos](#).



Memorials and Honorariums

In Memory of Sophia Allegra Boone

Nancy Langford
Nada Gates
Emma Frier

In Memory of Margie Lee

Nancy Langford
Emma Frier

In Memory of Julia Welker

Emma Frier

In Memory of Merle Penny Hill

Jane Wolf

In Memory of Mary Vogel

Jane Wolf
James Kach

In Memory of James Whisenhunt

Jane Wolf

In Memory of Rosa Hale

Jane Wolf



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

Creations from behind the doors of the 2020 pandemic

Writing prompt: *Tell us one of your favorite childhood memories*

SMALL BOYS DO A MANS JOB By Ernie Showalter

It was about 1949 or 1950. Dad and Mother would go to California for several weeks in the winter when there was little farm work to do. However, we were milking 35 cows which that alone was a pretty big daily job. Jay was married and lived in Swink with his own family and farm to care for. That let it up to me to do all the work to keep the cows milked and fed.

When the milk was delivered to the process plant in La Junta, the total weight of the milk in pounds was recorded for the day's delivery. Samples were taken to determine the butterfat percent. From these two values the price we received was calculated. On one occasion the total milk delivered was 1240 pounds. That was the largest number of pounds we ever delivered for one single day production.

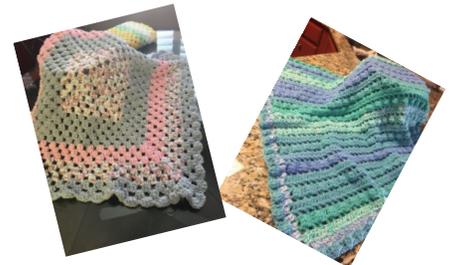
We would go out every three days and get a jag of hay for the cows. The hay was in hay stacks located in the alfalfa field. On one occasion when mom and dad were in California the third day arrived and without a jag of hay there would be no cow feed.

We had an old Chevy truck to use but the battery would not start the engine. So now what? I got the tractor and chained it to the truck. The tractor was headed through the big gate, put in low gear and I bailed out and run and got inside the truck. I put it in high gear, let the clutch out and it started. Put the truck in neutral and bail out. Run to the tractor, jump into the seat and take it out of gear. Disconnect the chain. Put the tractor away, get in the truck and go get a jag of hay. Seems impossible, but when I was alone this is the way I got the truck started. This was done several times, not just once. Now the truck is running let's go get the hay. It was 3 above zero. There had been a light snow. This made a mess. The top layer of hay was frozen making it difficult to get a fork of hay to put on the truck. That day the jag was a little short but enough to last another three days.

I was just a teenage kid which proved kids raised on the farm learn at an early age to do a man's job.

IL Resident, Martha Cowart, shared some of the things she has been doing to stay engaged while social distancing.

Martha said, "Several of us are still making masks for the hospital auxiliary. Also, am crocheting baby blankets for the auxiliary". She has been making baby blankets for her family, too. Martha got a new crochet book recently and has been trying out all of the patterns. "It has been fun," she said. "I love to work with plants and get outside. I don't get bored!"



Mr. Bonecutter working on his bike