

'N THE

# MANOR OF SPEAKING



NOV  
2022



## National Family Caregivers Month

*To care for those who cared for us is one of the highest honors.*  
Tia Walker

**Immediate and extended family members are the primary source of caregiving support for older adults living independently. Many are juggling work and family with the caregiving responsibilities. Living in a Continuum of Care Retirement Community like Manor Park, where all the levels of care are on the same property, ensures accessibility for residents when one or both are needing different levels of medical and personal care. Relief and support for families are available through some of the amenities and staff.**

**Manor Park offers:**

**Respite Services** - contact the Community Liaison 697-9000

**Infirmatory stay** - contact the Admissions Specialist at 699-3439

**Resources & Guidance** - contact the Director of Independent Living at 699-3469

**Caregiver Support Group** - the last Thursday of each month check your calendar.

**Christmas Dinner Party**

Join us to celebrate the season on Thursday, December 8th.

The evening begins with a cocktail reception followed by dinner and entertainment. Festive attire recommended.

**REGISTRATION BEGINS NOVEMBER 2 9am**

See insert for details

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## IMPORTANT CONTACTS:

1.Security	967-3898
2.Transportation (Medical & Valet)	699-3474
3.Facilities Mgmt. / Handyman	699-3427
4.Activity / Event Inquiries	699-3426 699-3416
5.Housekeeping	699-3433

## FREQUENTLY USED NUMBERS

Accounting / Billing	699-3406
Beauty Shop: <i>Somewhere In Time</i>	699-3405
Chaplain	699-3404
Director of Independent Living	699-3469
<i>Barney's Cafe (place orders)</i>	699-3448
Wildcatters Grill (Clubhouse)	699-3418
Dollye's Bistro	247-6774
Manor Park Receptionist	689-9898
Mabee Healthcare Center	689-0707
Marketing Office	699-3414
Pharmacy	432-523-4861
Village Pantry Store	697-9010
Wellness Center	699-3411

## RESIDENT COUNCIL MEETING

Tuesday, November 15  
2pm  
Great Room of the  
Clubhouse

## RESIDENT MEETING

Tuesday, November 29  
9:30 am

### Left Activity Room

(ZOOM is available. An email will go out with the link on the Monday prior to the meeting)

Join Stephen Nelson, Executive Director and Lauren Cantu, Chief Operations Officer, as they inform and update residents on the business and project progression at Manor Park. Everyone is invited to attend this informative meeting.

## COMMUNICATION

Let us know how we are doing and if there is something we could do better.

### COMMENT SHEETS

available in three locations:

- ♦ IL Activities sign up table
- ♦ Front of Dir. IL office
- ♦ Cowden Clubhouse entryway

*Please leave the completed form with the Receptionist at the Wallace Bldg. entrance*

**Sherice Barndt Dir of IL**

**432-699-3469**

**sbarndt@manorparkinc.org**

## VoiceFriend

Sometimes, your email will STOP recognizing the VF emails and send them to your SPAM or JUNK folder. If that happens, move the email to your IN BOX and hopefully the problem will resolve.

If you would like to **ADD** or **REMOVE** any form of the communications available, please contact: **SHERICE** at 699-3469 or **sbarndt@manorparkinc.org**

# NOVEMBER BIRTHDAYS

Farmer	Nancy	11/ 1
Humphreys	Allen	11/ 1
Jones	Linda	11/ 1
Moreland	Linda	11/ 3
Smith	Ardis	11/ 3
Clower	Judith	11/ 4
Curtis	Elizabeth	11/ 4
Hickman	Gladys	11/ 5
Heith	Patricia	11/ 6
Hall	Sandra	11/ 8
O'Donnell	Carolyn	11/ 8
Green	Glenda	11/ 11
Hicks	Harold	11/ 11
Judson	Judith	11/ 11
O'Donnell	Vincent	11/ 16
Spears	Sharon	11/ 16
Oestmann	Nan	11/ 20
McClurg	Donald	11/ 25
Cox	Russell	11/ 26
Morris	Jack	11/ 27
Belden	Joseph	11/ 29
O'Neill	Mary	11/ 29
Stailey	Patricia	11/ 29
LeRoy	Glenn	11/ 30
LeRoy	Lorna	11/ 30



## Birthday Party

***Who doesn't LOVE a birthday party?***

each month we celebrate residents who have a birthday that month. It is a great way to get out and meet other neighbors around the campus!

Every third Thursday

**Thursday, NOV. 17**

**5 pm**

**Right & Left Activity Rooms**

**SIGN-UP!**

A meal will be served shortly after 5pm. The cost of the meal is **FREE** to the birthday residents.

\$7.50 for non-birthday residents, and \$9.00 for non-Manor Park guests.

The Barney's Cafe dining room will be closed that evening  
To-go & delivery orders only.

**SEE YOU THERE!**

*Welcome Home*  
  
 The Village at  
**Manor Park**

**L**iberty, Joe  
 422 Manor Village Circle

**L**ester, Shirley  
 114 Abell Hanger Circle

**H**ild, Raymond  
 157 Bridgewater Circle

**B**obo, Jim & Suzanne  
 1806 Westover



# NEW RESIDENT ORIENTATION

Join us

**Wednesday, November 30**

**2:00pm Tour**

**2:30 pm Meeting**

**Meet in the Atrium**

**We will take your picture for the  
 "Wall of Neighbors"**

**For more information,  
 Call IL Office to sign up 699-3469**

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

## Happy Anniversary!

*Celebrating, loving where you live.*

Tom Kingon	23 years
Morris Stagner	13 years
Patsy Jones	7 years
Mary Lou Wise	6 years
Lynn Gibson	5 years
Joe Harrison	5 years
Celia Morales	5 years
Yvonne Hughes	4 years
Laura Scott	4 years
James & Sandra Hall	2 years

Pat Spaw	2 years
Evalyn Halverson	1 year
Janet Welsch	1 year



*Here's to many more years!*

# YELLOW PAGES

## BEAUTY SALON SERVICES

### *Somewhere In Time Salon*

For men & women  
Variety of services offered.

#### Hours of Operation

**Tues** - CLOSED

**Wed** - 1 pm to 4 pm

**Thurs & Fri** - 9 am to 4 pm

Please call (432)699-3405 and  
leave a message

## 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)

## HANDY HELPER SERVICES

### **COMPUTER HANDYMAN SERVICES**

Schedule a work order through  
the **Facilities 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

## **HANDYMAN SERVICES**

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

Contact 697-9033

## LAB SERVICES

### **Midland Health (MH)**

Lab- 432-221-2911

MH now provides 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

**NEW** Pharmacy Shop,  
prescriptions and over-the-  
counter (OTC) items will be  
delivered to your home until  
further notice.

### **Refills/OTC needed?**

Call 432-523-4861.

or place online at

[www.andrewsrxshop.com](http://www.andrewsrxshop.com)

Requests received before  
**11 am** will be delivered  
to your home  
after 1pm Monday - Friday.

## RESPITE SERVICES

### **HGM-VOGEL**

Respite care available  
Intermittent rates 7a-7p.  
Daily (24hr) rates up to 2weeks.  
Offered 7 days a week.

For more information

Call 432-694-1691

## TRANSPORTATION SERVICES

### **Medical Transport**

Services are available for medi-  
cal 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  
someone will return your call

### Include in your message:

Your name

Your address

Date & time of your appointment

Name of your doctor

Staff assistance available \$20/hr

### **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 .

To make arrangements contact  
the TRANSPORTATION Dept.

After-hours and Weekends

\$25/hr min 2 hours

CALL- 699-3433 or EMAIL  
LVillanueva@manorparkinc.org



## Thank you

Joyce Watts & Clark Bird  
for instructing residents on how to  
make a Christmas wreath!

A drawing was held and Joann  
McClurg was the prize winner of one  
of the wreath!

Fun was had by all!  
Everyone's invited classes are held  
every 2nd Monday.

## Fall Holiday Bazaar

**Mark your calendar!**

**Friday, November 4 from 10am - 2pm  
in the RIGHT & LEFT Activity Rooms**

**Bring your friends and family!**

Come do a little gift shopping for the holiday season. There will be all kinds of  
*goodies, crafts, jewelry, and more...*

\*\*\*A silent auction will be held for a beautiful Christmas wreath,  
created by Joyce Watts & Clark Bird. Proceeds will go to the employee Christmas fund.



**It's time to  
change our  
clocks!**

Daylight savings  
ends at 2am on  
**Sunday, Nov. 6th**



Trolley to   
Nov. 8th at 9am

Meet at the Wallace  
Bldg or Village Center

Call Nicole Lora if you  
need picked up  
699-3416/699-3426



**IL OFFICES CLOSED  
Thurs, Nov 24th & Fri. 25th**

**Happy Thanksgiving!**



# Facility Management Matters



## FACILITIES OFFICE HOURS 699-3427

### Hours of Service:

Monday - Friday 8 am to 5 pm

Lunch 12:00 – 1:00 pm

### **\*\* EMERGENCIES \*\***

**(water, electrical, heat or a/c)**  
after-hours or weekend

Contact SECURITY

967-3898

Director of Facilities Management  
Lupe Villanueva

Facilities Management Supervisor  
Carlos Martinez

## Patriot Pest Management



On campus every **TUESDAY**  
morning. Contact the Facilities  
Mgmt Office to have your  
home sprayed.

**699-3427**

## WORXHUB WORK ORDER SYSTEM TRAINING

Friday, November 4th  
Ortloff Room at 2pm

Contact Debbie Hostas 699-3427  
**PLEASE SIGN –UP**



### Replacement

**EMERGENCY PENDANTS** are  
available in the Facilities Man-  
agement Office.







### Replacement

**GATE ENTRY CARD/FOB** are  
available in the Facilities  
Management Office



Please give **Carlos Martinez** a pat  
on the back to congratulate him  
for being promoted to Facilities  
Management Supervisor.

# WINNERS

<b>PHASE 10</b>  <b>9/16</b> Lorraine Calabria <b>9/23</b> Lorraine Calabria <b>9/29</b> Ann Minter	 <b>BRIDGE</b> <b>9/19</b> 1 <sup>st</sup> Jody Hale 2 <sup>nd</sup> Betty Hawk <b>9/26</b> 1 <sup>st</sup> Mary Fay Wallace 2 <sup>nd</sup> Betty Hawk <b>10/3</b> 1 <sup>st</sup> Carol Lester 2 <sup>nd</sup> Betty Hawk <b>10/10</b> 1 <sup>st</sup> Mary Truex 2 <sup>nd</sup> Em Carnet	<b>MEXICAN TRAIN</b>  <b>9/26</b> Patsy Jones <b>10/3</b> Patsy Jones <b>10/10</b> Vanda Powers	 <b>MAH JONGG</b> <b>9/17</b> Jo Ann Cozart <b>9/20</b> Jo Ann Cozart <b>9/27</b> Jo Ann Cozart <b>10/01</b> Julie Kujawski <b>10/4</b> Jo Ann Cozart <b>10/8</b> Charlotte Pierson <b>10/11</b> Jo Ann Cozart
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## Game Night

Thursday, November 3rd  
4pm

Village South  
Community Center

Bring a game or we have several to chose from.

### NOTIFICATIONS OF NEW EVENTS or CHANGES

should be placed in specific locations on campus.  
**Here is where to look:**

- CORKBOARDS located in
  - Atrium above sin-ups table
  - Clubhouse entry
  - Dollye's Bistro
- RECEPTIONIST DESK in display frame
- Outside of Activity Rooms  
Please refrain from taping to windows and walls.

### ITEMS FOR SALE or SERVICES

can be posted on the cork board by the Village Pantry.



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The **Manor Park Book Club** reads very good, interesting books. If you have been thinking of joining the Manor Park Book Club, now is the **perfect time**. Starting at October meeting, we will begin the process of picking the books we want to read next year.

- Nov 3** Last Flight  
by Julie Clark
- DEC 1** Shane  
by Jack Schaefer

We meet the **first Thursday** of the month at 2:00 in the Ortloff room across from the grill.

Contact Nicole if you would like to join on Zoom. Questions?  
Contact Linda McDonald 319-294-2117

## Talks of the **TOWN** Igniting conversation!

### **Midland Police Department**

Officers will do a presentation on scams and fraud in our community and ways to protect yourself.

**Join us  
November 18th  
2pm  
Village South  
Community Center**

Sign up to join us and let us know if you need a ride over.

## RESIDENTS INQUIRER Food Safety

**When taking food home from one of the three campus dining venues, please remember, the food has a two (2) day shelf life (ex. if you bring food home on Monday, it needs to be thrown out on Wednesday).**

**You should avoid reheating your food in a “to-go” Styrofoam container. The container is for storage only.**



*Our  
reblooming Irises  
put on quite a  
show at  
Manor Park,  
this Fall!*



**West Texas Iris  
Society**

invites YOU to  
join us!

Meetings are held  
the first Thursday  
at 7pm at the  
Village South Com-  
munity Center



# Wellness Center November 2022



## Happy Thanksgiving Manor Park!

### Healthy Living Lectures

#### Topic: Living with Pain

More than 76 million people in the U.S. live with chronic pain (half receive no treatment). 60% of older adults with pain have had it for more than 1 year. Close to 5 million Americans report taking pain medication in a potentially unsafe way. This month, let's talk about pain. We will talk about the types of pain, effects of pain, attitudes toward pain, medical approaches and diagnostics, therapy and management. I hope to see you all there!

**Presenter:** Melodi Reams    *Nov. 10th at 2pm*    *Left Activity Room*

#### REMINDER:

**Wellness Center will be CLOSED November 25 and 26 for Thanksgiving.**

The Walking group will still walk until it is too cold to walk outside. You can go to the wellness center to walk on the treadmill are all good alternatives.

Mon	Tue	Wed	Thu	Fri
	1 Gentle Yoga 8:30 am Balance 1:00 pm	2 Fit Mix 10:00 am Line Dance 2:00 pm	3 Gentle Yoga 8:30 am Balance 1:00 pm	4 <b>NO Fit Mix</b>
7 Fit Mix 10:00 am	8 Gentle Yoga 8:30 am Balance 1:00 pm	9 Fit Mix 10:00 am Line Dance 2:00 pm	10 Gentle Yoga 8:30 Healthy living lecture 2:00 pm (LA) Balance 1:00 pm	11 Fit Mix 10:00 am
14 Fit Mix 10:00 am	15 Gentle Yoga 8:30 am Balance 1:00 pm	16 Fit Mix 10:00 am Line Dance 1:00	17 Gentle Yoga 8:30 am <b>NO Balance</b>	18 Fit Mix 10:00 am
21 Fit Mix 10:00 am	22 Gentle Yoga 8:30 am Balance 1:00 pm	23 Fit Mix 10:00 am Line Dance 1:00	24 <b>Wellness Center CLOSED!</b>	25 <b>Wellness Center CLOSED</b>
28 Fit Mix 10:00 am	29 Gentle Yoga 8:30 am Balance 1:00 pm	30 Fit Mix 10:00 am Line Dance 1:00		

## "Deck the Halls"



Join us as we get into the Christmas spirit by decking the halls of Manor Park. Of course we will need a little sustenance to keep up our strength with Wassel and cookies!

**Decorating will take place the last week of November.**

Call Nicole -699-3426 to volunteer

### Locations to volunteer:

Nov 28 - the Barney Greathouse bldg.  
Nov. 29 - Cowden Clubhouse  
Nov. 30 - Village South Center .

### NOTICE OF CHANGE

Due to the Thanksgiving Holiday, **Caregiver Support Group** will be held on **November 17th** 10:00 and 2:00 in the Great Room of the Clubhouse

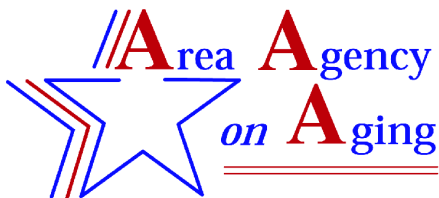
## Victory Garden

The fall garden is doing well with plenty of tomatoes and peppers. The sweet potatoes should be ready to harvest by the middle of November. Most of the summer plants have stopped producing but there are still some black eye peas, okra, and, of course, herbs. The weather is so beautiful this time of year, so come out to the garden and enjoy the cooler temperatures.



Veterans Day  
Nov 11th

Thank you for  
your service!



### OPEN ENROLLMENT FAIR

Medicare Part D plans and/or Medicare Advantage plans

# November 10, 2022

10:00 AM – 3:00 PM

Manor Park-FMH Medical Services Area  
**SIGN UP TODAY! Space is limited**

**Bring: Medicare Card & List of Medications**



# Memorials and Honorariums

## **In Memory of Mary Showalter**

Jack Burkett  
Joanne & Don McClurg  
Leann & Harold Brenner  
Rita & Jim Dewey  
James Henderson  
Frances & Arthur Laengrich  
Stephen Kroger, MD  
Barbara & Larry McIntosh  
Ann Westerman

## **In Memory of Jafar “Jeff” Salehi**

Mr. & Mrs. Mike Ford

## **In Memory of Tom Groner**

Stephen Kroger, MD

## **In Memory of Pat Jeffcoat**

Ernest Showalter

## **In Memory of Mary Ann Sirgo**

## **In Memory of Carolyn Dixon**

## **In Memory of Elizabeth “Snooky” Howard**

Ruth Martin

## **In Memory of Mary Lou Midkiff**

Frances & Arthur Laengrich

## **In Memory of Virginia Kingon**

Jack Burkett  
Chris & Fred Newman

## **In Memory of Sarah Hardwick**

Jack Burkett  
Karen & Larry Gates

## **In Honorarium of Ernie Showalter**

James Henderson

## **In Memory of Scott Daugherty**

Pat & Dennis Eimers

## **In Memory of Susan Richardson**

Pat & Cam Chancellor

## **In Honorarium of Clarence Mayers**

Barbara & Earl Dickenson



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### **Matching Gift**

*If your company has a matching gift program, please notify the Development Office at 699-3424.  
your contribution can be matched.*

Secure online donations may be made at [www.manorparkinc.org](http://www.manorparkinc.org).



*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 and honorariums are a fitting tribute because they are used to enhance the lives of our residents.*