



'N The Manor of Speaking

**EVERY CHILD
IS AN ARTIST.
THE PROBLEM
IS HOW TO
REMAIN AN
ARTIST ONCE
WE GROW UP**

Pablo
Picasso

We are excited to host Trinity School Students for a
Spring Art Exhibition

The Exhibition will feature a collection of original works by students in grades K- 12.

*Join us for the opening and meet
the student artists.*

Tuesday, April 4 at 6pm

Village South Compiegne Art Room Exhibition

Refreshments will be served

Come talk with the students about the creative vision behind their works.

See insert for ways to talk with kids about their art.

Recycle, Renew, & Reuse

A group of ladies, better known as the "T-shirt Angels", have come together and with great LOVE taken t-shirts that have seen their better days and turned them into something anew, functional, and comforting. Just recently, these ladies made and donated over 50



walker pouches to Healthcare and Rehab and 100 lap blankets to HGM Assisted Living. Every piece of the t-shirt is repurposed with the scraps going to Maintenance for the painters to use.



This story only gets better...T-Shirt Angel and IL Resident Shirley Stephenson's sewing machine broke down, recently. Very quickly a solution surfaced from a generous resident Elizabeth Vaughn. Shirley and her Angels are back sewing blankets without missing a beat!



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Calendar / Inserts "loose"

- Dining Services Calendar
- Activities Calendar



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

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

RESIDENT COUNCIL MEETING

Tuesday, April 18

2pm

Great Room of the Clubhouse

RESIDENT MEETING

Tuesday,

April 25

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.

VoiceFriend

If you would like to

ADD or **REMOVE** any form of the communications available

TEXT

LANDLINE

CELL PHONE

EMAIL

please contact:

SHERICE at 699-3469 or

sbarndt@manorparkinc.org

April Birthdays

Suzanne	Bobo	4/2
Nellie	Bailey	4/3
Janette	Absher	4/6
Hazel	Wilbanks	4/6
Ruby	Wurth	4/6
Joseph	McDaniel	4/8
Sandra	Worlow	4/10
Marie	Pate	4/11
Becky	Elliott	4/13
Jacqueline	Hendricks	4/14
Elizabeth	Vaughn	4/15
Em	Carnett	4/17
Ron	Morgan	4/18
Ann	Parish	4/18
William	Barker	4/22
Tom	Heiting	4/23
Shirley	Stephenson	4/24
Connie	Bentz	4/27
Carol	Hardwick	4/27
Bobbie	Lattner	4/27
Vivian	Renfrow	4/27
Helen	Tonde	4/29



Party, party, party! **Birthday Party**

Thursday,
5 pm

Right & Left Activity Rooms
SIGNUP!

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.

Make note

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

**Together, we can end
Alzheimer's disease.**

alzheimer's association®

The Manor Park **Walk 2 End Alzheimer's Team** will be hosting a movie night in April! Laughter brings joy to Alzheimer's residents and with your contribution to have the first survivor!

**Come join us
Tuesday, April 18
5:30pm
Left Activity Room**

We will be showing Carol Burnett videos! Admission \$2.00, Popcorn & Drink Combo \$1.00, Candy \$1.00. Cash only.



1. Porter, Philip and Kathleen "June"
505 Lajitas
2. McDaniel, Joseph and Janelle
503 Adobe
3. Chandler, Barbara
205 Wallace Circle
4. McKnight, William
319 Helen Geathouse Circle



Happy Anniversary!

Celebrating, loving where you live.

<i>Leon Thompson</i>	<i>19 years</i>
<i>Mary Lou Hall</i>	<i>15 years</i>
<i>Jim Rogers</i>	<i>15 years</i>
<i>Hal & Leann Brenner</i>	<i>10 years</i>
<i>Melba Cardwell</i>	<i>9 years</i>
<i>Ann Curtis</i>	<i>9 years</i>
<i>Mitzi O'Neill</i>	<i>9 years</i>
<i>Nancy Robertson</i>	<i>9 years</i>
<i>Carolyn Tims</i>	<i>8 years</i>
<i>Paula Johnson</i>	<i>8 years</i>
<i>Gail Collins</i>	<i>7 years</i>
<i>Fisher & Sue Adams</i>	<i>6 years</i>
<i>Lou Bost</i>	<i>6 years</i>
<i>Charles & Stella Acree</i>	<i>6 years</i>
<i>Nan Oestmann</i>	<i>5 years</i>

NEW RESIDENT ORIENTATION

Join us

Wednesday, April 26

2:00 pm 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 meetings.*

<i>Margaret Aycock</i>	<i>5 years</i>
<i>Janell McWhorter</i>	<i>4 years</i>
<i>Jane Hicks</i>	<i>4 years</i>
<i>Freida Welch</i>	<i>4 years</i>
<i>Donald & Lana Alcorn</i>	<i>4 years</i>
<i>Walter & Marie Pate</i>	<i>2 years</i>
<i>Marilyn Richmond</i>	<i>2 years</i>
<i>Carolyn Harkrider</i>	<i>2 years</i>
<i>Jim & Patricia Parks</i>	<i>2 years</i>
<i>Ralph & Virginia Lang</i>	<i>2 years</i>
<i>Sammie Burnett</i>	<i>2 years</i>
<i>Connie Bentz</i>	<i>1 year</i>
<i>Arrena Gibson</i>	<i>1 year</i>
<i>Robert & Lisa Jimenez</i>	<i>1 year</i>
<i>Norma Rowland</i>	<i>1 year</i>
<i>Dewayne Freshour</i>	<i>1 year</i>

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

**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

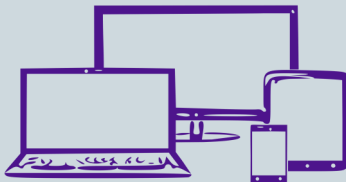
**CALL- 699-3433 or EMAIL
LVillanueva@manorparkinc.org**

**FACILITIES MANAGEMENT
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)
Call and speak to a staff member when you have an emergency during work day hours. For after-hours or weekends, Contact SECURITY 967-3898

**HANDYMAN
Computer Services**



Melina Rodriguez, IT Specialist for Manor Park can help set up e-mail, install anti-virus and software, hook up printers, and much more!

Call Facilities Mgmt to request pricing and services at 697-9033

**WORXHUB
WORK ORDER SYSTEM
TRAINING**

**Friday, April 7
Ortloff Room at 2pm**

There is no limit on the number of times you can take this training.
Questions?
Contact Debbie Hostas 699-3427

COMING SOON

CENTRAK

*A NEW Senior Living Alert
& Safety System*


1. Please continue to use your current Aprotex pendant until further notice.
2. Do not cancel your home phone until we have completed testing the system and given notification. *Reminder: a land-line serves as a backup when a cell phone is lost or not charged.*
3. We appreciate your patience with the testing of new and old equipment for our new alert and safety system.
4. The system does not contain any video or camera equipment.


Have you signed up for WORXHUB?

Here are a few tips to keep you using it.

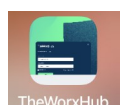
TIPS for getting started:

1. **Where do I find the website?** Contact Debbie Hostas and she will email a new link to the website.
2. **Have a NEW/DIFFERENT email address?** Email hostas@manorparkinc.org to update your information.
3. **Forgotten your password?** Easy fix. Contact Debbie Hostas and she will help you create a new password.
4. **Need an easy click ICON on your iphone, table, or computer**—having an easy access ICON on the home screen or desktop of any device simplifies use.

Go to the web address in tip #1 on a tablet or iphone. Go down to the tool bar on the bottom and click on 

After clicking on  Scroll down the list of options and chose "add to my home screen"

Here is what the ICON looks like for some devices



DEA NATIONAL ^{Rx} TAKEBACK

Unused or expired prescription medications are a public safety issue, leading to potential accidental poisoning, misuse, and overdose. Proper disposal - saves lives & - PROTECTS THE ENVIRONMENT

**Permian Basin Regional Council on Alcohol and Drug Abuse is hosting
National**

DRUG TAKE BACK

Manor Park - Village South

Saturday, April 22

10 am - 2pm

Bring all your unused and expired meds.

Invite family and friends to participate by cleaning out their medication cabinets, too!

For questions, contact Sherice 699-3469

Art class with Joyce



Join us as we make jewelry or coasters out of Scrabble game tiles.



Mon, April 10

10 am and 2 pm

Village South - Art Studio

Manor Park Choir

Do you enjoy singing?
It is not too late to join fellow residents from around the campus for choir practice and performances in the future.
ALL abilities welcomed!

Watch for practice dates and times in the weekly Monday emails.

Questions? Contact Audrey at 699-3480



GAME WINNERS

PHASE 10

3/06

Vanda Powers

Rummikub

3/2 Tie

Lorraine Calabria

Vanda Powers

3/10 Tie

Lorraine Calabria

Vanda Powers

3/13 Patsy Jones

BRIDGE

2/20

1st Carol Lester

2nd Ruth Martin

2/27

1st Ruth Martin

2nd Em Carnett

3/13

1st Mary Trux

2nd Janet Overton

MEXICAN TRAIN

No winners reported

MAH JONGG

2/14

Julie Kujawski

2/25

Table 1

Jo Ann Cozart

2/18

Jo Ann Cozart

Table 2

Rachel Criner

2/21

Charlotte Pierson

2/28

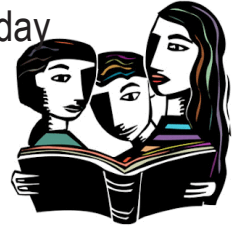
Julie Kujawski

3/07

Julie Kujawski

MANOR PARK BOOK CLUB

Meetings are the FIRST Thursday
each month at 2 PM
in the Ortloff Room.



APRIL

Come and join us on April 6th, at 2 P.M. in the Ortloff Room of the Clubhouse for Manor Park Book Club. We will be reviewing "*The Paris Library*" by Janet Charles.

"A love letter to Paris, the power of books and intergenerational friendship" (*Booklist*), *The Paris Library* shows that extraordinary heroism can be found in the quietest places. A tantalizing read, this book will delve into the love of reading and books.

Looking Ahead ...

In May, we will meet to discuss "*The Cellist*" by Daniel Silva. In June, we will have an exciting surprise!

We had two new members last month and hope you will join us as we grow. Hope to see new faces on April 6th!

Questions? Call

Frances Wheat at 432) 695-4421.

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 required to avoid being charged the cancellation fee on the billing statement:

\$ 7.00 for on campus events

\$10.00 for off campus events

Talks of the **TOWN**

Igniting conversation

PERMIAN BASIN MASTER GARDENERS

Will be teaching us about plant selection, watering suggestions, and other tips on caring.

**Join us
Friday, April 21st
2 pm at Village South**

The first step to beautiful flowers in pots, baskets, or your yard is choosing plants that will thrive in Midland's climate and your space.



RESIDENTS INQUIRE



Manor Park holds an
ANNUAL



Honor Our Veterans Event

to thank and remember residents, family members and staff who have served in the armed forces.

A exhibit of Manor Park Veterans will be on display in the Atrium starting May 19th.

If you would like to have your picture displayed, bring your picture to **Nicole OR Lora**. Please, include a written account of your service history.

A copy will be made and the original picture returned.



Welcome to **SPRING!** Because of the beautiful spring weather and the warmer temperatures, the onions have come out of dormancy and are beginning to green up and grow. Remember that we want all the onions to reach maturity, so please do not harvest the green onions. The roses are also leafing out and are already producing little buds!

We are planning on planting the majority of the spring garden somewhere around Easter weekend. My grandmother always told me to "never plant before Good Friday"!

If you are interested in helping with the garden, please contact Barbara Stooksberry (432-294-0472) so you can be put on the email/text list in order to receive announcements.



Manor Park Authors Book Signing Event

Our community has some very accomplished people. We have several residents who have written and published books.

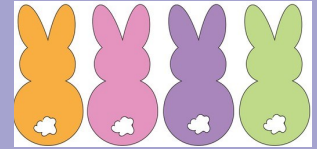
Come visit our local authors
**Friday, April 28th
from 11am to 12:30pm
in the Library and Living room.**

Our Authors will be available to talk about the inspiration behind their books and have their books available for purchase.

April



Wellness Center



Celebrate EARTH DAY
Come be part of the Great American Clean-up!

Manor Park Wellness Center and TX Tech PA Students will join forces to **Keep Midland Beautiful**

When: Saturday, April 22.
10am-12 noon

Where: 5000 Andrews Hwy
(down from Chick-fil-a)

Reminder:

Wear thick soled shoes
Yardwork gloves.
Sun protection
Dress in layers.

Please sign up in the Atrium.



Member Spotlight
Lets give a big **THANK YOU** to **Frank & Jane Vitrano.**

The Vitranos donated a new piece of equipment to the Wellness Center called a Biodex Upper Body Cycle. It offers cardio, upper body, and core benefits. Come check it out at the Wellness Center during the

Open House
Tuesday, April 4th
10 am—11am

Healthy Living Lecture
Melodi Reams OTA
Thursday, April 13th at 2pm in the Left Activity Room

Topic: Anxiety

This is a common concern among older adults. Approximately 10-20% of this population are affected. It is the #1 mental health concern for women and the 2nd most common concern for men. This month, we will discuss types of anxiety, causes of the illness, signs and symptoms and how to get help. Additionally, we will discuss the types of treatment for anxiety and how rehab can help.


Mon

Tue

Wed

Thu

Fri

<p>3 Walking Gp 8:30AM Fit Mix 10AM Tai Chi 4PM</p>	<p>4 Yoga 8:30AM WC Open House 10AM Balance Class 1:00PM</p>	<p>5 Walking Gp. 8:30AM Fit Mix 10AM Line Dancing 2PM Tai Chi 4PM</p>	<p>6 Yoga 8:30AM Balance Class 1:00PM</p>	<p>7 Walking Gp 8:30 AM Fit Mix 10AM</p>
<p>10 Walking Gp. 8:30AM Fit Mix 10AM Tai Chi 4PM</p>	<p>11 Yoga 8:30AM Balance Class 1:00PM</p>	<p>12 Walking Gp. 8:30AM Fit Mix 10AM Line Dancing 2PM Tai Chi 4PM</p>	<p>13 Yoga 8:30AM Healthy Living Lecture 2 pm</p>	<p>14 Walking Gp 8:30AM Fit Mix 10AM</p>
<p>17 Walking Gp. 8:30AM Fit Mix 10AM Tai Chi 4PM</p>	<p>18 Yoga 8:30AM Balance Class 1:00PM</p>	<p>19 Walking Gp 8:30AM Fit Mix 10AM Line Dancing 2PM Tai Chi 4PM</p>	<p>20 Yoga 8:30AM <u>NO BALANCE CLASS</u></p>	<p>21 Walking Gp 8:30AM Fit Mix 10AM</p> 
<p>24 Walking Gp. 8:30AM Fit Mix 10AM Tai Chi 4PM</p>	<p>25 Yoga 8:30AM Balance Class 1:00PM</p>	<p>26 Walking Gp 8:30AM Fit Mix 10AM Line Dancing 2PM Tai Chi 4PM</p>	<p>27 Yoga 8:30AM Balance Class 1:00PM</p>	<p>28 Walking Gp 8:30AM Fit Mix 10AM</p>



JOIN US as we travel to Sweetwater TX
Saturday, April 29th
Bus leaves at 8:00 am

There will be a Fly-In and show, speakers, authors, food trucks, meet the pilots, re-enactors, tour of the museum, view replica WWI & WWII model planes, and you can enjoy a glass of wine from Hidden Hanger Winery.

EARTH DAY

Manor Park Wellness Center and TX Tech PA Students will join forces to Keep Midland Beautiful

Saturday, April 22
5000 Andrews Hwy.
10am-12noon
Bus will leave from the Wallace Bldg.

SIGN UP!

Be prepared:

Wear thick soled shoes
yardwork gloves

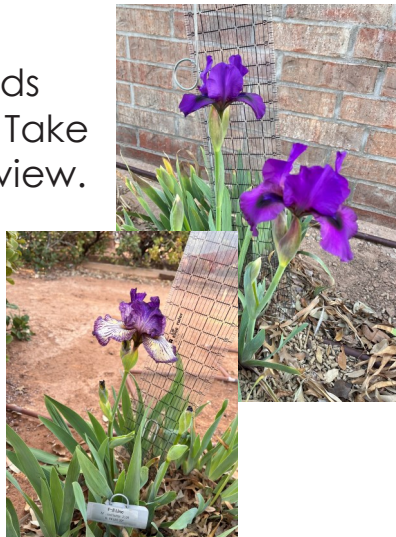
Sun protection may be needed.

Dress in layers.

Abundant Blooms!

Our campus flowerbeds are starting to bloom! Take a stroll and enjoy the view.

Thank you to the WTX Iris Society for their hand in caring for our iris gardens.



See the insert for upcoming events.

THANK YOU!

PERMIAN BASIN GIVES DAY 2023

Thanks to 33 generous donors, Permian Basin Gives Day raised \$15,430! We are grateful for friends who supported Manor Park on this special day!

SPECIAL THANKS again to Val and Jeff Sparks for the \$5,000 challenge match!

I am always happy to answer questions or visit with you about a gift to Manor Park.

Amanda Ellis

699-3424 - aellis@manorparkinc.org



PET OWNER ETIQUETTE MP Residents and Visitors



- Pick-up and discard appropriately your dogs poop no matter whether it lands in the home, another yard, or the doggy park.
- Request spot clean (housekeeping) or full carpet clean (maintenance) when accidents happen and odors build.
- Be courteous to neighbors and control incessant noise, no matter what time of day or night.
- Keep dogs on a leash when outside the home, in the MP buildings, and when coming and leaving the dog park.
- Maintain freedom from disease with yearly examinations and vaccinations.
- Keep vaccination records handy should they be requested.

Memorials and Honorariums

In Memory of Betty VanWie

Debbie & Jim Ramsey
Melendy Lovett
Sharon & David Marcum
Tammy & Bill Smith

In Memory of Marilyn Philpy

Patty & Tevis Herd

In Memory of Alice Park

Leslie Park

In Memory of Joseph Belden

Leann & Hal Brenner
Dixie & Jerry Hertel
Jane & Frank Vitrano

In Memory of Genie Bailey

Virginia Lang

In Memory of Richard Jensen

Frances Wheat

In Memory of Colleen Michael

Lucy Thummel

In Memory of L.B. Taylor

In Memory of Janet Blount

Ima Joy Alexander

In Memory of Mary Showalter

Martha Farris

In Memory of LaNell Honeyman

Ann Curtis
Millie Stobart
Sandy & Mike Tisdale
Chris & Fred Newman
Kay & Steve Castle
Roberta Solorio

In Memory of James Kennedy In Memory of LaRue Whisenhunt

Barbara & Ronny Stooksberry

In Memory of Don Craig
In Memory of Mary Showalter
In Memory of L.B. Taylor
In Memory of Vera Zachry
In Memory of Doris Hicks
In Memory of Sarah Hardwick
In Memory of Snooky Howard
Ann Curtis

In Memory of Cynthia Freshour

Dr. & Mrs. Charles Younger

In Honor of Nicole Church & Lora Frailey

Margaret Aycock

In Honor of Margie Fleming

Debbie Gainer

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.



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.