



'N The Manor of Speaking

OCT 23

ANNULAR SOLAR ECLIPSE EVENT

Saturday, October 14

10 am - 2pm

(Maximum Eclipse at 11:53 am)

Margaret Cowden Clubhouse and Patio

MIDLAND IS IN THE PATH FOR THE ANNULAR SOLAR ECLIPSE, WHERE THE "RING OF FIRE" EFFECT IN THE SKY IS VISIBLE.

THIS WILL BE A SPECTACULAR CAMPUS-WIDE EVENT. WE HOPE RESIDENTS, STAFF, AND FAMILY MEMBERS WILL COME AND ENJOY.

We will have SAFE solar viewing glasses,

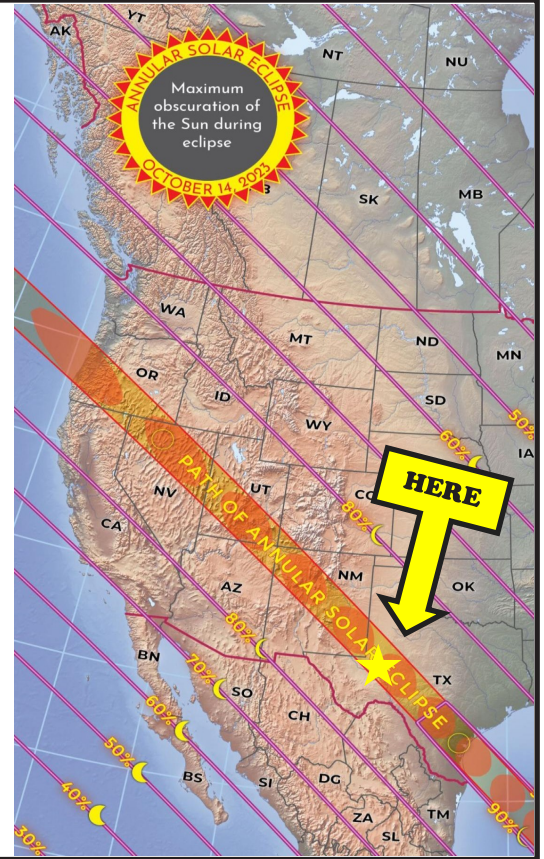
ACTIVITIES, GAMES, & MORE



telescope viewing,
PHOTOBOOTH,



and special "eclipse" meals available at the Wildcatters Grill.



Manor Park Together with Midessa Community Alliance Coalition



SAFE SENIOR LIVING EVENT 2023

Saturday, October 28

10 am—2 pm

Village South Community Building

DEA National Drug Take Back

Bag up all unused, expired, or discontinued medications for disposal.

NO syringes sharps accepted

FREE shredding

Box or bag up papers containing personal information that need to be disposed of. Limit: 5 boxes per person.

Fire Safety Options Presentation at 1 pm

for persons who are hard of hearing

QUESTION???

Contact Sherice Dir. IL (432) 699-3469

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• 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, October 17
2 p.m.**

**Great Room of the
Clubhouse**

RESIDENT MEETING

**Tuesday, October 31
9:30 a.m.**

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. They will 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.**

October Birthdays



Kay Burchard	10/1
Dewayne Freshour	10/2
Patricia Palmer	10/4
Ed Connally	10/5
Pok-Duk Kim	10/5
Philip Porter	10/5
Mary Woodard	10/5
Emma Coppinger	10/6
Nada Gates	10/7
Linda Hall	10/7
Laura Scott	10/7
Lynn Mashburn	10/11
Janet Overton	10/11

Ann Westerman	10/11
Emily Goodfellow	10/12
Judith Hambrick	10/12
Josie Cullen	10/16
Lucida Mote	10/16
Lorraine Calabria	10/22
Duane Moreland	10/23
Lynda Renick	10/24
Mary White	10/24
Ann Phillips	10/25
Barbara McIntosh	10/29



Party, party, party! Birthday Party

Thursday, October 19
5 p.m.

Right & Left Activity Rooms

*****Entertainment: POLKA BAND
SIGN UP!**

A meal will be served shortly after 5 pm. 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

Halloween Social



'60's theme

The Golden Years

Tuesday, October 31
Right & Left Activity Rooms

Come dressed for the 60's, or not, and have a good time!
Bring a neighbor!



Questions? Contact Lora or Nicole.



NEW RESIDENT ORIENTATION

Join us

Wednesday, October 25

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.***

1. Mote, Lucida
173 Bridgewater Cir.
2. Logan, Kathleen
104 Bridgewater Cir.
3. Anderson, Sedora
512 Adobe Dr.
4. Woodard, Phillip & Mary Ann
410 Pevehouse Pkwy.
5. Jester, Lucille "Lucy"
100 Wallace Cir.
6. Pinkston, Dorothy
503 Palo Duro Dr.

Happy Anniversary!

Celebrating, loving where you live.

Beni Brown	11 years
Richard Coar & Judy Judson	10 years
Shep Grinnan & Debbie Wolfe	9 years
Irene Jensen	9 years
Sue Curtner	8 years
John English	8 years
Jody McLane	7 years
Ima Joy Alexander	7 years
Mary Truex	7 years
Jolene Hancock	6 years
Helen Tonde	5 years

Janas Morin	5 years
Norma McCray	4 years
Janet Overton	4 years
Ed Bowling	4 years
Charles & Sandra Bolinger	4 years
Jackie Bain	3 years
Michael & Laura Cralle	3 years
Clarke Bird	3 years
Judy Clower	3 years
Larren & Donna Snyder	3 years
Raymond Hild	1 year
Jim & Suzanne Bobo	1 year
Mary White	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 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, upkeep of
patio, and more

Contact 697-9033.

HEARING AID SERVICES

Beltone Hearing Centers of the Permian
Basin will provide all residents with first-
class hearing healthcare for no charge.

Services include:

- Ear wax removal and management
- Hearing aid cleaning-sanitizing and
repairs for all brands
- Adjustments to hearing aids
- Assist patients with connection be-
tween smartphones and hearing aids
- Hearing evaluations

First Wednesday of each month in the
FMH Services Area. Please call
432-332-0519 or 432-682-2180.

LAB SERVICES

Midland Health (MH)

Lab- 432-221-2911

MH now provides services out of
the FMH Medical Services office
(across from the Pantry).

7:00 a.m. to 7:30 a.m.

First and Third TUESDAYS

PANTRY SERVICES

Village Pantry

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

Monday - Friday

10:30 a.m. - 1:30 p.m.

697-9010

PHARMACY

Pharmacy Shop

Prescriptions and over-the-
counter (OTC) items will be de-
livered to your home.

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 1 p.m. Monday - Friday.

RESPITE SERVICES

HGM-VOGEL

Respite care available
Intermittent rates and
daily rates up to 2 weeks.
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:

-Reduced stress of
parking space

-Door-to-door service

-Avoiding busy traffic

Staff assistance available \$20/hr

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

Valet

Monday - Friday 8 a.m. - 4 p.m.

To make arrangements contact
the TRANSPORTATION Dept.

After-hours, airport, and
weekends the rate is
\$25/hr for a minimum 2 hours

CALL 699-3433 or EMAIL
LVillanueva@manorparkinc.org



**FACILITIES MANAGEMENT
OFFICE HOURS
699-3427**

Hours of Service:

Monday - Friday: 8 a.m. - 5 p.m.
Closed 12 noon – 1:00 p.m.

**** 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 at 967-3898.

**WORXHUB
WORK ORDER SYSTEM
TRAINING**

**Friday, October 6
Orloff Room at 2 p.m.**

There is no limit on the number of times you can take this training.

Questions?

Contact Debbie Hostas 699-3427

For cases of an emergency,
Please **DO NOT** lock
your glass / screen door.

This can cause delays in
receiving **HELP**
or added costs for repair or
replacement of the door.

Security (967-3898) can assist
if you are locked out
of your home.



COMING SOON

CENTRAK

*A NEW Senior Living Alert
& Safety System*

Centrak crew members have completed their updates to the system in all the homes and buildings. Now we are training staff and preparing for the kick-off.

Residents will receive messages via the VoiceFriend notification system (text, email, call, or voicemail) with details on the distribution and training for the Geo pendants by residents, family members, and caregivers.

Each neighborhood Resident Council Member will be reaching out to their neighborhood with an informational flier regarding the distribution of the Geo pendants.

Questions or concerns???
Contact Sherice: 699-3469.

Patriot Pest Management is on campus every Tuesday morning. Please contact the Facilities Management Office if you have any problems with pests. They will get you on the schedule for the following Tuesday.

Window Cleaning and Carpet Cleaner is a yearly service provided by Manor Park, please contact the Facilities Office for scheduling at 699-3427.

Holiday Bazaar
Mark your calendar!
Friday, November 10



SEEKING VENDORS

to sell your art, crafts,
or brand items at our
Fall Holiday Bazaar?



Contact Nicole or Lora at
699-3426 / 699-3416
for registration information



What to Watch on Streaming TV

Resident recommendations for programs to binge watch:

1. *Blue Bloods* - Hulu, Amazon Prime, & Roku
2. *Fire Country* - Amazon Prime & Roku
3. *Heartland* - Netflix, Hulu, & Peacock TV.

Are we missing your picture on the Wall of Residents?
Contact Nicole (432-699-3426) to schedule a time.



This is a great tool used by others to remember names and faces!

Art Class with Joyce



Join us as we create
Sun Catchers
Mon., October 9
10 a.m. and 2 p.m.
Village South - Art Studio

JOIN THE Manor Park Choir

Residents are preparing to sing on Oct. 14 for the Eclipse Event

WHAT: Choir practice

WHEN: Wednesdays at 2 p.m.

WHERE: Parks Faudree Chapel

Questions? Contact Audrey 699-3480



Grocery Store TRIP TIP



- Make a LIST (and bring it with you)
- Bring MAGNIFIER with a light
 - Dress in LAYERS
- ASK store employees for HELP

Join us EVERY Thursday.
Meet at the Wallace Bldg.
Bus leaves at 8:55.

We go to UNITED the first three Thursdays and to HEB on the fourth Thursday. When there is a fifth Thursday, we go to WALMART.

GAME WINNERS

PHASE 10

Rummikub

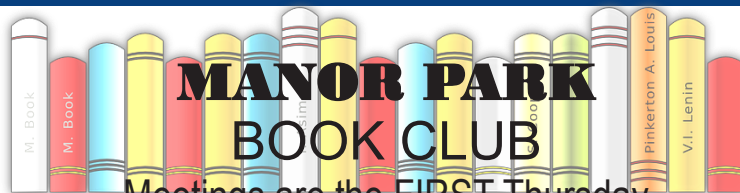
08/21 Virginia Mireles	08/24 TIE Lorraine Calabria Patsy Jones
08/31 Lorraine Calabria	08/28 Lorraine Calabria 09/11 Patsy Jones

BRIDGE

08/21 1 st Ruth Martin 2 nd Carol	09/04 1 st M.L. Wise 2 nd Ruth Martin
08/28 1 st Carol 2 nd Mary Truex	09/11 1 st Carol 2 nd Ruth Martin

MAH-JONGG

08/15 Julie Kujawski	08/29 Tricia
08/19 Jo Ann Cozart	09/05 TIE Charlotte Pierson Julie Kujawski
08/22 Tricia	09/09 Charlotte Pierson
08/26 Charlotte Pierson	09/12 Charlotte Pierson



MANOR PARK BOOK CLUB

Meetings are the **FIRST** Thursday of each month at 2 p.m.

CHANGE →

**Village South Community Bldg.
Art Studio**

October

On October 5, at 2:00 PM, in the Village South Community Building - Art Studio we will hold a review and examination of *Wuthering Heights* by Emily Bronte. This classic first appeared in December 1847.

Out of the Romantic Movement in English literature comes this gothic fiction by Emily Bronte. The plot mysteriously caused its initial public reception to be one characterized by verbal backlashes and callouts. Reviews were bad and relentless. By the time the superior creativity and imagination had begun receiving praise, Miss Bronte had passed away (age 30).

Looking ahead...

Our selection for November will be *Last Bus to Wisdom* by Ivan Doig.

We always welcome new members and hope to see members return.

***If you have questions, please call
Frances Wheat at (432) 695-4421.***

FLU SHOTS!

High Potency vaccine for those >65 y/o will be offered

**Monday, Oct 16 1 pm – 4 pm
OR**

Tuesday, Oct 17 9 am – 12 noon

In the FMH Medical Services Area
Sign up for **one** time slot

Please bring Medicare or Ins. Card
Questions? Sherice – 699-3469

EARLY VOTING

Clubhouse - Great Room

★ Oct 23 - Oct. 29 ★

M - F 8 am - 5 pm

Sat 7am - 7 pm

Sun 1 pm - 7 pm

★ Oct. 30 - Nov. 3 ★

M - F 7 am - 7 pm

*****Sign up for a ride from
Wallace Bldg. & Village South
On Mon, October 27 at 2 pm.**

Talks of the **TOWN**

Igniting conversation

Dr. Stephanie Howard,
MISD Superintendent

Dr. Howard joined Midland Independent School District as the Superintendent of Schools this year. She is in her 29th year in education with the majority of that experience in teaching and administration here in the Permian Basin.

Join us for this enlightening presentation about current and future plans for MISD!

Friday, October 20
2 pm
Village South Activity Rooms
See you there!



Because of the cooler temperatures, some of the plants in the community garden are beginning to show signs of life! The tomatoes that survived the heat are putting out green branches and blooms. Hopefully, the bees will pollinate the blooms, and we will have some tomatoes at the beginning of November. The cucumbers are putting out blooms as are the peppers. I have replanted the black-eyed peas and the carrots.

The roses are blooming again, so come out to the garden and enjoy the colors and cooler weather.

**If you are interested in helping
at the garden, contact
Barbara Stooksberry 294-0472**

RED FOLDER



**You cannot control when you may
end up in the Hospital.
BUT... being prepared is the one
thing you can control.**

- **Make sure your **ADVANCED DIRECTIVE** is current at MMH.
(If you haven't looked at your important papers in 10 years, it is time to re-evaluate what the papers direct.)**
- **Do you want CPR performed between your house and MMH?
(Discuss with your family & doctor your wishes. Out-of-Hospital DNR forms are available in IL office)**
- **Is your RED folder updated?
(RESIDENTS must update their information to benefit emergency personnel)**
- **Is your pendant around your neck?
(You cannot plan where you will fall or need HELP. We cannot emphasize enough the importance of wearing your ALERT pendant)**

Questions?

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



WHAT SHOULD BE IN YOUR RED FOLDER?

**5 COPIES OF YOUR
ADMISSIONS & EMERGENCY
INFORMATION FORM**

**1 COPY OF YOUR
MEDICAL POWER OF ATTORNEY**

**ADVANCED DIRECTIVE
(OPTIONAL)**

**OUT-OF-HOSPITAL DNR
(OPTIONAL)**

Oct

Wellness Center



>>> Weekly Group Exercise Schedule for the month of October <<<

Mon	Tue	Wed	Thu	Fri
Walking Gp 8 AM Fit Mix 10 AM Tai Chi 1 PM	Yoga 8:30 AM Balance Class 1 PM	Walking Gp 8 AM Fit Mix 10 AM Tai Chi 1 PM Line Dancing 2 PM	Yoga 8:30 AM Balance Class 1 PM ** No Balance on Oct 26. **	Walking Gp 8 AM Fit Mix 10 AM

Wellness Center Events

Active Aging week: (October 2—7)

Active Aging Week

October 2—Presentation: What Is Active Aging? @ 11:15 AM

Presenter: Wellness Center Coordinator Michael. Sign up in the atrium.



October 3—Resident Cornhole Tournament. Bring a partner. Starts @ 10 AM. Find a partner and show up for a fun competition. Sign up in the atrium.



October 4—Cooking w/ Tierra @ 11:15 AM. Sign up in the atrium. Join us in the Wellness Center for a cooking demo.



October 5—Healthy Living Lecture @ 2 pm. October is National Physical Therapy Month. PTs help people across the lifespan participate in the things they want and need to do. They are experts in the way the body moves. PTs can get you moving and enjoying life again, using evidence-based treatment techniques that focus on restoring function, reducing pain and preventing injury.



October 6—Keep Midland Beautiful Fall Sweep @ 4 pm

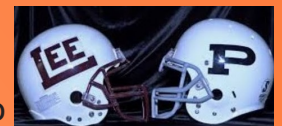
Volunteer opportunity to help give back by picking up loose debris. Sign up in the atrium. 5000 Andrews Hwy (down from Chick-fil-a)



October 7—LO Street Farmers Market @ Bus leaves at 9 am. Sign up in the atrium.



October 13—Friday Night Lights. High School Football @ 6:30 PM bus leaves the front of Wallace Building and then to Village South before heading to this West Texas Rivalry Game. Residents are responsible for ticket cost.



October 17—Ping Pong @ 2 pm. Bring a friend !



October 24—Pickleball @ 2 pm. Bring a friend !

October 26— Carfit: 8 am—12 noon. SIGN UP! The program is designed to help older drivers find out how well they currently fit their personal vehicle, to highlight actions they can take to improve their fit, and to promote conversations about driver safety and community mobility. A proper fit in one's personal vehicle can greatly increase not only the driver's safety but also the safety of others.



Jessica Gonzalez,

our residential
PA student
from Texas Tech



Jessica will be helping with
the Safe Senior Living Event
on Oct 28!



Out of respect for neighbors, Manor Park asks that any outside decorations be limited to the immediate area of the home (porch, front door, etc.). For safety reasons, residents should not place decorations on any of the handrails around the residence. The Fire Inspector advises all Wallace Building and Garden Home residents **not** to place personal items or furniture, to include power chair and scooter, in their halls. Also, Manor Park asks that residents refrain from displaying political signs around their homes.

In order to control the cost of mowing and edging our many residential yards on the campus, residents should refrain from displaying signs, ornaments, decorations, poles, containers etc. in the grass area of each front yard. *Resident Handbook pg.21*

Fire Safety when burning candles

U.S. Fire Administration FA-221 | October 2018

www.usfa.fema.gov/downloads/pdf/publications/fa_221.pdf

Candles are pretty to look at, but remember that a candle is an open flame and can easily start a fire.

Consider using battery-operated flameless candles. They look, smell and feel like real candles but won't cause a fire.

If you decide to use an open flame candle:

- Only burn candles when you are in the room.
- Use sturdy candleholders that will not tip over or burn.
- Protect candle flames with glass chimneys or containers.
- Keep candles at least 12 inches from anything that can burn.
- Always use a flashlight — not a candle — for emergency lighting.

It is important to PLAN your escape around your abilities.

If you use a wheelchair or walker or if you may have problems escaping from your home, plan ahead and let your fire department, family, building manager or neighbors know.



Quilting Bee Group
Come join us



What: Manor Park
Quilting Bee

When: 1st and 3rd
Thursdays

Where: Clubhouse -
Ortloff Room

Time: 9:00 - 3:00

Come when you can!
Leave when you must!

**Anna Marie Connally -
972-849-8429**

Memorials and Honorariums

In Memory of Joan Bechtel
Betsy Haney

In Memory of Wanda Hopp
Pat Eimers

In Memory of Dorothy Teague
Paula Johnson
Ann Curtis

In Memory of Jimmy Stallings
Jack Burkett

In Memory of Billy McIntosh
Dixie & Gerry Hertel

In Honor of Sherice Barndt
Ted Binney

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.

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

A 24-hr. advance notice are required to avoid your being charged the cancellation fee on the billing statement.

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

COMING IN November

Mark your calendar

- **Lunch & Learn** - Depression, Diabetes, Dementia (3D's), and Aging Vulnerability Nov.3
- **Christmas Dinner** reservations will begin Nov. 1.
- **Holiday Bazaar** will be held on Nov 10th.
- **OPEN ENROLLMENT—TBA**
Medicare Part D plans and/or Medicare Advantage plans
- **Financial Disclosure Meeting TBA**