



Wellsville Welcomer

Wellsville Retirement Community Newsletter



www.wellsvillerc.com

AUGUST

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THANKS ARE IN ORDER

I would like to say thank you from the bottom of my heart for all the staff, residents and families encouragement as I have transitioned from Receptionist to Business Office Manager and now to Administrator. We are very lucky to have Scott and Susan as our owners and Scott's daily presence here with us. Although not much has changed with how we operate daily, the trust and support you have given me means a great deal. I mean it when I say, "I love my job!" I love the residents. I love to spend time with the residents. I love to laugh and even cry with the residents. There is no place that I would rather be. Five years ago, I would have never imagined myself working in a retirement community. Growing up I had a very negative stereotype of how "nursing homes" smelled and how everyone looked so unhappy. This place continues to knock my socks off daily with the LIFE that everyone breathes into our wonderful home.....this includes staff, residents, families and our dedicated volunteers. So, again, I say thank you for always making me feel like I am your family!

SCHOOL TIME

We at Wellsville Retirement Community have a lot of "FAVORITES." This month marks one of our favorite times of the year. We have now been without a scheduled student visits for over two

months. I cannot express the LOVE that our residents and staff have seeing preschool, elementary, middle and high school students enter our building. They definitely add to our amazing culture that we have created. We are so excited for school to start and school kids to start visiting on a regular basis.

T-BONES

Our annual trip to Kansas City for a T-Bones baseball game is on the calendar for Wednesday, August 8th. Family and friends are invited to join us. This is always a wonderful outing. We are usually able to get seats along the 3rd base line and it's easy access in and out of the park. There is a limit to the amount of people we can take with us in our WRC vehicles, so make sure to call Jennifer as soon as possible if you would like to ride with us. Also, call her to let her know if you would like to meet us there. You won't want to miss this VERY FUN event!!

'til next month,

Jill



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Support Team

Scott Averill
Owner

Jill McCoy
Administrator

Ashley Washington
Business Office Manager

Kim Bogle
Reception/Human Resources

Dorothy Adams
Social Services

Tim Sullivan
Food Services

Paul Surber
Environmental Services

Jennifer Carpenter
Lifestyle Coordinator

Kristine Martinez
Director of Nursing/
MDS Coordinator

Jenn Blaine
Therapy Director

Holly Manny
Assistant DON/MDS
Coordinator

Arlene Tomlinson
Housekeeping/Laundry

Welcome to WRC

Meadowlark

Jane Smith

Resident of the Month

Thelma Roush

Thelma lives in our MeadowLark Neighborhood here at WRC and is our Resident of the Month. Thelma grew up on a farm near Centropolis with two brothers and two sisters. Growing up on the farm she was quite the tomboy. She liked to go on walks to the timber and take the cows to pasture. She milked a lot of cows and gathered lots of eggs. Thelma went to school at Appanoose. Some of her childhood memories were climbing up to the top of the windmill and from there she could see the Co-op buildings in Ottawa. A few times they even climbed to the peak of the barn to look at the pigeons.

She married and they lived in Kentucky for a short time and then moved back to the area. When her husband was sent to Germany she went to work for H.D. Lee in Ottawa. She and her husband had four children. She now has eight grandchildren and four great-grandchildren that are GREAT!

Thelma says, "Everyone here is nice and it's a nice place."



And we will miss...

Elsie Toone

Loleta "Fern" Majeski

Employee of the Month

Catherine DeVillier

Catherine is our "Employee of the Month" and she is a CMA in our Sunrise Neighborhood. She and her twin brother started volunteering at WRC when they were 10 years old. They would regularly come in and play the piano for our residents. Catherine grew up near Wellsville and graduated with the Class of 2016.

She attended Benedictine College in Atchison for 2 years and plans to go to nursing school in the fall and would like to be an ICU Nurse.

Catherine also plays the organ and has played for many weddings and funerals over the years. She enjoys spending time with her family, reading, eating good food, and gardening with her Mom.

Catherine says, "I love working at WRC because the residents and staff have become like my family".



Catherine and Thelma share August honors.

Monday the 20th, @ 10:00 The

Activities: Life at WRC

Thompson Girls

Greeting to all our families and readers. July has been extremely hot this year. As we enter into what is known as the “Dog days of August”, keep in mind we only have four months until Christmas.

Fun filled outing is Wednesday, August the 8th, going to the T-Bones game, leaving WRC @ 6:00 PM, for a 7:00 game. Space is limited, so any residents, family members interested contact Jennifer Carpenter as soon as possible.

Special thank you to all of our wonderful staff and volunteers who have made our weekly cookouts a big success even though the weather was not cool enough for us to eat outdoors. Big thanks to all of the family members who came out and joined their loved ones for the cookouts. Again during the month of August we will continue with our weekly cookouts, rotating Thursdays and Fridays. Weather permitting we will be outdoors with entertainment. If it is too hot we will again bring it into our community room. I will post the dates of our first cookout four days prior, allowing you ample time to adjust your schedules.

Our special entertainment for the month

Week 1:

Saturday the 4th @ 3:00 with Johnny and Adam.

Week 2:

Sunday the 5th @ 3:00 , Jazz Quartet *(one of our new entertainers)*

Tuesday the 7th @ 3:00, Gino Buieno *(one of our new entertainers)*, he does Frank Sinatra and Dean Martin genre of music

Tuesday the 9th @ 3:00, Chris Foster

Friday the 10th @ 3:00, Sheila McDonald

Saturday the 11th, @ 3:00 Wicked Strings

Week 3:

Monday the 13th, @ 3:00 Man and His Dog

Tuesday the 14th, @ 3:00 Odds and Ends

Thursday the 16th, @ 3:00 Jana Johnson

Saturday the 18th, @ 3:00 Riley Meyerkorth

Week 4:

Monday the 20th, @ 3:00 Tiffany Miller *(one of our new entertainers)*

Tuesday the 21st, @ 3:00 Kevon Dody

Thursday the 23rd, @ 3:00 Brandon Otto will provide our residents with an auction

Friday the 24th, @ 7:00 AM the Omelet King and Princess are making their Famous Specialized Omelets. Followed by 10:30 Casino.

Saturday the 25th, @ 3:00 Allen Cunningham.

Week 5:

Thursday the 30th, @ 3:00 James Rojas

August Birthdays:

Virgil Croucher- 7th

Robert Gritt- 9th

Again, thank you to all of our fabulous volunteers who make WRC a great place to work and live.



Therapy Corner

Beat the Heat!

As we get further into the Kansas summer season, it is important to watch out for signs of heat exhaustion/stroke and take measures to prevent these illnesses. Adults over the age of 65 are more vulnerable to heat-related illnesses because they adjust to the heat more slowly than other people.

It is important to keep moving during the summer, but you may need to modify your exercise routine. Some suggestions from our WRC therapy team:

- Exercises early morning or late evening
- Drink plenty of water
- Protect yourself from the sun, wear a hat and sunglasses.
- Complete exercises inside your home or community building (recreation center, school gymnasium, senior center, etc)

Wellsville Retirement Community

304 W. 7th

Wellsville, Kansas 66092



Walgreens will be out again in the month of October for Flu, Pneumonia, and Shingrex (Shingles vaccination). Many residents will be

getting the second part of the Shingles vaccine, but any resident who missed the first round earlier in the year is eligible. Not all insurances cover the Shingles vaccine, so be expecting consent forms and a cost breakdown before the end of August.

Spotlight #1: Tara Boehm



SPOTLIGHT #1 is on Tara Boehm. Tara is an LPN and works on our weekend day shift. She grew up in Louisburg and graduated from Louisburg High School. She has three daughters ages 8, 7, and 5 that keep her busy. Tara is currently attending Neosho Community College in Chanute and will become an RN in May of 2019.

FAVORITE HIGH SCHOOL MEMORY: When I was on the dance team and did a solo competition in Olathe.

3 WORDS THAT DESCRIBE ME: organized, good sense of humor and happy!

IF I COULD TRAVEL ANYWHERE IN TIME I WOULD: 1970's because I enjoy the music from that era.

A PERSON IN MY LIFE WHO HAS INSPIRED ME IS: My boyfriend

IF I COULD HAVE ANY SUPERPOWER: Be at more than one place at a time.

MY FAVORITE WAY TO RELAX IS: Wine and playing cards with friends.

MY BIGGEST FEAR: dying

A WEBSITE I VISIT EVERY DAY IS: Amazon

IF I COULD WAVE A MAGIC WAND AND CHANGE ONE THING ABOUT THE WORLD: Eliminate all crime.

Spotlight #2: Pat Stonequist



SPOTLIGHT #1 is on Pat Stonequist who has volunteered at WRC for the last 4 1/2 years. She has 2 grown children, 6 grandchildren and 13 greats! Pat was born and raised in Wichita, Ks before moving to Ottawa where she attended high school. After high school Pat was a Dictaphone secretary for many years and then for 8 years she was a switchboard receptionist where

she talked to people all over the world and got paid for it! She drove a Wellsville school bus for 12 years, volunteered at Olathe Hospital for 10 and Olathe Hospice for 11 years. Pat is a cancer survivor 3 times; she learned to fly a Cessna 172 and has been a member of Eastern Star for 66 years!

FAVORITE HIGH SCHOOL MEMORY: Playing alto sax in the high school band.

3 WORDS THAT DESCRIBE ME: energetic, social and opinionated.

IF I COULD TRAVEL ANYWHERE IN TIME I WOULD: 20 years into the future.

A PERSON IN MY LIFE WHO HAS INSPIRED ME IS: My mother! My parents adopted me when I was 7 months and always said most parents take what they get whereas we got to pick you out! They gave me a beautiful life!

MY FAVORITE WAY TO RELAX IS: Watching the Royals when they are winning!

IF I COULD WAVE A MAGIC WAND AND CHANGE ONE THING ABOUT THE WORLD: To cure all cancer.