



# Wellsville Welcomer

Wellsville Retirement Community Newsletter



www.wellsvillerc.com

JANUARY 2019

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## CHRISTMAS GONG SHOW!

The Christmas Gong Show was quite a success!! It is always such a great time putting on this type of show. I can't say enough about our wonderful staff, volunteers and community members who graciously give their time and talents for the Gong Show. When putting together this event, you never know exactly how everything will play out, and this show definitely exceeded my expectations. If you missed all the excitement, please visit our Facebook page where videos of every act were posted.

## FACEBOOK

I have to admit, unlike Scott, I am a frequent Facebook viewer. Since we moved from Missouri over 4 years ago, Facebook allows me to keep up with my friends and family more closely than I could otherwise. BUT....Facebook allows me also to feel like I am never missing out on anything that happens at Wellsville Retirement Community. Even if I am in the building, I don't always get to participate in every activity every day. Seeing the pictures and the comments from family and friends puts a smile on my face. Even my own family "likes" our Facebook page to keep tabs on what we are doing here. So, this winter season when the weather is bad or you are feeling under the weather....hop on our Facebook page and don't miss a beat of what is happening here.

## FLU SEASON

Flu season is here. We have been fortunate to this point with no cases of the flu. Behind the scenes at Wellsville Retirement Community, our housekeeping department is hard at work disinfecting all surfaces (door handles, tables, railings, etc.) to help kill the germs. Our nursing staff is also busy making sure their hands and the hands of our residents are washed frequently. These may seem like small tasks, but they are big steps in helping keep the flu or other sicknesses away. We may not get away from this season unscathed, but I know we have done everything in our power to help kill the germs that make their way in our building. On that note, if you are feeling under the weather, we encourage you to visit another day. The immune systems of our residents is not that of a teenager and small "bugs" can be extremely harmful. Thank you in advance for keeping our residents safe and healthy!!

'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

Doris “Jean” Matile  
Lois Richards  
Alberta Richardson  
Jacqueline Seyler

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### ***Resident of the Month***

**Shirley Eoff**

Shirley resides in our MeadowLark Neighborhood and grew up along the coast in California.

Born in the Midwest, Shirley moved with her family at an early age to the west coast. Her father was in the military and was transferred to California and Shirley became a true Californian. She attended school and made many friends during this time. She was involved in the theatre and traveled up and down the coast doing theatre acts.

Shirley was a teacher and an executive with the Girl Scouts for many years and was very active in this organization.

Shirley says, “I like everyone here at Wellsville and everyone is so nice.”



## *And we will miss... ....*

Richard Newton

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### ***Employee of the Month***

**Jacky Lopez**

Jacky is a Dietary Aide in our Sunrise Neighborhood. Jacky started working here in July of 2018.

She moved to Wellsville from KC, KS when she was in the first grade and is now a Jr., at Wellsville High School. Jacky has two brothers and one sister.

Jacky keeps very busy with her school activities and working here at WRC. She is President of the FBLA (Future Business Leaders of America), member of the National Honor Society, is a Mentor and also on the Prom Committee. In her spare time she enjoys reading and dancing. Jacky plans to attend Pittsburg State and study to become a Clinical Psychologist.

Jacky enjoys meeting the residents of WRC and getting to know each one of them.



**Shirley & Jacky share  
January honors.**

## Activities: Life at WRC

**HAPPY★NEW★YEAR**

Wellsville Retirement Community activities department (Susie O’Dea, Marilyn Hill, Kathy Collins and Jennifer Carpenter) would like to wish our families, volunteers and Facebook friends a Happy New Year.

Thank you to all our volunteers, special groups such as Small Wonder Preschool, FBLA, Wellsville Elementary, Middle and High School for a fabulous 2018. You helped provide many happy memories and smiles of our residents and staff...Thank you!

During the new year, we are again looking for a wonderful time. Our residents have voted for many of our groups/entertainers to return for the year 2019. We are elated over the return of Doc Fuller. He is back on our monthly calendar.

We invite everyone to any of our Special events and/or entertainment: Week #1: Wed. 2<sup>nd</sup> @ 3:00 Wine and Cheese, Thursday 3<sup>rd</sup> @ 5:00 Dinner Movie, Friday 4<sup>th</sup> @ 3:00 Joshua Westmorland (new entertainer) and Saturday 5<sup>th</sup> @ 3:00 Johnny & Adam.

Week #2 Tuesday 8<sup>th</sup> @1:00 Spa Day then @ 3:00 Odds and Ends, Wednesday 9<sup>th</sup> @ 3:00 monthly birthday with Kareen King, Thursday 10<sup>th</sup> @3:00 Mike Gadbois the guitar man, then @ 5:00 Dinner Movie, Friday 11<sup>th</sup> @3:00 Doc Fuller then on Saturday 12<sup>th</sup> @ 3:00 Riley Meyerkorth and Family.

Week #3 Monday 14<sup>th</sup> @9:30 the Small Wonder Preschoolers will join us on our Morning Walk. Then @ 3:00 Man and his dog, Tuesday 15<sup>th</sup> @ 3:00 Alligator Shoes, Thursday 17<sup>th</sup> @ 3:00 The Energetic Ken Page, Friday 18<sup>th</sup> our Yodel friend Gary Kirkland, then Friday 19<sup>th</sup> our Saxophone player James Rojas.

Week #4 Sunday 20<sup>th</sup> @ 6:00 Allen Cunningham, Tuesday 22<sup>nd</sup> join the Omelet King and Queen for Omelets and then go with us to the Casino, Saturday 26<sup>th</sup> the great Wicked Strings.

**HAPPY BIRTHDAY TO ALL OUR JANUARY BIRTHDAYS (we will celebrate their special day Wed. 9<sup>th</sup> @ 3:00)**

**Fred Windle - 1st**  
**Rudy Lintner - 2nd**  
**Joan Fowler - 6th**  
**Fred Fehrenbach -15<sup>th</sup>**  
**Marion Kramer -19th**  
**Shirley Magee -19th**  
**Marjorie Lintner -21<sup>st</sup>**



### Therapy Corner

Don't  
Man

let Old  
Winter

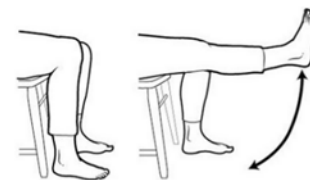
keep you from exercising your mind and your body! Here are some ways to stay in shape in the comfort of your own home:

Do chair push-ups

Walk laps in your living room

Use a can of soup or 16 oz bottle of water as a hand weight

While seated in a chair, alternate lifting up your legs as if "marching in place"



Read, complete word searches, color pages from an adult coloring book or anything to get your mind working!

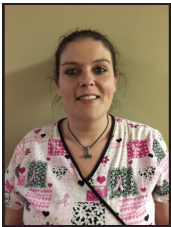
# Wellsville Retirement Community

304 W. 7th

Wellsville, Kansas 66092

Please remember,  
if you are sick or not  
feeling well, please visit  
another day.

## Spotlight #1: April Kite



**SPOTLIGHT #1 is on** April Kite. She grew up in Wellsville and still resides here. She is working as a weekend warrior in our Meadowlark Neighborhood and has been a C.N.A. for 15 years. She has a 14 year old daughter.

**FAVORITE HIGH SCHOOL MEMORY:** Competing in a Beauty Pageant.

**3 WORDS THAT DESCRIBE ME:** independent, caring, disciplined

**IF I COULD TRAVEL ANYWHERE IN TIME I WOULD:** The Viking Era

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

**IF I COULD HAVE ANY SUPERPOWER:** Immortality

**MY FAVORITE WAY TO RELAX IS:** Reading

**MY BIGGEST FEAR IS:** something happening to my daughter

**A WEBSITE I VISIT EVERY DAY IS:** Netflix

**IF I COULD WAVE A MAGIC WAND AND CHANGE ONE THING ABOUT THE WORLD:** No more violence!

## Spotlight #2: Brandy Collins



**SPOTLIGHT #2 is on** Brandy Collins. She works in our Housekeeping department and has worked at WRC for 4 years. A year ago, she stepped out of her comfort zone and got her C.N.A. Brandy is married and has 4 children. She grew up in the Gardner-Edgerton area.

**FAVORITE HIGH SCHOOL MEMORY:** Leaving!!!

**3 WORDS THAT DESCRIBE ME:** caring, hard-working, fun

**IF I COULD TRAVEL ANYWHERE IN TIME I WOULD:** everywhere....

**A PERSON IN MY LIFE WHO HAS INSPIRED ME IS:** My family!

**IF I COULD HAVE ANY SUPERPOWER:** Flying

**MY FAVORITE WAY TO RELAX IS:** Reading

**MY BIGGEST FEAR IS:** Heights!

**A WEBSITE I VISIT EVERY DAY IS:** Facebook and Loseit app

**IF I COULD WAVE A MAGIC WAND AND CHANGE ONE THING ABOUT THE WORLD:** Stop the hate!