



# Wellsville Welcomer



Wellsville Retirement Community Newsletter

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## BIGGEST LOSER UPDATE

We have completed the first 60 days of WRC's Biggest Loser Game and the results are impressive. We have 34 staff members who are committed to losing at least 10% of their body weight, sustain the "loss" for at least 60 days and then maintain it through December 15th. The reward is a 3 day stay in Las Vegas and a Cirque du Soleil show. Plus, the person who loses the greatest % of body weight wins a week paid vacation for two at a resort. Shannon Hall who works in our CountryView neighborhood recently surpassed the 10% mark and there are 4 others who are above the 5% threshold. An additional 13 staff members have already lost more than 2%! It's exciting to see these results and it is generating some great conversations about what it means to be healthy. Emily McCullough who is a counselor at Wellsville High School recently came over with a friend and the two of them shared their "health journey" at a staff inservice. There are many things a person can do to live a healthy lifestyle. However, it seems to be a growing consensus that avoiding soda pop and juice is one of the best things a person can do to improve their health. I recently listened to a physician state: "Soda pop is the tobacco of the 21st century." WOW! As a person weaned on soda pop from an early age, that statement really made me stop and think. Stay tuned for more updates...

## SADNESS AND THANKS

My father, Chuck Averill, passed a few weeks ago. For the last three years, he had been living in a veterans nursing home in the Tampa, Florida area which enabled him to be near his second wife, Mary. My family and I have been extremely touched by the outpouring of sympathy from members of the Wellsville and Overbrook communities. It has reconfirmed once again the tremendous value of "small town" living!

You would not be reading this newsletter right now if it were not for a tremendous act of courage on the part of my father several years ago. At the age of 78, he went "all in" when he mortgaged his house in order to provide the majority of capital needed to purchase Brookside Retirement Community in Overbrook. Then several years later, he assisted with the purchase of Wellsville Manor which we later re-named as Wellsville Retirement Community. I remember one particular time in the first year of owning Wellsville when we did not have enough money to cover the payroll. One quick phone call to my dad resulted in a short term loan and all was well. It took several years but we were finally able to pay him back all the money he invested at Brookside and Wellsville. We will forever be grateful for his courage AND generosity which has enabled us to serve so many people over the years.

My dad was a fun-loving, go-with-the-flow kind of guy. On Saturday, March 26, we will be hosting a "Time for CHUCKles" from 2:00 to 4:00 in the Community Room at WRC. It will be an opportunity for friends and family to come together and share stories about my dad. While it is never easy to say good-bye to a parent, my family and I find comfort in knowing that he lived a long, full life and passed away KNOWING full well that he had contributed to so many!

'til next month,

Scott



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### Support Team

Scott Averill  
Owner

Ashley Washington  
Business Office  
Manager

Jill McCoy  
Reception/Human  
Resources

Dorothy Adams  
Social Services

Myra Geer  
Food Services

Jeanie Good  
Environmental  
Services

Jennifer Carpenter  
Lifestyle Coordinator

Kristine Martinez  
Director of Nursing/  
MDS Coordinator

Jenn Blaine  
Therapy Director

Arlene Tomlinson  
Housekeeping/  
Laundry

## *Resident of the Month*

### **Jim & Mary Ann Shields**

Jim and Mary Ann were both born and raised in the Wellsville area. After high school, the couple married and Jim entered the Navy which led them to such places as Tennessee, California, Virginia and Rhode Island.

After Jim retired from the Navy in 1970, they returned to Kansas where Jim worked construction and Mary Ann was a home-maker. They have 5 children, 14 grandchildren and 27 great-grandchildren. Both are active members of the Antioch Baptist Church.

When asked what they liked about living at WRC, Jim replied, "The people. It feels like home to me."



## *Employee of the Month*

### **Wyatt Johnson**

Wyatt is one of our fantastic dietary aides. He grew up in both Princeton and Wellsville with his parents, Tony and Paula, and siblings, Libby and Derik. Wyatt graduated from Central Heights High School.

In his spare time, Wyatt likes to read and hang out at the in Lawrence with his friends. He has no pets, but he would really like a cat someday.

When asked what he likes about working at WRC, Wyatt replied, "I like how everyone gets along so well."



**Jim, Wyatt and Mary Ann share March honors.**





## Activities: Life at WRC



March will be a full month activities as well as three **new** music performers: Friday the 11<sup>th</sup> @ 3:00 p.m. - Doug Larson, Tuesday the 15<sup>th</sup> @ 3:00 p.m. Karen Kiloh and Monday the 21<sup>st</sup> is Tori Ponce. March 17<sup>th</sup> @ 3:00 p.m., join us for our St. Patrick's Day Party. Special Irish music will be provided by Larry Lintner and Shirley Star.

Our Annual Breakfast with the Easter Bunny is on Saturday, March 26<sup>th</sup>. As we have done in the past, the Easter Egg Hunt will begin at 10:00 a.m. Ages 0-4 will be in Sunrise, 5-8 in Meadowlark, and 9-12 in CountryView. Weather permitting, we will also have cart rides with the Easter Bunny.

Everyone had such a wonderful time when Ashley Cooper was here that we are hoping to have him back during the early part of April. Details will follow soon with the exact date.

All of us at WRC would like to thank the UMW of Wellsville United Methodist Church for helping our residents with the rice sock Easter Bunny project. Every resident's bunny was so adorable. I would also like to thank Kathy Collins, Marilyn Hill, and Geryl Gretencord for managing/assisting the residents every Tuesday during Let's Create.

### March Birthdays:

- Lavern Sawyer-March 7
- Carol Caswell-March 9
- Elaine McNett-March 11
- Lucy Whitney-March 13
- Larry Hawley-March 14
- Tod Lynch-March 14
- Buck Shelton-March 22
- Ken Mitchell-March 31



The Shelton family is having a 90<sup>th</sup> surprise Birthday Party for Gale "Buck" Shelton and wants to invite Bucks friends from Wellsville to come by and tell him Happy Birthday on Saturday, March 19<sup>th</sup> @ 1:00p.m. in our Community Room.

**"The March wind roars  
Like a lion in the sky,**

**And makes us shiver  
As he passes by.**



**When winds are soft,  
And the days are warm  
and clear,**

**Just like a gentle lamb,  
Then spring is here."**

### Easter Wishes

Oh! what a beautiful morning!  
I've just dropped in to say.  
I hope you have a beautiful,  
And wonderful Easter Day!

Flowers are blooming everywhere,  
Bird songs are in the air.  
Spring is unfolding her treasures,  
And wants us all to share.

Easter gives hope for tomorrow,  
As after the winter comes Spring.  
Our hearts can be filled with gladness  
As hearts rejoice and sing.

**Happy Easter!**



# Wellsville Retirement Community

304 W. 7th

Wellsville, Kansas 66092



## EASTER EGG HUNT

March 26th  
@ 10:00 a.m.

### ***Spotlight #1:*** Karen King



SPOTLIGHT #1 is on Karen King who is a Registered Drama Therapist and Creative Engagement Specialist. She is married to Jeff King and they have 5 adult children. She lives in Osage City where Jeff serves as the pastor at the Osage City Community Covenant Church.

**FAVORITE HIGH SCHOOL MEMORY:** Being in the Cataline Club (water ballet)

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

**THREE WORDS THAT DESCRIBE ME:** creative, deep-thinker and adventurous.

**IF I HAD A TIME MACHINE AND COULD TRAVEL ANYWHERE IN TIME:** I would go back to when Lewis Carroll was alive. He authored "Alice in Wonderland." I would like to shadow him for a day.

**IF I COULD BUY ANYTHING WITH PRICE NOT BEING A CONCERN:** I would buy the best camera (that I could operate) for my photography hobby.

**IF I COULD WAVE A MAGIC WAND AND CHANGE ONE THING ABOUT THE WORLD:** Free health care for all human beings.

### ***Spotlight #2:*** John Baughman



SPOTLIGHT #2 is on John Baughman who is our Consultant Pharmacist. He is married and lives in Lawrence, Kansas. John and his wife have 3 adult sons. John was born and raised in Denver, Colorado and came to Kansas in 1968 to attend pharmacy school.

**FAVORITE HIGH SCHOOL MEMORY:** Going to the state fair in Pueblo, Colorado. I was active in the 4H program.

**THREE WORDS THAT DESCRIBE ME:** trustworthy, ambitious and compassionate.

**A PERSON IN MY LIFE WHO INSPIRED ME:** My father – he was a commercial typesetter and an active outdoorsman.

**IF I HAD A TIME MACHINE AND COULD TRAVEL ANYWHERE IN TIME:** I would go back to the Civil War era.

**IF I COULD BUY ANYTHING WITH PRICE NOT BEING A CONCERN:** A sheep farm in Osborne, Kansas

**IF I HAD A MAGIC WAND AND COULD CHANGE ONE THING ABOUT THE WORLD:** I would eliminate all strife between Christians and all other factions.