

Winchester Meadows

Sedalia's All Inclusive Retirement Community

August 2017

Independent Living, 3701 West 10th St. Sedalia MO 65301 660-827-8900

Jean Hood, Director

Assisted Living, 3751 W. 10th St. Sedalia, MO 65301

Gina Blankenship, Director

Enhanced Assisted Living, 3761 W. 10th St, Sedalia 660-827-8900

Rhonda Gaylord, Administrator

All Inclusive
Newsletter-
Independent,
Assisted &
Enhanced-
Enjoy



**Read-a-
Romance
Novel Month**

**International
Clown Week**

August 1-7

Twins Days

August 4-6

**Lighthouse
Day**

August 7

**Social
Security
Day**

August 14

**Bad Poetry
Day**

August 18

**Kiss and
Make Up Day**

August 25

**Tug-of-War
Day**

August 30

August Birthdays

In astrology, those born between August 1-22 are Leo's Lions. Lions are the "kings" of the zodiac: dramatic, ambitious, confident, and hard to resist. Those born between August 23-31 are Virgos. Detail-oriented Virgos have a deep sense of humanity, a trait that makes them careful, tender, and practical. Often, all that precision is put into the service of others.

Francis Scott Key (composer) – August 1, 1779
Louis Armstrong (musician) – August 4, 1901
Neil Armstrong (astronaut) – August 5, 1930
Allegra Kent (ballerina) – August 11, 1937
Mae West (actress) – August 17, 1893
Robert De Niro (actor) – August 17, 1943
Connie Chung (journalist) – August 20, 1946
Dorothy Parker (writer) – August 22, 1893
Leo Tolstoy (writer) – August 28, 1828
Van Morrison (musician) – August 31, 1945

Step on It Program



ATTENTION:
All Independent Residents –

Winchester Meadows is proud to team up with Kindred at Home's Step On It Program. We will have the official kickoff party Thursday, August 24th at 3:00p.m. Independent Dining Room. Each participant will be given a pedometer along with instructions of how this program works. If you enjoy walking, you will want to attend this meeting!



Conversation with Connie- Connie Chevalier, Activities Director

As many of you know, Winchester Meadows has been seeing a lot of changes over the past month. Some of the changes have been good and some not so good. The ones we can consider good is, obviously, the Independent building and it's new outside facelift. It looks amazing! I know all the construction work that was going on for the past several weeks kept our male residents entertained.

Another thing that we can consider good news is Steve Schilb is back in his rightful place preaching every Sunday for us again. We missed him, and it is obvious that he missed us. Welcome back Steve!

Now for the not so good news, Matthew Herren, our in-house Chaplain, has decided it was time for him to say good-bye to us. As most of you know, he has taken on selling insurance. We are happy for him that his business has taken off so well, but, we will miss him around here. Now the good news to Matthew leaving is he helped us find a replacement to lead our Independent weekly Bible Study class. Eddie Brown has agreed to take over the Wednesday, 4:00 Bible Study.

Again the not so good news is, Jennifer Foster, our RCC, has taken on a different position, and will no longer be working for Winchester Meadows. We wish Jennifer happiness in her new position. Now for the good news: Missie Heitmeyer, LPN, ARCC will be taking Jennifer's place. Vicky Hill, LPN on the EAL side is replacing Missie as ARCC. Both Missie and Vicky will do outstanding jobs in their new roles!

We enjoyed attending the concerts in the park this summer. I think most of us agreed we missed Britt Faaborg not leading the concert band this year. His love and enthusiasm for music was so intense, that he made the audience feel it, too. I also believe we all missed Tony Snider, (the famous drummer). Don't get me wrong, we enjoyed the concert, we just missed a few of the key players.

With any luck, Britt will agree to play for us on a monthly or bi-monthly basis. I hope, if Larry Furnell, Britt's father-in-law has any pull, he will use it. We were very happy to get him to perform for us in July.

We are in need of outside entertainment. If any of you know of anyone, please let Louise or I know. We would love to give them a call. Maybe someone in your church, family, etc., sings, dances, plays a musical instrument. We might even be able to offer them a small fee. Let us know.

Well, the summer is coming to an end and this makes me a little sad, to tell you the truth. I don't think summer is ever long enough. I know we will be looking forward to the Missouri State Fair and all the fun it brings. I hope we have nice weather for it.

We are also planning a Total Eclipse Party. Hopefully, we will all be able to go outside, with our special sunglasses, and view it. Activities will be purchasing the sunglasses for this event.

Connie Chevalier, Activities Director.

Nursing Notes with Jennifer- Jennifer Foster, LPN, RCC

It is with a heavy heart that I must say farewell to the residents and staff of Winchester Meadows. I am transferring to a very similar position in North Kansas City. It is an opportunity to further my knowledge in the field of long term care which is at the center of my heart as a nurse.

It has been my pleasure to get to know so many of you and your families. I have always felt blessed to be a person who looks forward to coming to work each day and to spend my time with you. The staff at Winchester Meadows Assisted Living is among the finest I've ever had the pleasure of working with. It pleases me to know you are being well taken care of by people who are not just capable but also in this field for the right reasons.

As of August 1st, Missie Heitmeyer, LPN will be taking over the position of *Resident Care Coordinator* and Vicky Hill, LPN has been promoted as the *Assistant Resident Care Coordinator*. Thank you for all of the smiles, stories, and other moments spent here at Winchester Meadows. Take care. ☺ *Jennifer*

Journey with Jean-Jean Hood, IL Director

The summer is flying by. The construction is coming to an end, and the IL building looks like new! The crews did a fabulous job. Now we clean up and regroup, fix dead spots in the grass and tend to any foliage that took a hit. Between the beetles and the construction, we may find ourselves replacing some plants. At any rate, thanks to everyone for your cooperation during our renovation. It will be great to settle back into our routines!

Fair time is upon us! Everyone knows, I LOVE THE FAIR! I always keep a good schedule of what's going on at the fairgrounds year-round. The Society Horse Show will be August 1 – 5th and I have a detailed schedule for this event. It is in the air-conditioned Expo Center and parking is right there - super easy to get in and comfortable to watch – if you are into it. I will be out “opening day” for our annual outing with the grandkids and maybe the parade (unless it's too hot).

I wanted, also, to thank Shelley and her awesome dietary department for the extra-special treats they made for us last month. They were so good and such a nice thing to do for us. I'm not sure how they fit even more into an already full day.

Welcome Olga to our IL staff. She came to us with a recommendation from Tatyana and she is a great addition!

Happy Trails,
Jean

2017 Missouri State Fair/Winchester Fair Week

Well, it's time for another week of fun fair activities here at Winchester! Beginning on Tuesday, August 15th, we will start off fair week with Carnival Games on the AL & IL sides and Bingo for Carnival Prizes on the EN side.

Wednesday, the 16th is our actual Senior Day at the Fair. Our bus leaves at 8:45am. We stay until about 2-3pm for fun activities including bingo, watching a dance contest and viewing vendor booths with all types of senior citizen information. For those attending the fair that day – please remember to take the top half of the Sedalia Democrat front page with you, as that has a \$2 off coupon on it for your admission. Please bring money with you for the entrance to the fair and for your lunch that day!

Thursday we will be enjoying scrumptious funnel cakes in all three buildings! Friday we will be eating super-yummy corn dogs! Bring your appetites/C U there!

Round up with Rhonda- Rhonda Gaylord, Administrator

Several years ago I attended a seminar called “GIVE ‘EM A PICKLE.” It was regarding customer service. It started back in a small café in Philadelphia when a customer asked for an extra pickle for his hamburger. The new waitress said to the customer, “I can get you extra pickles, but it will cost you extra”. Long story short, the customer left unhappy about being treated as though he did not deserve something as small as an extra pickle. The customer wrote the owner a letter about how he was treated. The owner decided he needed to change the way in which they served their customers. He told all of his employees, “if you don't know what to do, “give ‘em a pickle”. This could mean an extra pickle, a genuine smile, a polite gesture or whatever makes your customer know you're glad they are here and you are here to serve them. That phrase has been used all over the United States in many business's to go the extra mile and do whatever it takes to serve their people and set themselves apart from their competition. At Winchester our “audience/customer” is our residents and their families. We adopted this tradition years ago between co-workers to acknowledge each other's teamwork or help with a task. I recently had a couple of residents that came to me to tell me about an exceptional experience they had with an employee here. I in turn gave those two employees “a pickle”, a paper cutout in the shape of a pickle with the remarks for a job well done and put the residents name on it. It's not only recognition to the employee, but it is done in a way that other employees see that recognition, making the whole team look and feel good. If you have an experience with an employee that went the extra mile or you really appreciate the way you are treated, please let me know. I will post it in the breakroom for all staff to see. I hope you always have excellent care and appreciation for being here.

I know I appreciate each of you for choosing Winchester Meadows!

Rhonda

Notable Quotable

“Champagne! In victory one deserves it; in defeat one needs it.”

~ Napoleon Bonaparte, French emperor

New Residents

Betty Dugan – IL 132
Rosalie Smith – IL 229
John Swisher – EN 206
Dorothy Iuchs – EN 212
Lorraine Jackson - AL 229
Florence Harris – AL 121
Trudy Knight – AL 210

New Employees

Sherri Prather, L.P.N
Julie England – AL & IL Housekeeping
Olga Shpyrka – IL Housekeeping

Good-Bye

Patty Felton
Susie Homan
Carol Carlson
Dale Ray
Mildred Welch

August Birthdays

Shirley Thomason 8/3
Doris Brim 8/5
Mary Beth Ray 8/10
Marian McCarty 8/12
LaVerne Monsees 8/12
Earleen Scott 8/14
Hallyee Meisenheimer 8/17
Iris Jones 8/19
Velma Dickman 8/20
Midge Smith 8/24
Fran Koetting 8/24
Helen Eschbacher 8/27
Delores Smith 8/30

Happy Anniversary
Merle & Dot Steely
8/22/1996

