

The Ozarks Methodist Manor

A Tradition Of Caring Since 1925

Continuing Care Retirement Community

205 S. College □ P.O. Box 403 □ Marionville, MO 65705 (417) 258-2573

August 2022

The Ozarks Methodist Manor Management Team

Wayne Rainey: Executive Director

Alesha Johnson: Director of Nursing Services

Donna Harris: Residential Health & Wellness Director

Tammy Campbell: Social Services Director

Leslie Julius: Health Center Activity Director

Renae Lawrence: Residential & Independent Activities

Angela Collins: Food & Dining Services Director

Dana Kromas: Human Resources Director

Stephanie Campbell: Community Relations Director

Dave McCormack: Director of Plant Op/Environmental

And all our hardworking Manor Staff

August Caregiver of the Month Congratulations Mike Forester

Congratulations to our refurbishment guy, Mike Forester! He has great skill along with an easy-going personality that will make you smile A LOT! He is always respectful, helpful, & friendly to everyone. We are so proud to have him on our staff here at the Manor! Mike is definitely one of the family!!! Thanks Mike for all you do!



National Purple Heart Day



on August 7th is the kind of day created to give back. It's a day for Americans to remember and honor the men and women who bravely represented their country and were wounded or killed while serving.

<https://veteran.com/purple-heart-day>

The Manor Newsletter

OUR COMMUNITY within The Heart of The Ozarks — with continuing care —

Independent Living Homes

Maintenance free home & lawn care. Live in a real home without the responsibility!



Residential Care Apartments

Efficiency, one bedroom and two bedroom apartments with a little assistance in daily care needs.

Skilled Nursing Facility

Medicare & Medicaid certified skilled nursing facility with 24-hour long-term care, short-term rehabilitation, respite care, and dedicated memory care.



To learn more about our Independent Living Homes, Residential Care Apartments, and our Skilled Nursing Center, please call Stephanie Campbell at (417) 258-2573.



#6 ASBURY CIRCLE

Nice two bedroom, one and a half bath cottage with a walk-in shower in the main bathroom. Features nice built-ins, peaceful setting, charming front porch, & attached one car garage.

For more information and a personal tour of this delightful Cottage home, call Stephanie Campbell at (417) 258-2573.



August Birthdays



August 11th – Melodie Leard
 August 15th – Carolyn Fieker
 August 16th – Judith Rauch
 August 17th – Sue Lawrence
 August 17th – Gladys Bauer
 August 18th – Carrell Smart
 August 20th – Frank Clark
 August 21st – June Clark
 August 26th – Jacquelyn Diaz
 August 26th – Janet Collins
 August 26th – Elmer Bishop
 August 31st – Dwaine Herrin

**HAPPY BIRTHDAY
 TO ALL OUR RESIDENTS!**

National Senior Citizens Day

Did you know that **August 21st** is National Senior Citizen's Day? Declared by President Ronald Reagan in 1988, the purpose of this day is to increase awareness of issues that affect older adults, such as deteriorating health. It is also a day to **acknowledge the accomplishments - and show our appreciation** - of our senior citizens.

Let Us Honor & Respect Our Seniors!

"JUST TO NAME A FEW..."

...of Cottage & Apartment Resident activities in August

*** (*Call Renae to reserve a seat on the bus for Outings)**

8/2: *Outing for Lunch at Chiquis Cocina in Marionville-11:30 am
 8/9: Resident Council Meeting in Delozier Dining Room-2:00 pm
 8/12: ***BRANSON OUTING RESCHEDULED TO SEPTEMBER 27th**
 (Outing to Branson Aquarium/Paschetti's is **rescheduled**)
 8/13: *Slow Steppers: Angus Branch Steakhouse, Monett -11:30 am
 8/15: Massage Therapy at Cottage Clubhouse
 (call Rhonda at 417-489-0602 to schedule appointment time)
 8/16: *Outing to Murphy's Apple Orchard -1:00 pm
 8/16: Food Committee Meeting in Delozier Dining Room -2:00 pm
 8/18: Homemade Ice Cream Social in Delozier Dining Room-2:00 pm
 8/23: Court Rep Meeting -10:00 am
 8/23: MO Conservation: Mammals of MO - Delozier Dining-10:00 am
 8/26: *Outing to Boiler Festival in Crane-3:00 p.m.
 8/30:*Outing to Springfield Battlefield Mall/Food Court Lunch-10 am

Yoga: every Monday, Wednesday, Friday in Alice Lounge -9:00 am
Worship: every Wednesday morning- 10:30 am in Memorial Chapel
 & also 10:30 am in Delozier Dining Room

Quilting & Sewing: every Tuesday -9:30-3:00 & Friday -9:30-11:30
 in the Green Room/Sweat Shop

Cottage Table Games: every Monday, Wednesday, Friday -1:00 pm
 at the Cottage Clubhouse

Apartment Table Games: every Saturday in Alice Lounge -10:00 am

Fitness Center: every Monday, Wednesday, Friday-7:00-3:30 pm
 call (417) 258-7107 to schedule your time.

... just to name a few....



**IT'S BETTER TO
 GROW OLD WITH
 A SENSE OF
 HUMOR THAN
 TO GROW OLD
 WITH NO SENSE
 AT ALL**



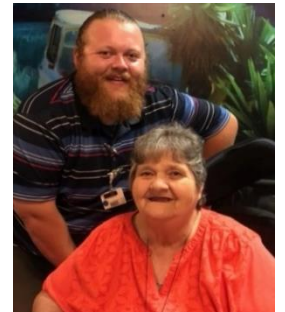
JUST FOR FUN... a few of our Health Center & Memory Care activities this month....

*Horse Races *Pet Therapy *Bean Bag Toss
*Baking & Bible Study *Exercise *Bingo
*Manicures *Hand Massage *Penny Auction
*Noodle Ball *Coffee & Old Time Tunes



Lunch at Mexican Villa

So, um...who invited the donkey to lunch???



Pie Bar & Confetti Fun!



Chaplain's Corner

Words from our Resident Chaplain....

Diane Holmes



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Philippians 4:6 & 7: "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God which surpasses all understanding will guard your hearts and minds through Christ Jesus."

I came from a family of worriers. I was reared to anticipate what may go wrong and prepare for it. Most of the time, those things never happened, but we were prepared in case they did. The Lord convicted me about this years ago through the verses quoted above.

God tells us what we are to worry about: Nothing!
Then He tells us what we should pray about: Everything!
And He tells us how to bring everything to Him in prayer: With Thanksgiving!

I found that it is hard, if not impossible, to worry about things while I am thanking the Lord for them. What happens when we place our faith and trust in our God who truly cares about us and has the power and wisdom to take care of everything?

"The peace of God, which surpasses all understanding, will guard our hearts and minds through Christ Jesus."

Have you experienced that kind of peace? When all around us is saying worry, we can know a true and unexplainable peace from our Lord Jesus, if we will only trust Him. If things are causing you to worry and fret, I would challenge you to take them to the Lord with thanksgiving, trusting Him, and watch Him work it all out.

May God, even now, guard your heart and mind through Christ Jesus.



"Bravo" to our amazing Staff!

We would like to recognize our staff and thank them for always being willing to go above & beyond, being "resident-focused" & providing exceptional customer service & quality care.



A few rewards are in order!

IT'S ALL ABOUT THE SMILES!



"Stay Cool" in the Summer Heat

While summer brings us warmth, prolonged exposure to excessive heat in summer months can be dangerous, and especially true for older adults. More than 600 Americans die each summer of health problems caused by excessive heat & humidity. Older adults and individuals with chronic medical conditions are at high risk of developing heat-related illnesses, because of aging-related physical changes in the body, chronic health conditions, and even effects of taking some medications. Here are some tips from [HealthinAging.org](https://www.healthinaging.org) when trying to stay cool:

- ***Stay away** from direct sun exposure as much as possible
- ***Air conditioning** is your friend in summer, stay inside
- ***Stay hydrated.** Drink plenty of cool water, clear juices & other liquids with no alcohol or caffeine
- ***Dress appropriately.** Wear loose, light-colored clothes and top it off with a lightweight, broad-brimmed hat
- ***Did someone say sunburn?** Buy a broad-spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher
- ***Cool down!** Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm

TAKE ME OUT TO THE BALLGAME!

**A Night at the
Springfield
Cardinals Game**

