

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

July 2023

The Ozarks Methodist Manor Management Team

Wayne Rainey: Executive Director
 Tracy Lammon, RN: Director of Nursing Services
 Cheryl Ridinger, LPN: Care Plan Coord/Asst. DNS
 Donna Harris, LPN: Residential Health & Wellness Director
 Tammy Campbell: Social Services Director
 Leslie Julius: Health Center Activity Director
 Renae Lawrence: Residential & Independent Activities
 Theresa Morgan: 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



July Caregiver of the Month



Congratulations Stacy Wells Environmental Services

Stacy is a lovely person who goes about her work quietly and is very kind to our residents and her co-workers. She shows up for work every day with a smile, works very hard, and is always willing to help others. Our residents love her, and we love having Stacy as a part of our Manor family!

Coke Drive #5 Now Available!

Spacious two-bedroom, two bath home with a large living featuring nice built-in bookshelves & cabinets. Large dine-in kitchen with pantry closet, closed in back porch, and a one car garage with an extra room for storage or workshop.



The Manor Newsletter

HAPPY
Fourth of July

From
The Ozarks Methodist Manor



A Continuing Care Retirement Community with a Tradition of Caring since 1925. Offering Independent Living homes, Residential Care apartments, & a skilled nursing center with memory care, all situated together on our beautiful 30 acre campus.

For more information or to request a personal tour, please call Stephanie Campbell at (417) 258-2573. Visit our website at www.ozarksmethodistmanor.com and follow us on Facebook!



Independence Day, also called the 4th of July, holds deep meaning for Americans as a symbol of freedom, democracy, and national unity. It serves as a reminder of the ideals and principles upon which the nation was founded, such as individual liberty, equality, and the pursuit of happiness. Independence Day is celebrated with great enthusiasm across the country, with fireworks, parades, picnics, and family gatherings. It is a time for Americans to reflect on their shared history, honor the sacrifices made by their ancestors, and appreciate the rights and privileges they enjoy as citizens of a free nation. **Let us be thankful & celebrate the blessing of living in this great Country of Freedom & Independence!**



July Birthdays & Anniversaries

	July 5 th Janice Chalmers	
	July 6 th Sue Kepple	
	July 10 th Donald Byrom	
	July 11 th Betty Rainey	
	July 12 th Margarete Slane	
	July 12 th Donna Edwards	
	July 14 th Helen Fanning	
	July 17 th Bernard Fabro	
	July 18 th Max Allhands	
	July 18 th Linda Shumaker	
	July 18 th Jose Diaz	
	July 19 th Sarah Harris	
	July 20 th Gerry Price	
	July 22 nd Alan Hillberg	
	July 26 th Angela Escolas	
	July 28 th Johnny Brisendine	
	July 21 st Dale Alvestad	
	July 30 th Arvid Galloway	
	July 31 st Charlotte Houser	
	Ken & Georgia Smith - July 4 th , 1954	

HAPPY BIRTHDAY & ANNIVERSARY FRIENDS!



“JUST TO NAME A FEW...”

...of Cottage & Apartment Resident activities in July
 (*Call Renae to reserve a seat on the bus for Outings)

7/4: **HAPPY INDEPENDENCE DAY**

7/6: *Outing: Stained Glass Theatre in Ozark – 3:30 pm

7/8: Slow Steppers: Heady Bar-B-Que in Republic – 11:30 am
 (call Gerry Price to RSVP)

7/11: Snoop Group: “Keep your Keys” Presentation by SeniorAge in the Cottage Clubhouse – 9:30 am

7/11: Homemade Ice Cream Social in Delozier Dining Room - 2:00 pm

7/13: *Outing: Breakfast at Parlor Doughnuts in Springfield - 8:00 am

7/13: Movie & Popcorn in Alice Lounge – 1:00 pm

7/18: Resident Food Meeting in Delozier Dining Room – 2:00 pm

7/19: *Outing: Bingo Barn Hall in Republic – 5:00 pm

7/25: *Outing: Botanical Gardens Tram Ride & Lunch – 9:00 am

7/25: Court Rep Meeting at Cottage Clubhouse – 10:00 am

7/27: “Craft Corner” in Alice Lounge – 1:00 pm

Yoga: Monday, Wednesday, & Friday in Alice Lounge – 9:00 am

Coffee & Donuts: every Friday in Alice Lounge – 10:00 am

Bingo: in Alice Lounge on Mondays at 2:30 pm & Fridays at 1:00 pm

Bible Study: every Monday in Alice Lounge – 10:00 am

Worship: every Wednesday in Delozier Dining Room – 10:30 am

Worship with Diane: every Wednesday in Memorial Chapel -10:30 am

Quilting & Sewing: every Tuesday 9:30-3:00 & Friday 9:30 - 11:30 am
 in the Green Room/Sweat Shop (Memorial Hall Basement)

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

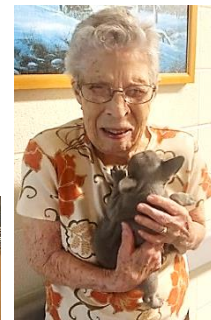
... just to name a few....

Manor “Gratitude Board”

Recognizing staff, family, & residents for hard work, acts of kindness, for going above & beyond, etc. Our Gratitude Board acknowledges and thanks those who do something that “shines extra bright”! Located by the Nurses Station in the HC, please feel free to fill out a card for someone who you feel deserves some recognition & a special, heartfelt “thank you”!



...and they call it ...



Puppy Love

JUST FOR FUN...

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

- * Readings & Refreshments w/Fred Richardson
- * Root Beer Floats
- * Exercise
- * Piano w/ Julie
- * Boccia Ball
- * Activity w/Dana
- * Movie & Popcorn
- * Watermelon
- * Worship w/Ruby & Brian Cook
- * Music w/Chris Hudson



OUR RESIDENTS ARE
SHOWING THEIR
"PATRIOTIC SPIRIT"
MAKING THESE BEAUTIFUL
4TH OF JULY WREATHS!



Cottage Club House

Make new friends,
but keep the old....

One is SILVER
and the other's
GOLD!

We love welcoming new friends here at
The Ozarks Methodist Manor!



TAKE ME OUT TO THE BALLGAME!

A Night at the Springfield Cardinals Game



A Little "Horse Race" competition....



... a whole lot of fun!

MANOR THERAPY DOG "IN TRAINING"

This is our
Manor Health
Center Director
of Nursing,
Tracy Lammon
and her dog
Molly.



Molly is an Aussie-doodle puppy. She began training at 14-weeks attending classes at Precious K9's and to learn puppy manners. Molly is now 8 months and still attending classes. When Molly is old enough she will attend "Therapy Dog" training to be a resident therapy dog for our Manor residents. Molly still comes to work with Tracy, and she continues to entertain and bring joy to our residents!

Chaplain's Corner

Words from our Resident Chaplain....
Diane Holmes



Wise Advice

I am sharing advice about life that a friend of mine, who is of the "older" generation, to a teen girl we knew. I think it is very good advice for everyone.

"I remember being a teenager in Kansas City. I had no idea I would be where I am today. And you, where will you be in 60 years?"

Walk with God, trust His leading in your life. Don't try to make things happen but be faithful at the task at hand whatever it might be. Don't be rebellious and don't think more highly of yourself than you ought to think.

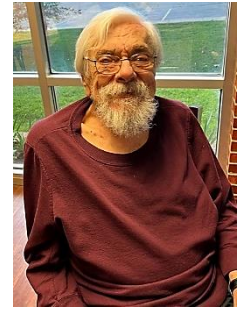
Care about others more than yourself and walk humbly before God. Share. Expect hard times and continue to trust Him when they come. Never pretend or try to hide your actions and feelings from God.

He knows every thought you have and every action you do and every intention of your heart. Nothing is hidden from Him and He will honor you for the honorable things you do and think that only He knows about.

Follow Him all the days of your life."

Good advice at any age! Have a blessed month of July.

A Look at our Father's Day Tribute in June



Thank you to everyone who attended our "Gardening Party". It was a blast!



Hot Weather Safety Tips for Seniors

When the temperature climbs above 80°F, older adults need to be proactive and take precautions to avoid ailments due to excessive heat. Keep in mind the following tips when trying to stay cool.

- ***Stay away** from direct sun exposure as much as possible. Plan outdoor activities early in the morning or at sunset.
- ***Air conditioning** is your friend in summer. Spend as much time as possible in air-conditioned spaces.
- ***Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine.
- ***Dress appropriately.** Try wearing loose, light-colored clothes with a lightweight, broad-brimmed hat. Avoid dark-colored clothes as they may absorb heat.
- ***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, or place wet towels or washcloths soaked with cool water on your wrists, ankles, armpits, and neck.