



## *Carma's Commentary*

Who irons the shirts in your house? Does each person do his own "pressing" or is one person in charge? (Or do they ever get ironed?) Years ago a southern gentleman demonstrated how to iron a shirt properly on television. As he demonstrated each technique, a story emerged about the nanny who taught him how to iron his shirt.

The nanny had explained that he needed to know how to iron a shirt when he became an adult just in case he ended up alone. She taught him how to spray the shirts with water and starch and then gently smooth the moisture into the fabric with his hands before touching it with the iron. Woven within the instructions were little tidbits about his nanny and how she was more of a parent to him than his socialite mother. By the end of his story, it was clear that he cherished the time spent with his surrogate parent and wanted to honor her memory.

That story came to mind as I read *The Help* by Kathryn Stockett. Besides doing all the ironing, the nannies (or maids) in this book were very involved with the lives of the young, impressionable children. Often times these maids were also more of a mother than the biological one. One event describes how the maid chooses to instill a sense of self-worth in a little girl who isn't getting the attention she deserves from her mother. The mother was busy doing social things instead of spending time with the children (or the ironing).

Believe it or not, there are lessons in life to be discovered in ironing a shirt. If you "Google" *How to Iron a Shirt*, the available information is simply amazing. One article states, "The first thing you need is an iron with a well-built soleplate. This is the 'soul' of the iron. You want something that is solid, smooth and clean if you buy used". It occurs to me that this is also appropriate criteria in choosing a friend or teacher in life. I like the idea

of a solid mind, a relatively smooth communicator, and a "clean" or orderly life.

The Google article on ironing says the second thing needed for this project is an iron with a high heat capability. Come to think of it, I would also want a friend or teacher to have the ability to "take the heat." It is nice knowing that you can talk freely with someone about your troubles and not get "burned" with trust issues.

The third thing you need in an iron is a good steam delivery system. The Google author feels that steam breathes life into the fabric and enables the toughest wrinkles to smooth out with minimal work. In applying this concept to relationships, I appreciate having friends who can help me iron out some of my wrinkled thinking with minimal work. Don't we all?

Of course the other thing you need in order to iron a shirt perfectly is a good ironing board. Google says you need something that is sturdy and comfortable for your specific ironing style. In this article you are advised to see what is available for free as many people have an ironing board lying around, and then spend the money on a nice cover and pad.

Author Kathryn Stockett finds her specific "ironing style" as she communicates the thoughts and actions of the main characters in *The Help*. They stood united and "ironed" out some deeply wrinkled social issues. They had "padded" themselves by preparing for the negative consequences and were able to do so because they had a strong foundation (the ironing board). They accomplished their goal because a future generation was the focus.

If we can breathe life into the fabric of our world with positive "steam" for a future generation, there just might be hope for all of us--- as well as for our clothes!

– Carma Wall, CEO

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**THIS 'n THAT**  
from around *The Village*

**OCTOBER LUNCHEON**

When: Tuesday, the 18<sup>th</sup>, 12:00 noon  
 Where: Wellness Center Banquet Room  
 Hosts: Eugene and Eloise Lichty,  
 Lucille Hand and Ruthe Willems  
 Menu: Roasted pork loin, rosemary garlic  
 mashed potatoes, broccoli & carrots,  
 spinach salad, vegetable bread,  
 berry pie—regular and diabetic  
 Cost: \$9.50

**Please Note:** Phone reservations to Diane  
 at 241-0919 ( ext 110) by Friday, the  
 14<sup>th</sup>. *You are invited to bring a donation of  
 food or a check for the McPherson County  
 Food Bank.*

**Village Study Group**

Dr. Herb Smith, professor of Religion  
 and Philosophy at McPherson College,  
 recently provided a provocative introduction  
 to our next Village Study. *The Bible  
 Through the Ages* is the topic for our next  
 discussion series, and those who participate  
 will have a book by that name. This wonder-  
 ful book is packed with colorful illus-  
 trations, charts, and maps, and text that tells  
 the history of our Bibles throughout history  
 –and even prehistory! **We meet on Wednes-  
 days at 10:15 in the Meditation Chapel.**  
 (You'd be amazed at how many people can  
 sit quite comfortably in that little room :>)

**October Breakfast Menus**

6<sup>th</sup> – Fried ham and potatoes  
 13<sup>th</sup> -- Omelet Day w/assorted sides  
 20<sup>th</sup> – Waffles  
 27<sup>th</sup> -- Omelet Day w/assorted sides

**The Cedars Rest and Revive Program**

The Cedars hosts a program for people  
 who would enjoy participating in a small  
 group activities, games, exercise, and social  
 dining opportunity.

**The R&R Program is held on Tuesdays  
 from 9:30 am to 1:30 pm at The Courts**  
 and includes *Current Events, Sittersize, De-  
 votions, Reminiscence, Sing-Along, Music  
 Appreciation, Games, and Wii.* (The Assis-  
 ted Living staff will be leading the program.  
*However, providing treatments and medi-  
 cations is not a part of this service.*)

Enrollment is on a **monthly basis**. The  
 \$100 fee for the program is based monthly  
 (4 or 5 sessions depending on the calendar)  
 and includes directed activities and the noon  
 meal. Payment may be made at the first of  
 the month or arranged to be directly billed.

*You may sign up for the program at The  
 Courts Assisted Living or the Wellness  
 Center or call 241-0919 ext 260 up to the  
 day before the monthly program begins.*

The following are the questions you will  
 be asked to fill out on the **enrollment form  
 which is available at The Courts and the  
 Wellness Center:**

Participant: \_\_\_\_\_  
 Emergency Contact Person: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_  
 Payment preference:  enrollment payment  
 or  pre-arranged billing  
 Pre-arranged bill goes to: \_\_\_\_\_  
 Date of enrollment : Month/Yr \_\_\_\_\_



Volunteer opportunities . . .  
 . . . become a Volunteer in the Kansas  
 Guardianship Program;  
 . . . serve as a Court -Appointed Guardian or  
 Conservator.

Call 1-800-672-0086, [www.ksgprog.org](http://www.ksgprog.org)  
 Questions about the programs? (Call Carma)



(This 'n That continued on p. 3)

### **Need a Tax Break?**

Maybe I'm alone on this, but just when I think the government has figured out every possible way to tax my paycheck, they come up with another one. Fortunately, our Development Office has been working with people throughout the community on a way to address the issue of taxes. Cedars Gift Annuities not only provide for an income tax deduction which can be taken immediately or deferred up to four years, but the vast majority of the fixed, semi-annual income from the annuity, which you get for the rest of your life, is also tax-free!

For example, an 80-year-old couple who opens a \$20,000 gift annuity today will get an immediate \$7,332 income tax deduction. On top of that, they will receive an annual, fixed return of \$1,260 as long as one of them is alive, nearly 80% of which is also tax free. And finally, the effective annual rate of return is 8.78%. Compare that with the 1% being offered by banks!!

Gift annuities may not be for everyone, but they are a tremendous vehicle to allow for regular income throughout the remainder of your life and to provide for a deferred financial gift to The Cedars. Please feel free to give me a call at (620) 755-2583 anytime with questions about this or other estate-planning options. --Eric Litwiller, Development

### **Future Health Care Needs**

How many of you have goals and dreams yet to fulfill, but are hesitant to spend the money to pursue them because of concern about the cost of care which you or your spouse may need in the future? You are not alone. Even those in our community who have long-term care insurance are not exempt from these concerns. I've talked to many people at The Cedars who would like to remember our campus in their estate plans, but are fearful of running out of financial resources to care for themselves.

One option which several members of our Heritage Society have chosen is not to leave an *amount* to The Cedars, but rather a *percentage* of their estate or trust instead. There are many estimates of the amount of money a couple should plan to have available once they are no longer able to live independently; usually around \$250,000. But what if you have an estate of \$600,000 including a home, IRA, life insurance policies, etc.? What if you bequeath the \$350,000 difference to the various charities you want to support, only to find out that some or all of that money is needed for your own care five or ten years down the road?

A better option might be to list the organizations which have served you well over the years, and give each one 10% of your trust. If you live frugally, and have no long-term care needs which drain your estate, perhaps it will grow to \$800,000, leaving each of your three charitable organizations \$80,000, and the balance to your family. Or, if greater issues arise than anticipated, and your trust is needed to provide for your long term care, your estate may shrink to \$50,000, allowing for a \$5,000 estate gift to each organization instead. Either way, your intention of supporting your church, your college, and The Cedars has been met, and all without putting a financial strain on your estate or your family.

The Heritage Society isn't designed to thank only those who give substantial dollar amounts to our community. Rather, it exists to thank those who take the time and effort to remember the years of care and fellowship they have enjoyed here at The Cedars. Our Development Office can work with you and your accountant, attorney, or financial advisor to ensure that your desires are carried out. Call me at (620) 755-2583 with any questions.

-- Eric Litwiller, Director of Development  
(This 'n That continued on p. 4)

(This 'n That continued from p. 3)

### From our library

I've done a lot of reading in the past month. It is hard for me to know just which books to cover. I'll begin with the new Joseph Heywood mystery. This is a Woods cop story titled *Force of Blood*. Grady Service, a detective for the Department of Natural Resources, becomes involved with people intent on looting Native American archival sites. Heywood weaves in a forest fire, a new ranger on the job and a familiar nemesis Alderdyce. It's a good story with a good setting and super character development. I wish Heywood would omit many of the details of Service's life, but few things are perfect.

For those of you waiting for a new William Kent Kruger mystery, it is here. Look for *Northwest Angle* in the Cedars Library. Kruger just gets better with each book. This story begins with a family vacation on the Canadian border. Cork O'Conner becomes involved with a religious cult after a severe storm threatens to destroy the family. There's never a dull moment in this newest journey into the north woods.

I also read *Killing the Blues* this week. Many of you are familiar with the Jesse Stone series by Robert Parker who died recently. This book is by Michael Brandman who wrote screen adaptations for Parker and has used Parker's notes to write this book. It is good, but not quite up to Parker's standard. I read it in about four hours. It also is in the Cedars Library on the mystery shelves. I filed it under Robert Parker.

Finally, I read *What It Is Like To Go To War* by Karl Marlantes. He also wrote *Matterhorn*, a novel about the Vietnam experience. His own adventures in the war led him to research this little book. Marlantes looks into the psychology of war and soldiers. He carefully examines what

happens mentally to young men who become killers. The book is well researched and should be required reading for every member of the armed services.

Chapter titles include *Killing, Guilt, Numbness and Violence, The Enemy Within* and *Lying*. Marlantes is an Oxford Scholar and calls on history as background for his examination of war in general. This book is a testimony from one who has been there. This book will be in the Cedars Library soon.  
– Betty Stanley

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## **OCTOBER EVENTS**

### **Bob Baldwin, contact person, unless otherwise indicated**

#### Swim and Pool Activities

If you want to use the pool and do not have a partner, let Bob know and he can help you find someone. For safety reasons we must always have two people in the pool at the same time.

#### Van to Wal-Mart

We take a van to Wal-Mart on Thursday afternoons leaving at 1:00 pm, returning when people are finished shopping. This gives you an option of shopping each week for groceries and other items. **If you are interested in going on the van, let Bob know (241-0919, ext. 120) by 10:00 am each Thursday** so he can know the number of people going and reserve a van.

#### Pool

If you want to play pool, contact Irvin Hodgson at 245-0658. He's always ready for a game. The pool table at The Courts is fun to play on.

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**See you at Village Breakfast** (Menus – p. 2)

Join friends in the large dining room at the Health Care Center and have breakfast together **Thursdays at 8:15 am**; the charge is \$4. Dates are **October 6, 13, 20, and 27**. Try eating at noon in the HCC (The Cedars Café) or The Courts.

**Tai Chi classes – twice weekly Thursday**

With the YMCA we are offering introductory Tai Chi classes **each Monday (3, 10, 17, 24, and 31) and each Thursday (6, 13, 20, and 27) in October at 11:15 am in the W/CC.**

**Using the Wii**

**Every Friday afternoon from 1:00 to 3:00 pm**, Bob will have the Wii game ready to go, in the W/CC fitness room.

**Friday morning coffees**

Take a coffee break and come to **The Courts on Friday mornings at 9:30am — October 7, 14, 21, and 28**. Enjoy the fellowship with our friends there.

**2<sup>nd</sup> Tuesday Coffees – October 11**

**Men's and Women's groups – 10:00am**

**Men:** at the Health Care Chapel for visiting, coffee, and occasional speaker.

**Women:** at W/CC Coffee Shop.

Pick up your coffee cup, stop by your neighbor's door, then come meet other Village women at the Coffee Shop.

**Red Hatters to meet, October 12**

(Corky Flood)

**The October Red Hat meeting will be on Wednesday, October 12.** If the weather permits, we will try to go to Corky's farmhouse at Kanopolis Lake. The simplest way to arrange transportation is for everyone who wants to go to **meet in the W/CC parking lot at 11:30**. Several ladies have vans they are willing to take, and we are arranging drivers for those who do not feel comfortable about driving that far (it takes

about 45 minutes). All hatters are asked to bring one dish (vegetable, dessert, or salad). Meat will be provided by Corky. You don't need to bring table service or wear your red hat (Eric plans to wear his cowboy hat). We will eat outside in the yard so be sure to bring a sweater or jacket as it could be cool. However, if the weather is too cool or wet, we plan to meet at Corky's house at 1240 Darlow Drive at 12:00 noon. If you have any questions, please call Corky at 241-4005 and leave a message if there is no answer.

**Classical Piano, October 21, 2:30pm**

**On Friday, October 21, at 2:30 pm in the Wellness Center, we will have Jean (Lichty) Hendricks playing solo piano**, in a program of classical works composed by Liszt, Schumann, and Rachmaninoff. It will be a great afternoon of music; plan to attend.

**Book Club to Meet on October 24**

(Bonnie Fruth)

The Cedars Book Club is a very informal group. We meet on the fourth Monday at 3:00 in the W/CC Board Room. If you're not sure where that is, come on over and ask Diane at the front desk or someone in the coffee shop. Pick up a cup of coffee if you wish, and come on in. We just share about the books we've been reading. If you are listening to books on tape, we'd like to hear about your books too. All are welcome.

**Tuesday, Oct. 25, Trip to Wichita Zoo**

(Dave and Bonnie Fruth)

While we are expecting good weather, we want to take one more trip featuring being outside so we're heading to Wichita to the Sedgwick County Zoo. Has it been a long time since you've been there? Do you need exercise and fresh air? Want to feel like a kid again and check out the wild ones? Then, call Fruths (245-0674) and we'll put you on our trip list.

(October Activities, "Wichita Trip," continued on p. 6)

(October Activities, "Wichita Trip," continued from p. 5)

**We'll plan to leave from the Wellness Center at 8:30.** Put on your walking shoes and come along. There are plenty of places to stop and rest and even if you walk with a walker, this might be just what the doctor ordered. Get out of the house and do something different.

We'll leave the zoo around noon, go to the Dillon's store at 21st and Maize and eat lunch in their big deli. If you haven't been there, you are in for a pleasant surprise. There are lots of choices as you have a salad, sandwich, soup -- or whatever -- and dessert. Sounds like a different experience from what we've usually done.

We'll charge \$5.00 to ride in the van and if we need to take cars, you can give your driver the same amount. We hope you want to join the group for this fall outing. **Call Fruths (245-0674) by Sunday, Oct. 23** so we can plan transportation and let the restaurant know how many people are coming. Leave a message and we'll get back with you so you know we got your call.

### Document shredding

If you have documents that need to be shredded, you can bring them to the main Cedars office or to Assisted Living on **October 26<sup>th</sup>**, any time during the office hours. They have a secure box.

### October Recycling, the 26th

(by Ed Switzer)

The McPherson Area Solid Waste Utility Transfer (Recycling) Station is pleased with the response of the Cedars Village Residents. Keep those recycle items coming! It's always the fourth Wednesday of the month, 8:00 am to noon in the W/CC parking lot.

There are nine bins on the trailer. They are for the following:

- 1) #1 Plastic,
- 2) #2 Plastic,
- 3) Plastic milk, juice & distilled water jugs.

- 4) Glass of any color
- 5) Aluminum cans (no foil)
- 6) Magazines (slick paper)
- 7) Newspaper
- 8) Mixed paper (shredded, mail, advertising, letters, etc.)
- 9) Tin cans (metal)

There is a separate bin for each of the above; you may want to sort items before you arrive.

Items for which there is no bin include: plastic bags, #5 plastic, lids for plastic, glass bottles and jugs, Styrofoam, electronics, ceramic dishes, trash, liquid or food residue.

### Friday Night – Movie, October 28

(Dave and Bonnie Fruth)

**You're invited to the Wellness Center on Friday, Oct. 28 at 7:00 pm,** to see this month's movie, *Emmanuel's Gift*.

If you are born disabled in Ghana, West Africa, you are likely to be poisoned, or left to die by your family; and if you are not poisoned or left for dead, you're likely to be hidden away in a room; and if you're not hidden, you are destined to spend your lifetime begging on the streets. Of the twenty million people in Ghana, two million are disabled. This is the story of one disabled man whose mission and purpose is to change all that forever. In *Emmanuel's Gift*, filmmakers Lisa Lax and Nancy Stern have uncovered a story as compelling as it is important. Narrated by Oprah Winfrey, the film chronicles the life of Emmanuel Ofose Yeboah, a young Ghanaian man born with a severely deformed right leg, who today, against incalculable odds, is opening minds, hearts, and doors and effecting social and political change throughout his country. Emmanuel's message is vital: people with disabilities are valuable contributors to any society and his method is inspirational. Emmanuel begins his quest with a bicycle ride, over 600 kilometers, across Ghana with

(October Activities, "Movie Night," continued on p. 7)

one leg and continues to spread his vision with grit and resolve. Lisa Lax and Nancy Stern have documented Emmanuel's plight, having shot over 100 hours of powerful imagery. The film includes original footage shot in Ghana, California, Oregon and New York, as well as photographs and other acquired film/video of Emmanuel's early years. Through it all, they have created an intimate insight into the mind and heart of a visionary whose unforgettable journey transcends continents and cultures and becomes each of ours to share.

We will provide popcorn and good-ies. (Thanks for your donations.) Be sure to invite your neighbors for this one.

**Halloween Day - Noon Potluck, Oct. 31**  
(Dave and Bonnie Fruth)

**On Monday, October 31, we'll have a potluck meal at 12:00 in W/CC.** Come with a dish to pass and your own table service. Beverages will be provided.

Dress up in that costume you've got tucked away if you want, come on over and kick up your heels and have some fun. We'll have plenty of time to visit. We'll bring some table games and cards and the "washers" game - played either with huge washers or bean bags - whichever suits your fancy. Ping pong will be available. No need to be in a hurry -- you can rest up in the late afternoon so you'll be prepared for those trick or treaters who will be coming around.

We have several new folks in the Village who are more likely to come if someone personally invites them. Or if you've been cooped up inside because of hot weather this summer and need to get out and socialize a little, come on over. The food is always fantastic and lots of it - good variety and you won't have to eat alone. I can think of nineteen reasons why you should come and the first reason is that we'll miss you if you aren't here. Let's do lunch.

**DATES TO MARK ON YOUR NOVEMBER AND DECEMBER CALENDARS \*\***

**Fall Work Day to be November 2<sup>nd</sup>**

Interested Villagers will be asked to come to the gazebo around 10:00 to check the work list. At 12:00 we'll meet at the gazebo for a picnic lunch. If you can't work outside, but are able to provide food that would be welcomed. You are invited to come eat too. Please call Bonnie Fruth to let her know what you plan to provide. Rain or bad weather alternative date? Nov. 9 probably.

**November 4<sup>th</sup> Trip**

We are taking an early November trip to **Hudson Cream Flour Mill and Cheyenne Bottoms.** Cheyenne Bottoms is a wetland basin and one of the world's most important migratory stops for North American shorebirds.

**Christmas Open Houses December 8<sup>th</sup>**

We are beginning to think about Christmas Open Houses and would like to offer an invitation to at least two families, one in the south Village and one in the north Village to host, **Thursday, December 8, 2-4 pm.** If you are interested in hosting or helping, please notify June Switzer, Jody Miller or Bonnie Fruth. We'd like someone to host who hasn't done it before. Thank you for considering this opportunity. We'll wait to hear from you.

*\*\*There will be more details about these events in the November Village Voice.*

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**Village Council did not meet in  
September**



**October 2011**

**Director of Independent Living & Wellness/Conference Center**

**Bob Baldwin**

### **Cedars Prayer Chain**

The Village prayer chain needs to be updated. In talking with the Chaplains, it is time to rework the chain. I am asking all people who would like to be on the prayer chain to contact the Chaplains' office 241-0919 Ext. 131 or 127, and we will see that you are on it.

### **Flu Shots**

We will once again be offering flu shots for our residents here at The Cedars. The dates set for this are the 20<sup>th</sup> and 21<sup>st</sup> of Oct. from 10:00 am until 2:00 pm. We will be giving the shots in one of the rooms in the Wellness Center and filling out paper work in the coffee shop. Bring your Medicare card and it will be free. We are partnering with Walgreens Pharmacies to bring these to you.

### **Skunks**

We are getting a lot of reports of skunks being seen around the campus. We need to be very diligent in not putting out food for other animals as it attracts the skunks. Please help us control this problem by not putting out food for other animals.

\* \* \* \* \*

## “I Wish You Enough”

Recently I overheard a father and daughter in their last moments together at the airport. They had announced the departure of her plane. Standing near the security gate, they hugged and the father said, “I love you and I wish you enough.”

The daughter replied, “Dad, our life together has been more than enough. Your love is all I ever needed. I wish you enough, too.”

They kissed and the daughter left. The father walked over to the window where I was seated. I could see he wanted and needed to cry. I tried not to intrude on his privacy, but he welcomed me in by asking, “Did you ever say goodbye to someone knowing it would be forever?”

“Yes, I have,” I replied. “Forgive me for asking, but why is this a *forever* goodbye?”

“I am old, and she lives so far away. I have challenges ahead and the reality is—the next trip back will be for my funeral.” he said.

“When you were saying goodbye, I heard you say, ‘I wish you enough’. May I ask what that means?”

He began to smile. “That’s a wish that has been handed down from other generations. My parents used to say it to everyone...” He paused a moment and looked up as if trying to remember it in detail, and he smiled even more.

“When we said, ‘I wish you enough,’ we were wanting the other person to have a life filled with just enough good things to sustain them.” Then turning to me he shared the following as if he were reciting it from memory.

“I wish you enough sun to keep your attitude bright no matter how gray the day may appear.

I wish you enough rain to appreciate the sun even more.

I wish you enough happiness to keep your spirit alive and everlasting.

I wish you enough pain so that even the smallest of joys in life may appear bigger.

I wish you enough gain to satisfy your wanting.

I wish you enough loss to appreciate all that you possess.

I wish you enough hellos to get you through the final goodbye.”

He then began to cry and walked away.

I said a prayer for him as I watched him disappear into the crowd and reflected on the wisdom of the words he shared. – copied

## Great Truths About Growing Old

Growing up is mandatory; growing old is optional.

Forget the health food—I need all the preservatives I can get.

You’re getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.

It’s frustrating when you know all the answers but nobody bothers to ask you the questions.

Time may be a great healer, but it’s a lousy beautician.

Wisdom comes with age, but sometimes age comes alone.

When you fall down, you wonder what else you can do while you’re down there.

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## On Overcoming Obstacles

When he was 18, Frank Vander Maaten was considered an outstanding violinist. He was the pride of Sioux County, Iowa. One day while working in his father's blacksmith shop a red hot iron fell on his left hand. It was mutilated. Only his thumb and four stubs remained on the hand he used to touch the violin strings.

Everybody thought he was finished, except Frank. He took what seemed an insurmountable obstacle and overcame it. He learned to play the violin with his other hand. He could hold the bow in his bad hand and manipulate the strings with his good hand. Years later he became a noted violinist for the Sioux City, Iowa, Symphony, illustrating you are not defeated until you think you are. — copied from ?

### Capsule sermons:

- ◆ You begin cutting your wisdom teeth the first time you bite off more than you can chew.
- ◆ The secret of patience: do something else in the meantime.
- ◆ The greatest remedy for anger is delay.
- ◆ Idealism increases in direct proportion to one's distance from the problem.
- ◆ Abundance is not something we acquire; it's something we tune into.
- ◆ Wisdom is what keeps you from getting into situations where you need it.
- ◆ By working hard eight hours a day you may eventually get to be boss—and work twelve hours a day.

-- copied from ?

### *A Prayer for a Good day*

*Dear Lord,*

*Just for today I will be happy.*

*I am going to need your help.*

*I will not dwell on thoughts that depress me.*

*I will replace them with happy thoughts.*

*Just for today I will make a big effort to be agreeable.*

*I will be cheerful, Lord, I will not be crabby.*

*I will lift my face in a smile instead of a frown.*

*I will remember fondly the warmth of hugging another.*

*I will hug someone today.*

*I will even hug my dog or my cat.*

*Today, Lord, I will do something good for someone else.*

*I will not count the cost.*

*I will not ask the price.*

*Dear Lord, thanks for listening to my grand plans.*

*Above all, just give me a smile,*

*And a helping hand to get through my day.*

*Amen*

*--copied from Litchfield, NE, Messenger*



### HOPE

“Of all the forces that make for a better world,  
none is so powerful as hope.  
With hope, one can think, one can work,  
one can dream.  
If you have hope, you have everything.”

## WELLNESS / CONF. CTR.- DEVOTIONAL EVENTS - October 2011

**Mondays - 10:15 AM - Meditation Chapel - Ready Writers**  
**1st Mon 10/3- 6:30 PM - Meditation Chapel - Grief Support Group**  
**Wednesdays - 10:15 AM - Meditation Chapel - Village Study Group**  
**Thursdays - 1:00 PM - Meditation Chapel - Bereavement Support Grp**  
**3<sup>rd</sup> Fri 10/21 - 11:15 AM - Meditation Chapel - Advocates/Friends**  
**Fridays - 10:15 AM - Coffee Shop - Just for Laughs**

## MAXWELL / CEDAR HOUSES - DEVOTIONAL EVENTS



**Mondays - 9:30 AM - 803 - Inspirational Music - Lucille Hand**  
**Wednesday - 9:30 AM - 805 - Insp. Music - Rosalie Black**  
**Wed 10/26 - 9:30 AM - 805 - COMMUNION - Charles / Belle Whitacre**  
**Wed 10/26 - 9:50 AM - 807 - COMMUNION - Charles / Belle Whitacre**  
**Wednesday - 10:00AM - 807 - Inspirational Music - 10/5 Lois Bersuch**  
**- 10/12 Joyce Hall - 10/19 Eloise Lichty**  
**Thursdays - Chaplain Chris visits in houses.**  
**Fridays - 9:30 AM - 801 - Inspirational Music - Joe Shook**  
**Fridays - 3:30 PM - 805 - Bible Study - Anne Albright**

## ASSISTED LIVING - DEVOTIONAL EVENTS AT THE COURTS

**Tuesdays - 11 AM - PDR - Bible Study - 10/4 & 11 - Gladys Naylor**  
**- 10 18 & 25 - Miriam Hoover**  
**Thursdays - 4 PM - 2<sup>nd</sup> floor - Bible Study - Susan Ballou**  
**Fridays - 9:30 AM - Dining Room - Piano - Royal Eickstadt**

## SUNDAY WORSHIP

**TV - 10:15 AM - Ch 13 - Worship - Church of the Brethren**  
**-Can be viewed on giant screen - Courts, 2<sup>nd</sup> floor, Activities Room**  
**Radio - 10:30 AM - FM 96.7 - Worship - Free Methodist**  
**Courts - 6:00 PM - 2<sup>nd</sup> floor - Worship - Susan Ballou, Leader**  
**- communion served on 2nd Sunday, 10/9**  
**- hymn sing on fifth Sundays**

## OTHER

**COMMUNION provided for Catholic residents on a weekly basis**  
**- usually on a Thursday - St. Joseph's Catholic Church**





# OCTOBER 2011

Mon		Tue		Wed		Thu		Fri	
October	3		4		5		6		7
Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake		Cottage Cheese & Peaches Huntington Chicken Chefs Choice entrée Peas Yellow Squash Cookie		Tomato & Mozzarella Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie		Cucumber Salad Lasagna Rolls w/ Meat Sauce Chicken Tetrazzini Creamed Corn Zucchini Lime Layer Dessert		Heavenly Mold Meatloaf Red Beans and Rice Baked Potato Scandinavian Vegetable Turnips Mango Cheesecake	
	10		11		12		13		14
Coleslaw Fried Catfish Meatball Sub Au Gratin Potatoes Broccoli & Cauliflower Harvard Beets Dinner Roll Strawberry Rhubarb Pie		Orange Fluff Chicken Fried Chicken Mashed Potatoes w/ gravy Spinach Corn Baked Cod Pecan Pie Bars		Caesar Salad Lasagna Italian Green Beans Cranberry Chicken Stewed Tomatoes Bread stick Rainbow Cake		Fruit Cocktail Pulled Brisket Fried Shrimp Dill buttered Red Potatoes Green Beans Chef's Choice Vegetable 7 layer dessert		3 bean salad Chicken and Noodles Chopped Pepper steak Mashed Potatoes Grilled Vegetables Wax beans Cherry pie	
	17		18		19		20		21
Pea Salad Fried Chicken Lasagna Mashed Potatoes w/ gravy Zucchini Corn Bread pudding		Carrot Raisin Salad Pub battered Cod Chili Baked Sweet potato Vegetable Medley Banana Cake		Cole Slaw Pasta and Meatballs Sweet & Sour Chicken Garlic bread Italian Blend Vegetables Rice Cookie		Cottage Cheese Jell-O Salad King Ranch Chicken Pineapple Glazed ham Green Beans Baked Amaretto Apples		Applesauce Jell-O Chicken Fried Steak Stuffed Shells w/ Marinara Mashed Potatoes w/ Gravy Grilled vegetables Brussels sprouts Chocolate Pudding	
	24		25		26		27		28
3 Bean Salad Egg Rolls Stuffed Ravioli Steamed Rice Vegetable Blend Yellow Squash Brownie		Lemon Lime Jell-O Salad Cilantro Chicken Liver and onions Mashed Potatoes w/ gravy Sautéed Cabbage Broccoli Cookie		Coleslaw Pepper Steak Pork & Kraut Buttered Penne Pasta Broccoli Corn Dinner Roll Cookies and Cream Pie		Deviled Eggs Roasted Brisket Chicken Fritters Mashed Potatoes Green beans Brussels Sprouts Yeast Roll Fruits of the Forest pie		BLT salad Pasta w/ Italian Meat Sauce Pulled Pork Wax Beans Vegetable Medley Bread Stick Root Beer Cake	
	31		1		2		3		4
<b>Happy Halloween</b> Garden Salad Swedish Meatballs Beef And Bean Burrito Egg Noodles Stewed tomatoes Vegetable medley Dinner Roll Cherry Chocolate Cake		Cottage Cheese & Peaches Huntington Chicken Chefs Choice entrée Peas Yellow Squash Cookie		Tomato & Mozzarella Salad Pork loin with gravy Stuffed ravioli Baked Sweet potato Capri Blend vegetable Broccoli & Cauliflower Wheat Bread Dutch Apple Pie		Cucumber Salad Lasagna Rolls w/ Meat Sauce Chicken Tetrazzini Creamed Corn Zucchini Lime Layer Dessert		Heavenly Mold Meatloaf Red Beans and Rice Baked Potato Scandinavian Vegetable Turnips Mango Cheesecake	

October 3-7

- M. 3 9:00am Exercise group, fitness, ctr  
10:15am Ready Writers, Med. Chp.  
11:15am Tai Chi, W/CC
- W. 5 9:00am Exercise group, fitness ctr.  
10-11:30; 2-4pm Sew&Tie quilts, S-DUR  
10:15am Village Study, Med. Chp.
- Th. 6 8:15am Village Breakfast (menu p. 2)  
9:00am China painting; S-DUR  
11:15am Tai Chi, W/CC  
1:00pm Cedars van to Wal-Mart
- F. 7 9:00am Exercise group, fitness ctr  
9:30am Coffee at The Courts  
10:15am Just for Laughs, Coffee Shop  
1-3pm Wii Games, Exercise Rm.; W/CC

October 10-14

- M. 10 9:00am Exercise group, fitness, ctr  
10:15am Ready Writers, Med. Chp.  
11:15am Tai Chi, W/CC
- T. 11 10:00am Men's Coffee, HCC  
10:00am Women's Coffee, Coffee Shop
- W. 12 9:00am Exercise group, fitness ctr.  
10-11:30; 2-4pm Sew&Tie quilts, S-DUR  
10:15am Village Study, Med. Chp  
11:30am Red Hatters (see details, p. 5)
- Th. 8 8:15am Village Breakfast (menu p. 2)  
9:00am China painting; S-DUR  
11:15am Tai Chi, W/CC  
1:00pm Cedars van to Wal-Mart
- F. 9 9:00am Exercise group, fitness ctr  
9:30am Coffee at The Courts  
10:15am Just for Laughs, Coffee Shop  
1-3pm Wii Games, Exercise Rm.; W/CC

October 17-18

- M. 17 9:00am Exercise group, fitness ctr.  
10:15am Ready Writers, Med. Chp.  
11:15am Tai Chi, W/CC  
1:30pm Village Council, W/CC Bd Rm
- T. 18 12:00 noon Village Luncheon, W/CC, p. 2

Oct. 19-23 continued in column 2

CALENDAR

DATE                      EVENT

October 19-23, continued from column 1

- W.19 9:00am Exercise group, fitness ctr  
10-11:30; 2-4pm Sew&tie quilts. S-DUR  
10:15am Village Study, Med. Chp.
- Th. 20 8:15am Village breakfast, HCC; menu-p.2  
9:00am China painting, S-DUR  
11:15am Tai Chi, W/CC  
1:00pm Cedars van to Wal-Mart
- F.21 9:00am Exercise group, fitness ctr  
9:30am Coffee at The Courts  
10:15am Just for Laughs, Coffee Shop  
1-3:00pm Wii Games, Exercise Rm., W/CC  
2:30pm Piano concert Jean Hendricks, W/CC, p6
- Su. 23 Last day to reserve for Wichita trip  
with Fruths (504-0674)

October 24-28

- M. 24 9:00am Exercise group, fitness ctr  
10:15am Ready Writers, Med. chp  
11:15am Tai Chi, W/CC  
3:00pm Book Club, W/CC Bd. Rm., p. 5
- T. 25 8:30am Trip to Wichita, W/CC pkg. lot, p5.6
- W.26 Document Shred, all day; Office & Courts, p6  
8:00-noon Recycling; W/CC Parking Lot, p6  
9:00am Exercise group, fitness ctr  
10-11:30; 2-4pm Sew& tie quilts, S-DUR  
10:15am Village Study, Med. Chp.
- Th. 27 8:15am Village Breakfast, HCC; menu p.2  
9:00am China Painting, S-DUR  
11:15am Tai Chi, W/CC  
1:00pm Cedars van to Wall-Mart  
3:00pm Cedars Guild meeting, W/CC
- F. 28 9:00am Exercise group, fitness ctr.  
9:30am Coffee at The Courts  
10:15am Just for Laughs, Coffee Shop  
1-3pm Wii Games, Exercise Rm., W/CC  
7:00pm Movie Night, W/CC, see pp. 6,7

October 31 – Halloween

- M. 31 noon Halloween Potluck; W/CC details, p. 7

Dates for your November & December Calendars:

(See Page 7)

- Nov. 2 Work Day  
Nov. 4 Trip to Hudson Cream Flour Mill  
and Cheyenne Bottoms  
Dec. 8 Christmas Open Houses