

ELFINDALE

RETIREMENT COMMUNITY

Magazines

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“Dignity
in Life”

Quality Life

Quality Care

Excellent
Teams

Outstanding
Facilities

Quality
Reputation

Stewardship

*Excellence in Living
Creekside and The Manor at Elfindale*

Ms. Jane Duff Represents Missouri Health Care Association at the Capitol

As Missouri Health Care Associations Ms. Nursing home Pageant, as the first runner up Jane Duff played an important role at the State Capitol in March. Ms. Duff began her two day trip with a MHCA luncheon where she mingled and took part in the MCHA meeting. Later that evening Jane attended a legislative reception where she welcomed State Senators and Representatives. She wore a very colorful mask as the theme was Mardi Gras and enjoyed music and announcing the winners of drawings. The next morning Jane was able to visit the Capitol for the first time. It was a very special morning, she was able to have a private tour of the Governor's office as well as be introduced on the Senate floor. It was a great experience for Jane and the all the members of Government were happy to have her there!



THE MANOR SPOTLIGHT SHINES ON ...

Max Deforest

Max Joseph Deforest was born March 3rd, 1923, in Woodbine Iowa. His parents, Jess and Hazel Deforest were hardworking farm people. Max grew up with three brothers, he being the second to the youngest boy. About growing up with brothers, Max said "Yeah, girls weren't allowed at our house!"

Max met his wife Fern at a get together in Woodbine. He said "I asked her to dance, and never looked at another woman again. Fern was it." Max served bravely as an infantry scout in the US Army. He proudly but humbly earned the Purple Heart and the Bronze Star, and he certainly has a sharp memory of his time at war. After the war Max and Fern moved to Omaha Nebraska where he got a job as a clerk in a farm store called Tractor Supply Company. He worked his way up in the company, moving into management and moving around to different stores in various locations. Eventually Max worked his way up to becoming the Vice President and Director of the company. Max said about the experience "I felt inferior to those guys, they all had college degrees. I went to talk to my boss about my goals in the company and he told me to aim for the top, because those guys with degrees weren't as smart as I thought they were!" He chuckled.

Max and Fern were parents to three children, a son Roger born in 1948, a daughter, Sue, born in 1951, and another son, Craig, born in 1956. After 24 years with Tractor Supply Company, Max and family moved to Springfield, Missouri in 1971, Max became a partner in two Race Brothers Supply Company. Max

went on to be the sole owner of one Race Brothers and built two more. He didn't retire until he was 80 years old. His sons take care of their stores now. Max said "When I retired I didn't really have any hobbies or anything to do, so I went to an investor and started investing. Doing that made me more money than I had ever made doing anything else." Max said that he encourages people to make smart investments.



In 2012, Max was awarded the "Outstanding Missourian" award. He went to the state capitol and was presented two flags, an American flag, and a Missouri state flag, both of which were flown over the capitol on his birthday. Max lost his wife Fern January 10th, 2013. He said "I prayed that she would pass before me so that she would never be alone. I also prayed that she would pass without any pain, and she passed away in her sleep." Fern was diagnosed with early signs of Alzheimer's; she requested that at her funeral, in lieu of flowers, the money should be donated to the Alzheimer's Association. Max said Fern was so loved that over 4,000 dollars was donated to the Alzheimer's Association in her honor.

Max and Fern have five grandchildren, of which Max proudly stated "They are all REALLY great people." They also have three great grandchildren. Living at the Manor now, Max enjoys performer David Curtman and actually, David performed for him at his 91st birthday party. Max reads, spends time on his computer, and enjoys watching movies. Max is often out and about chatting with folks and drinking coffee. We are pleased to call Max our own, and he is a wonderful resident and family member of our home.



The Manor Employees of the Month

Congratulations to Bryan Doss, Maintenance, December employee of the month and Brittney Wilbanks Nursing, January employee of the month.



St. Patrick's Day

St. Patrick's Day was in full swing this year with everything from green punch to green mustaches! David Curtman played a wonderful concert that help set the tone for this fun filled party!



Restorative Warriors

Move over Life Enrichment, there's a new group in town!

Restorative warriors Deanna Ragsdale and Katrina Vasquez have made a huge hit with their "Circle of Love" group. There are two groups that meet three times a week. It has become apparent that the residents are more enthusiastic and encouraged



by doing therapy in a group with other residents. The smiles on their faces show what a wonderful job Deanna and Katrina do of engaging each resident and facilitating relationship between the residents in the group. They have music, laughter, visual stimulation, and it is a great way to distract from the aches and pains of doing therapy. We are very proud of these girls for putting this group together and we are excited for the ever growing improvement and enrichment of the lives of our residents.



Peanut Butter and Jelly Made with Love

The residents at The Manor at Elfindale are always jumping into sticky situations, especially when it comes to doing volunteer work. They put together over 60 Peanut Butter and Jelly sandwiches in about 30 minutes. It was



apparent that these women were experienced sandwich makers. The sandwiches went to an outreach center for the homeless and hungry in Springfield. It was a great opportunity for the ladies to get together and work together for a good cause. They were all very bubbly about doing this project and they were extremely generous with the amount of Peanut Butter and Jelly

that went on the sandwiches. The smell of the room floated out into the halls and we overheard several people mention that it reminded them of their childhood. Nothing says I love you like a good Peanut Butter and Jelly sandwich. We hope the folks who received these sandwiches could feel the overwhelming love that our residents poured into them.



Valentine Court Queen and King Chosen

This year's Valentine's Court winners were Queen Georgia Dodson, King Max Deforest, First Runners up Ruth Turner and Carl Brown, and Second Runners up Trudy and Chuck Madden. They were showered with flowers and chocolate. We celebrated with a nice party which included a fun game in which residents got to share memories about their first loves. The staff, residents, and visitors were able to vote throughout February for their choice of King and Queen. It was a very tight race, and there were a lot of votes! We were excited to announce the winners and it was apparent by the cheers and the applause that the winners were well deserved.



The Manor Calendar

ANOTHER YEAR YOUNGER

FEBRUARY BIRTHDAYS

- 1 Mary Blankenship
- 5 Helen Heaton
- 12 Carol Cannon
- 14 Charles Maroney
- 17 Arch Pummill
- 23 Velma Null
- 25 Jacques Sacks

MARCH BIRTHDAYS

- 1 Elsie Plimmer
- 3 Max Deforest
- 6 Roberta Monroe
- 10 Margret Goodwin
- 11 Terry Cox
- 13 Margie Reed
- 22 Marie Eslinger
- 26 Rachel Webb

REMEMBERED FONDLY

- | | |
|------------------|------------------|
| Virginia Owensby | Leonard Rader |
| Norman Redpath | William Phillips |
| Hilda Gould | Mar'lyn Cowan |
| Annette Miller | |

WELCOME TO THE MANOR FAMILY

- | | |
|-------------------|--------------------|
| Velma Null | Martha Wadlin |
| Patricia Lockhart | Elizabeth Schrader |
| Wanda Gilbert | Loyd Richardson |
| Robert Flanders | Charles Ice |
| Raymond Click | Willa Stokes |
| Doris Koch | Donald Middleton |
| Dr. Butts | Jimmilee Prouty |
| John McGinnis | Jane Stafford |
| Elsie Foster | |

Best wishes to those who have completed their rehab stay at The Manor and returned home:

- | | |
|-------------------|--------------------|
| Velma Null | Elizabeth Schrader |
| Patricia Lockhart | Loyd Richardson |
| Wanda Gilbert | Charles Ice |
| Robert Flanders | Willa Stokes |
| Raymond Click | Donald Middleton |
| Doris Koch | Jimmilee Prouty |
| Dr. Butts | Jane Stafford |
| John McGinnis | Sibil Carmichael |
| Elsie Foster | Bettie Heatherly |
| Martha Wadlin | |

Creekside Calendar

COMMUNITY MEMBERS BIRTHDAYS —

FEBRUARY

- 3 James Watts 1
- 5 Elizabeth Caldwell V 2B
- 7 Donna Jones DD
- 8 Vivian Turner 103
- 11 Leona Carter 123
- 11 Priscilla Paul V 1E
- 14 Marjorie Fields R 8B
- 16 Betty Smith M
- 23 Pat Graham 70
- 26 Nancy Brown EE

MARCH

- 2 George Jones V 3A
- 3 Marilyn Kraft 219
- 6 Bill Cunningham U
- 8 Emma Kelly 59
- 10 Charles Haven 9
- 10 Bea Mackey 132
- 11 Larry Henry 61
- 12 Myrtis Tops Mills H
- 13 Peggy Jenkins 7
- 14 William Curtis CC
- 21 Rosemary Drecher 107
- 24 Pauline Highfill 203
- 24 RaeAnna McShane R 6A
- 25 Gene Miller 24
- 28 Nada Cheatum R 7B
- 28 Thelma Koscak D

- 29 Robert Stallcup W
- 29 Pat Stufflebeam 133

APRIL

- 1 Carrie Brinkman 2
- 1 Mary Hazlewood GG
- 4 Victor Hinch R 10A
- 4 Adrian Myers 102
- 5 Gerald Chaney 17
- 7 Marianne Hinch R 10A
- 10 Lucille Davis Y
- 18 Gene Waite V 1B
- 21 Darel Oberbeck N
- 25 Aileen Mayfield 235
- 27 Charlotte Magnuson 128
- 28 Virginia Waigand BB
- 30 Jack Davidson V 5B

ANNIVERSARIES — FEBRUARY

- 2 Lori & Bob Stallcup
- 14 Donna & Paul Pflasterer
- 25 Pat & Dan Graham

MARCH

- 16 Doris & Ron Hurd
- 26 Betty & Joe Doyle
- 30 JoAnne & Gene Waite

WELCOME NEW COMMUNITY MEMBERS

- Della Harbin
- Whitey Robertson
- Barney Toalson
- Deb and Gary Stratman

Creekside Resident Spotlight Shines on Ken Tebbe

From the back of the dining room or the front of the Club House you may hear a clear, booming voice, each time caught with surprise, calling out a succession of letters and numbers which will make a good BINGO call; that voice belongs to Ken Tebbe.

Born in St. Louis Ken was the youngest of four sons to Harry and Flora Tebbe. If there ever was a military family, Ken comes from a military family. His father served in the army and was a veteran of World War I. Ken and his brothers, Will, Henry, and Les, all served in the army also. Ken's father, after a horrific accident in war, was left for dead. Fortunately someone heard him moan and after a number of surgeries Harry lived well into his eighties and his vegetable garden was a local attraction bringing numerous guests to marvel at his garden his Sunday! Ken left his mark on his father's vegetable garden also. He relished the chance to sneak fresh, sweet Kohlrabi from the garden before they became too large. Ken remembers fondly having tomato fights with his brothers in the garden also! Ken greatly enjoyed going with his brother Les and his girlfriend to the St. Louis Municipal Opera. Ken remembers being awed and greatly enjoying performances such as "Rosemarie", "Desert Song", "New Moon", "Sweethearts" and many others.

Returning from his service in the military during the Korean War, Ken accepted a position as an apprentice to a bricklayer. His starting salary was \$1.40 per hour and Ken had a full career as a bricklayer. His wife Joan was a manager for Avon. Ken recalls Joan deeply caring for and helping those people for whom she was responsible.

Once Ken met Joan, his future wife, Ken's life changed for the better and never looked back! Picking up Joan for a date one day Ken noticed she wasn't her usual, gregarious self. Once she sat in his car he noticed "the temperature suddenly dropped



20 degrees" and Ken said he wasn't going anywhere until Joan told him what was wrong. Joan objected that Ken never complimented her perfume! Unbeknown to Joan, Ken couldn't smell her perfume because he doesn't have a sense of smell!

After they were married Ken learned that one of his friends participating in the wedding said to another friend that he thought Ken and Joan's marriage wouldn't last because they fight too much. Boy was he wrong! Ken and Joan enjoyed 58 years of marriage! Their marriage was blessed with two children, Kurt and Gayle. Kurt studied to be a pharmacist in Springfield and decided to accept a position in Walnut Grove, where he resides to this day. Gayle studied sign language and works among the deaf community. She once signed a Presidential Debate between George H. Bush and Bill Clinton.

If you want to see Ken's eyes light up and his voice burst with enthusiasm ask him a question about popular music. Ken remembers listening to the "Top Ten List with Gil Newsome". He relished listening to the Kay Kyser Band and the "College of Musical Knowledge". If pressed, Ken will suggest his favorite age of music is the late 30's through the 40's. During that time Ken says, swing was starting to get a grip on the scene and jazz was being modified. Of course this was during the Second World War and he remembers listening to "Major Bowes Amateur Hour" on the radio. When suddenly this show stopped being carried the rumor going around was that Major Bowes was a foreign spy who had been caught!

After moving to Lake Pomme De Terre and living there for four years, Ken and Joan moved to Creekside after the Winter Storm of 2007. After faithfully and daily caring for his wife, Joan passed away in 2013. She was a prized gem for Ken and anyone who came across her path.

You can't miss Ken at BINGO when he surprises himself with every BINGO he wins. Ken can talk Cardinals baseball with the best of fans. Ken still memorizes songs; he has one tune or another going through his mind all the time. This must be part of the reason that Ken is such a great conversationalist and a jolly fellow. Join Creekside in being thrilled to know Ken Tebbe!

300+1 Valentine Day Cards

Members of Creekside at Elfindale made 300 + 1 personal valentine cards for the students at Portland Elementary School! In just three sessions they completed enough pop up cards for each



student! We made 301 cards to symbolize the joy our cards will bring to each student!

Bald Eagles at Creekside

We learned that eagles can read a newspaper from one end of the football field to the other! Our eagles on display were very vocal!



The bald eagle's name is Phoenix and we also met Aquilla!

Creekside Team Members take the Plunge

On February 15, 2014 team members from Creekside at Elfindale “took the plunge”, The Polar Plunge for Special Olympics in Table Rock Lake. With the outside temperature a sunny 50 degrees and the water temperature 41 degrees, they lined up and on the count of



three in the water they went! Thanks to all who donated, The Crusaders are pleased to announce that they were the top fundraiser group for this event! This truly radiates our vision of Quality Reputation of our team members involvement in their communities! Several team

members have committed to taking the plunge in 2015!

Possom Holler Fiddlers Preforms at Creekside

A group of student fiddlers entertained residents at Creekside on Sunday afternoon! This group has toured Europe,



played at the White House and traveled the United States. All of our members received an excellent treat with traditional fiddle music!

Community Members Enjoyed Hand Bell Music

We enjoyed an evening of serene hand bell music! We learned where the sound comes from on a hand bell. We got to carry and feel the difference in weight between the largest and smallest hand bell! The assortment of music was refreshing as the sounds reverberated throughout the building!



Creekside Leadership Team

*M*ikeal Loneman is the Executive Director, as the Executive Director she oversees the day to day operations at Creekside, and assures that the decision made in the daily operations at Creekside reflects our mission, vision, and values as well as the needs and desires of our Community Members.

*D*on Martin is the Maintenance Supervisor, as the Maintenance Supervisor he, and his team are responsible for all maintenance and security of the buildings and grounds.

*J*amie McGuigan is the Executive Chef, Jamie and the dietary team is responsible for the dining room, kitchen, ice cream parlor, the preparation, and serving of all meals.

*M*ichelle Alexander is the Hospitality Supervisor, Michelle and her team is responsible for the laundry of the linens and personal laundry for Community Members who choose that service. They are responsible for cleaning all common areas as well as the apartments and cottages.

*E*ric Tessaro is the Life Enrichment Coordinator, as the Life Enrichment Coordinator his responsibility is to coordinate social activities and outings based on our Community Members interest.

*D*enice Gage is the Public Relations Coordinator, as the Public Relations Coordinator her responsibility is to promote Creekside by her involvement in the community and the committees she serves on.

*D*J Halley is the Campus Relations Coordinator, as the Campus Relations Coordinator her responsibility is to welcome all new Community Members who move into a cottage. Be a resource to members and their families with any questions they might have.

*R*eta Cagle is the Lodge Relations Coordinator, as the Lodge Relations Coordinator her responsibility is to welcome all new Community Members who move into an apartment. Be a resource to members and their families with any questions they might have.

*L*isa Burdick is the Community Development Coordinator, as the Community Development Coordinator her responsibility is to achieve maximum occupancy, by promoting Creekside to any and all inquiries.

*T*erry Kollmeyer is the Campus Lifestyle Coordinator, as the Campus Lifestyle Coordinator Terry will take the lead in the health and wellness area of events and activities on and off the campus.

The Color Run “The Happiest 5k on the Planet”

On April 5, 2014 Creekside team members and family, enjoyed The Color Run “The Happiest 5k on the Planet”, dressed in white to start the run, ending the run with a rainbow colors. Some members ran the 5k while others took their time and walked. There was a different color thrown at each kilometer, starting with pink and purple being the last color thrown before the finish line. Millions of vivid color combinations fill the sky made by color throws at the Finish Festival.



The Equi-Librium Therapy Center was the charity to benefit from this fun and exciting 5k run. The Equi-Librium Therapy Center works with ages from 2 years of age and up. Equine-assisted therapies use the natural movement of a horse to

strengthen muscles and increase body awareness, muscle coordination, communication, and self-confidence.

We hope to be a part of “The Happiest 5k on the Planet” again next year.



Baby Blankets for Lifehouse Crisis Maternity Home

Baby blankets were made and tied with love by the residents of Creekside at Elfindale. The blankets were delivered to Lifehouse Crisis Maternity Home where they will be used for the future babies to come!



of Creekside at Elfindale. The blankets were delivered to Lifehouse Crisis Maternity Home where they will be used for the future babies to come!

Creekside Employees of the Month



Congratulations to Lisa Gregory, Dietary, February Employee of the Month.



Congratulations to Yolonda Bossing, Housekeeping, March Employee of the Month.

LET US KNOW

Please call 417-831-3828 to let us know what sort of information you would like to see in future issues!

Administrative Staff

CREEKSIDE AT ELFINDALE

Executive Director	Mikeal Loneman
Lodge Relations Coordinator/Admissions	Reta Cagle
Public Relations Coordinator	Denice Gage
Life Enrichment Coordinator	Eric Tessaro
Campus Relations Coordinator	DJ Halley
Community Development Coordinator	Lisa Burdick
Campus Lifestyle Coordinator	Terry Kollmeyer
Hospitality Specialist Coordinator	Michelle Alexander
Executive Chef	Jamie McGuigan
Maintenance Supervisor	Don Martin

THE MANOR AT ELFINDALE

Administrator	Matt Gould
Director of Nursing	Peggy McGhee, RN, B.S.
Assistant Director of Nursing	Tina Cook
Admission/Social Services	Jacqueline Presley, B.S.W.
Medicare MDS Coordinator	Kim Sanders, LPN
Social Services	Marcella Peck, B.S.W.
Dietary Supervisor	Theresa Gerald
Housekeeping Supervisor	John Robertson
Laundry Supervisor	Patricia Batson
Life Enrichment	Jessica Gann
Maintenance Supervisor	Robert Hunter
People Development Coordinator	Mandy Wilks, B.S.
Office Manager	Tami Atkisson
Nurse Liaison	Gail Clay, RN
Staff Development Coordinator	Lesa Jackson, RN
MDS Coordinator	Sheila Snodgrass, RN, B.S.N
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Excellence in Living

ELFINDALE RETIREMENT COMMUNITY

Elfindale Retirement Community offers gracious living for adults 55 and older in central Springfield. Over 300 seniors choose to enrich their lives and call Elfindale home. We are proud to be situated on 62 beautiful wooded acres with wildlife and walking trails to give our residents a 'country-like' relaxed lifestyle.

Built on a reputation of quality, Creekside at Elfindale offers independent living choices with our cottages and lodge apartments. Our homes are well designed, our grounds are well maintained, our food is the best and our activities are second to none.

The Manor at Elfindale is located on the western edge of our campus providing 24/7 skilled nursing care. Well known for its high caliber of care, The Manor's all private rooms allow for Medicare rehabilitation, long term care and secure memory support for those in need.



Creekside at Elfindale Main Dining Room

FOR MORE INFORMATION OR CAMPUS TOUR PLEASE CONTACT:

- Creekside at Elfindale, Independent Living – Reta Cagle at 417-831-3828
- The Manor at Elfindale, Skilled Nursing Care – Jackie Presley at 417-831-2273
- www.elfindaleretirement.com