

ELFINDALE

RETIREMENT COMMUNITY

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Excellence in Living Creekside at Elfindale

“Dignity
in Life”

Quality Life

Quality Care

Excellent
Teams

Outstanding
Facilities

Quality
Reputation

Stewardship

Resident Spotlight: Junior Cline

Scottish philosopher Thomas Carlyle once said, “Permanence, perseverance and persistence in spite of all obstacles, discouragements and impossibilities: It is this, that in all things distinguishes the strong soul from the weak.” By this definition, Junior Cline has a strong soul. Since the early days of his life, Junior has been one not to shy away from hard work or difficult circumstances, but instead has met them head on with tenacity and grace.

Junior was born in Buffalo, Missouri in 1926—just three years before The Great Depression began. Like many families during that time, Junior’s parents worked their way toward California. Junior, as early as age six, would often help his parents by picking up vegetables at the farms or selling cut up apricots. Eventually, his family stayed in California, but Junior decided Buffalo, Missouri was where he wanted to call home. During this time he lived alone: going to high school and providing for himself. He took pride in saying he was never tardy to school and never late for work.

Upon graduation from high school, Junior entered the United States Navy, serving for two years. After being discharged, he enrolled at Southwest Missouri State University—thinking he wanted to be a basketball coach. However, after getting married and being



told a coaching career was the “closest thing to a gypsy’s life you can get,” Junior left SMSU and began work at Heer’s Department Store in 1947—thus beginning a path that would set the course for his life.

When Junior first started working at Heer’s, he did anything and everything that was asked of him,

with his first “real” position being warehouse manager. He worked this post for four years before being promoted to “operations manager.” This title meant Junior was in charge of anything relating to customers: from parking and maintenance to clean up, warehouse management, and deliveries. He was on twenty-four hour call and it was not uncommon for him to be called into the store during the night to check on suspicious activity. When asked why he did not carry a gun during these nighttime duties, Junior always said he probably would have shot a mannequin. Junior stayed in this role for forty years, retiring in 1987—just seven years before Heer’s would shut its doors due to bankruptcy.

Being Operation’s Manager at Heer’s was not Junior’s only responsibility. He was a husband, a father to two daughters: Diane and Teresa, and to son, Randy. He also had a fifty acre farm near Fair Grove, Missouri where he raised cattle and had a large garden. Junior knows this is not something he did

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Resident Spotlight: Junior Cline *continued from front page*

alone—giving credit to his wife for keeping the family and the farm running smoothly.

Junior speaks of his time at Heer’s with fondness. Recalling yearly company picnics at Doling Park and the elegance of the store: “they always had the first and best of everything, from escalators to air conditioners.” When asked about the news of Heer’s re-opening as an apartment building, Junior said he is relieved, and he has been concerned they would end up tearing the building down.

Junior’s determination to succeed has left a legacy with his children. Diane and Randy ended up working at Heer’s as well. Randy, said his father has not only verbally taught the importance of work ethic, his life has exemplified it—thus distinguishing this strong soul from the weak.

Junior has been at Creekside since March of this year. He is known for sitting in the rocking chairs in front of the entrance, chatting with anyone who passes by, and

affectionately is referred to as “The Mayor of Creekside.” The marketing director calls him “the best advertisement we have.” Next time you pass through the doors of Creekside, if you happen to see Junior at his post, make sure to ask for stories of Springfield’s past.

Welcome New Community Members

- | | |
|----------------------|------------------|
| Bonnie Bufalo | Naomi McCullum |
| Barbara Carr | Vernon Newkirk |
| Andeana Fisher | Helen Roberts |
| Vera Fore | Nancy Smith |
| Clyde House | Ed & Anna Stokes |
| Dorothy Lamaster | Nancy Willis |
| Stephen & Deby Duzan | Neva Wortman |
| Ruth ann Leven | Jon Harmon |

Goats, Cheese and Relaxation

No one expected that a day trip to Terrell Creek Goat Farm and Dairy would be so wonderful. The fourteen community members that went were so glad they didn’t miss it! Nestled in

the back country of the Ozarks is a goat farm that produces amazing goat cheese. They sell their cheese at local farmer’s markets and health food stores. Their cheese is organic and the cholesterol in goat cheese is much healthier than that made from cow’s milk.

On the trip the community members viewed the milking stations, cheese making room and the area where the goats gather to eat. The goats on their farm are Nubian dairy goats. The breed was developed in Great Britain of native milking stock and goats from the Middle East and North Africa. The farm had a herd of 40 and each one has their own name and personality. It was fun to find out that two of our group shared the same names, Aggie and DJ, as two of their goats. Aggie was able to have her picture taken with her namesake!



Hands and Feet Required

Have you ever been curious about what a Reflexology treatment can do for you? The Community Members at Creekside were seeking information about the subject. A Certified Reflexologist came to campus and taught them all about the benefits it can provide. Reflexology is used



primarily for relaxing tension in different parts of your body. Doctors agree that over 75% of our health problems can be linked to nervous stress. Reflexology improves nerve and blood supply, and helps your body to normalize.

The Reflexologist that came provided hands on



demonstrations to show how to relieve a painful tight neck and shoulder by manipulating a certain spot on your hand. The same spot can be found on your feet. She also showed them a spot at the bottom of

your thumb that releases endorphins, with is your body's own morphine.

Everyone was so impressed with how your feet and hands control so many problem areas in your body. Many of those in attendance plan on following up with her when she returns to do individualized sessions.



Pink Pumpkins in October

It has become a tradition every October to paint pumpkins pink and cover them with "bling." Pink pumpkins are not very scary for the Halloween season but they have a very special meaning here at Creekside. Our community members make pink pumpkins in October for Breast Cancer Awareness Month. These pumpkins are to honor those who lost their battle, won their battle, and to encourage those who are going through treatments. PINK PUMPKIN POWER!



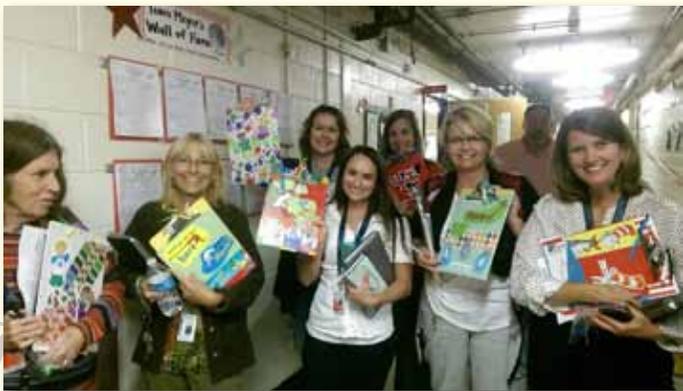


Clipboard Crazy

A community project for our adopted neighborhood school was fed by fond memories and the love of teaching. Eight of our community members, who are all retired school teachers, wanted to support the teachers of the future generation. These ladies gathered together for several days and did what teachers do... cut, paste, and create! Thirty clipboards with different themes



were created to give to the teachers at Portland as their thanks for continuing the tradition of serving children. When delivery time arrived you could feel the excitement in the air as they displayed the clipboards for selection. The teachers came out of a staff meeting and dove right into the clip boards on the table. There were smiles and laughter and lots of thankful hugs to go around. As the old saying goes, "Once a teacher, always a teacher!"



Top of the Rock is Tops!

What do golf carts, caves and waterfalls have in common? The answer is a Lost Canyon Cave and Nature Trail tour in the heart of the beautiful Ozarks. Ten golf carts with 4 passengers each, wound their way through two and a half miles of nature's wonders. The ride included going through an Amish bridge, dramatic natural rock formations, waterfalls, and a view of Table Rock Lake. In the middle of the path

was a jaw-dropping, four-story Top of the Rock Lost Canyon Cave. The cave was full of cascading waterfalls with a bar tucked away inside!

Everyone that went voted it the "best trip" of the year!



LET US KNOW

Please call 417-831-3828 to let us know what sort of information you would like to see in future issues! If you would like to have the Elfintales emailed to you please call Denice at 234-4311. For those of you who would like you can now find the newsletter, activities calendar and a link to "IN THE LOOP" on our website www.elfindalretirement.com

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