

Pleasant View Home
P.O. Box 249
108 North Walnut
Inman, Kansas 67546

CEO	Kevin Reimer
Administrator	Jalane White
Director of Nursing	Judy Miller
CFO	Tod Ritcha
Director of Marketing	Cyndi Ratzlaff

Phone 620-585-6411
Fax 620-585-6504
Web Site www.pleasantviewhome.com

Free
Blood Pressure Clinic
Fourth Monday
10:00—11:00 a.m.
Phase 1 Commons
Pleasant View Estates
Everyone Welcome

Alzheimer's Support Group
Next meeting will be
Third Monday
7:00 pm in the
Conference Room



Pleasant News

September 2011

From the Administrator

Please join us for a celebration!

Please join us Sept. 13, at 9:45 in the chapel when the Secretary of Aging, Shawn Sullivan presents Pleasant View Home with the 7th PEAK award. We are very proud of our residents and staff and we hope that many of you will be able to join us in our celebration. There will be a reception with delightful snacks following the ceremony.

On another subject, an important concern was recently brought to my attention. That concern revolves around the seemingly innocent act of bringing in herbal treatments and over the counter medications for the folks who live in the nursing facility. I visited with our pharmacist/consultant, Brian Steventon about this matter and he, along with our staff, recommend that herbals and OTC medications should not be used without the approval of the physician. Brian Steventon went on to provide the following example of how a herbal, such as Ginko, also known as Ginkgo Biloba, could lead to serious consequences. Ginkgo is popular with the public for treating such conditions as dementia, tinnitus (ringing of the ears) and vertigo (dizziness).

The side effect of Ginko usage, is in that it can lead to bleeding complications. It is known to interfere with the use of Coumadin, Trazedon, Aspirin, Plavix, and NSAIDs such as Advil and Aleve. These medications are common for our folks and an interaction could lead to serious health consequences such as excess bleeding or over sedation. So if you or your loved one would like to use an over the counter medication or a herbal remedy, please consult with your physician.

Jalane White
jalane@pleasantviewhome.com

Employee of the Month

Mandy McAllister, CMA was recently selected as the Employee of the Month. Mandy has enjoyed her employment at PVH for 8 years. Mandy feels that she works with a good crew, they get along well, and everyone pitches in to do their part. Mandy has seen how our facility has evolved in how care is provided over the last 8 years, and she believes that culture change has been a good thing for our facility. She observes that it used to seem like a hospital, now it feels like a home.

Mandy enjoys spending time with her family, and enjoys all the activity of caring for 5 children, ages 6 through 14. Their favorite activities include swimming and BBQ's. When asked about her plans for the future, Mandy's summed up her most immediate and personal plan as "getting the kids through school."



Mandy McAllister

SEPTEMBER, THE MONTH OF EXCITEMENT

"Where were you?" This is the question frequently heard from the general populace as we approach Sept. 11th. I remember it well because on that day in 1883 my father was born. On Sept 11, 1948 our family was together and celebrating my father's birthday, while also expecting signs of urgency as this was the "due date" for the birth of my eldest son. The birth did not happen until the next day but it did bring great excitement to our household.

The birth of another Son has brought excitement to the world for over 2,000 years. God was proud of His son and made Him available to bless every human being that would welcome Him to become a part of his or her life. Our son has been a joy and blessing to our family for 63 years. God's Son, JESUS CHRIST has been our sufficiency for many years and I would recommend Him to be the Savior to you and a joy to you forever. If you need or wish some help in a spiritual decision please see your chaplain for an appointment.

Dan Dalke

dan@pleasantviewhome.com

Bill of Rights of Pleasant View Home

19. The Resident has a right to agree to perform voluntary or paid services for this Facility if he or she desires if there is no medical reason which would contradict the performing of the services and if compensation for paid services is at or above prevailing rates.
20. The Resident has the right to privacy in written communications including the right to send and receive mail promptly that is unopened. The Resident has a right of access to stationery, postage and writing implements at the Resident's own expense.

A DIRECTIVE

***From God through Paul, the Apostle
Hebrews 10:25***

"Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another; and so much the more, as ye see the day approaching."

September schedule for the month of September:

- Sept. 1 **GRACE BIBLE CHURCH**
- Sept. 8 **GROVELAND CHRISTIAN CHURCH**
- Sept. 15 **BUHLER MEMMPMITE CHURCH**
- Sept. 22 **PVH RESIDENTS PROVIDE PROGRAM**
- Sept. 28 **BETHEL MENNONITE CHURCH**

Heritage Inn

"By all these lovely tokens
September days are here,
With summer's best of weather
And autumn's best of cheer."
We celebrated 5 birthday's in August with delicious & beautifully decorated cakes made by Anna Pinto; thank you again Anna for helping in making our elder's birthday's extra special. August 28th, Ronnie Heneha went to be with our Heavenly Father, we will miss you Ronnie. We sure have had the hot temperatures this month, we have defiantly had the dog days of summer, hopefully we are in store for some cooler weather, and some much needed rain. We were able to keep busy despite the heat outside. We had lots of fun playing a variety of games one of our favorites is Penny Ante everyone is always laughing it is always so fascinating to hear the stories that are shared when playing, the object is to have the most pennies at the end the end of the game. August was also pamper yourself month so myself, Dorothy Chancellor & Hazel Bishop ventured over to Sydney's with our neighbor-

hood friends and they enjoyed a morning of relaxation &



pampering. Dorothy was so thrilled as this is where she had gone to beauty school. We had a delightful time .

We have been reading Heaven is For Real by author Todd Burpo and on August 12th Todd was in



McPherson at the Bookshelf for a book signing. We were very happy to be able to meet Todd and the family, we even got our picture taken, with Todd. We had a rockin good time on the 24th with a performance by 50 years Late, they were absolutely sensationaly. Pam has been bringing in her dog Dewey on Friday's to visit and he is loved by all. Thank you, Pam and Dewey. September is going to be busy with many outings & activities. We are scheduled to go to the Kansas State Fair on the 14th, if you would like to join your loved one please email or call me at your earliest convenience. God Bless

Kelly Finley, SSD/ AD
kelly@pleasantviewhome.com



Cottonwood Corner Notes



It takes creative ideas and a gumption for fun to get around the Hot August Heat! Our residents did just that.....a nice group of ladies made "Fun In The Sun..."

the sun is here! Glennis and Laura found some time to be pampered at Sid's in Hutch. Glennis enjoyed a pedicure while Laura's hands were massaged and nails painted. Oh our women have such a hard life!!



PVH had the privilege of hearing "Fifty Years Late" sing to us in the Chapel. As you can see, we had a full house and we all enjoyed them tremendously. Thanks Tom Colahan (whose mother lives with us) for bringing your talents and friends to us!

door hangings for each one of us. Not that we needed reminding that



Becky Burkholder, SSD/AD
becky@pleasantviewhome.com

What's Happening in IVY Grove?

Did anybody melt this summer? August is known as the Dog Gone Days of Summer for a reason. In honor of the month we made some Hot Dig-



gity Dogs, then we ate them with mustard. Quite tasty. Since we are talking about dogs, here is Ina Mae enjoying the company of Misdemeanor.



Here is Esther playing noodles. Its good exercise and a lot of fun. Esther's daughter, Ruth brought some of their famous corn on the cob from



Gaeddert's Farm. What a treat. We had just as much fun shucking it as we did eating it. Thanks Ruth.

The 11th was Spa Day so we took a few ladies to have a manicure or pedicure. Shirley and



Irene liked it very much. The band "50 Years to Late" came and had a concert for us. It was a packed house. I heard many of our elders tappin their toes and sing along to



songs like Dream by the Everly

Brothers. Personally I think they should call themselves, Right on Time. Ralph I believe would agree.



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Michele Watson, SSD/AD
michele@pleasantviewhome.com

Harvest House Happenings!

Ring-ring!! Hello, Todd Burpo! We had quite the surprise for our residents



on August 13. The author of the book, "Heaven is for Real" stopped by and sur-

prised our residents here in Harvest House. He signed books, visited with us and answered questions. We enjoyed getting to meet him. All this was made possible with a phone call to Pastor Burpo by two HH staff members.

On Aug. 5th we were saddened by the passing of our family member, Johnnie Wilke. We will miss her, her family and her grand dog, Sophie!



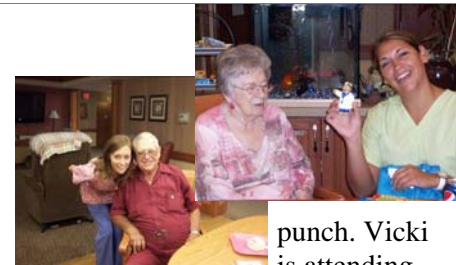
We welcomed Stella Thiessen to our family and we're enjoying getting to know her and

her family.

On Aug. 18th, we had a surprise Anniversary party for August and Delite Regier. They've shared 65 years together. Boy, we could learn a lot from them!



We said good bye to two of our original staff members, Vicki Joseph and Brianna Geer. The residents threw them each a going away party with cake and



punch. Vicki is attending

RN school and Bree is moving to Virginia.

George Ensz was our resident of the month of August. We found out a lot of fun facts about George. Please come by and check out the nook.



On August 27 we



celebrated Sara Voth's birthday. She is 96 years young!!!!

Looking forward to Sept, we will be going to the fair on Thurs., Sept 15. Please let us know if you would like to go with us or meet us there. Sept 11 is Grandparents Day! Please remember your loved ones with a visit or a card.

When Todd Burpo autographed our books, he put the bible verse, Hebrews 12:2...."looking unto Jesus, the author and finisher of our faith, who for the joy that was set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

Jacci, SSD/AD
jacci@pleasantviewhome.com

Down Under in the Plaza!

Wow, I can't believe school has already started and Autumn is fast approaching. I missed the first few weeks of August but I know the Plaza staff kept all our elders busy with activities. We only had a few big outings planned in August. One of them being Exploration Place and lunch on the 26th. Mike, Mavis and I went with a group of Heritage Inn elders to Wichita for the day...our goal was of course, Exploration place. Well...that is not exactly what happened. We ended up on a journey all around finally Pizza Ridge one was disappointed about not the Exp. we had so laughs trying to find it. We made some really good memories that day. The food was fantastic too, everyone was quite pleased that day. I guess we will try a way to get there before it snows!! We also got a treat on the evening of the 24th, the group, Fifty Years Late came and sang to a very large group in the Chapel, they sang Everly Brothers songs, that brought back many memories for our folks, the room was full of energy and even sang along on a few. The 31st we went out for breakfast, it is always fun to eat a big breakfast somewhere else.

September is to be the busy month for us. The State Fair will be back and Plaza is planning on going on the 16th.

We have already made arrangements and have volunteers lined up for each one going. We pray that the weather is good for us. Mark has a birthday that week too, he gets to go with his mom and siblings and have lunch in Wichita at Golden Coral...he's so happy.



We won the PEAK award this year again. We will have the presentation here in the Chapel on September 13th. We scheduled our outings towards the last of the month. We are going to go visit Dillon Nature Center and have box lunches, go to Newton on the 23rd and



on the 30th we plan on going to the Cosmo sphere. We are really looking forward to some cooler weather, summer is nice but we have had enough heat. Well check out the calendars for more activities, anyone is welcome to come and join us!!

Debbie James, SSD/AD
debbie@pleasantviewhome.com

Walnut Court News!

August has been a very busy but exciting month for us! We sent Charlotte back to school and will miss her while she is at Emporia. We surprised her with a going away party and even got her a few back to school supplies.



We've been practicing our bowling skills. We've been bowling here and we've gone to lunch and bowl in Hutchinson.



We have been going out to eat quite a bit too. We made a stop at Anchor Inn and have been going to Senior Center too. We've been enjoying the fellowship of each other and our old friends.



We have also been taking advantage of Sonics happy hour to get a drink and just enjoy cruising around and looking at the countryside.

Mary H. and Judy have been seen helping in the kitchen and making wonderful foods. Mary H. has so kindly shared her home-grown veggies with us and boy we have enjoyed them. Judy has been spoiling us all with homemade breads and cakes.



We also made a new friend, "Lilly" who is Edna's sister. Edna wasn't here when Lilly stopped by but we did enjoy visiting Lilly. Just a reminder that we will be going to the State Fair on September 17th & if



you are able to come with us you are sure welcome to, just give us a call!



Barb Allan SSD/AD
barb@pleasantviewhome.com

Home Health News!

By the time you read this Turtle Dove season will have opened. There aren't too many around this year; maybe it is because of the heat and the drought. Don't forget that as long as the temperature is above 90 degrees you should stay where it is cool.

The next medical alert you have is "Influenza Season". Chills are often the first indication that you've got the flu, and a fever of over 100 degrees is very common. You may experience a sore throat, dry cough, and headaches as well as an achy feeling in your legs and back. Influenza is a disease caused by the influenza virus. A disease commonly referred to as "the stomach flu" is caused by a virus or bacteria that invades your body, and primary symptoms include vomiting and diarrhea. With influenza you may, in rare instances, experience vomiting as well, but the major difference is that influenza or the flu can lead to severe respiratory problems. These may include difficulty breathing and pneumonia. Winter is generally considered peak flu season, with most outbreaks occurring in January and February, but flu cases can occur as early as October - November or as late as April.

The viruses in the flu shot are killed (inactivated) so you cannot get the flu from the flu shot. Some minor side effects are: soreness, redness, or swelling at the injection site; low grade fever; and/or aches. If these problems occur, they begin soon after the shot and usually last 1 to 2 days.

We have gotten our flu vaccine in and you can get the flu shot anytime, but I will plan to give the flu shots in October.

BLOOD PRESSURE CLINIC
SEPTEMBER 26
10:00 TO 11:00

Marge, Goering
marge@pleasantviewhome.com

Who's New? Who's Old?

AUGUST NEW HIRES:

LaRonda Brown---CNA
Abby Dickerson---CNA
Maria Garica---CNA
Idalia Hernandez---CNA
Laurie Kassin---CNA
LaToya Renteria---CNA
Cassy Sollenberger---CNA
Jake Regehr---Dietary
Robin West---Dietary/
Housekeeping

Debbie James---9-7-99
Terri Cooper---9-5-01
Vicki Joseph---9-18-03
Mandy McAllister---9-1-04
Phil Ratzloff---9-28-05
Suzanne Viegra---9-5-08
Lezlee Schafer---9-12-08
Brooke Speice---9-30-09
Filecity Kilmer---9-7-10
Mandie Ackerman---9-20-10
Whitny Young---9-23-10
Janeine Kluna---9-24-10

Starla Hall---9-14
Talitha Colborn---9-14
Heather Jubail---9-15
Sarah Stoddard---9-16
Monica Fry---9-17
Debbie Vanous---9-17
Mia Wells---9-19
Lou Helm---9-24
Judy Miller---9-27
Aubrey Mayo---9-27
Stephanie Thiessen---9-28
Joan Siemens---9-29
Lisa Swaim---9-30
Amanda Speice---9-30

SEPTEMBER ANNIVERSARIES:

Ann Epp---9-7-88
Jalane White---9-14-95

SEPTEMBER BIRTHDAYS:

Gail Regehr---9-5
Waneta Reimer---9-12
Jill Hart---9-14



June Eberhardt, Dietary, has been nominated for helping with tasks in Walnut Court even after she has clocked out for the day. This includes stapling menus and helping to fill out grocery lists.

Amy Stubbs, Harvest House, worked by herself until another staff member could come in due to a staff member being ill and needing medical attention. She cooked supper and cleaned up while still being able to attend to the elders and meet all of their needs!

Way to go ladies we are so proud to have you as members of the Pleasant View Home family!



"People may not remember exactly what you said or did, but they will always remember how you made them feel."

Thank You!

As many of you know I will be leaving Pleasant View Home to move to Nebraska with my family. I just wanted to take this chance to say "Thank You" to everyone. This includes staff, families and residents that have touched my life in the past seven years. I consider it my privilege to have worked with each and every one and to learn and take something away from that experience. These are all things I will take with me on my next journey in life, whatever it may hold for me. I was lucky enough to come into this job part time and grow to a full time position and truly make it my own. I have always been grateful that I was able to make a balance of the paperwork side and the people side. Going on outings to the State Fair, Stutzman's (along with numerous others) are always the memories I will treasure because of the relationships that are built with elders and families. I truly thank my SSD/AD's for allowing me this opportunity throughout the years. I also want to thank the kids who participated in the Jr. Volunteer program, and their parents, for making this such a successful and truly awesome program in our community. Again.....Thank You!!

Kim Brumley LMSW
kim@pleasantviewhome.com

2011

September

Jay Grare

Sun

Man

Tue

Wed

Thu

Fri

Sat

Happy Birthday

*Adolph ** 8th Cotton ** 8th*

*Marion ** 9th*



6
10:00 Retail Therapy
 10:30 Steve's Stories in Heritage
 3:00 Men' Koffee Klub 

7
 8:45 Devotions
 10:30 Cupboard Games Or Crafts

8
 9:30 Devotions
 10:00
 2:00 Bingo
 3:00 Social
 7:00 Chapel

9
 9:30 Noodles
 10:00 Devotions With Harry

10
 9:30 Exercise & Devotions
 10:00 Snack & Chat
 2:00 Movie or Games
 7:00 Lawrence Welk

11
 Church Services
 8:30 Ch. 51 Bethel
 10:30 Ch. 52 Inman Mennonite
 10:30 Ch. 14 Zoar MB


12
Load at 9:00

 2:00 Monday Malt Shop
 3:00 Hoff. DVD 

13
 9:30 Devotions
Movie or Wii
 3:00 Men' Koffee Klub

14
 8:45 Devotions
 10:30 Cupboard Games Or Crafts
 3:00 Share n Prayer

15
 9:30 Devotions
 10:00
 2:00 Bingo
 3:00 Social
 7:00 Chapel

16
 9:30 Devotions
Popcorn and a Movie 
 2:00 Movie or Games
 7:00 Lawrence Welk

17
 Church Services
 8:30 Ch. 51 Bethel
 10:30 Ch. 52 Inman Mennonite
 10:30 Ch. 14 Zoar MB

18
 9:30 Devotions
 10:00 Girl Talk
 2-2:30 Birthday Recognition
 2:30 Hoff. DVD


19
 9:30 Devotions
 10:00 Girl Talk
 2-2:30 Birthday Recognition
 2:30 Hoff. DVD

20
 9:30 Devotions
 10:30
 3:00 Men' Koffee Klub

21
 8:45 Devotions
 10:30 Cupboard Games Or Crafts
 2:30 Spelling Bee


22
 9:30 Devotions
 10:00
 2:00 Bingo
 3:00 Social
 7:00 Chapel

23
 9:30 Devotions
 10:00 Girl Talk
 2:00 Monday Malt Shop
 3:00 Hoff. DVD


24
 9:30 Devotions
 10:30 Steve
 Stories' in Galleria
 3:00 Men' Koffee Klub 


25
 8:30 Ch. 51 Bethel
 10:30 Ch. 52 Inman Mennonite
 10:30 Ch. 14 Zoar MB

26
 9:30 Devotions
 10:00 Girl Talk
 2:00 Monday Malt Shop
 3:00 Hoff. DVD

27
10:00 Dollar Tree
 10:30 Steve
 Stories' in Galleria
 3:00 Men' Koffee Klub 

28
 8:45 Devotions
 10:30 Cupboard Games Or Crafts
 3:00 Share n Prayer

29
 9:30 Devotions
 10:00
 2:00 Bingo
 3:00 Social
 7:00 Chapel 

30
 9:30 Noodles
 10:00 Devotions
 10:15 Time Slips 

31
 9:30 Noodles
 10:00 Devotions
 10:30 Sensorcise

2
 9:30 Noodles
 10:00 Devotions
 10:30 Sensorcise
 1:30 Local Library

3
 9:30 Exercise & Devotions
 10:00 Snack & Chat
 2:00 Movie or Games
 7:00 Lawrence Welk

4
 9:30 Devotions
 10:00 Resident Council
 2:00 Bingo
 3:00 Social
 7:00 Chapel

5
 9:30 Devotions
 10:00 Resident Council
 2:00 Bingo
 3:00 Social
 7:00 Chapel

6
 9:30 Devotions
 10:00 Resident Council
 2:00 Bingo
 3:00 Social
 7:00 Chapel



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 8:45 Devotions
 10:30 Cupboard Games Or Crafts

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 7:00 Chapel

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 10:00 Devotions With Harry

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 9:30 Exercise & Devotions
 10:00 Snack & Chat
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 7:00 Lawrence Welk


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 Church Services
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 3:00 Hoff. DVD 

13
 9:30 Devotions
Movie or Wii
 3:00 Men' Koffee Klub

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 8:45 Devotions
 10:30 Cupboard Games Or Crafts
 3:00 Share n Prayer

15
 9:30 Devotions
 10:00
 2:00 Bingo
 3:00 Social
 7:00 Chapel

16
 9:30 Devotions
Popcorn and a Movie 
 2:00 Movie or Games
 7:00 Lawrence Welk

17
 9:30 Exercise & Devotions
 10:00 Snack & Chat
 2:00 Movie or Games
 7:00 Lawrence Welk

18
 Church Services
 8:30 Ch. 51 Bethel
 10:30 Ch. 52 Inman Mennonite
 10:30 Ch. 14 Zoar MB

19
 9:30 Devotions
 10:00 Girl Talk
 2-2:30 Birthday Recognition
 2:30 Hoff. DVD

20
 9:30 Devotions
 10:30
 3:00 Men' Koffee Klub

21
 8:45 Devotions
 10:30 Cupboard Games Or Crafts
 2:30 Spelling Bee


22
 9:30 Devotions
 10:00
 2:00 Bingo
 3:00 Social
 7:00 Chapel

23
 9:30 Noodles
 10:00 Devotions
 10:30 Sensorcise


24
Sante Fe Days


25
 8:30 Ch. 51 Bethel
 10:30 Ch. 52 Inman Mennonite
 10:30 Ch. 14 Zoar MB

26
 9:30 Devotions
 10:00 Girl Talk
 2:00 Monday Malt Shop
 3:00 Hoff. DVD

27
10:00 Dollar Tree
 10:30 Steve
 Stories' in Galleria
 3:00 Men' Koffee Klub 

28
 8:45 Devotions
 10:30 Cupboard Games Or Crafts
 3:00 Share n Prayer

29
 9:30 Devotions
 10:00 Tape and Glue
 2:00 Bingo
 3:00 Social
 7:00 Chapel 

30
 9:30 Noodles
 10:00 Devotions
 10:15 Time Slips 

31
 9:30 Noodles
 10:00 Devotions
 10:30 Sensorcise

SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					<p>1</p> <p>9:30 Devotions & DC 10:00 Resident Council 2:00 Bingo 3:00 Social 7:00 Chapel</p>	<p>2</p> <p>9:30 Devotions & DC 10:30 Sensorsize 1:30 Library 2:00 Friday Frostys</p>	<p>3</p> <p>8:30 Sunshine Ex. 2:00 Movie Time 7:00 Lawrence Welk</p>
<p>4</p> <p><u>Church Services</u> 8:30 Ch. 51 Bethel 10:30 Ch. 54 Inman Mennonite 10:30 Ch. 14 Zoar MB</p>		<p>6</p> <p>10:00 Retail Therapy 10:30 Steve's Stories In Heritage 3:00 Men's Koffee Klub</p>	<p>7</p> <p>9:30 Devotions & DC 10:00 4-G Challenge</p>	<p>8</p> <p>9:30 Devotions & DC 10:30 Pickle Rollups! 2:00 Bingo 3:00 Social 7:00 Chapel</p>	<p>9</p> <p>9:30 Devotions & DC 10:30 Sensorsize 2:00 Friday Frostys</p>	<p>10</p> <p>8:30 Sunshine Ex. 2:00 Movie Time 7:00 Lawrence Welk</p>	
<p>11</p> <p><u>Church Services</u> 8:30 Ch. 51 Bethel 10:30 Ch. 54 Inman Mennonite 10:30 Ch. 14 Zoar MB</p>	<p>12</p> <p>9:30 Devotions with Dan—Galleria 10:30 Manicure Mondays 3:00 Hoff. DVD</p>	<p>13</p> <p>State Fair Bound</p>	<p>14</p> <p>9:30 Devotions with Dan—Galleria 3:00 Share n' Prayer</p>	<p>15</p> <p>9:30 Devotions & DC 10:30 Chicken Foot 2:00 Bingo 3:00 Social 7:00 Chapel</p>	<p>16</p> <p>9:30 Devotions with Dan—Galleria 2:00 Friday Frostys</p>	<p>17</p> <p>8:30 Sunshine Ex. 2:00 Movie Time 7:00 Lawrence Welk</p>	
<p>18</p> <p><u>Church Services</u> 8:30 Ch. 51 Bethel 10:30 Ch. 54 Inman Mennonite 10:30 Ch. 14 Zoar MB</p>	<p>19</p> <p>9:30 Devotions & DC 10:30 Manicure Mondays 3:00 Hoff. DVD</p>	<p>20</p> <p>9:30 Devotions & DC 10:00 Apple Dumplings! 3:00 Men's Koffee Klub</p>	<p>21</p> <p>9:30 Devotions & DC 10:00 4-G Challenge 2:30 Spelling Bee</p>	<p>22 <i>Decorate for Fall</i></p> <p>9:30 Devotions & DC 10:30 Cranium Crunches 2:00 Bingo 3:00 Social 7:00 Chapel</p>	<p>23</p> <p>AUTUMN Arrives!</p> <p>9:30 Devotions & DC 10:30 Sensorsize 2:00 Friday Frostys</p>	<p>24</p> <p>Santa Fe Days In Inman</p>	
<p>25</p> <p><u>Church Services</u> 8:30 Ch. 51 Bethel 10:30 Ch. 54 Inman Mennonite 10:30 Ch. 14 Zoar MB</p>	<p>26</p> <p>9:30 Devotions & DC 10:30 Manicure Mondays 3:00 Hoff. DVD</p>	<p>27</p> <p>9:30 Leave for Dollar Tree—Newton 3:00 Men's Koffee Klub</p>	<p>28</p> <p>9:30 Devotions & DC 10:00 4-G Challenge 3:00 Share n' Prayer</p>	<p>29</p> <p>9:30 Devotions & DC 10:30 "In Style" Trivia 2:00 Bingo 3:00 Social 7:00 Chapel</p>	<p>30</p> <p>9:30 Devotions & DC 10:15 Time Slips 2:00 Friday Frostys</p>		

Calendar Subject to Change

September 2011 ~ Heritage Inn



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Devotions & Daily Chronicles Will Be Weekday Mornings Calendar Is Subject ~To Change~</p>	<p>A HEART THAT LOVES IS ALWAYS YOUNG. - GREEK PROVERB</p>			<p>1 10:00 Penny Ante 11:00 Exercise 2:30 Sing A Long 7:00 Chapel</p>	<p>2 10:00 Bingo 11:00 Exercise 1:30 Happy Hour 7:00 Friday Night Flick</p>	<p>3 10:00 Resident & Staff Choice 3:00 Art Expressions 7:00 Lawrence Welk</p>
<p>4 10:30 Bethel Mennonite Church Ch. 54 3:00 Headline News 7:00 Coupon Clippers</p>	<p>5 10:00 Bingo 11:00 Exercise 2:30 Fashion Forward 7:00 Cookies & Conversation</p>	<p>6 9:00 Church Tape 11:00 Exercise 1:30 Tasty Tuesday 2:30 Time Slips 7:00 Deal or No Deal</p>	<p>7 10:00 Penny Ante 11:00 Exercise 2:30 Popcorn & Movie Kelly SSD MTG</p>	<p>8 10:00 Mary Kay Makeover's 11:00 Exercise 2:30 Fashion Finish Lines 7:00 Chapel</p>	<p>9 *Fragrance Friday* 10:00 Bingo 11:00 Harmonica with Menno 11:00 Exercise 2:30 Family Feud</p>	<p>10 10:00 Resident & Staff Choice 3:00 Mind Benders 7:00 Lawrence Welk</p>
<p>11 Grandparents Day</p>	<p>12 10:00 Reminiscing 11:00 Exercise 2:30 Fashion Forward 7:00 Fly Batting Kelly With Ivy Fair</p>	<p>13 Peak Award ~ 9:45 Chapel Kelly With Cottonwood Fair</p>	<p>14 Kansas State Fair </p>	<p>15 10:00 Wheel of Fortune 11:00 Exercise 2:30 Puzzel's & Ponderings 7:00 Chapel</p>	<p>16 10:00 What Am I 11:00 Exercise 2:30 Sing A Long 7:00 Friday Nigh Flick Kelly With Plaza Fair</p>	<p>17 10:00 Resident & Staff Choice 3:00 Art Expressions 7:00 Lawrence Welk</p>
<p>18 10:30 Bethel Mennonite Church Ch. 54 3:00 Headline News 7:00 Coupon Clippers</p>	<p>19 10:00 Bingo 11:00 Exercise 2:30 Fashion Forward 7:00 Cookies & Conversation</p>	<p>20 9:00 Church Tape 11:00 Exercise 1:30 Tasty Tuesday 2:30 Time Slips 7:00 Fly Batting</p>	<p>21 Dillon's Nature Center & Lunch </p>	<p>22 10:00 Memory Magic 11:00 Exercise 2:30 Ice Cream & Game 7:00 Chapel Centenarians Day</p>	<p>23 \$ Dollar Tree & Lunch \$ \$ \$ \$</p>	<p>24 10:00 Resident & Staff Choice 3:00 Mind Benders 7:00 Lawrence Welk</p>
<p>25 10:30 Bethel Mennonite Church Ch. 54 3:00 Snack & Chat 7:00 Hee Haw</p>	<p>26 10:00 Reminiscing 11:00 Exercise 2:30 Fashion Forward Kelly Gone At KADA Conference</p>	<p>27 9:00 Church Tape 11:00 Tasty Tuesday 1:30 Happy Hour 7:00 Art Expressions</p>	<p>28 10:00 Price Is Right 11:00 Exercise 2:30 Jazzy Piano Tunes With Kathy~Chapel 4:15 Share N Prayer</p>	<p>29 10:00 Pop Tarts Crumble 11:00 Exercise 2:30 Re Phrase Game 7:00 Chapel</p>	<p>30 9:30 Cosmosphere & Lunch \$ \$ \$</p>	

Plaza September 2011

Sun Mon

Tue









Wed

Thu

Fri

Sat




**"Autumn is a
second Spring,
When every
leaf is a
Flower"**

4 10:30 Inman Menn/ ch 54; Zoar ch 15 2:30 family time 8:00 ball toss	5 2:30 Bingo  Labor Day	6 10:00 exercises 10:30 devo- tions 2:30 time slips 7:00 3 & 3	7 SSD mtg 9:30 penny ante 10:00 exercises 10:30 devo- tions 2:30 movie	8 10:00 exercises 10:30 devo- tions 2:00 classic rockers 7:00 trivia	9 10:00 exercises 10:30 devo- tions 2:00 penny ante 7:00 puzzles	10 10:30 exercises 2:30 reminisce 7:00 resident choice
11 10:30 Inman Menn/ ch 54; Zoar ch 15 2:30 family time 8:00 ball toss	12 10:00 exercises 10:30 devo- tions 2:30 movie 7:00 games Deb J gone: 12, 13, 14 & 16	13 P.E.A.K. Award Program	15 10:00 exercises 10:30 devo- tions 2:00 classic rockers 7:00 trivia		16 Plaza State Fair Day 	17 10:30 exercises 2:30 reminisce 7:00 resident choice
18 10:30 Inman Menn/ ch 54; Zoar ch 15 2:30 family time 8:00 ball toss	19 10:00 exercises 10:30 devo- tions 2:30 penny ante 7:00 games	20 10:00 exercises 10:30 devo- tions 2:30 Reminisce 7:00 3 & 3	21 Dillon Nature/ box lunch 	22 10:00 exercises 10:30 devo- tions 2:00 classic rockers 7:00 trivia	24 Autumn  Newton 	24 10:30 exercises 2:30 reminisce 7:00 singing group in the Chapel
25 10:30 Inman Menn/ ch 54; Zoar ch 15 2:30 family time 8:00 ball toss	26 10:00 exercises 10:30 devo- tions 2:30 bowling 7:00 games Deb J gone	27 10:00 exercises 10:30 devo- tions 1:30 happy hour 	28 Haircuts 	29 September Birthday Party	30 Cosmo sphere & lunch 	



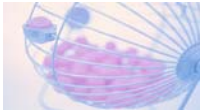





SEPTEMBER

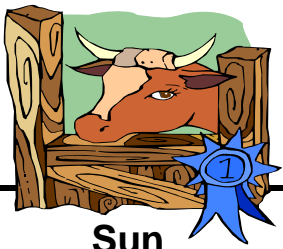


2011 Harvest House

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 11am Devotions & Reading 7pm Chapel	2 10am Bingo 11a Devotions & Reading 7pm Games	3 9am Movie 11a Devotions & Reading
4 8:30 Bethel 51 10:30 Zoar 14 10:30 Inman Mennonite Ch.54	5 LABOR DAY 11am Devotions & Reading Pizza for Lunch Picnic for Supper 7pm Bingo Cheese Pizza Day	6 11am Devotions & Reading 2:30 Polly Wally Doodle 7 pm Dominoes	7 Senior Center Lunch 11am Devotions & Reading 2:30 Ice Cream & Rolling Store	8 Literacy Day 11a Devotions & Reading 2pm go to Library 7p Chapel	9 10 10am Bingo 11a Devotions & Reading 7 Gaither Video	10 11 9a m Movie 11am Devotions & Reading 7 Penny Ante
	12 Nat'l Choc Shake Day 11a Devotions & Reading 7p Bingo & Shakes NORMA'S B-DAY	13 11a Devotions & Reading 2:30 Polly Wally Doodle 7p Wii Games	14 11am Devotions & Reading 2:30 Ice Cream 3 pm Yahtzee	15 	16 17 10am Bingo 11am Devotions & Reading 7 Dominoes	17 9a m Movie 11a Devotions & Reading 3pm Crafts
18 8:30 Bethel 51 10:30 Zoar 14 10:30 Inman Menonite 54	19 11a Devotions & Reading 7p Bingo	20 11a Devotions & Reading 2:30 Polly Wally Doodle 7p Wii Games	21 11a Devotions & Reading 2:30 Ice Cream & Rolling Store	22 11am Devotions & Reading LUNCH @ SENIOR CENTER	23 10a Bingo 11a Devotions & Reading 1st Day of Autumn 	24 SANTA FE DAYS 9am Movie 11am Devotions & Reading
25 GOOD NEIGHBOR DAY 6:30 Ice Cream with WC on PATIO	26 11am Devotions & Reading 7p Bingo	27 11a Devotions & Reading 2:30 Polly Wally Doodle 7p Dominoes	28 11a Devotions & Reading Bus Trip 2:30 Ice Cream	29 11a Devotions & Reading 3p go to Library 7 Chapel	30 31 10a Bingo 11a Devotions & Reading 7p Games	**Calendar Subject to change

Walnut Court September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>KANSAS STATE FAIR</i> <i>September 9-18</i>			1 9am Wal-mart Afternoon Walking 7pm Chapel	2 10am BINGO Afternoon Manicures Evening Movie & Popcorn	3 10 am Picnic in the Park  7pm Lawrence Welk
4 8:30 Bethel 51 10:30 Zoar 14 10:30 Inman 54 Ride to Church & Lunch @ Freddy's	5 11:30 Picnic on the Patio 4pm BINGO LABOR DAY	6 9am Resident Council Afternoon Bowling Down the Hall	7 10:30 Bible Study Senior center lunch 3:30 Ice Cream & Chat	8 11:30 Lunch & Bowl Afternoon Walking 7pm Chapel	9 10am BINGO Afternoon Manicures Evening Movie & Popcorn	10 11:30 Picnic In the Courtyard Afternoon Chicken Foot 7pm Lawrence Welk
11 8:30 Bethel 51 10:30 Zoar 14 10:30 Inman 54 Ride to Church & Lunch @ Pizza Hut	12 10am Rolling Store 4pm BINGO 	13 945 PEAK Award Afternoon Balloon Volleyball	14 10:30 Bible Study 3:30 Ice Cream & Chat	15 9am Bake & Deco- rate Sugar Cookies Afternoon Walking 7pm Chapel	16 10am BINGO Afternoon Manicures Evening Movie & Popcorn 	17 9:00am State Fair  7pm Lawrence Welk
18 Ride to Church and lunch @ Spangles GRANDPARENTS DAY 	19 10 am rolling store 4pm BINGO 7pm Rolling Store	20 9amLibrary Afternoon Bowling Down the Hall 3pm Inman Library	21 10:30 Bible Study 3:30 Ice Cream & Chat	22 Sr. Center Lunch Afternoon Walking 7pm Chapel	23 10am BINGO 3p Manicures Make Your Own Bagel Pizzas 1st Day of Autumn	24 9:30 movie time Santa Fe Days Afternoon Chicken Foot 7pm Lawrence Welk
10:30 Zoar 14 Good neighbor day 6:30 ice cream on patio with harvest house	26 10am Rolling Store 1PM Out to the Movies 4pm BINGO	27 9am CoffeeBreak With Staff Afternoon Bowling 	28 10:30 Bible Study 2:30 piano and sing in chapel with mary 3:30 Ice Cream	29 11:30 Lunch & Bowl Afternoon Walking 7pm Chapel	30 10am BINGO Afternoon Manicures Evening Movie & Popcorn 	** Calendar subject to change



September 2011



Sun

Mon

Tue

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Thu




Fri

Sat

<p><i>The Estates</i></p>				<p>1 3:00 Bingo</p> <p>4:30 Pool Tournament Men VS Woman</p> <p>7:00 Chapel Service</p>	<p>2 9:30 Exercise</p> <p>3:30 ICE CREAM SOCIAL</p> <p>7:00 Movie & Popcorn</p>	<p>3</p>
<p>4</p>	<p>5 LABOR DAY Helen Ediger Birthday 9:30 Exercise 2:00 Bill Cartmell to sing @ Ph I Common 3:00 Bingo</p>	<p>6</p> <p>9-11 Sewing/Quilting/ Knitting Day Ph III Family Room</p>	<p>7</p> <p>9:30 Exercise 2:00 Therapy Prog.</p> <p>6-10 GAMES/Pizza Pool Tournament</p>	<p>8 BUS TRIP Coronado-Quivira Museum & Lunch Lyons, KS 3:00 Bingo 7:00 Chapel Service</p>	<p>9</p> <p>9:30 Exercise 3:30 ICE CREAM SOCIAL</p>	<p>10 BUS TRIP BUS LEAVING AT 9:00 AM FOR STATE FAIR Albert Gaddert Birthday</p>
<p>11</p> <p>Anna Grace Flickenger -Birthday</p>	<p>12</p> <p>9:30 Exercise 3:00 Bingo</p> <p>Eva Mae Voth - Birthday</p>	<p>13</p> <p>9:30 Share & Prayer Time PH III</p> <p>7:00 Chapel Service</p>	<p>14</p> <p>9:30 Exercise</p> <p>6-10 GAMES & Pool Tournament</p>	<p>15 BUS TRIP 3:00 Bingo 5-9 Hutchinson-Third Thursday downtown 7:00 Chapel Service</p>	<p>16</p> <p>9:30 Exercise 3:30 ICE CREAM SOCIAL-Sundae's</p>	<p>17</p> <p>Pancake Feed at Senior Center</p>
<p>18 BUS TRIP SKOOPS SOCK-HOP 11-2</p> <p>Erma Jane Wiens— Birthday</p>	<p>19 Bus Trip/Spa day @ Sidneys/Lunch 9:30 Exercise 3:00 Bingo 7:00 Ph III Sing with Kenneth Aden</p>	<p>20</p> <p>2:30 Pie & Coffee</p>	<p>21 Wes Epp Birthday 9:30 Exercise</p> <p>6-10 GAMES/Finger Foods & Pool tourna- ment</p>	<p>22</p> <p>3:00 Bingo</p> <p>7:00 Chapel Service</p>	<p>23 <i>First day of Autumn</i></p> <p>9:30 Exercise 3:30 ICE CREAM SOCIAL</p>	<p>24 BUS TRIP 9:30 -3 PUMPKIN PATCH IN TURON, KS & LUNCH</p>
<p>25</p>	<p>26</p> <p>9:30 Exercise 3:00 Bingo</p>	<p>27</p> <p>6:30-8:30 Sewing/Quilting/ Knitting Day Ph III Family Room</p>	<p>28</p> <p>9:30 Exercise</p> <p>6-10 GAMES & Pool tournament</p>	<p>29</p> <p>3:00 Bingo</p> <p>7:00 Chapel Service</p>	<p>30</p> <p>9:30 Exercise 3:30 ICE CREAM SOCIAL—Root Beer Floats</p>	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> <p>Chix Tetrzzini Grilled Chix Sand. Peas & Carrots Scalloped Apples Deviled Egg/Pickled Beets Carmel Apple Pie</p>	<p>2</p> <p>Bkd. Pollack Chix Fet. Alfredo Paprika Potato Broccoli Sl. Tomato/Green Pepper P B Choco. Cake</p>	<p>3</p> <p>Beef Brisket Rst . Beef Melt Mashed Potato/Gravy Green Beans California Blend Strawberry Mold \$ Buster Bar Dessert</p>
<p>4</p> <p>Fried Chicken Roast Beef Mashed Potato/Gravy Chef Cut Germ.Veg. Peas & Pearl Onions Carrot Raisin \$ Coconut Cream Pie</p>	<p>5</p> <p>Ginger Beef Taco Salad Noodles Corn On Cob Capri Blend Veg. Lime Whip \$ Cheesecake Bar</p>	<p>6</p> <p>Ham Divan Hot Rst. Beef Sand. Hashbrown Potato Steamed Cabbage Bu. Beets Blushing Pear \$ Oatmeal PB Cookie</p>	<p>7</p> <p>Swiss Steak Hamburger Parsley Butt. Potato Green Beans Spinach Heavenly Mold \$ Choc/ Van Swirl Pudding</p>	<p>8</p> <p>Stuffed Meat Loaf Grilled Chix Sand Mashed Potato / Gravy Carrot Casserole Succotash Raw Veggies / Ranch Fruit Pie</p>	<p>9</p> <p>Pork Loin Chix Fet. Alfredo Baked Sweet Potato Spinach Country Blend Veg. Cranberry Mousse \$ Poppy Seed Cake</p>	<p>10</p> <p>Salisbury Steak Rst . Beef Melt Scalloped Pot. Cream Corn Cauliflower Cole Slaw Fruit Crisp</p>
<p>11</p> <p>Glazed Ham Roast Beef Sweet Potato Cauliflower Carrot Casserole Orange Fruit \$ Cream Pie</p>	<p>12</p> <p>Baked Steak / Gravy Taco Salad Mashed Potato/Gravy Harvard Beets Cr. Peas Cuke \$ Coconut Layer Dessert</p>	<p>13</p> <p>Baked Potato Bar Cheeseburger topping Hot Rst. Beef Sand. Fruited Jello Broccoli Cheddar Bake Butter Beans Fruit Cobbler</p>	<p>14</p> <p>Cranberry Chix Hamburger Hashbrown Casserole Green Beans Creamed Corn Cottage Veggie \$ Cream Cheese Cookie</p>	<p>15</p> <p>Pork Piccata Grilled Chix Sand Baked Ziti Yellow Squash Winter Mix Veg. Summer Fruit \$ Lemon Bar</p>	<p>16</p> <p>Battered Tilapia Chix Fet. Alfredo Parsley Butt. Potato California Mix Capri Blend Veg. Cinnamon Applesauce Orange Delight Dessert</p>	<p>17</p> <p>Ham Loaf Rst . Beef Melt Cr. Gr. Beans & Potato Zucchini Breaded Tomatoes Ffruit & C C salad Tapioca Pudding</p>
<p>18</p> <p>Fried Chicken Roast Beef Mashed Potato/Gravy Green Beans Carrots Cauliflower Pea \$ Strawberry Cake/Icing</p>	<p>19</p> <p>Pork Carnitas Taco Salad Spanish Rice Capri Blend Veg. Broccoli Melon Cup Fried Ice Cream</p>	<p>20</p> <p>Apricot Glazed Ham Hot Rst. Beef Sand. Twice Baked Potato Spinach Cabbage Island Fruit \$ Coconut Pudding</p>	<p>21</p> <p>Cran. Bacon Rst. Turkey Hamburger / Trims Bread Dressing Zucchini / Tomato Peas Apple Celery \$ Congo Bar</p>	<p>22</p> <p>Chix Enchilada Grilled Chix Sand. Refried beans Parsley Butt. Carrots Lima Beans Picnic Salad Pound Cake & Straw</p>	<p>23</p> <p>Baked Fish Chicken Fet. Alfredo Creamed Potatoes Broccoli / Carrots Succotash Fruit Mold \$ Choc. Layer Dessert</p>	<p>24</p> <p>Barbeque Chix Rst . Beef Melt Cheese Topped Pot. Mixed Veggies Cauliflower Broccoli Raisin \$ Rhubarb Crisp</p>
<p>25</p> <p>Country Fried Steak Roast Beef Mashed Potato/Gravy Creamed Asparagus Riviera Blend Orange Sherbet \$ Cream Tart/Topping</p>	<p>26</p> <p>Baked Chicken Taco Salad Parsley Butt. Potato California Veggie Cr. Cabbage Berry Del. Spinach \$ Ambrosia Whip</p>	<p>27</p> <p>Hungarian Pork Chop Hot Rst. Beef Sand. Potato Pancake Stir Fried Zucchini Italian Green Bean Apple Carrot \$ Ice Cream Bar</p>	<p>28</p> <p>Meat Loaf Hamburger Mashed Potato/Gravy Baked Beans Mixed Veggie Fresh Fruit \$ Butterscotch Pudding</p>	<p>29</p> <p>Chix Tetrzzini Grilled Chix Sand. Peas & Carrots Scalloped Apples Deviled Egg/Pickled Beets Carmel Apple Pie</p>	<p>30</p> <p>Bkd. Pollack Chix Fet. Alfredo Paprika Potato Broccoli Sl. Tomato/Green Pepper P B Choco. Cake</p>	

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1</p> Broccoli Cheese Soup Taco Salad Grilled Chix / Hoagie Cottage Fries Succotash Cukes/Vinegar Fruit Cocktail	<p>2</p> Potato Soup Panini Sandwich Bar Tomato Slices Pea Salad Tropical Fruit	<p>3</p> Hot Dog / Kraut Waldorf Turkey Sand. Potato Salad Bacon Spinach \$ Fruit For Salad
<p>4</p> Pizza Burger Turkey Fritter/Gravy Lattice Potato Variety Bean Bake Fresh Fruit Cup	<p>5</p> Borscht Hamburger/Bun Egg & Sausage bake Tator tots Pork N beans Picnic Salad Dessert	<p>6</p> Sausage Veg. Soup Chix Acapulco Meat Salad Sand. Mexican Rice Candied Carrots Honey Dew	<p>7</p> Calif. Cheese Soup Pizza Burger Sandwich Bar Mixed Veggies Kidney Bean Salad Peaches	<p>8</p> Potato Soup Stuffed Chicken Turkey Club Sand. Roasted Red Skins Corn on Cob Tropical Fruit Cup	<p>9</p> Tomato Soup Grilled Cheese Sand. Club Chix Casserole Mix Veggie Tomato-Cuke Salad Pears	<p>10</p> Hot Dog / Trims Superburger French Fries Ranch Lettuce Salad Peaches Watermelon
<p>11</p> Panini Chicken Nuggets Pasta Salad Ribbon Salad Orange Wedge Honey Dew	<p>12</p> Broc. Cheese Soup Ham & Scallop. Potato Hot Dog /Bun French Fries Peas & Carrots Orange Wedge Cantaloupe	<p>13</p> Potato Soup Ham \$-Cottage Cheese \$ Fruit Plate Poor Boy Sand. Pea Salad Cucs & Onions Summer Fruit \$	<p>14</p> Cheesy Chix Soup Monterey Chix Sand Tator Tot Casserole Capri Veg Orange Wedge Fresh Fruit Cup	<p>15</p> Chix Noodle Soup Beef Stew Creamed Chix / Biscuit Lima Beans 24 Hour Salad Cherry Applesauce	<p>16</p> Pot Pie Soup Tuna Salad Sand Sandwich Bar Green Beans Jello Salad Watermelon	<p>17</p> Pork Fritter / Bun Hot Turkey Sand. Mashed Potato Spinach Melon Slice Citrus \$
<p>18</p> Garys Chix Casserole- Meat Salad Sand. Cheese Puffs Bacon Spinach Salad Orange Slice Fruited Jello	<p>19</p> Veggie Soup Cheeseburger Fish Nuggets Potato Wedge Coleslaw Fruit For Salad	<p>20</p> Cauliflower Cheese Soup BBQ Meatballs Seafood Salad Sand. Cottage Fried Potato Calico Salad Sliced Tomato Ban. Man. Orange P/A	<p>21</p> Green Bean Soup Fish on Bun Sandwich Bar Succotash Carrot Raisin \$ Cherries	<p>22</p> Potato Soup Pork Loin Southwest Chix Wrap Roasted Potatoes Green Beans 5-Cup Dessert	<p>23</p> Cream OF Tomato Soup Meatloaf Cold Cuts on Sub Roll Lattice Cut Potato Spinach Apple Ring Cantaloupe	<p>24</p> Hamburger Scalloped Potato & ham Pasta Salad Lima Beans Fruit Cup
<p>25</p> Tuna Salad / Lettuce Goulash Onion Rings Italian Veggies Cherries	<p>26</p> Chix Noodle Soup Pork Cutlet Ham, Turkey , Fruit Plate Scalloped Potato Cauliflower Fruit Cup	<p>27</p> Green Bean Soup Club Chix Sandwich Beef Veg. Casserole Potato Salad Chuckwagon Corn Tomato Slice Peaches	<p>28</p> Cheesy Chix Chowder Salmon Loaf Turkey & Swiss/Crois. Triangle Hash Brown Cr. Peas Deviled Egg Fruit Smoothie	<p>29</p> Broccoli Cheese Soup Taco Salad Grilled Chix / Hoagie Cottage Fries Succotash Cukes/Vinegar Fruit Cocktail	<p>30</p> Potato Soup Panini Sandwich Bar Tomato Slices Pea Salad Tropical Fruit	

INACTIVATED INFLUENZA VACCINE

1 Why get vaccinated?

Influenza (“flu”) is a contagious disease.

It is caused by the influenza virus, which can be spread by coughing, sneezing, or nasal secretions. Anyone can get influenza, but rates of infection are highest among children. For most people, symptoms last only a few days. They include:

• fever • sore throat • chills • fatigue • cough • headache • muscle aches

Other illnesses can have the same symptoms and are often mistaken for influenza.

Infants, the elderly, pregnant women, and people with certain health conditions – such as heart, lung or kidney disease or a weakened immune system – can get much sicker. Flu can cause high fever and pneumonia, and make existing medical conditions worse. It can cause diarrhea and seizures in children. Each year thousands of people die from seasonal influenza and even more require hospitalization. By getting vaccinated you can protect yourself from influenza and may also avoid spreading influenza to others.

2 Inactivated influenza vaccine

There are two types of influenza vaccine:

1. **Inactivated** (killed) vaccine, or the “flu shot” is given by injection into the muscle.

2. **Live, attenuated** (weakened) influenza vaccine is sprayed into the nostrils. *This vaccine is described in a separate Vaccine Information Statement.*

A “high-dose” inactivated influenza vaccine is available for people 65 years of age and older. Ask your healthcare provider for more information.

Influenza viruses are always changing, so annual vaccination is recommended.

Each year scientists try to match the viruses in the vaccine to those most likely to cause flu that year. **(Flu Vaccine will not prevent disease from other viruses, including flu viruses not contained in the vaccine.)**

It takes up to 2 weeks for protection to develop after the shot. Protection lasts about a year.

Some inactivated influenza vaccine contains a preservative called thimerosal. Thimerosal-free influenza vaccine is available. Ask your healthcare provider for more information. Some inactivated influenza vaccine contains a preservative called thimerosal. Thimerosal-free influenza vaccine is available. Ask your healthcare provider for more information.

3 Who should get inactivated ?

Who

All people **6 months of age and older should** get flu vaccine. Vaccination is especially important for people at higher risk of severe influenza and their close con-

tacts, including healthcare personnel and close contacts of children younger than 6 months.

When

Getting the vaccine as soon as it is available will provide protection if the flu season comes early. You can get the vaccine as long as illness is occurring in your community. Influenza can occur at any time, but most influenza occurs from October through May. In recent seasons, most infections have occurred in January and February. Getting vaccinated in December, or even later, will still be beneficial in most years. Adults and older children need one dose of influenza vaccine each year. But some children younger than 9 years of age need two doses to be protected. Influenza vaccine may be given at the same time as other vaccines, including pneumococcal vaccine.

4 Some people should not get inactivated influenza vaccine or should wait

Tell your healthcare provider if you have any **severe** (life-threatening) allergies, including a severe allergy to eggs. A severe allergy to any vaccine component may be a reason not to get the vaccine. Allergic reactions to influenza vaccine are rare.

Tell your healthcare provider if you ever had a severe reaction after a dose of influenza vaccine.

- Tell your healthcare provider if you ever had Guillain-Barré Syndrome (a severe paralytic illness, also called GBS). Your provider will help you decide whether the vaccine is recommended for you.
- People who are moderately or severely ill should usually wait until they recover before getting flu vaccine. If you are ill, talk to your healthcare provider about whether to reschedule the vaccination. People with a mild illness can usually get the vaccine.

5 What are the risks from inactivated influenza vaccine?

A vaccine, like any medicine, could possibly cause serious problems, such as severe allergic reactions. The risk of a vaccine causing serious harm, or death, is extremely small. Serious problems from inactivated influenza vaccine are very rare. The viruses in inactivated influenza vaccine have been killed, so you cannot get influenza from the vaccine. **Mild problems:** • soreness, redness, or swelling where the shot was given • hoarseness; sore, red or itchy eyes; cough • fever • aches. If these problems occur, they usually begin soon after the shot and last 1-2 days.

Severe problems:

- Life-threatening allergic reactions from vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot.
- In 1976, a type of inactivated influenza (swine flu) vaccine was associated with Guillain-Barré Syndrome (GBS). Since then, flu vaccines have not been clearly linked to GBS. However, if there is a risk of GBS from current flu vaccines, it would be no more than 1 or 2 cases per million people vaccinated. This is much lower than the risk of severe influenza, which can be prevented by vaccination.

One brand of inactivated flu vaccine, called Afluria, **should not be given** to children 8 years of age or younger, except in special circumstances. A related vaccine was associated with fevers and fever-related seizures in young children in Australia. Ask your healthcare provider for more information.

The safety of vaccines is always being monitored. For more information, visit: http://www.cdc.gov/vaccinesafety/Vaccine_Monitoring/Index.html and http://www.cdc.gov/vaccinesafety/Activities/Activities_Index.html

6 What if there is a severe reaction?

What should I look for? Any unusual condition, such as a high fever or behavior changes. Signs of a severe allergic reaction can include difficulty breathing, hoarseness or wheezing, hives, paleness, weakness, a fast heart beat or dizziness. **What should I do?** • **Call** a doctor, or get the person to a doctor right away. • **Tell** the doctor what happened, the date and time it happened, and when the vaccination was given. • **Ask** your healthcare provider to report the reaction by filing a Vaccine Adverse Event Reporting System (VAERS) form. Or you can file this report through the VAERS website at <http://www.vaers.hhs.gov>, or by calling **1-800-822-7967**. *VAERS does not provide medical advice.*

7 The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) was created in 1986. People who believe they may have been injured by a vaccine can learn about the program and about filing a claim by calling **1-800-338-2382**, or visiting the VICP website at <http://www.hrsa.gov/vaccinecompensation>.

8 How can I learn more?

Ask your healthcare provider. They can give you the vaccine package insert or suggest other sources of information.

- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
 - Call **1-800-232-4636 (1-800-CDC-INFO)** or
 - Visit CDC's website at <http://www.cdc.gov/flu>

Local Everence Offices Offer Top Five Things You Need to Know about Medicare

Medicare is one of the most important benefits available to the over-65 population. At the same time, it has a reputation for being difficult to understand. Understanding Medicare doesn't have to be the hurdle it seems. In the time it takes you to read this article, you can gain valuable information about the basics on Medicare and find out more about who is eligible. If you are approaching age 65, reading this article will give you a head start to any future conversation on Medicare.

A wide range of core benefits is available through Medicare. These include in-office physician and outpatient visits; hospital care; rehabilitation and therapy treatments; many preventive care services (such as second surgical opinions, diabetic supplies, mental health services and more), some of which are covered at 100 percent. Medicare pays for short, post-hospital nursing home stays, including coverage for hospice care. However, it does **not** pay for long-term care. Bottom line: think "acute" versus "chronic." Medicare usually draws the line at paying for acute care.

Original Medicare (Part A and B) works anywhere in the country. With so many health care providers accepting Medicare, you can find the care you need almost anywhere you travel in the country. Medicare does not, however, provide coverage outside of the U.S.

You must be 65 to be eligible for Medicare (unless you are permanently disabled or have certain degenerative medical conditions). Many people are confused about the relationship between Social Security and Medicare. You do not have to sign up for your Social Security benefits to receive Medicare. And, you can enroll in Medicare either through your local Social Security office or online at medicare.gov. If you work past age 65 and have employer health insurance, you may postpone enrolling in some parts of Medicare.

Medicare has several parts. **Part A** covers inpatient care when you are admitted to a facility for overnight or longer stays. Most people pay no premium for this. This coverage starts at age 65 and will coordinate payment of your benefits with your other coverage if you are not yet retired. **Part B** covers doctor visits and outpatient care. Most people pay for this coverage, based on your income. Generally the premium is deducted from your Social Security check, if you are receiving Social Security benefits. **Part C**, also called Medicare Advantage, offers geographically localized, alternative ways of receiving your Medicare benefits through private insurance companies. **Part D** is the optional prescription drug coverage.

While Medicare does cover a certain range of services, it does not pay completely for your medical care. There are gaps between what Medicare provides and what most people need. Because of these gaps, many people prefer the added protection offered by other types of insurance like long-term care and supplemental insurance.

This information has been provided by your local Everence offices located in Hesston, Hillsboro, Hutchinson and North Newton. If you have questions about Medicare, call (877) 467-7294 to be directed to the representative nearest to you that can assist you with your Medicare questions.