## Volume 1

#### Volume 1 Issue 3

2160 SE Blue Pkwy. Lee's Summit, MO 64063



(816) 554-0101

2160 SE Blue Pkwy. Lee's Summit, MO 64063 ADDINGTON

# **Contact Information**

## Director

#### **Darin Cizerle**

#### director@addingtonplaceleessummit.com **Community Relations Coordinator**

#### **Dena Ruehter**

welcome@addingtonplaceleessummit.com **Healthcare Coordinator** 

Wendy Stinson

nurse@addingtonplaceleessummit.com

## Life Enrichment Coordinator

**Debbie Larimer** 

lec@addingtonplaceleessummit.com

## **Culinary Services Coordinator**

#### Tevin Wilburn

4

culinary@addingtonplaceleessummit.com

# **Resident Birthdays**

Oct. 5-Donna Kenney

Oct 11-Kenneth Bergman

Oct 19-Betty Hill

Oct 20-John Dyer

Oct 22-Jim Bodenhamer

# **Employee Birthdays**

Oct 15-Vashawn Taylor

Oct 18-Bailey Terry

Oct 24-Stephanie Taylor

Oct 26-Sheena Ballowe

Oct 28 Alexandria Smith

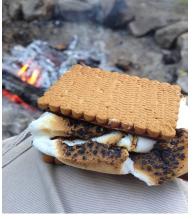
## **Employee Anniversaries**

Oct 15-Melissa Hitch Oct-21 Tyree Robinson Oct 28-Nina Perez

We need **SMORE'S** people like you!







# In this Issue:

## Page 1:

- Notable Month Events

## Page 2:

- Resident Spotlight with Darin
- Dena's Story

## Page 3:

- EmPowerMe Wellness
- Resident Activity Photos

## Page 4:

- Contact Information
- Birthdays & Anniversaries



Professionally Managed by







# **Notable Events**

## October

4th@2pm-Apple Orchard Price is Right 5th@10:15am-WalMart 7th@2pm-Michell Hawkins 12th@-Scenic Drive 13th@10:30am-Uncorked Wine at White House 14th@2pm-KC Hospice Bosses Party 19th@-Scenic Drive 20th@10:30am-Hedy's Stories "John Denver" 21th@2pm-Kim Osborne Sings 25nd@2pm-Bingo w/Specialized Care 26th@11:30pm-Eating Lunch Out 23rd@2pm-Dennis Bowen 28th@2pm-Tom Meehan 30th@2pm-Resident Birthday

# **Exceptional Care. Extraordinary Living.**

## **Resident Spotlight with Darin \* Betty Lile**

This month for my resident spotlight article, I had the honor of interviewing Betty Lile. Betty is such sweet person; I hope you all enjoy reading about her as much as I enjoyed visiting with her.

Betty Lile was born in April of 1928. She grew up in Burlington, IA where she attended school until her parents moved her to Queen City, MO, where she went to her Junior and Senior year of high school. Betty had 1 older sister but never had the brother that she always dreamed of. Betty shared with me that her dad gave her an ultimatum...go to college and he will pay for it instead of getting married. Well, Betty decided to get married. Betty was married November 3, 1946 and was married for over 60 years before the unfortunate passing of her husband. She met her husband in Queen City, MO. Betty shared with me a funny story. He was in the Army. When he was overseas, he would write letters to Betty. She accused him of having the girls in Japan write the letters because the writing was beautiful. She later learned it was his writing. Betty had 3 kids-2 boys and 1 girl. David is the oldest boy, and he lives in Columbia, MO where he was on a radio station for 30 years before he retired. Gary is the other boy and he worked in law enforcement and lives in Jefferson City, MO. Betty's daughter, Sandy, lives in Raytown, MO. They have blessed Betty with 4 grandchildren, 2 great grandchildren and 1 great great grandchild. As far as her working days, Betty spent time running a drug store in Queen City, MO then worked at a bookshop and a dress shop in Macon, MO.

Betty shared that she really enjoys the activities here in the community. She loves playing cornhole, doing exercise groups like Tai Chi and Sit & Fit, Bingo, Spelling Bees and Team Challenge. In fact, Betty loves to exercise. She shared a story that while her husband was in the hospital in Macon, MO with COPD, the hospital staff tried to get him to exercise. Betty said with his COPD, he really couldn't exercise too much, but Betty asked if she could join the group. They allowed her to join that time. Well let's just say, 20 years later, they were celebrating Betty's 20<sup>th</sup> anniversary in the exercise group at the hospital in Macon, MO. Betty is an inspiration to all of us to get off the couch and move and exercise. We truly love having Betty be part of our Addington Place family and are blessed to care for her.

Darin Cizerle, Director

Addington Place Lee's Summit

## Dena's Story



Hi, I'm Dena Ruehter (Reeter), it's German. I am super excited to be a part of the Addington Place family as the new Community Relations Coordinator! I am slowly but surely getting to know all these sweet residents and families. I come with 20 years' experience working with geriatrics, starting in the very beginning as a CNA working for Hospice, certified in Hospice and Palliative Care for several yrs. I've helped open a private duty company as the Marketing Director based out of Vancouver, CA. Yes, I was able to spend some time training and exploring beautiful Canada! The past 6 years I've been working in a Director Role/Community Relations. My love for this generation is so rewarding! I always say "these ladies and gentleman have so much to offer"...the stories I could sit and listen to for days, not to mention the sweet smiles and hugs they give so freely. When I'm not out in the community spreading all the great things Addington Place has to offer or touring a future family and resident I enjoy cooking, messing with my house plants, and spending time with my twin daughters Emma and Molly before they head off to college in 2023. I also am always trying to catch time with Noah my 22 yr old son who works for the Post Office.

## **EmpowerMe Wellness**

I am excited to announce the roll out of our Fall Walking program at Addington Place Lee's Summit. The popular and very competitive program is to promote general health and well-being by increasing functional mobility in a fun and safe environment. We have done these programs in the past and the residents love it! This fall we are going to have a football themed walking program. The residents will complete laps within or outside of the building and count yards towards TOUCH-DOWNS! If your loved one is in a wheelchair, we modify the program to get them up, going, and participating in this fun community event. Below are 5 general benefits of increasing mobility! Please encourage your friends and family to join us, we have also had family members participating in the past.

# **Resident Activity Photos**



We had such a great time during the State Fair Day and Assisted Living Week! Enjoy the extra pages of pictures!



Walking and Mobility program benefits:

Maintain a healthy weight.

 Prevent or manage various conditions, including heart disease, stroke, high blood pressure, cancer, and type 2 diabetes.

- Improve cardiovascular fitness.
- Strengthen your bones and muscles.
- Improve muscle endurance.





