

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



(816) 554-0101

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Contact Information

Director

Darin Cizerle

[director@addingtonplaceleessummit.com](mailto:director@addingtonplaceleessummit.com)

Community Relations Coordinator

Dena Ruehter

[welcome@addingtonplaceleessummit.com](mailto:welcome@addingtonplaceleessummit.com)

Healthcare Coordinator

Wendy Stinson

[nurse@addingtonplaceleessummit.com](mailto:nurse@addingtonplaceleessummit.com)

Life Enrichment Coordinator

Debbie Larimer

[lec@addingtonplaceleessummit.com](mailto:lec@addingtonplaceleessummit.com)

Culinary Services Coordinator

Tevin Wilburn

[culinary@addingtonplaceleessummit.com](mailto: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



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



# 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.

- 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.



## Resident Activity Photos



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

