



A Publication Of The St. Andrews Retirement Community • Condos • McCready Manor • Telford Terrace

September 2019

Celebrating National Assisted Living Week 2019

September 8 - 14th



Where Every Day is Like a Vacation Day

Check the next page of the Journey for all the events that McCready Manor will be hosting to celebrate NALW.

Thanks to Mark and Patty Gentry for the use of their pool!

Photo by Ellen Rini

Assisted Living: Where Every Day is Like a Vacation Day

National Assisted Living Week was established in 1995, which just happens to be the same year that McCready Manor opened its doors to welcome our first residents. It is a week designated to celebrate the individuals who reside in these facilities across the nation and the staff who care for them and also to recognize the importance of the role assisted living plays in helping our senior population to remain active and vital.

This year's celebration is September 8-14th. McCready Manor has chosen, **Assisted Living: Where Every Day is like a Vacation Day**, as our local theme. We will spend the whole week not only focusing on assisted living, but also on how vacation time makes our lives more relaxing and enjoyable.

The following is the schedule of events for the week. Though many of the events are by invitation only for our residents, their families and our employees, the events highlighted in red, are open to all who would like to attend. We do send out a special invitation to the residents of the condos at St Andrews and Telford Terrace to join us for the those open events, as they are a special group of friends to us.

Sunday, September 8th **NALW Kickoff, Grandparents Day and Our Furry Friends Dog Show**

2-4:00 p.m. outside under the big tents. Bring your grandchildren and your canine kids, and help us

kick the week off in style. The Furry Friends Dog Show will commence at 2:30 p.m., with dog contestant sign in beginning at 1:45 p.m. In case of inclement weather, all festivities will be held in McCready's front lobby. However, due to limited space, the dog show will be cancelled.

Monday, September 9th
NALW Proclamation Luncheon at Noon. Mayor Robert Blythe will proclaim this week as NALW in the City of Richmond and our Kentucky State Representative, Dr. Deanna Frazier, will be the keynote speaker. By Invitation only.

Tuesday, September 10th
KFC Luncheon
Delicious Fried Chicken, The ECU Bluegrass Ensemble, and Colonel Harland Sanders will all be on the agenda for this Finger Lickin' Good Time! For McCready Manor Residents and Employees Only. – 12:30 p.m. Outside Under the Big Tents.

Wednesday, September 11th
Cruising McCready
You Will Love Where We Take You! Come cruise with us for the afternoon as we indulge in decadent desserts, Big Band Music, Swing Dance, Theater Improv and more! **This event is open to everyone!** Outside under the big tents.

Thursday, September 12th **Kids, Fun, and Us**

Pizza on the Pavement luncheon with the residents of McCready Manor, employees and 4th Graders from White Hall Elementary School. Musician Jennifer Rose will be with us to provide music for all age groups, and we are going to chow down on Papa John's Pizza! To be with us as we greet the White Hall Students when they arrive, we ask that everyone make their way to the tents at 11:15 a.m.

Also on **Thursday, September 12th**
The Vagabond Theater presents **When Shakespeare's Ladies Meet**. 7:00 p.m. in the McCready Front Lobby. Everyone is invited.

Friday, September 13th
Staff Appreciation Luncheon
12:30 p.m. This is a time for all of the McCready Manor residents to give a big shout out to the employees who care for them. By invitation only.

Saturday, September 14th
NALW Sendoff to Hawaii Luau for Residents and Their Families. In the spirit of our vacation time, we will be spending the evening in the vacation hotspot of Hawaii! 5 p.m. By invitation only.

And that is how we plan to spend the second week in September: celebrating with a relaxed and joyful itinerary as we appreciate the great concept of Assisted Living Facilities! If you have any questions about these events please contact Kelly Benton, Activities Director, 625-1400 ex. 207.

Assisted Living: Where Every Day is Like a Vacation Day!

It is September and Kelly has been prepping for National Assisted Living Week for months. This year we are celebrating vacations. Did you go somewhere special? Who traveled farther? Did you go abroad? Tell us what you did and show us some pictures. Well believe it or not, if you did not go anywhere you actually had a vacation. Yes, according to Webster, the dictionary not the little guy who had a TV show, vacation is "a period spent away from home or business in travel or recreation." Delving into Kelly's mind, I can reason how she would see living at McCready Manor is like a vacation. We have someone to cook for you, clean for you, entertain you, and take you on outings. Let us not forget we have a type of room service (although I encourage you to get out and be so-cial and do not stay locked in your apartment).

How about some comparisons to prove our theory? If you were staying in a nice hotel, you might go to their restaurant and have dinner. They would have waiters and waitresses. So does McCready Manor. They would have white table cloths and well set tables. So does McCready Manor. They might have a bigger menu, but we do give you a choice. They might have music playing. We have piano music before and after dinner. If you were on some type of tour, they would have a tour director who would let you know of all the interesting facts as you travel. Kelly and Candy are our tour bus drivers, and knowing their propensity to talk, they surely share their knowledge of the wonderful places they take you to visit.

I remember vacations at Gulf Shores, Panama City Beach, Lake Guntersville (Alabama) and church camp in Gatlinburg, just to name a few. Looking back, they were wonderful vacations for my brothers and my sister, but not so much for my Mother. We stayed in cabins that required her to cook, clean, and make sure we were ready for the beach, arcade or miniature golf. She worked while we vacationed. Sorry Mom. Also, I remember going to New York City and Billings, Montana. Both trips were to visit my Dad's sister and her family. While in New York, I remember riding a ferry that passed by the Statue of Liberty, riding in the subway, and seeing the Empire State Building. The drive to Montana was an experience. We had three adults and four children, plus luggage, stuffed into that Ford. During that trip I saw the Grand Canyon, Mount Rushmore (Granny did not like the helicopter ride), and Little Big Horn. We even stayed in a cabin in Yellowstone, near Old Faithful and all the sites. I remember the drive to Montana but do not know how we got to New York.

Do you know what the best thing is about a vacation? Coming home. You now have memories and photos (hopefully) that will last a lifetime. Like Dorothy said, "There is no place like home," and at McCready Manor you have them both.

That's my view!

Gil Shew

CAO, St. Andrews Retirement Community

St. Andrews Retirement Community

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The St. Andrews Retirement Community
www.standrewsplace.org
859-625-1400

Bulletin Board

Mark Your Calendars

Flu Shot Clinic

by McCay's Total Care
Pharmacy
at McCready Manor
1 to 4 p.m. Monday, October 7
(no preregistration required)

The Condo Community gathers for Coffee & Donuts



10 a.m.

Wednesday, Sept. 11

All Are Welcome

Come and join the fellowship
in the Telford Community Room



Welcome New Residents!

Telford Terrace

Louise Pierce, 103B;
Doris Turpin, 104B;
Ann Ray, 112B;
Dolores Moody, 114B.

The Condos

Helen Bennett and Ordelle Hill,
5036 Dundee

McCready-Telford Foundation Donor Recognition

Thoughtful general gifts have been received by the Foundation, and there were also designated gifts for McCready Manor activities. A gift was made in honor of Jane Gordon. Thank you to our generous donors who make possible many improvements to our community.

Shirley Baechtold
Tamara Erickson
Dr. Hank and Linda Everman
Mary Lou Salter
Gil Shew
Reid Livingston

Melinda Murphy, has been elected to serve as President of the McCready-Telford Foundation Board at a meeting of the Board of Directors in June of this year. She replaces **Jane Gordon** who has stepped down from this role after serving on the Foundation Board for over 15 years! Jane led the Foundation in building an endowment of over \$500,000 to support the St. Andrews community. We are grateful for her many years of leadership and service to this community.



Melinda brings a wealth of experience to the Foundation and has served as a board member since 2016. She is the Director of Gift and Estate Planning, in the Office of Development & Alumni Relations at Eastern Kentucky University. In this role, she works with alums and friends who wish to make impact and legacy gifts to the university. She is also an adjunct faculty member for the ECU Paralegal Program. Melinda, has been an attorney and resident of Madison County since 1991 and is originally from Wisconsin.

"The St. Andrews community is a rare jewel for seniors in our area," Melinda says, "I'm excited to serve as President of the McCready-Telford Foundation and look forward to advancing our mission and enhancing the lives of the residents here."

Melinda is married to Mike Karpathakis – an ECU alumnus. Their daughter, Erin, is an ECU student.

Happy
BIRTHDAY!
to you.

September Birthdays

McCready Residents

Sylvia Smith - 9/2
Hannah Gentry - 9/6
Judy Murphy - 9/12

Telford Residents

Robert Surplus - 9/1
Helen Mills - 9/9
Lillie Johnson - 9/29

Condo Residents

Billy Grubbs - 9/1
Losi Bell - 9/3
Gary Bryan - 9/4
Roger Hart - 9/9
Wilma Wollenweber - 9/16
JoAnn Hayden - 9/19
Bill Tillett - 9/23
Dan Robinette - 9/26

McCready Employees

Kathy Warawka - 9/21

Telford Employees

Anita Portwood - 9/3
William Broadbent - 9/5
Jacey Griffith - 9/8
Kim Rose - 9/23
Bronwyn Ray - 9/24

Looking for Volunteers

If anyone would be
interested in filling
in for Paula, the
receptionist, by
answering the
telephone when she
needs to schedule a
day off, please let
her know. Please
call her at
859-625-1400.



Deepest Sympathies
to the families of
Sandra Collins &
Virginia Sykora.