



Calvary Echoes coming to KMH

The Calvary Echoes, a quartet with powerful talent, a ministry of soul-searching music and compelling personal stories, will be singing at KMH at 2 p.m., Jan. 5, in the auditorium.

The Calvary Echoes were organized in 1982 in Wichita. They have shared the stage with well-known groups such as The Cathedrals, J.D. Sumner & the Stamps Quartet, The Kingsmen, The Weatherfords, Masters V, Florida Boys, The Chuck Wagon Gang, The Blackwood Brothers and many others.

They recently entered a talent contest at the National Quartet Convention in Louisville, Ky., and placed sixth among other quartets and trios from around the world. They currently travel the Midwest and perform more than 140 concerts per year. Members of the group include Dale McBride, Mark Hall, Larry DeTienne, David Carter and Bill Lindsay. All are welcome to attend this concert.

New L.I.F.E. wellness program

**By Manor/Towers Director
Stacey Trunecek**

KMH is proud to introduce the L.I.F.E. wellness program.

L.I.F.E. is an acronym for Lifestyle Improvements For Everyone, and is dedicated to spreading health and wellness into the greater community.

L.I.F.E. brings innovative

wellness programming, such as fitness classes, fitness testing, health screenings, health fairs, wellness talks and wellness challenges right to your door.

L.I.F.E. is eager to bring wellness to your lodge, church, workplace, or any other group

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Congratulations, KMH employees

Kansas Masonic Home is proud to announce the successful completion of a great state survey in The Pavilion.

According to Administrator Matthew Bogner “this is the result of the hard work and dedication of many individuals over the past year. Nursing staff, administration and all departments worked tirelessly to focus on trends and patterns and improve the quality of care provided to residents.”

The Licensure and Certification Division of the Kansas Department on Aging promotes quality in the health care and living conditions of the 18,000 individuals residing in Kansas nursing homes through the application of federal and state regulatory standards.

Through ongoing annual surveys, state surveyors review a variety of aspects of care and services in skilled nursing facilities. Federal and state

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Employee profile: Debbie Smith, resident care coordinator

Resident Care Coordinator Debbie Smith provides clinical oversight to our Manor nursing team.

She has been with KMH for 10 years. Debbie was born in Albuquerque, N.M., and at the age of six moved with her family to Alamogordo, N.M.

She graduated from high school in Alamogordo and attended New Mexico State University where she earned an associate's degree. She later trained at a nursing facility to become a certified nurse aide.

In 1997, Debbie moved to Wichita and became a



**Debbie Smith,
Resident Care
Coordinator**

licensed practical nurse through Wichita Area Technical College.

She will be starting a registered nurse program at Butler Community College in January. Debbie has two sons, Gabriel, 7, and Max, 3, who are the joy of her life.

Her favorite part about working at KMH is the wonderful co-workers and the residents. According to Assisted Living and Independent Living Director Stacey Trunecek, "Debbie does a great job as the Manor resident care coordinator and ensures our residents are well taken care of. We appreciate her years of service and dedication to KMH and assisted living residents."

Debbie's office is located near the front entrance of the Manor. We are glad she is here!



KMH renovation

ABOVE: Workers replace carpet and paint in the East Office lobby.



LEFT: New flooring, sheetrock, paint, trim, ceiling tiles and lighting are installed in public corridors from the East Office to the Towers on the West side.



Holiday events

CLOCKWISE, FROM TOP
The Red Hat Society meets at KMH. Children from Dodge Elementary carol at KMH. Thank you to Cargill employees for entertaining and providing each Pavilion resident with wonderful Christmas presents. Mrs. Claus makes an appearance at the Cargill Christmas party.

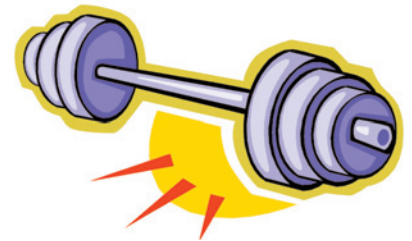
SURVEY, continued from page 1

regulations ensure that residents receive care that meets accepted standards.

Other regulations ensure that residents' rights are protected and they are protected from abuse, neglect and exploitation. In addition, the surveyors examine the physical environment to ensure facilities provide safe and sanitary conditions for residents.

This division is also responsible for surveyor training and orientation; survey quality improvement efforts; policy and procedure development; survey management; enforcement activities; complaint intake, referral and investigation management. Many of the activities of the division are performed under contract to the federal Centers for Medicare and Medicaid Services (CMS).

The division is required to survey all nursing facilities within an overall 12-month average, with no individual facility exceeding 15 months. Way to go KMH staff!



WELLNESS, continued from page 1

organization. Each service can be customized to fit the needs and interests of your group, and the benefits are endless. Your group can expect to see an increase in energy, cohesiveness, overall health and well-being.

Contact Brie Pringle at 316-269-7571 or bpringle@ksmasonic.org if you have questions about the services offered and for pricing information. Ask how bundling services can save money.

Resident tells of World War II experience

Ed Raymond served during World War II in the 2nd infantry division, 23rd infantry regiment, 2nd battalion, HQ company.

He was inducted into service in January 1942 and discharged in November 1945. During that period, Ed's battalion completed training in the United States

and was moved to the European Theater of Operations where they saw engagements in France, Belgium, Germany, and Czechoslovakia.

During that time, Ed served as an infantryman. He also was assigned to the guarding and interrogation of prisoners.

One experience Ed recalls led to his receipt of a Purple Heart, the medal given to soldiers wounded in battle. Ed was in battle and cutting across an open field when the sky opened and German artillery shells began dropping all around them. A fragment of shrapnel pierced Ed in the left eye. He made it to a field aid station, where he received treatment and a patch to



Ed Raymond

wear over his eye. After being wounded, Ed was told he could return to the rear of the battle, but that is not where he wanted to go. Ed's infantry regiment was a fast-moving group and the roads behind their advance were not secure until the opposition was completely gone from the area.

Ed remained at the aid station for a few days, but as he returned to his headquarter company, he noticed officers collecting souvenirs and extra rations and moving them on a trailer. The officers needed a volunteer to stay behind and watch the trailer until they could pick it up. It was decided that Ed would stay behind and watch the trailer, which was parked next to a tin-roofed building along the main highway from Belgium to Germany. Ed decided to stay in a nearby fortified German guard shack, reinforced with concrete.

Sometime after midnight, shelling started all around him. Ed hunkered down in the shack and waited it out. In daylight, he discovered the tin-roofed building

had been demolished and the trailer was heavily damaged.

Ed continued to guard the trailer for a week until he was able to rejoin his company. As Ed went through the forest to rejoin his company, he was in awe that the trees along the road were shot off at fence height. The German artillery had shredded the forest road for miles.

Ed returned home and went to plumbing school to learn a trade. A short stint in the Korean Conflict saw Ed spend 1950 and 1951 near Pusan, Korea.

However, Ed said he never spent another night more harrowing than that night in a German guard shack, where he hunkered down and waited for the morning light to discover whether anyone had survived.



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For information, contact Shawn Sullivan, Executive Director, Kansas Masonic Home, 401 S. Seneca, Wichita, KS 67213.

Shawn Sullivan, Executive Director

Our mission is to provide an active and vibrant community where every person can live life to the fullest.

SOMETHING TO CHEW ON

January 2010
Volume 2, Issue 1



Kansas Masonic Home Dining Service Newsletter

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Nutrition Corner

By: Adrea Katzenmeier, RD, CSG, LD

Was Grandma Right?

Chicken Noodle Soup's Health Benefits

There is nothing more comforting than a steaming hot bowl of chicken soup on a winter day. We all know that chicken soup may soothe the soul. However, did you know that chicken soup might also soothe the common cold?

Comfort or Cure?

Chicken soup, as made famous by grandmothers world-wide, has often been prescribed by family and friends as a treatment for the common cold. Is there any truth to this myth? According to Dr. Rennard and his team at the University of Nebraska Medical Center, chicken soup may contain several ingredients that affect the body's immune system. It may also contain substances that have helpful medicinal activity.

According to these researchers, chicken soup has anti-inflammatory properties. This could explain why it soothes sore throats and eases the misery of colds and flu. They found that chicken soup and many of its ingredients helped stop the movement of white blood cells that are released in great numbers by viral infections like colds. This activity can cause extra mucous, which may be the cause of coughs and a stuffy nose resulting from upper respiratory infections such as colds.

Other researchers in the past have also suggested that the steam from the soup may play a role in soothing inflamed airways. While chicken soup isn't the cure for the common cold, scientists have confirmed what grandma

Getting to Know Your Dining Service Staff

Meet Maxine Lunsford!



Maxine has been working at Kansas Masonic Home since August 30th, 2009. Maxine cooks in a variety of positions that include, but are not limited to, the main cook, baker and vegetable cook.

Maxine likes working with residents. She thinks they are very appreciative of any effort that she gives them. She also likes to see the results of her efforts.

While not working Maxine enjoys playing cards and board games with her friends, as well as spending time with her grandchildren and great grandchildren. Maxine enjoys sewing and quilting.

We Are Listening

Chef David Wills and the culinary team at Kansas Masonic Home are proud to announce the roll-out of our new menu January, 1st. Thanks to our great residents who recommended adding down home favorite like liver and onions, spaghetti with meat sauce, ham and beans, as well as many more.

Nutrition Corner, Continued...

has known for years, chicken soup can help relieve the annoying symptoms of a cold and just make you feel better.



The Proof is in the Pot

The ingredients that create a delicious pot of chicken soup have their own health benefits. Is this coincidence or the mastery of healing grandmothers everywhere?

Chicken - The amino acid, cysteine, which is found in chicken, is released when you cook the soup. It is similar to acetylcysteine, a bronchitis drug that helps thin the mucous in the lungs, making it easier to cough out.

Onions - The oils that give onions their pungent flavor are also strong antioxidants. Onions contain natural antihistamine and anti-inflammatory properties.

Garlic - Like onions, the substances in garlic can help boost the immune system and fight bacterial and viral infections.

Ginger - This spice may be a new addition to chicken soup for some, but the flavor and health benefits of ginger make it certainly worth adding. Ginger has anti-inflammatory agents that help soothe a sore throat and open up nasal passages; it also fights infection.

Carrots - A staple of chicken soup, carrots are a significant source of beta-carotene. Once converted to vitamin A, it enhances the actions of white blood cells to help fight infections.

Upcoming Culinary Events

Tower's Birthday Cake	January 4 th
Pancake Dinner-Towers	January 31 st
Birthday Breakfast-Towers	January 28 th
On Display Cooking with David	January 20 th

January Recipe of the Month

Ginger Chicken Noodle Soup

- 1 tablespoon butter
- 1 Tablespoon minced garlic
- 1 tablespoon minced ginger
- ½ cup diced onion
- ½ cup diced celery
- ½ cup diced carrots
- ½ teaspoon ground black pepper
- 8 cups chicken stock
- 1 Tablespoon chopped fresh parsley
- 4 cups chopped cooked chicken meat
- 8 ounces dried egg noodles

Melt the butter in medium stock pot over medium-high heat. Add the garlic, ginger, onion, celery, carrots and black pepper and sauté to soften the onions about 2 minutes. Add the stock and bring to a low boil. Stir in the parley and chicken meat and turn heat to a simmer, cook for 20 minutes. Add in the noodles and simmer for 10 minutes until noodles are al dente.

Fun January Dates

January 6 th	Cuddle Up Day
January 8 th	Bubble Bath Day
January 15 th	Rain Forest Day
January 19 th	Diabetes Awareness Day
January 23 rd	Peanut Butter Day
January 26 th	Alzheimer's Awareness Day
January 29 th	French Fries Day

Welcome to our Team!

Crystal Earnest