



THE WARRIOR

Fall 2016

Laundry Tidbits

Submitted by Teresa Ames, Environmental Services

Our Laundry Department is open from 6 am-4pm, 7 days a week. There are 5 staff members that work in the Laundry Department. The laundry department has 2-100 lb. washers, 1-60 lb. washer, and even a washer that you find in your own home. We have 2- 120 lb. dryers and a 70 lb. dryer. On a normal day we do 1200- 1400 lbs. of laundry and in a months' time we do 35,000-38,000 lbs. This number includes facility linen such as sheets and towels.

Laundry staff is responsible for checking pockets before clothing is washed. Between the years 2006-2015, the items we have found in pockets and returned are:

- Money: \$ 15,312.31
- Ink Pens: 300
- Hearing aids: 83
- Forks: 21
- Glasses: 104 pair
- Spoons: 8
- Pocket knives: 101
- Lock box keys: 73
- Cell Phones: 49
- Lighters: 256
- Bank Cards: 44
- Wallets: 229
- Dentures: 57
- Rings: 6
- Glass Eye: 1

Checking pockets is very important part of doing laundry for our 150 Veterans. Some of these items can be expensive to replace. Other tasks we perform in the laundry are mending small tears or replacing a missing button.

Laundry staff also log and inventory all the clothing items of the Veterans. When a new item is sent to laundry to be marked, laundry staff logs this into the veterans' inventory on the computer with details regarding the item. There are times when a sack of clothing comes to the laundry without identification; laundry staff will go floor to floor inquiring of staff if they know anything about the items. If an owner is not located, the item goes into the lost & found for 30 days. After 30 days, laundry sets up a table with lost items in the hope of locating the owner of these items.

When you bring in clothing items for your loved ones , please make sure the veterans name is written on the bag or a note is

placed in the bag letting us know who it belongs to.

In addition, we replace clothing items when they become torn and tattered. This includes anything from underwear to slacks. If our staff knows that family replaces clothing for their loved ones, we notify social services that an item needs replacing.

We hope this gives some insight to the Laundry Department. If you would like to see the laundry department please feel free to contacted me (Teresa Ames) at ext. 1287. It would be my pleasure



to give you a tour through the department and answer any question you may have.

The Warrior is published quarterly by the Missouri Veterans Home - Mexico, MO. Anyone wishing a free subscription may contact the Home at #1 Veterans' Drive, Mexico, MO 65265 or by calling 573-581-1088 x 1286.

Larry D. Kay, Executive Director

Brenda Ezell, Administrator

Kathy Winkelman, Editor/Typist



Spending the afternoon shucking corn and reminiscing.



Horse races sponsored by Community Loving Hospice.



Sarah Hill from storyUP VR explaining to Ralph Omer how the process works for viewing the WWII memorial.



Vic Davis & Bill Eckert taking a virtual tour of the World War II Memorial.



Our volunteers lending a helping hand at the Helen Russell Show.



Mr. & Mrs. Isaac Thomas celebrating their 50th wedding anniversary with a renewal of their vows.



From the Administrator

Brenda Ezell

On the Horizon!

Missouri Veterans Home—Mexico is home to 150 Veterans. A joy to serve, every Veteran is a unique, one of a kind, individual. It is the commitment and resolve for every employee at MVH – Mexico to recognize the individual needs and provide for every ‘one of a kind’ Veteran. One of our greatest challenges in providing that care comes with the complex understanding of Memory Care.

Before we can provide care for those with cognitive changes and Dementia who require that Memory Care Specialist, we have to know what it is and what it is not! Normal aging includes thinking slower, doing slower, hesitating more, more likely to “look before you leap”, knowing a person but not recalling their name, pausing to find words, and having more of your daily life stimulate recollections of the past. Abnormal signs of aging include an inability to “think the same”, inability to “do like you did before”, inability to “get started”, inability to “move on”, inability to “think it out at all”, inability to “place the person”, pausing to find words but words won’t come—even later, and being confused about the “past versus now”.

Dementia is a syndrome, not a single condition; it can strike at any age, is progressive, is terminal, and now the fifth leading cause of death in the United States. Dementia includes such diagnoses as Alzheimer’s disease, Vascular Dementias, Lewy Body Dementia, Frontotemporal Dementia, and several others. But in all cases of Dementia, there are four truths: 1) At least two parts of the brain are dying (one related to memory); 2) Dementia is chronic—it cannot be fixed; 3) Dementia is progressive—it gets worse; and 4) Dementia is terminal—it will eventually kill.

What are our challenges then as Caregivers? To understand Dementia and its progression, to know how symptoms affect behavior, to be able to describe needs connected to that behavior, to optimize interaction skills and to know that Dementia is not a medical condition, it is a life condition, and

it changes everything! Our goal as Caregivers is to understand that our Veterans with Dementia are doing the best they can. We are the ones that must be willing to change how we behave in order to improve conditions, and understand that the Veteran with Dementia cannot change their behavior without our help.

Environmental elements of our MVH-Special Needs Unit/Memory Care Unit are about to change! We have explored our existing setting and programming and are prepared to make some changes. In an effort to improve our setting to increase familiarity, we plan to create a dining room which will allow Veterans to ‘go to the dining room to eat’, create a new bathing area which will provide functional ease, and maintain a safe but homelike atmosphere by building an outdoor pavilion that will increase the limits of our outdoor activity area and courtyard.

We will begin this remodeling project in 2017.

Although disruptive while doing so, the outcome will be worth it! We have adapted the programming by increasing the Activity Staff by two additional full-time Activity Aides to the SNU. This provides 120 hours a week of dedicated manpower to support the nursing staff on that unit!

Please know we are humbled to have the opportunity to know the Veterans we serve as our friends. Please know those living on our SNU are precious to us! We believe we can care for our Veterans with Dementia if we have and continue to gain knowledge and skills, maintain commitment to quality care, if we are flexible, continue to support one another, and have compassion. We will meet the challenge and strive to provide the highest quality of memory care for the Veterans we serve.

If you would like additional information about Memory Care and Dementia, please call us at 573-581-1088, or you are welcome to attend our monthly Dementia Support Meetings on the third Wednesday of every month at 1:30pm.

Happy Birthday to.....

October

Richard Nack	10/02
Ken Morgan	10/05
William Cauthorn	10/08
Riley Todd	10/11
Billie Duncan	10/13
Sylvester Brunnert	10/13
Robert McBurney	10/14
Robert Poage	10/15
Monroe Young	10/18
Melvin Vanderhoff	10/22
John Knaack	10/23
Carl Roberts	10/23
Phillip Starks	10/24
Frank Boswell	10/28

November

Lawrence "Babe" Thomas	11/03
Dale Abnerathy	11/03
Ronald Mayes	11/07
Edward Hendley	11/09
Stanley McCaw	11/09
Raymond Dawson	11/11
Earl Jones	11/11
Ed Parks	11/15
David Brooksher	11/19
David Haden	11/23
Merlin Boston	11/24
Leonard Richardt	11/25
Kenneth Branz	11/26

December

Raymond Cullifer	12/01
Henrietta Cruse	12/04
Albert Davis	12/09
Thomas Markland	12/11
Billy Golston	12/12
Peter Greenwell	12/15
Donald Varney	12/16
Bill Ehrlich	12/17
Richard Wilson	12/20
Donald Gardner	12/21
Marvin Smith	12/23
Irvin Kittrell	12/26
Raymond Smith	12/30
Dwight Hudspeth	12/31



CENSUS

WWII	58
KOREA	57
VIETNAM	38
PEACETIME	10
DESERT STORM	01
ARMY	89
NAVY	33
AIR FORCE	23
MARINES	09
COAST GUARD	0



MARK YOUR CALENDAR

Alzheimer Support Group - occurs the 3rd Wednesday of the month at 1:30 PM Everyone is welcome.

Veterans Council - occurs the 3rd Tuesday of the month at 2:00 PM in the dining room.

Family Council - Tuesday, October 18 at 1:30 PM at the facility.

WELCOME

Mr. Robert Bradley was admitted to the Mexico Missouri Veterans Home on 06-22-16 from his home in Mexico, MO. Robert served in the United States Army from 1953-55. He is our 1574th veteran.

Mr. James "Jim" Kitson was admitted to the Mexico Missouri Veterans Home on 06-28-16 from Sunset Care in Union, MO. Jim served in the United States Army from 1970-71. He is our 1575th veteran.

Mr. Ronald Mayes was admitted to the Mexico Missouri Veterans Home on 8-4-16 from Monroe City Manor in Monroe City, Mo. Ronald served in the United States Navy from 1970-1972. He is our 1576th Veteran.

Mr. William Berry was admitted to the Mexico Missouri Veterans Home on 08-10-16 from The Neighborhoods in Columbia, Mo. Bill served in the United States Army from 1959-1962. He is our 1577th Veteran.

Mr. James Bromagen was admitted to the Mexico Missouri Veterans Home on 08-15-16 from Slater Boarding House in Slater, MO. James served in the United States Navy from 1968-72. He is our 1578th veteran.

Mr. Walter Straight was admitted to the Mexico Missouri Veterans Home on 08-17-16 from his home in Columbia, MO. Walter served in the United States Army from 1944-46. He is our 1579th veteran.

Mr. Lucian Bird was admitted to the Mexico Missouri Veterans Home on 09-01-16 from his home in Mexico, MO. Lucian served in the United States Army from 1942-45. He is our 1580th veteran.

Mr. Arthur Scott was admitted to Mexico Missouri Veterans Home on 9-8-16 from Pin Oaks Nursing center in Mexico, Mo Arthur served in the United States Navy from 1943-1955. He is our 1581st Veteran.

Mr. Everett "Bud" Little was admitted to the Mexico Missouri Veterans Home on 09-13-16 from The Neighborhoods in Columbia, MO. Bud served in the United States Army from 1944-46. He is our 1582nd veteran.



Mr. Delbert Buck passed away on June 18, 2016 while at the Mexico Missouri Veterans' Home. He served in the United States Army from 1953-54.

Mr. Thomas Conboy passed away on June 24, 2016 while at the Mexico Missouri Veterans' Home. He served in the United States Navy from 1967-87.

Mr. Ralph Bartels passed away on August 1, 2016 while at the Mexico Missouri Veterans' Home. He served in the United States Army from 1947-50.

Mr. Dennis "Doc" Knudson passed away on August 5, 2016 while here at the Mexico Missouri Veterans Home. Doc served in the United States Army from 1958-1961.

Mr. Gerald Lowrance passed away on August 10, 2016 while at the Mexico Missouri Veterans Home. Gerald served in the United States Army from 1942-45.

Mr. John "Jack" Williams passed away on August 27, 2016 while at the SSM Audrain Hospital in Mexico. Jack served in the United States Navy from 1941-47.

Mr. James Schade passed away on September 4, 2016 while here at the Missouri Veterans Home in Mexico. James served in the United States Army from 1962-1967.

Mr. Larry Miller passed away on September 9, 2016 while at the VA Hospital in Columbia. Larry served in the United States Air Force from 1969-72.

Mr. Wendall Mustain passed away on September 20, 2016 here at Missouri Veterans Home. He served in the United States Air Force from 1945-1946.



RESIDENT RIGHTS

The facility protects and promotes the rights of each resident of the Missouri Veterans Home in order to provide a dignified life, self-determination and communication with and access to persons and services inside and outside the facility.

- **Exercise of Rights** – You have the right to exercise your rights as a resident and citizen of the United States. You have the right to be free from interference, coercion, discrimination, or reprisal. You have the right to freedom from chemical and physical restraints. Any legal representative designated in accordance with state law, may exercise your rights to the extent provided by law.
- **Notice of Rights** - You will be informed of the rules and regulations regarding your rights and responsibilities during your residency at the Missouri Veterans Home.
- **Access to Records** – To access your records, you or your legal representative must make a written or documented verbal request. A valid request will be granted within 24 hours (excluding weekends and holidays). Copies of your records may be purchased, allowing three working days advance notice to the facility.
- **Information of Health Status** - You have the right to be informed of your total health status.
- **Refusal of Treatment** – You have the right to refuse treatment, including refusal of participation in experimental research, and to make an advance directive.
- **Notice of Covered and Non-covered Items and Services** – You have the right to know what services are included in your charges. You also have the right to be notified of other items and services that the facility offers for which you may be charged.
- **Posting of Names, Addresses and Telephone Numbers** – You have the right to file a complaint with the Missouri Veterans Commission concerning abuse, neglect, or misappropriation of your property in the facility. The names, addresses, and telephone numbers of the Missouri Veterans Commission and State Ombudsman program are posted in the facility.
- **Advance Directives** – You have the right to complete an advance directive if you wish to do so.
- **Choice of a Physician** – The facility has a Medical Director who will provide routine and emergency care to all residents if requested. You have the right to choose a different physician, if you prefer, and you will be responsible for those costs. If your physician fails to fulfill VA regulations, the facility will assist you in finding another physician.
- **Accommodation of Resident Needs** – You have the right to receive reasonable accommodation of individuality and preferences, except when the health or safety of you or other residents would be endangered.
- **Notification of Changes** – You and/or your legal representative will be informed when significant changes occur, transfer and discharge occur, and for change in room or roommate.
- **Resident Activities** – You may participate in social, religious, and community activities of your choice, unless your physician determines that such activity would be harmful to you.
- **Protection and Management of Resident Personal Funds** – You have the right to manage your finances. If you prefer, the MVH accountant can assist you with your financial matters. You will be given a full and complete accounting of your financial status upon request. Upon your death, your money and valuables will be surrendered to the designated individual within 30 days. The facility has a surety bond to provide protection for all residents' personal funds deposited with the facility.
- **Conveyance of Funds upon Death** - Upon the death of a resident, all money and valuables entrusted to the facility will be surrendered in exchange for a signed receipt. The funds deposited

with the facility, and a final accounting of the resident's funds, shall be conveyed to the individual or probate jurisdiction administering the resident's estate within 90 (ninety) days.

- **Assurance of Financial Security** - The facility has a surety bond to provide assurance for the security of all residents' personal funds deposited with the facility.
- **Limitations or Charges to Resident's Personal Funds** – You will not be charged for items or services for which payment is made under VA Regulations. You will be informed that charges will be imposed when non-covered items or services are requested.
- **Privacy and Confidentiality** – Your medical, mental, and financial status are confidential and will not be shown to or discussed with unauthorized persons without your approval.
- **Grievances & Complaints** – You may voice grievances and recommend changes in policies and services to facility staff or outside representatives without discrimination or reprisal from the facility. Assistance will be provided by the Social Services Department or Home Administrator.
- **Examination of Survey Results** – You have the right to review the most recent Veterans Administration survey.
- **Work** – You have the right to perform services for the facility, if you choose. Volunteering will be documented in your plan of care.
- **Mail** – You have the right to send and receive mail unopened.
- **Access and Visitation Rights** – You have the right to meet with and communicate privately with persons of your choice.
- **Telephone** – You have the right to reasonable access to a telephone, in private.
- **Personal Property** – Except for restrictions of space and safety, you may retain and utilize personal clothing and possessions.
- **Married Couples** – You and your spouse may share a room if you so desire.
- **Self-administration of Drugs** – You have the right to self-administer medications if the interdisciplinary care plan team approves.
- **Photographing Residents** - Upon admission each resident is required to sign "Consent For Use of My image, Name and Written/Oral Statements" for purposes of identification, documenting medical conditions and activity program participation as part of the admission agreement.
- **Smoking** – You may smoke in designated smoking areas, observing facility smoking regulations.

Veterans' Rights must be published once a year in the Warrior. Any questions, please contact Stacie Smithee, Social Services at (573) 581-1088, ext. 1265.

Mark your Calendars!

Christmas Parties have been scheduled!

They will be at 1:30 in the afternoon.



Golf Tournament Donors

Golf Tournament Sponsors

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American Legion 9th District of MO
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Isle of Capri (Boonville)
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SSM St. Mary's Hospital-Audrain
DAV Oliver Buehrle Chapter #17
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American Legion Post #26-Mexico

Hole Sponsor

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Suzanne Baker-State Farm Insurance
POET Biorefining Laddonia
Lois Motley (Memory of Roger Motley)
Mommens Heating & Cooling LLC
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VFW Auxiliary #2866 St. Charles
DAV Oliver Buehrle Chapter 17 Jefferson City
Mexico Noon Lions
Jack & Joyce Davis (In Memory of Kenneth R. Wilson)
VFW Post #6276 Centralia (2 holes)
Commerce Bank
MIZZOU Marines Detachment #828-Columbia
American Legion Post #26 Mexico
Preferred Hospice
MBT Financial Services

Cart Sponsor

Pickering Funeral Home
VFW Auxiliary Post #4182 (Hermann) In Memory of Deceased
Members of Post #4182
Wendell Mustain Family (4 carts)
Darlene Morris (Memory of Glen Morris)
Walter & Sabrina Gruer (Memory of Irvin Gruer)
Consolidated Electric Cooperative
Willisteen Miller (Memory of Austin Miller)
American Legion Hubbell-Paris Post #510-Laddonia
Judy Hull
Carol & Rodney Willingham (Memory of Fred Fennewald)
Kenneth & Kathleen Robnett (Memory of Harold Dubbert)
AJ & PA Nalick (Memory of Louis P. "Tony" Antimi)
American Legion Auxiliary #174 Palmyra
Rheva Tratchel (Honor of Susan Paden)
Gary & Kristin DeVelde (Memory of Vernon Linneman)
Kathy Baker Cagle & Karla Baker Curtis (Memory of Otto &
Mildred E. Baker)
Ladies Auxiliary VFW Post #9064
Graf & Sons
TEVA Pharmaceuticals
American Legion Post #26-Mexico

VFW Auxiliary #2654-Moberly
Mark Twain VFW Post #4088-Perry
VFW Post #3772-Mexico

Expenses

Dorothy Carter
Minta Wilson
Phyllis Hornbeck
Paul & Brenda Galloway
AJ & PA Namlick
Jayne Elliott & Jeanne Besselen

Goody Bags

Continental Bags
Citizens Armory
Vision Works
McDonald's
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Graphitti
Crown Linen
Show-Me Credit Union

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Ken's Fast Lube
Scrapbook & More
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Vision Works
Chuck Rentschler, President Show-Me Credit Union

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Coca-Cola

Team Sponsors

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VFW Post #2657-Fulton
H.W. Holland Trucking & Excavating LLC
VFW Post #4088-Perry
Mexico Elks' Club (2 teams)
American Legion Post #26 Mexico
Oliver Funeral Home
Mustain Family (2 teams)

Thank you to all the sponsors, players, volunteers, and staff who made this endeavor possible. We raised a total of approximately \$19,000. We appreciate your generosity and support of our Veterans.

MEMORIALS

In Memory of Harry Rodecape-S&M Willoughby, Mr. & Mrs. Ray Martin, Ron & Cindy Atkinson, Robert & Rita Mock, Norma Gowin, Mrs. Gene Austin, Jerry & Nancy Giboney, Bud & Glenda Campbell, Paul Craighead, Alma Harris, Doc Kritzer, Bob & Shirley Tarrant, Dub Boswell, Pam & Bob Palmer, American Legion Post #210, Kenneth & Carol Atterberry, Tammy & Aaron Potts, Terry & Ruth Burt, Dale & Carol Keller, Ronald & Melinda Hudson, Randy & Vicky Giboney, Joan Crump, Kermit & Oni Gohring, Ruby Wheat, Spencer & Ruth Palmer, Butch & Pat Brauner, Kay Morris, Lou & Betty Lewis, Rhonda Duckwort, Wayne & Barbara Brooks, Kenneth & Delores Gohring, Holly Day

In Memory of Bud Wieberg-Arlie & Patty Reinwald

In Memory of Averon Love- Pat & Donal Radford, Margie Guerrant, Betty Cave

In Memory of Dudley McPike-Kathryn Bier, Rena & Ashley Augsburg, Kim & Brenda Shade

In Memory of Paul Day-Martin Jones, Billy & Sharon Wright, Robert & Jacqueline Hanke, Ellen & Nathan Gehringer, Kathy & Wayne McCluggage, William Fennewald, Paul Muzzey & Cynthia Freer, Edward & Pamela Muzzey, Terry & Lana Bacleese, Edward & Carol Hines

In Memory of Dennis "Doc" Knudson-David & Michelle Pruitt, Richard & Esther McCann, Andrew & Jacqueline Gingrich, NJ & Peggy Canoy, Carole Harris & Mike Randerson, Judy Thompson, The Scheidt Family, Mary McAllister, Reba Cassin, Carolyn Paris, Markis & Marilyn Baylis, Diana Harter, Roy & Steve Winters, Mr. & Mrs. Cain, Ron & Jan Haffey, Scott & Teresa Lester, Garnett & Charles Payne, Barry & Kay Steevens, Richard & Rose Ditter, ESHS Class of 54, Richard & Peggy Waring, Sandra & Roger Claypool, Sue Logan, Joan Luterman, Greg & Karen Renner, Kent & Rosella Schad, Candace & Herbert Woehr, Laura Sweets, Dale Vogt, Jackie Glenn, Leland Pfefer Family, The O'Haro Family, Lisa Bermudez, Harold & Pat Bossaller, Russell & Jean Smith, HJ Murrell, Gail McNair

In Memory of Ralph Bartels (Special Care)-Altorfer Inc., Judith Bartels, Julie Bartels Smith

In Memory of John "Jack" Williams-Rob & Lee Dalton, Don & Joyce Litchfield

In Memory of Laura Hunt-Daniel Boon American Legion Post 180 Auxiliary

In Memory of Retired SFC Herschel LeRoy Talley-Tina White

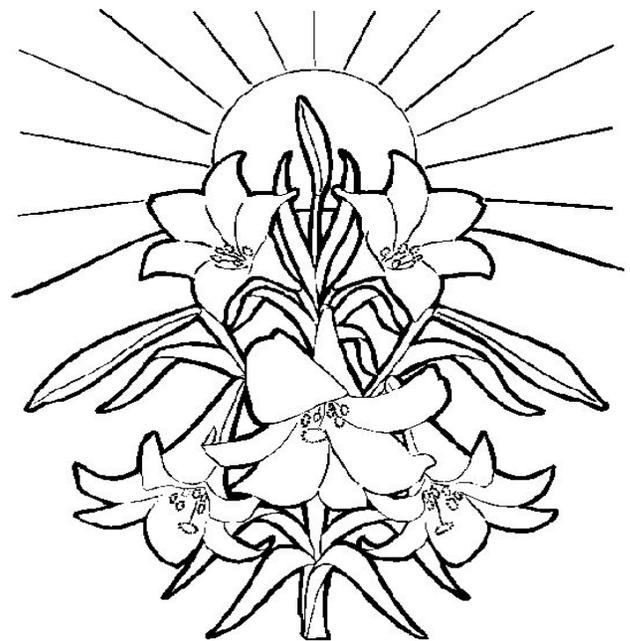
In Memory of Mary Lou Cline-James & Betsy Cline

In Memory of Val Eikel-Richard & Rosalee Sampson, Sharon & Joh Oliver, Thomas & Nancy Burditt, David & Laurie Peavler, Ruth Ann Mistler, Michael & Pamela Nichols, Richard & Faye Nichols, Sean & Cindy Phillips.

In Memory of Carolyn Still-James & Betsy Cline

In Memory of Thomas Conboy-Carol Comstock, Ann Gander, Judy Hollingsworth, Judith Kendrick Knipp, Stan Knipp, Mag Mutual Insurance Co., Dale & Carol Keller

In Memory of David Michael Kamplain-Richard & Nadine Thornburg



MEXICO VETERANS' HOME SALUTES...

Bob Poage

Bob was born on October 15, 1918 in Selida, Colorado. He was raised by his father who was a railroad worker when Bob was young. After vacationing in Missouri and deciding to stay here, his dad became a construction worker and farmer. As a child Bob liked tinkering with cars. He attended Mexico High School where his favorite subject was mathematics.

Bob served in the Air Force from December 1941 to December 1945 during WWII as an airplane mechanic and engineer. He served in Virginia, the Philippines, and Okinawa. He really enjoyed Virginia because they had a top notch air field. After his discharge from the Air Force, Bob joined the Reserves from 1945-1951. He was called to service for the Reserves from 1950-1951 during the Korean War.

Bob married Nora on August 31, 1944. They met while he was home on furlough from the Air Force. Over the years they enjoyed traveling and have visited all the states except three. Bob and Nora had four children: Robert Jr., Donna, Linda, and Glenn Ray. Robert Jr., Donna, and Glenn Ray all live in Mexico. Linda passed away. Bob is blessed with eight grandchildren and 21 great-grandchildren.

Bob worked as a mechanic in his own shop in Mexico for his career. He also built a race car and had a driver for it for the races. After retiring, he enjoyed golfing, camping, and spending time outdoors.

Bob came to the Missouri Veteran's Home in June 2013. We are so proud to know and serve him. Please join us in congratulating Bob and his family as we salute him as the July resident of the month!



MEXICO VETERANS' HOME SALUTES...

Arlon Fowler

Arlon Fowler was born on 7.13.1941 to Arvin and Eula Fowler in Fort Payne, Alabama. He was the youngest of four children. His father was a sharecropper and a pure Baptist preacher. His mother was a homemaker and helped with the farm. Arlon learned hard work from an early age and helped with the farm and also picked cotton.

Arlon attended school in a one room school house until about middle school and then went to public school until 10th grade when he quit and joined the Army. He got his GED in the Army. When Arlon entered the Army he started out in communications installing telephones and lines; he then moved on to aviation mechanics. Arlon was in the United States Army from 1964-1984. He served two tours in Vietnam, 4 years in Korea and several years in Germany.

He married Cheryl Wood in 1976 and they had 2 sons, and adopted five children. Cheryl and the boys traveled with Arlon while in the military and were in at least 10 states while he served.

Arlon retired from the Army and settled his family in the St. Charles area where he went to work at McDonnell-Douglas as a liaison between the company and the military. He worked with the flight line officers to improve function and quality of the F15's. Arlon spent 6 years there until he retired and moved the family to Elsberry, MO. He raised a garden and enjoyed restoring old tractors. He was also involved at the New Hope Baptist in Elsberry. Arlon came to MVH on October 26, 2015 and he has been a joy to be around!



MEXICO VETERANS' HOME SALUTES...

Ray Keller

Ray was born on January 31, 1926 at home in Marmaduke, Arkansas, to Earl and Pearl Keller. He is one of five children. He has 3 brothers, Eugene, Lavon, and Earl Jr. who they called "Babe". He has one sister, Lorene. He grew up in Rector, Arkansas in the sticks of Clay County. He went to school until 8th grade and then his dad needed his help. Ray got an Easily Permit to drive because his big brothers went to the service. He was able to help his dad with the truck line, hauling cotton and coal.

Ray served in the United States Navy as a Seaman, First Class from November 8, 1944 until April 6, 1946, during World War II. Ray completed Basic Training in San Diego and trained for amphibious small craft landing. His training qualified him for a good job in the Navy. He was stationed at Marshall Island and he was able to visit his brother, Lavon, as they were both stationed there. Ray was responsible for the loading and unloading of Marine ships. He would distribute supplies to other ships in the harbor. He was on call 24 hours a day, 7 days a week. His living quarters were unique; he slept on a cot in a LCM (Landing Craft Mechanized, similar to a boat) with three other Seaman. When they were done working they would unfold their cots and go to sleep. They slept and worked in the same space. He recalled being on the USS Herbert C. Jones heading to Japan and they were caught in a Typhoon. The ship had extensive electrical and water damage. They were sent back to the Brooklyn, New York Naval Yard for awhile. Ray and several other Seaman got very sick from being in the storm and he was afraid he might die. Shortly after returning to the Brooklyn Naval Yard Ray's enlistment was up. He returned to Arkansas and helped his parents manage the motel. From his service Ray earned the American Theatre Medal, Asiatic Pacific Medal, and the Victory Medal.

Ray married Margaret in January 12, 1948. They met while they were working at the motel. Ray and Margaret had nine children. They have approximately 34 grandchildren and great grandchildren. When his children were younger it seemed like they went camping every weekend. They enjoyed camping in Hermann and at the Gasconade River. The kids enjoyed swimming, fishing, and playing outside. Margaret would fry the fish they caught and make fried potatoes on the open fire. Ray was employed by the St. Louis National Vendors vending machines for 29 years. He was a spot welder and then transferred to the maintenance department. He helped the machinist repair and maintain the other equipment. Ray loved his job and was proud of the work he did. This job allowed him to raise his family. Some of Ray's family lives in Missouri. Throughout the years some of his family has moved to Michigan, Florida, and Tennessee.

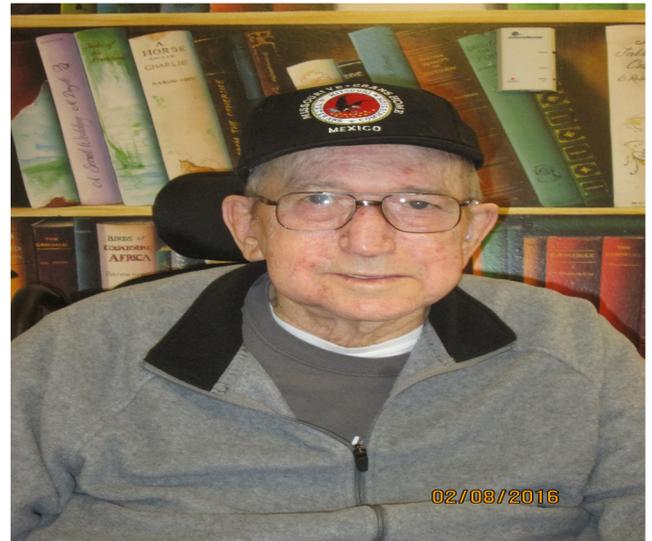
In 1985, Ray retired and enjoyed fishing, traveling, and playing Bingo. Margaret played Bingo and won \$500 the first time and after that she was hooked! They enjoyed going to Florida to the Strawberry Festival, where they met George Jones, and other singers. They also enjoyed traveling to see their kids. Margaret passed away in 2002 after 57 years of marriage.

Something important Ray remembers his dad telling him growing up, "You can get a lot more bees with honey than green persimmons! I learned to be nice early and that has helped me here!"

Ray came to the Missouri Veteran's Home in May 2014. Ray is recognized as the September 2016 Salute.



Bob Poage-July 2016 Salute



Arlon Fowler-August 2016 Salute



Ray Keller-September 2016 Salute

Mental Illness or Aging?

Benefits of Volunteering

Did you know.... about 20% of adults over 55 have experienced some type of mental illness, but only 1 in 3 of those get treatment? The most common mental health issues among seniors are dementia and depression. Older adults are more likely to report physical symptoms than psychiatric complaints, so we have to pay close attention to mood/behavior changes as they report their symptoms. Dementia affects almost 10% of people over age 55, but 50% of the population living in nursing homes ,and depression affects almost 25% of residents. We try our best to address physical and emotional needs of our Veterans here at MVH, but sometimes we seek outside support. **Please join us for Family Council on Tuesday, October 18th at 1:30 to discuss mental health needs for seniors.** We will discuss services here at MVH as well as services available in our community and through the VA. We will have a guest speaker from SSM Behavior Health.

Is it Mental Illness or Aging? 10 Symptoms of Mental Illness

As our loved ones age, it's natural for some changes to occur. Regular forgetfulness is one thing, however; persistent memory loss or cognitive impairment is another thing and potentially serious. The same goes for extreme anxiety or long-term depression. Caregivers should keep an eye out for the following warning signs, which could indicate a mental health concern:

1. Sad or depressed mood lasting longer than two weeks
2. Social withdrawal; loss of interest in things that used to be enjoyable
3. Unexplained fatigue, energy loss, or sleep changes
4. Confusion, disorientation, problems with concentration or decision-making
5. Increase or decrease in appetite; changes in weight
6. Memory loss, especially recent or short-term memory problems
7. Feelings of worthlessness, inappropriate guilt, helplessness; thoughts of suicide
8. Physical problems that can't otherwise be explained: aches, constipation, etc.
9. Changes in appearance or dress, or problems maintaining the home or yard
10. Trouble handling finances or working with numbers

According to an article from "McKnights.com" written by Elizabeth Newman: "Volunteering after age 40 provides more mental health benefits than serving when younger, according to a new analysis from British researchers.

In reviewing more than 66,000 responses by British adults, researchers found the positive association between volunteering, good mental health and emotional wellbeing became apparent at age 40 and continued to when volunteers were over age 80."

"Researchers theorized that volunteering provides a sense of purpose, especially for older people who are isolated."

Volunteer opportunities are available at the Mexico Veterans' Home. Examples include: Helping with bingo, visiting with veterans and taking outdoors, folding laundry, passing mail, working the canteen, helping with painting class and assisting with outings.

If interested in giving back to those who have served our country, please contact Kathy Winkelman at (573) 581-1088, ext.1286 to learn more about volunteer opportunities.



MVH Staff Phone Directory

Missouri Veterans' Home Phone # 573-581-1088
Missouri Veterans' Home Fax # 573-581-5356

PLEASE NOTE EXTENSION NUMBERS

Allison-Mitchell, Yvonne - VSO	1258
Ames, Teresa - Environmental Serv.	1287
Baker, Angie - Asst. Administrator	1283
Baldwin, Linda - Personnel	1254
Benne, Marlene - 2nd Floor Unit Mgr.	1289
Broughton, Brooke - Storekeeper I	1280
Campbell, April-Activities	1270
Davidson, Rita - LPN, Social Services	1273
Edwards, Aliesha - 3rd Floor Unit Mgr	1267
Ezell, Brenda - Administrator	1251
Farnen, Jeanie - C.I.T.	1255
Flowers, Marisa - Supv. Health Info.	1264
Ince, Sue-1st Floor Unit Mgr.	1291
Leible, Ron - Supply Manager	1279
Maggard, Nicole - Activities Special Care	1295
McCluggage, Kathy- Accountant	1256
McManus, Matthias - Barber	1276
Payne, Ginger - Receptionist	1250
Polacek, Joyce - MDS Coordinator	1302
Reimann, Darrin - Recreation Therapy	1271
Riddle, Lori - Staff Devel. Coord.	1262
Rodenbaugh, Lisa - Nursing Scheduler	1252
Secrease, Connie - Medical Records	1260
Smithee, Jeff - Engineer	1241
Smithee, Stacie -Dir. Social Services	1265
Stevenson, Patrick - D.N.S.	1263
Stewart, Bonnie - Account Clerk	1257
Stone, Nicole - Social Services	1272
Wages, Jessica - Admission Coordinator	1253
Whelan, Heather - Timekeeper	1301
Winkelman, Kathy- Volunteer Services	1286
Young, Sandy - Food Service Manager	1278
1st Floor Nurses Station	1221
2nd Floor Nurses Station	1222
3rd Floor Nurses Station	1223

Donations

Activities

<i>Bethel United Church</i>	\$25
<i>Steve & Ann Moore</i>	\$500
<i>Mexico Elks 919</i>	\$300
<i>Grand Lodge of the Elks</i>	\$300

Bingo

<i>Mizzou Marines (Rylan Mann)</i>	\$50
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Christmas

<i>Grand of Missouri Running Bare</i>	\$75
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General

<i>American Legion Post 113</i>	\$50
<i>Fowler Lumber Co</i>	\$303
<i>FWW Post 6276</i>	\$35
<i>Evelyn Mackey</i>	\$70
<i>(in honor of Marge & Boyds' 70th anniversary)</i>	
<i>American Legion Post 113</i>	\$50
<i>Elmwood Presbyterian Church</i>	\$100
<i>Ladies Auxiliary VFW Post 2657</i>	\$60
<i>Hermann VFW Aux 4182</i>	\$50
<i>Willie & Darlene Hiatte</i>	\$100
<i>American Legion Post 113</i>	\$50

Indigent

<i>VFW Post 2508 & Aux.</i>	\$60
<i>DAV Oliver-Buehrle Chapter 17</i>	\$750

Special Project

<i>Ladies Aux. VFW Post 11041</i>	\$40
<i>Kent & Paula Kurtz</i>	\$100
<i>American Legion Post 370</i>	\$500

Staff Development

<i>Martinsburg Community Church</i>	\$100
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*Thank you for your
support!!!*

Employee Corner

New Employees

April Campbell , Activity Aide II	05/03
Ellen Goslen, Housekeeping	05/02
Roger Wages, Housekeeping	08/29
J'Teena Stone, Food Service	06/13
Jewell Haberthier, Health Program Aide	05/03
Madison Carroz, Health Program Aide	06/14
Skylar Schmauch, Health Program Aide	06/14
Jean Dollens, LPN	06/20
Cynthia Swafford, LPN III	06/20
Amanda Bethel, LPN III	08/15
Latoya Belcher, NA	05/03
Amanda Thompson, NA	05/03
Erin Paden, NA	06/08
Brandi Winter, NA	06/13
Haleigh Jacobs, NA	07/05
Sharnitha Watson, NA	07/05
Shinita Watson, NA	07/05
Desirae Dreyer, NA	07/11
Leslie Caldwell, NA	07/18
Virginia Percy, NA	07/18
Miranda Dzurick, NA	07/22
Raven Williams, NA	07/25
Marisa Dennison, NA	08/01
Lisa Elkin, NA	08/08
Hong Gin, NA	08/08
Autumn Malcomson, NA	08/08
Emily Miller, NA	08/08
Austin Shoemaker, NA	08/08
Emily Iburg, NA	09/12
Lori Miller, RN	08/08
Nakole Wooley, Social Services	08/15

Congratulations!

The following staff have successfully completed the Certified Nursing Assistant class: Madison Carroz, Skylar Schmauch, Brandi Winter, DesiRae Dreyer, Leslie Caldwell, Miranda Dzurick, Hong Jin, Autumn Malcomson, Emily Miller, Austin Shoemaker.

Employee of the Month



Heather Grossman
Nursing
July 2016
Employee of the Month



Susan Old
Nursing
August 2016
Employee of the Month



Daniel Potter
Housekeeping
September
Employee of the Month



The Pat Holt Singers performing for the Veterans.



There was quite a crowd listening to the Pat Holt Singers.



Veteran Tim Nadeau accepting the flag from American Legion Honor Guard, Arlie Reinwald at the Scramble for Freedom golf tournament.



Veterans touring Warm Springs Ranch near Boonville, MO.



Motorcycles preparing to escort veterans to a dinner at the Thirsty Hog in Fulton.

Missouri Veterans' Home
1 Veterans Drive
Mexico, MO 65265

Presorted Std.
U.S. Postage Paid
Mexico, MO
Permit No. 244

Update Mailing List

We are constantly updating our mailing list. Please let me know if you move or change addresses, if you are receiving more than one copy of the newsletter, if you no longer want a copy or if you know of someone who would like to be added to the mailing list just call 573-581-1088 ext. 1286 or e-mail Kathy.Winkelman@mvc.dps.mo.gov