



King's Grant *Town Crier*

October | 2020

From the Executive Director's Desk

October is here and I have officially survived my first two months as Executive Director for this great community! It certainly does not seem like a whole month has gone by- time sure flies especially in a thriving community during most unusual times, haha.

I have thoroughly enjoyed the "Meet & Greets" held at all levels of the community. Be on the lookout for more of these group chats with me, as I feel like I have been able to hear your thoughts and also get to know each of you.

Many of you may be wondering just what could possibly keep us so busy. We are all tired of the Covid excuse so we are going to start blaming everything on the local skunks☺ All kidding aside, King's Grant is starting the final quarter of 2020 with a lot of momentum and exciting projects in the works. To name a few... our marketing team had a great month with three sales! Healthcare, Dining, Housekeeping, Plant Ops, and Activities all continue to do a fantastic job of providing services and keeping our residents safe. No Covid cases at this time!! Plans to open up our dining (in a limited, safe, and responsible way) continue as well as some possible new features to Francks' Place! Also, we continue to make good progress on village remodels. ☺

Please continue to reach out to me with questions and concerns. I have been trying to squeeze in home and apartment visits. I hope you have found these as enjoyable as me.

Wait 6' apart Wash your hands Wear your mask

See ya' around!

James Souter,
Executive Director



The Chaplain's Office

Proverbs 17:9 “Whoever covers over an offense promotes love, but whoever repeats the matter separates close friends.”

Fostering Love: Part 1

If a relationship breaks down, we should forgive— not repeating the matter to pay them back. But we should not merely refrain from payback. We should also foster love.

The goal is to still be friends, not merely not enemies. How? For the restoration of a relationship we must let people know they wronged us (Luke 17:3,4). It is never loving to let someone continue to sin against, nor can the relationship be mended without talking about it. You may learn of something the other person has against you (Matthew 5:24). — Be reconciled to your brother or sister.

What the Bible counsels is almost the very opposite of how we ordinarily operate. When wronged, we burn with resentment but say nothing. Instead we are called to forgive on the inside and then speak the truth. Only if you have forgiven deeply will your expression of the truth not be dripping with resentment and hard to hear. Only if you forgive will your rebuke be for God's sake and the person's sake rather than for your sake.

Is there someone who used to be a friend but is now just “not an enemy”?

What could you do about that?

Fostering Love: Part 2

Some signs that you need relationship restoration are when you begin avoiding each other, or are relatively formal with each other, or when you find that you are irritated when that person says something more than when someone else says it. How do we restore things so as to regain our sister or brother? First, see that it is always your move to go to them. Second, start by admitting anything you did that you think may have contributed to the problem. Then invite them to add anything to the list. Listen respectfully to any criticism. Don't be quick to defend or even to explain yourself. When all that is done, then ask forgiveness and offer any helpful explanations for what happened. Third, if necessary, gently tell the other person where you believe they might have wronged you. Invite them to correct you if your understanding is inaccurate. If they agree with you, tell them you are willing to put it behind you.

Carefully suggest alternate ways of behaving in the future.

Have you seen anyone try a process like this? Did it work? Why or why not? May God give us the courage and flexibility to slowly rebuild trust so we can possibly be friends again which have suffered in broken relationships.

From a devotional book “God's Wisdom for Navigating Life”

by Timothy and Kathy Keller, 2017

**Tune into channel 971 for live Sunday Worship Services from Chaplain, Paul Johnson.
4:15pm every Sunday until further notice.**

Bible Study led by Chaplain, Paul Johnson

45 minute group discussion on Ephesians

Beginning Monday, October 5th new Bible Study will go as follows:

Monday	East Apartments 9:30am	Pheasant Card Room
Monday	West Apartments 2:00pm	Pheasant Card Room
Wednesday	Health Care at 11:30am	Red Bud Parlor
Wednesday	Campus-wide 1:30pm	Live on Channel 971
Thursday	Assisted Living 11:30am	AL Meeting Room
Friday	Memory Care 3:30pm	Memory Care Circle

No Communion Services until further notice. We look forward to getting back to our regular schedule.



Alzheimer's Support Group Meeting

This meeting is for any family member or support person in King's Grant and surrounding Martinsville– Henry County Community.

These meetings are currently being held via teleconference on the last Thursday of each month from 3:00pm to 4:00pm. You may join the meetings by dialing 1-312-874-7636 and by entering Conference ID #23318 when prompted.

Next Meeting will be Thursday, October 29th

King's Grant Wellness Center Fitness Schedule

MONDAY

10:30–11:00 am
In-person class in the MPR– **signup required**

10:30-11:00 am
Seated Chair Class Live from the chapel on Channel 971

11:30am– 12:30pm
Francks' Place Wellness Class–
Signup required

THURSDAY

11:30am– 12:30pm
Francks' Place Wellness Class–
Signup required

10:30– 11:15 am
In-person class in the 2nd floor
exercise room– **signup required**

TUESDAY

10:30– 11:15 am
In-person class in the 2nd floor
exercise room– **signup required**

**POOL AND WELLNESS
CENTER VISITS BY
APPOINTMENT ONLY**



**Margie Price-Savedge
Wellness Director
634-1200/ 806-3166**

Classes are subject to change
and you will be notified in the
event of any changes.

WEDNESDAY

10:30–11:00 am
In-person class in the MPR–
signup required

10:30-11:00 am
Seated Chair Class Live from the
chapel on Channel 971

FRIDAY

10:30–11:00 am
In-person class in the MPR– **signup required**

10:30-11:00 am
Seated Chair Class Live from the
chapel on Channel 971



WALKING TIPS



Stretching keeps the muscles flexible, strong and can prevent injuries. Muscles shorten and become tight after you exercise. Stretching is very important.

Take your cell phone with you in case of emergency.

Let a friend know that you are going for a walk, or walk with friends staying your Covid distance.

Walking sticks are good to have for balance and to keep four legged animals away ☺ ... **Skunk**

Remember to take deep breaths.

Good Walking shoes are a must. Wear tennis shoes with good support and traction.

Use sunscreen and stay hydrated. Staying hydrated and using sunscreen is **not just for summer time.**

To burn more calories you will need to pick up your pace. Remember to keep good posture by standing tall as you walk and pull in your abs to help support your back.

If we can assist you with your fitness needs, call Wellness at #1200



From The Business Office

Have you done your Yearly Medicare Plan Review?

Medicare Open Enrollment is October 15– December 7

Remember, Medicare plans can change each year.

- They may cease covering a medication that you need.
- They may increase your out-of-pocket costs.
- They may not provide coverage in our region.
- They may not provide you coverage for therapy services here at King’s Grant.

If you need assistance you can schedule a phone appointment with a Virginia Insurance Counselor from Southern Area Agency on Aging in Martinsville. You can reach a counselor by calling 276-632-6442.

Please note that they will not be available to advise residents before October 15th.



KING'S GRANT HALLOWEEN PARADE

Friday, October 30th
3:00 PM- weather permitting

Come out and enjoy a spooky time!

Join the fun by participating in the parade or watching from your porch, balcony, room or sidewalk.

-  **COSTUMES & DECORATED VEHICLES OR GOLF CARTS ENCOURAGED**
 -  **OPEN TO RESIDENTS, STAFF AND FAMILY OF RESIDENTS**
 -  **TREAT BAGS WILL BE DISTRIBUTED BY STAFF**
- VEHICLE & CART DECORATING CONTEST-
MOST ORIGINAL, SPOOKIEST & BEST OVERALL**

Parade line up will begin at 2:30 pm in the bottom staff parking lot below apartments. Parade will begin at 3pm and the route will consist of 2 laps around campus.

More details to follow



COMMUNITY WALK

10/16/2020

King's Grant is dedicated to ending Alzheimer's. Please consider supporting our fundraisers or walking with us at our Community Walk. The walk is open to Residents and Staff of King's Grant only.

Fundraiser's Include:

- **50/50 RAFFLE TICKETS**
- **HOT DOG DRIVE-THRU AT FRANCK'S on 10/8**
- **PURPLE CLOTH FACEMASKS FOR SALE**
- **KING'S GRANT WINE TUMBLERS FOR SALE**

See receptionist to purchase a raffle ticket, facemask or tumbler.

The agenda for the Day of walk will be distributed separately.

HAPPY BIRTHDAY TO YOU

Staff Birthdays

Theresa Bailey	10/1
Angela Van Spyker	10/12
Tiffany Gilbert	10/16
Teneah Harrison	10/19
Tracey Hairston	10/26
Linda Turner	10/27
Cheyenne Barton	10/30

Resident Birthdays

Ann Griffith	10/1
Betty Lemons	10/9
Gale Legg	10/9
Blaise Plageman	10/10
Charlotte McClain	10/11
Sally Jordan	10/14
Betty Hendricks	10/18
Richard Elgin	10/18
Louise Covington	10/18
Nancy Brown	10/23
Frances Weaver	10/23
Dwight Christenbury	10/26
Anne Cheshire	10/28
Louise Sanguedolce	10/29



CONGRATULATIONS
EMPLOYEE OF THE MONTH
OCTOBER 2020

REGINA LAWSON, LPN

Welcome Home
— WHERE YOU BELONG —



BARBARA TATUM
630 KINGS WAY ROAD

ASK US ANYTHING!

The King's Grant marketing team is ALWAYS here to answer any questions or concerns you may have. We would like to assure you that we will always listen to the voice of our residents and respond accordingly.

There are many ways to contact us. Choose the way that is most convenient for you.



Crystal Caldwell, Marketing Director
CCaldwell@kingsgrant.cc \ 276-634-1140

Jamie Turner, Marketing Sales Counselor
jturner@kingsgrant.cc \ 276-634-1202

Brandon Earles, Marketing/Move Coordinator
BEarles@kingsgrant.cc \ 276-634-1138

Due to COVID-19 restrictions in place, Francks' Place will only be open for scheduled events and activities.

Billiards is back at Francks' Place. Join the fun every Tuesday & Thursday 1:00– 3:30pm by calling wellness at #1200. Signup required.

The Great Courses Plus- Shown every Friday-Francks' Place Theatre 1:30-2:45pm– Signup Required call Stevie at #1119

Current Course- Living History: Experiencing Great Events of the Ancient and Medieval Worlds
October 2nd- Ep. 5- Socrates on Trial: For the Defense & Ep. 6 -Conspiracy! Murder of Phillip II
October 9th- Ep. 7- Alexander the Great: Punjab Revolt & Ep. 8- Pyrrhus: Deadly Dreams of Empire
October 16th- Ep. 9- India's Ashoka the Great Repents & Ep. 10- Hannibal: Rome Holds It's Breath
October 23rd & 30th- There will be no course shown on these dates

Services available on King's Grant Campus

Dry Cleaning– Times vary

McCormick–Pick up/drop offs on Fridays **only** until further notice.

Seamstress– Suspended until further notice

Banks– Locations subject to change

No banks on campus until further notice.

Safety Deposit boxes available on campus

Notary publics available on site by appointment

CPR & First Aid classes– Suspended until further notice.

For Clinic Hours and services call ext. 1481

Transportation– For appointment or shopping request, contact Pam Pruitt or Ron Dailey at ext. 1129

Electronic Fund Transfer–

Auto draft from checking/savings account available. Contact Valerie Kyle at ext. 1132

Beauty/ Barber shop– For appointment, contact Jackie Thurman at ext. 1488– **COVID-19 restrictions will apply.**

Masseuse– Closed until further notice.

Nail Technician– Manicure's and Pedicure's. For appointment contact Kelly Flint at 276-806-5722 **COVID-19 restrictions will apply.**



Stay tuned into channel 970 for
COVID-19 Campus Updates

YOU ARE ALSO ENCOURAGED TO LISTEN TO THE RESIDENT AND FAMILY MEMBER TELEPHONE HOTLINE TO RECEIVE INFORMATION ON ADDITIONAL STATUS CHANGES AS THEY OCCUR. THE TELEPHONE HOTLINE CAN BE REACHED BY CALLING 634-1560.



With the community quarantine still in place, we encourage everyone to:

Stay home and #StopTheSpread.

RESIDENT FLU CLINIC

Monday, October 5th

Stone Cross West Residents
 8:00am to 12:00pm

Main Conference Room across from the Multi-Purpose Room

Wednesday, October 7th

Stone Cross East Residents
 8:00am to 12:00pm

Main Conference Room across from the Multi-Purpose Room

Friday, October 9th

Village Residents
 9:00am to 2:00pm

Franks' Place Pool Room

PRESIDENTIAL ELECTION

2020

NOVEMBER 3RD

To contribute to the Town Crier please submit information by the 15th of each month to:

Stevie Anderson, Executive Assistant

sanderson@kingsgrant.cc

