



BRANDON WOODS

at ALVAMAR

BULLETIN BOARD

1501 INVERNESS DRIVE ■ LAWRENCE, KANSAS 66047 ■ 785-838-8000

FROM THE DESK OF JASON KOHLER, CEO

Continuing my highlight of our many committees and boards that serve our community...



Resident Council

The Resident Council is made up of residents from the apartment homes. Working together, we strive to maintain effective resident relations. The Resident Council is an advisory group to Brandon Woods' management and serves as a representative for the residents on important issues affecting the management and services of the apartment homes.

The purpose of the Resident Council is to ensure management decisions reflect the needs, desires and priorities of the residents and that these aspects are communicated to the apartment home residents effectively.

The Resident Council meets monthly and many of the discussions and issues reviewed with the Resident Council are reflected and further discussed with the entire apartment resident population at our quarterly meetings.

Townhouse Association Board of Directors

The Townhouse Association Board of Directors is comprised of townhouse residents and employees of Life Care Services. Board members assist in the development of policies and procedures to govern the operations of the Brandon Woods Townhouse Association.

They also assist in strategic planning and the development of the annual budget which sets

rates and fees for services. Throughout the year, the Board monitors the finances, programs and performance of the organization.

Board Members are elected to a two-year term. Meetings are held quarterly.

Family Focus

Family Focus is a forum focusing on health-related issues important to Brandon Woods' families. Family Focus is geared toward Health Center family members but may be attended by anyone interested in learning more about health issues affecting the senior population. Family Focus meets every other month.

Employee Recognition Committee

The residents of Brandon Woods have created a program that assists residents, families and business partners interested in showing their appreciation to Brandon Woods' associates. It is called the Employee Recognition Fund, and it is administered by the Employee Recognition Committee ("ERC"), which is made up of Brandon Woods' residents. The ERC receives donations from residents, family members and business partners and distributes the fund to our hourly associates toward the end of the year.

Residents and their families often elect to make a donation to this fund as a form of gratuity in appreciation for the work our associates have done throughout the year. Please feel free to contribute to the Employee Recognition Fund throughout the year. Your donations are very much appreciated.

BULLETINBOARD

PLEASE WELCOME OUR NEW RESIDENTS

Nadine Criqui, Apt. 305
Loraine Morse, Apt. 207
Woody and Lucy
Templer, D-22 and D-24

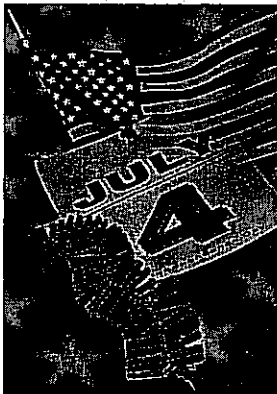


BRANDON WOODS AT ALVAMAR DEPARTMENT DIRECTORS

Jason Kohler.....C.E.O.
Terri Moore. Health Services Executive Director
Eric Parker.....Associate Administrator

Donna Bell.....Public Relations Director
Tammy Hudson..... Director of Nursing
Madeleine Klusman... Admin. Services Director
Jan Maddox..... Marketing Director
Don Minter..... Food & Beverage Director
Jay Pestinger..... Accounting Director
Teresa Prochaska.... Human Resources Director
Carl Spicher..... Plant Operations Director

*Have a Fun & Safe
Independence Day!*



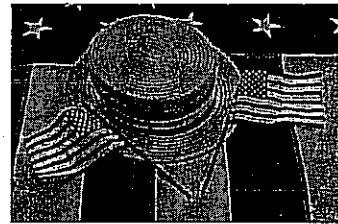
- 7/6 **Building and Grounds Committee**
10:00 in the Jayhawk Dining Room
- 7/8 **Resident Council Meeting**
11:00 in the Jayhawk Dining Room
- 7/13 **Activity Committee Meeting**
11:30 in the Club Room
- 7/15 **Food Committee Meeting**
2:00 in the Big 12 Pub
- 7/23 **Resident Townhouse Meeting**
2:00 at The Smith Center
- N/A **Employee Recognition Committee**
No meeting until September

FOOD & BEVERAGE

From all of us in the Food and Beverage Department, we are proud to announce some forthcoming events in the Woodlands Restaurant.

ANNUAL 4TH OF JULY PICNIC!

Saturday, July 4th
11:30 a.m. – 1:30 p.m.
Apartment Home Carport Area

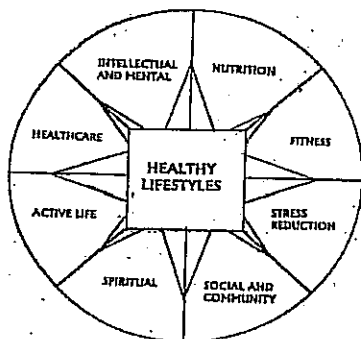


Junkyard Jazz Band will provide entertainment.

The menu includes BBQ chicken and brisket, hamburgers, brats, hot dogs, potato salad, baked beans, coleslaw, corn on the cob, watermelon slices, and cookies.

As always, we appreciate reservations for our special events by calling 838-8000, ext. 22117. We look forward to continuing to exceed your expectations.

SPOTLIGHT ON HEALTHY LIFESTYLES



Evelyn and Herman Hallberg have truly led a life to be proud of and have exemplified many positive practices that contribute to healthy living. We are continuing our series with our residents who live active, healthy lifestyles by maintaining mental sharpness. Even though the Hallberg's retirement life is anything but routine, they usually start out the morning with the continental breakfast in the Woodlands, followed by challenging their minds with crossword puzzles in the *Kansas City Star* and the *Lawrence Journal World*.

Herman has been carving wood for 30 years and distributes his fine work to his four children, seven grandchildren and one great grandchild. Most noteworthy is Herman's love of writing poetry, which he actually just started in 2006. Many times he has written inspirational poems to my staff to show his appreciation for the fine work they do. Herman is also an active member of the Brandon Woods Writing Club. Herman recently gave me a copy of a book he wrote in three nights of this wartime experiences in World War II. I have been reading this book to my son, and we are finding it truly fascinating. As I keep reading, I am fairly certain that the end result of the book will be labeling Mr. Harman Hallberg a war hero.

Evelyn enjoys reading novels on a regular basis, particularly citing fictional novels as her favorite.

Next week, the Hallberg's are playing host to the entire Hallberg clan for their 2009 Christmas in July celebration. Also worth mentioning is the fact that Evelyn and Herman have been married 64 years! What an accomplishment. We are proud to have the Hallbergs at Brandon Woods as they continue to be an inspiration to us all. Keep us the great work!

HOT WEATHER SAFETY

The higher the temperatures and the higher the humidity, the greater the risk for heat-related illnesses. The National Weather Service reports that 237 people have died from heat over the last decade. All of these could have been prevented if precautions had been taken and/or quick medical treatment had been received.

Excessive heat effects are cumulative, and the threats grow with each successive day of hot weather. People are not used to the high temperatures and humidity partially due to everyone using air-conditioning all the time. Heat stroke occurs when the body's cooling systems fails and the person's temperature starts going higher. Symptoms of serious heat illness include cramps, rapid pulse, heavy sweating, hot red skin, headache, dizziness, confusion, nausea and vomiting.

Treatment should include getting the personal out of the heat, giving sips of cool water, placing cool wet cloths or ice packs on the person's body (under the arms and on the back of the neck.) The personal should seek medical attention immediately.

When out walking or working in the yard, remember to have water and drink frequently. The amount of fluid you body loses in a much larger volume than you realize when you're out there. Doing activities early in the morning before it gets too hot is much wiser. Have a fun summer and stay safe!

Tammy Hudson, Director of Nursing

ASSOCIATE NEWS

Anniversaries for July

Katie Hofer	8 Years!
Nativity Raymond	8 Years!
Dori Nunez	5 Years!
Jacob Noll	4 Years!
Lucy Turner	4 Years!
Ariel Clark	3 Years!
Sonya Brown	3 Years!

1 Year Anniversaries

Lynda Baile, Maria Del Campo, Sherri Harleman, Andrew Koehn, Evelyn Phillips, Ada Williams

BULLETINBOARD

KNOW YOUR NEIGHBORS

by Jeane Landry



While DR. ALBERT "DECK" AND MARIE DECKER reside in their townhouse at 4716 Balmoral, you will find them dining at lunch at the Woodlands every day. His sister, Dorothy Anderson, also a resident, sometimes joins them. This gracious couple has been married for sixty-three years and has made Brandon Woods their home for the last three.

Deck, born in Coffeyville, Kansas, graduated from Lawrence High School, the University of Kansas and K.U. Medical School in 1944. He was wearing the Navy uniform at this ceremony, as he was in the United States Naval Reserve and would serve in World War II and was recalled for the Korean War. He is a retired Commander USNR.

Marie, born in Springfield, Missouri, grew up in Kansas City, Missouri, graduated from Stephen College in Columbia (a two year women's school) and received her AB degree in English at the University of Texas.

They were married in February 1946 and his professional career as an internal medicine physician would take them on many paths together. He started into private practice in Wenatchee, Washington, to be followed by a decade or so in Kansas City, then in Florida through TWA as Chief of Medicine at the Kennedy Space Center, Cape Canaveral. He would later establish a private practice in internal medicine in Melbourne, Florida until his retirement in 1987. They lived in Springfield, Missouri for nineteen years before coming to Lawrence.

Marie, during those years had (her quote) "the best job in the world, being mother to Jeff and Linda". Having been active in the Episcopal Church all her life, Marie has been a vestry member, a licensed lay reader and chalice bearer. She recently was instrumental in the start of an Episcopal service, officiated by Trinity Episcopal Church, at Brandon Woods on the second Thursday of the month at 10:00 a.m. All residents are welcome. Her hobby is needlepointing and she once made an entire nativity scene for her church.

She and Deck are members of Lawrence Trinity Episcopal Church. Deck was a Rotarian and still lunches once a month with high school "buddies". Marie is a member of PEO, Deck likes to play free cell on the computer, and they both enjoy reading. Say "hello" to them in the dining room-they are nice people.


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