

# McCrite Plaza Press

Spring 2019



## McCrite Plaza Wins “Best Retirement Community” in Best of Topeka Competition



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The city of Topeka agrees with all of us at McCrite Plaza. We're the best! The community won “Best Retirement Community” in the 2018 Best of Topeka competition. The award was received in September and we celebrated in October with an ice cream sundae social for staff and residents.

“Pat and I feel blessed to be part of an amazing team of people who are compassionate and truly care about others,” Judy McCrite shared. “Whether we’re describing employees or residents, there is a collective spirit of commitment and dedication to creating an active, independent and safe environment for seniors.”

Now it's time for Best of Topeka again! Voting begins on June 8th, so get ready to cast your votes for McCrite Plaza (see information below).

### **Vote McCrite Plaza in Best of Topeka 2019**

Voting begins June 8th for Best of Topeka 2019! Help us defend our title and vote McCrite Plaza as “Best Retirement Community” and “Best Apartment Complex!”

Cast your vote at [www.cjonline.com/BestofTopeka](http://www.cjonline.com/BestofTopeka)

# Meet McCrite Plaza's Baseball Team

Baseball Commercial features Rehabilitation Services

**W**hat do Joe McCarthy and Pat McCrite have in common?

They both coached some legendary teams!

Following in the footsteps of our football team, our baseball team spent hours filming and creating another entertaining commercial featuring McCrite Plaza's rehabilitation services. The baseball team gave some of our residents the opportunity to show off their athleticism and it sparked the interest of the Topeka Shawnee County Public Library! You might have seen the library's newsletter showcasing three of our baseball players.

Our rehabilitation services are available for in-patient rehab patients, but also available for our residents to use out-patient services. Reach out to our Admissions Coordinator, Jennifer Gable, at (785) 267-2960. Happy baseball season!



Watch McCrite Plaza's baseball team in action through McCrite Plaza Topeka's Facebook page or on YouTube! Or keep an eye on your television and we might make an appearance.



This may be a familiar photo! A few of the players made it on to the Topeka and Shawnee County Public Library's newsletter. (From left to right) Duane, Gary, and Harold. (Photo courtesy of TSCPL.)



The commercial won a Gold Medal at Topeka's American Advertising Awards ceremony (ADDY Awards) in February 2019.

# Community Spotlight

Meet two people making an impact on McCrite Plaza Topeka

## Resident: Margaret

Margaret and her grandson, Scott, always find ways to joke around with each other. “[About four years ago] Scott asked me to ride his motorcycle. I said ‘no’ but I would when I was 90.” Margaret explained. Then, when her 90th birthday rolled around in July 2018, Scott didn’t let Margaret forget her promise.

During her 90th birthday party with family and friends, Scott ensured the motorcycle was ready for the ride. As her way of surprising him, Margaret got the help of her daughter and found a leather riding outfit to borrow for the day. “It was the best thing seeing Scott’s reaction!” Margaret laughed, “He was so surprised.” She also admitted that the outfit was “unbelievably heavy and hot.”

Margaret has been a resident of McCrite Plaza for over four years. She is a McCrite Marketeer who helps with Marketing events, a Welcome Ambassador who acts as a resource for new residents on her floor, and she participates in balloon volleyball as well as bingo, dominos and pitch.



Left: Margaret heads off on her first motorcycle ride with her grandson, Scott. Right: Margaret reveals her full leather riding outfit to family and friends at her 90th birthday party.

## Staff: Trish, New Resident Coordinator

Moving to a community comes with lots of questions. McCrite Plaza wants to ensure new residents have a support system to help with anything the adjustment may bring. Whether it’s introducing new residents to their neighbors or attending an exercise class with them, our New Resident Coordinator makes sure new residents are settling in well.

Trish Tripe joined the McCrite Plaza team in this new position in late 2018. “My favorite part is working with the people,” Trish explained. “It doesn’t matter if we are visiting, taking a tour or playing balloon volleyball, it makes my heart happy.” Her past experience in apartment management and the opportunity to work with people on a daily basis attracted Trish to this position with McCrite Plaza.

In her free time, Trish enjoys crafting, watching movies on Netflix, antiquing, and shopping. “My love of antiques comes from my parents and grandparents. They both had antique stores in Holton. I swore I would never own an antique, but they would smile at how that turned out.”



New staff member, Trish Tripe, joined the team in November 2018.

# Living the life at McCrite Plaza. . .



## Pool Pros

Building on McCrite Plaza's sports publicity, our Activities department added weekly pool competitions to the calendar. There is a men's group, women's group, and a co-ed group. Above, Joyce tries to avoid the 8 ball while Mary Alice and Juanita cheer on during women's pool.



## Christmas Candlelight Dinner

Enjoying an elegant meal, Don and Myron concentrate on their food.

McCrite Plaza's annual Candlelight Dinner was held on December 18th, 2018. Residents dressed in their best attire and were served crab stuffed lobster tail, filet mignon, dinner rolls, and roasted vegetables, with cheesecake or 4-layered cake for dessert.

# Friends, family & lots of fun



## Wrapping up

Residents got together to wrap gift boxes for Samaritan's Purse Operation Christmas Child during the 2018 holiday season. The boxes were full of toys, personal hygiene products, clothing, and other small items. The boxes are sent to children in third world countries who usually don't receive gifts during the holidays.

## Spread the Love

Staff members, Kameron and Alana, served as bartenders for the day, pouring drinks for residents at the annual Valentine's Day party. The afternoon featured mimosas, wine, cheesecakes, chocolates and other sweet treats.

"I bring the opportunity to celebrate and promote a happy and healthy life," Alana shared. "I love being a part of their life."



## Playoffs Party

Residents gather to celebrate the winners of their bracket competition. Harold Facklam, a current resident, has a passion for sports and hosts bracket challenges any time brackets can be made. Each competition is organized completely by Harold with some help from his wife, Venice.

This party was held to celebrate the college football playoffs. The winner of this challenge won a candy bar bouquet.



# Apartment Director wins Operator of the Year

Kameron Patrick receives honors from Kansas Healthcare Association

The Apartment Director has many responsibilities in a retirement community. It could be anything from updating residents on monthly community changes, leading meetings with the departments she oversees, or working one-on-one with residents. Kameron Patrick does all this and more on a daily basis to ensure residents and staff are taken care of at McCrite Plaza.

Kameron has been serving as Apartment Director at McCrite Plaza since 2016. During her free time, Kameron loves to travel with her husband. She loves snorkeling, biking, boating, cooking and reading.

Each year, the Kansas Healthcare Association honors employees from across the state who make a difference in senior living. In addition to Kameron's award, three other staff members at McCrite Plaza were named as honorable mentions in their departments: Joyce Fisher, Housekeeping and Laundry Supervisor, Mike Platte, Restaurant Supervisor and Executive Chef, and Cindee Williams, Marketing Supervisor.



On September 27th, 2018, McCrite Plaza's Apartment Director, Kameron Patrick, was named Operator of the Year by the Kansas Healthcare Association.



## An Artist Among Us

Pauline Knittel wins Best of Show

On March 29th, Pauline received the Best of Show award in the Professional Artist category for her watercolor painting "Fuchsia Spring" (lower painting). She began painting in grade school where her fifth grade teacher noticed Pauline's talent.

"I remember painting iris in grade school and my teacher sent the painting in to some art contest... She told me to keep painting because I was doing a good job, so that encouraged me to keep at it."

After high school, Pauline started painting cards at Hallmark Cards. "My favorite thing to paint is florals and outdoor scenes."

Pauline Knittel has invested lots of time in the Topeka Art Guild and Gallery and mentioned her desire for people to support the gallery by visiting the rotating art exhibits that feature local artists. The art guild is in Fairlawn Plaza.

# We Love Our Volunteers

And we're always looking for more

An analysis completed by a University of Maryland student found that the number of volunteers has been steadily declining since 2005. In 2015, the percentage of Americans who volunteer reached an all-time low at 24.9 percent (source: "Fewer Americans are volunteering and giving than any time in the last two decades" by Kaitlin Ahmad).

Although studies show volunteers are hard to find, McCrite Plaza is lucky to have numerous people who donate their time on a regular basis. Rosemary Dodson and Pam Walstrom are two of them. Rosemary Dodson (right) is a long-time resident in our skilled nursing community, but she volunteers on a daily basis with the Health Center's Activity Department.

"I like to keep busy," Rosemary explained. "Anytime they need somebody, I'm at their service." Rosemary helps with organizing bingo chips, tracking resident participation and writing birthday cards for McCrite Plaza residents.

Pam Walstrom is another long-time volunteer who focuses on new residents in McCrite Plaza's Independent and Assisted Living apartments. On Wednesdays, Pam visits with new residents, attends activities with them, and answers any questions they might have about the community.



Other volunteers at McCrite Plaza include musicians and artists, bingo callers, bakers, youth groups, and other church organizations. Our volunteers empower residents to participate in more activities and work to build close relationships with residents adjusting to the community.

Thank you to all the families and friends who donate their time to McCrite Plaza!

If you are interested in volunteering your time or talents at McCrite Plaza's Health Center, please reach out to Mark or Kathy at (785) 267-2960.

Left: Spending several hours a week at McCrite Plaza, Pam focuses on new residents. She ensures they are happy in their new home and know all the opportunities they can be part of at McCrite Plaza.



Some of Rosemary's volunteer time is spent helping with bingo games. From counting bingo chips to tracking attendees, Rosemary ensures the game runs smoothly from beginning to end.

## — Senior Living 101 —

The Senior Living 101 seminar is designed to provide resources and information on how to prepare for a move to community living.

There will be several expert speakers covering various topics including: how to get your home ready to sell, organizing your nest egg, what a DPOA is and how to have an estate sale.

Each speaker will have a question and answer time following their presentation, so come ready to learn about preparing for a move to a community!

**Tuesday, June 4, 2019**

**9:30 a.m. - 1 p.m.**

**Pat's Irish Pub - McCrite Plaza**

Please RSVP to Anna at (785) 267-2960 by May 30th.

Or find us on Facebook at McCrite Plaza Topeka.

Visit our website at [www.McCritePlaza.com](http://www.McCritePlaza.com)

Call (785) 267-2960 for an appointment.

Let us treat you to a tour of our beautiful community!

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