

# MRC

## *Life*



SUMMER 2025





## ***Dear MRC Family,***

I remember well the journey from high school to college. It was a time of uncertainty leaving what was familiar and joining a community of strangers in a much larger place. Weeks of classes and social events led to opportunities to connect with others. Soon I was able to find my place where I was known. It led to lifelong friendships and connections that I still enjoy today.

MRC campuses are similar experiences. Residents join the MRC family for a variety of reasons...future stability, health challenges, moving closer to family, no longer wanting to maintain a home, safety, social opportunities, and many more. You will see in the following pages it doesn't take long to find connection and be known. Each person that calls an MRC campus home brings a unique life story, talents and experiences to share. It is a great place to be known and to know others. In addition, when you add a talented employee team that bring their own stories and talents to the mix, life is good.

We have just finished our annual Covenant Week campaign to raise funds for our Covenant Fund that supports residents in financial need. Our goal is help as many as we can for as long as we can.

In the first quarter of 2025, we were able to help 100 residents with support totaling \$1.1 million. If you have not made a gift, would you consider a gift today?

Scan to Give:



**Alan Brown**  
**President and CEO**



***MRC Mission:***  
***We honor and serve***  
***older adults as an***  
***expression of***  
***Christ's love.***

# Wishing to go Fishing

*Written by Katie Tyler, Life Enrichment Director at The Langford*

It all started with a simple wish. “I’d do anything to cast a line and catch a fish again,” Mr. Jimmy quietly shared one afternoon. A passionate fisherman in his younger years, Mr. Jimmy hadn’t held a rod in over a decade due to declining health and limited mobility. But his words didn’t fall on deaf ears — they sparked something bigger than any of us imagined.

Our team took that wish and ran with it. After reaching out to countless locations across the county, we discovered that almost every fishing spot required a license — all except one: The George Bush Presidential Library. When the library staff heard about our mission to bring Mr. Jimmy’s dream back to life, his bucket list request, they didn’t hesitate. They opened their doors with complimentary access and full support, ensuring this special day could happen — not just for Mr. Jimmy, but for 10 other residents who joined the journey.

What happened next was nothing short of magical. At 78 years old, one of our residents—who lives with Parkinson’s—had never once wanted to fish, nor imagined she ever would. But that day, she surprised us all by being the first to cast a line. By the end of the trip, she had reeled in five fish, each catch bringing more laughter and joy than the last. Her laughter echoed across the lake, a sound as bright as the sunshine. Her service dog joined in on the adventure too, though she seemed far more fascinated by the splashes in the water than the fish themselves!

Among the most touching moments of the day was watching a daughter share the dock with her father, a resident in our Riverbend neighborhood who is living with memory loss. After recently losing his beloved wife, the weight of grief had settled heavily on them both. But on this day, something beautiful happened. As they sat side by side by the water, her father gently guided her through the steps of casting a line — just like he had when she was a little girl.

For her, it was a memory she never thought she’d relive — one she thought had been lost to time and circumstance. Yet there they were, surrounded by the calm of the lake, the past and present woven together in a quiet, powerful moment of connection. In that moment, it felt like they had found a piece of each other again.

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Another resident — a lifelong fisherman — prepared for the trip with childlike excitement. He marked his calendar, dusted off his old gear, and was ready before sunrise. He didn't even plan to fish himself; he simply wanted to relive the joy of watching others experience the peace and thrill of a day by the lake. He found purpose in helping others — baiting hooks, taking fish off the line, and offering encouragement with every splash.

For two of our team members, it was a day of firsts — their first time baiting hooks, and their first time pulling a fish from the water. Giggles, squeals, and a few “yucks” filled the air, but in the end, they did it — and their joy was just as big as any catch of the day.

But at the heart of it all was Mr. Jimmy — smiling from ear to ear, casting his line into the water with a homemade creation he proudly called his “no escape” hook. He taught us that fishing isn't just about the fish. It's about freedom, memories, and the healing power of nature.

This day was more than just a trip — it was a bucket list fulfilled, stories revived, and connections deepened. We are beyond blessed to be a part of these moments, and we'll carry them with us for a lifetime.

And Mr. Jimmy? He hasn't stopped smiling since.





# Hand-Carved

**K**elsey Roach, resident at PineCrest in Lufkin, was looking for a hobby where he could work with his hands when he met a fellow in Maine who was a master at woodcarving. “My wife was from Maine so we would just about go up there every summer. I saw these carvings with gold leaf inlay and I was fascinated by that,” recalled Roach.

As Roach became acquainted with the craftsman, he picked his brain on the type of tools he needed to get started. “He showed me what he was doing and how he was doing it. He told me what equipment to buy and where to buy it, and I did. I took a book along with it, and I could do it, it surprised me,” he shared. He quickly learned that he prefers to work with bass wood because there is virtually no grain, making it smoother to work with.

Now, over twenty years later, he is what one might call an expert woodcarver with the bulk of his artwork being birds, specifically ducks. “The little black and white one, that

was my first one ever. It’s called a Loon, I made it for my wife, Evelyn, because she liked the sound it makes,” he said while demonstrating the Loon’s unique duck call.

Over the years, he made other impressive pieces like a dining table with two swans posing with their wings flared, holding the glass top for the table. The gorgeous table was given to a dear friend who says it is one of her prized possessions. Another popular piece is the hawk that looks so real, you might leap from shock when entering his apartment. But, out of all of his creations, the little Loon duck remains his favorite because it reminds him of his late wife of fifty years.





# Stitched Together

Bobbie Hood has been living at Crestview in Assisted Living for roughly two years. She initially came to Crestview to recover from a hip fracture, spending time in the skilled nursing program to get therapy. While Bobbie was eager to get back to her home in Boerne, her kids felt she should live in a senior living community, specifically one closer to them. She was against the idea at first. After all, she had lived on her own in the Hill Country for fifteen years after her husband passed and hoped she could return to that way of life. Instead, the kids urged her to transition to an Assisted Living apartment at the community.

Soon, she would come to realize the kids were on to something. "Now, I wouldn't change it. It's been wonderful! Everything here is just perfect! Even though I could live independently, I don't want to because there is always somebody here. You always have friends to visit with, you have help if you need help, and you are never alone!"

When navigating the transition, Hood opted for a larger apartment that would provide her with a spare room to use as a sewing room. Walking into the room is like stepping into a rainbow of color with beautiful fabrics and threads, neatly organized in every square foot of space, along with a table and sewing machine, always at the ready. Hood has always engaged in the hobby as a source of purpose, taking on sewing projects that allowed her to give back to others in her community. She knew it would be important to find ways to get involved with similar charities that would keep her busy and personally fulfilled in her new home too.

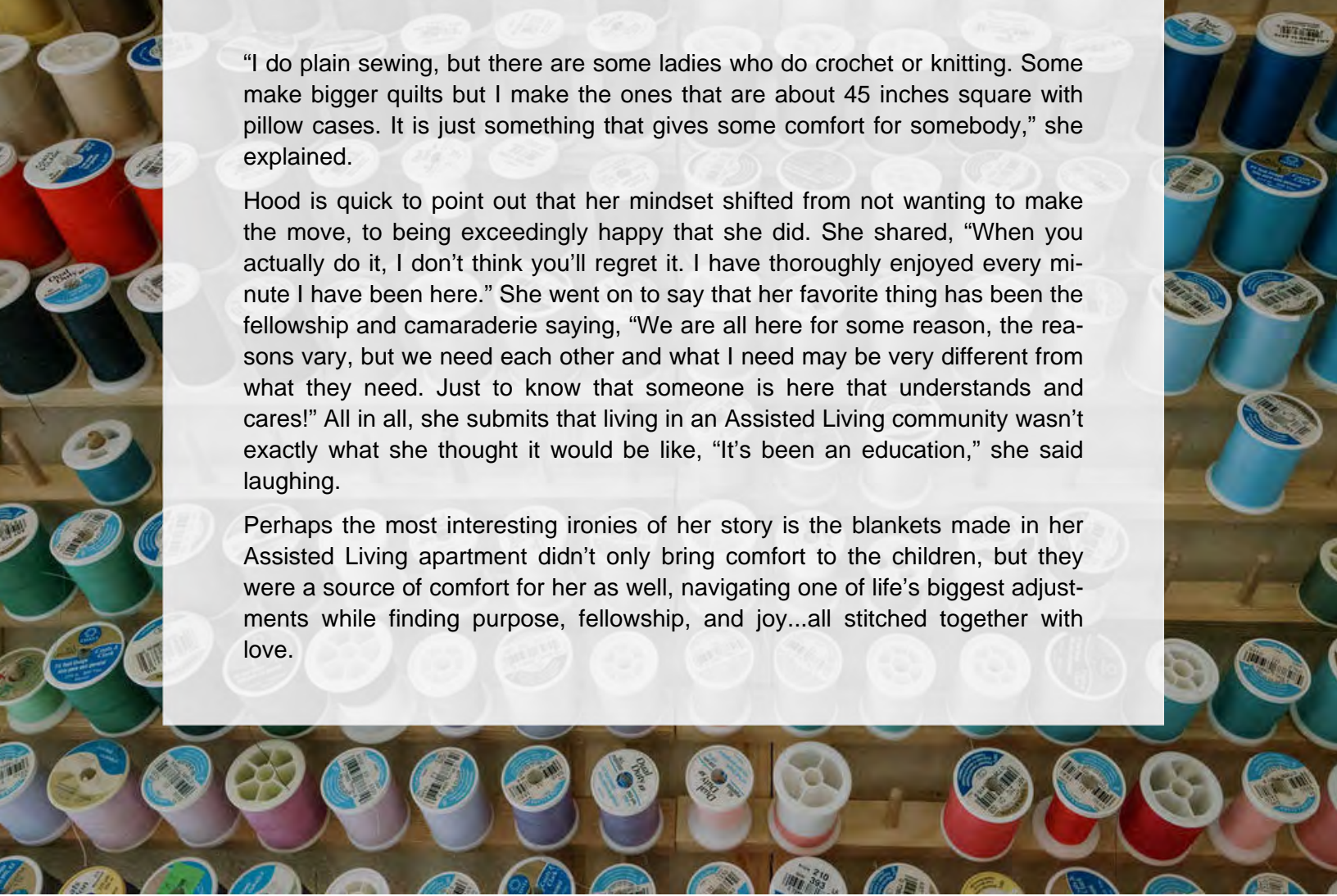
It didn't take long before she found Project Linus, a charity that is named after the Peanuts character who would drag around his little blue blanket. With chapters in every state, the organization has delivered over 10,000,000 blankets since they began in 1995 to those between 0-18 years old who have suffered a trauma, are seriously ill, or are otherwise in need. These blankets provide comfort to these individuals. The origin story for Project Linus began when the charity's founder read about a three year old named Laura who was going through chemotherapy who found comfort in her special "blankie."

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"I do plain sewing, but there are some ladies who do crochet or knitting. Some make bigger quilts but I make the ones that are about 45 inches square with pillow cases. It is just something that gives some comfort for somebody," she explained.

Hood is quick to point out that her mindset shifted from not wanting to make the move, to being exceedingly happy that she did. She shared, "When you actually do it, I don't think you'll regret it. I have thoroughly enjoyed every minute I have been here." She went on to say that her favorite thing has been the fellowship and camaraderie saying, "We are all here for some reason, the reasons vary, but we need each other and what I need may be very different from what they need. Just to know that someone is here that understands and cares!" All in all, she submits that living in an Assisted Living community wasn't exactly what she thought it would be like, "It's been an education," she said laughing.

Perhaps the most interesting ironies of her story is the blankets made in her Assisted Living apartment didn't only bring comfort to the children, but they were a source of comfort for her as well, navigating one of life's biggest adjustments while finding purpose, fellowship, and joy...all stitched together with love.





# *The Unexpected Graduate*

In 1946, Dr. Joe Knowles enrolled at the University of Texas but it didn't take the Bryan native long to realize he was an Aggie deep down. He transferred to Texas A&M in the spring of 1947. He went on to get accepted into medical school at the University of Texas Medical Branch in the Fall of 1949. Once he completed medical school, he served three years as a physician for the U.S. Air Force before settling into a practice in Borger, Texas for over three decades.

His story sounds pretty typical until you understand that Knowles was actually shy one class from earning his undergraduate degree. He just fast forwarded past that milestone and jumped straight into medical school without blinking. "I had 129 hours. If I would take a three hour course in freehand drawing they would give me a degree...I never did take it," he explained with a smirk.

It wasn't until he crossed paths with Sharon Clements, a neighbor and fellow Aggie who was determined to help him get his diploma after hearing the story. Their strategy was to seek eligibility to graduate by transferring his UTMB credits to Texas A&M.

She worked with the University, acting as an advocate, waiting months for an answer before they finally got the notification, it was confirmed, the school was going to grant him the diploma. But that wasn't all, they were also inviting him to walk the stage with the graduating class of 2021 at 92 years old, and over seven decades after he had been set to graduate in 1950.

Knowles says the experience is one of the high points of his life, truly an unexpected joy! The perfect crescendo to a story that aptly illustrates the famous saying, "better late than never!"



Dr. Knowles and his wife, Sue live at Arbor Oaks at Crestview in Bryan.





*A Portrait of Friendship*



At a very young age, Norman Sugg began to draw to push away childhood boredom. As he grew older, it became more than a pastime, it became a career. Sugg's talents were utilized by NASA to develop their manuals with detailed drawings of space capsules and other equipment. He went on to work for many years at Camp Mabry just outside of Austin. Perhaps one of the highlights of his career was when Lady Bird Johnson happened to see an ink drawing Sugg had made of the camp. She was so impressed that she asked to use his artwork on the invitations to a garden party she hosted. He went on to serve as an art teacher for over twenty years, passing his gift along to other aspiring artists.

Sugg retired in Huntsville, eventually moving into Creekside. As he transitioned into the community, he met Jennifer Nickell, the Marketing Director at the community. As she worked to help him get settled, the pair seemed to make a special bond.

Only a few weeks after moving in, Sugg even gave Jennifer a new nickname, calling her the "Princess of the Palace," because he always saw her giving tours and showcasing the community with such grace and kindness. One day, Sugg came to Jennifer's office with a request, "Can I draw you?" he asked. Jennifer was stunned but answered with curiosity, "Sure! Why not?"

As an artist, Sugg had drawn many different things, but he had never mastered drawing curly hair, part of Jennifer's signature look. He asked her for a reference photo, then set off to his apartment to take on the challenge. He struggled to master the curls until he claims the method came to him in the middle of the night when he woke suddenly with the winning strategy.

"He worked on the project for roughly three weeks and I would go and check on him from time to time to see how it was going," recalled Jennifer. During one of these visits, Sugg invited Jennifer to help him with the drawing. Jennifer had always wanted to draw but gave up the hobby after a junior high art teacher told her that she was no good and should not pursue artistry. Deflated, she abandoned her interest...that is until Sugg invited her to pick up a pencil and draw with him.

"Do you see the castle at the bottom? I drew that!" shared Jennifer with pride, "When he heard what my old teacher said, he was so upset making sure I knew that they were so wrong." With a renewed sense of confidence, Jennifer learned how to properly hold the pencil, use a full pallet of color, and how to shade and blend, all taught by the retired art teacher. Sugg invited Jennifer to draw the entire castle portion, later adding her nickname to the piece as the final touch.

When asked why he chooses to draw portraits of people, Mr. Sugg explained that his aim is to reveal the best parts of his subjects to themselves. Through his art, he seeks to capture and reflect the most admirable qualities he perceives in them, offering a mirror that highlights their finest attributes.

Today, the portrait hangs in Jennifer's office as a symbol of their friendship, a renewed passion for Jennifer, and a new skill mastered for Mr. Sugg. A portrait of friendship.







# Looking After

*A story about the bond of sisterhood*



Maria "Vickie" Pursell (below) and Patricia "Pat" Taylor (above)

The dynamic between sisters is something very special, something difficult to describe to someone who doesn't have a sister to call their own. This type of bond is on display each day at Crestview Terrace where two sisters, Vickie and Pat, live as neighbors. From childhood, and into adulthood, they have remained close to one another.

Vickie was five years old when her little sister Pat was born. Vickie would end up being the eldest of five children, with Pat landing in the middle. "Our mother didn't know how to speak English so she relied on Daddy to do everything," said Pat. As children their mother was always very clear, each person in the family had a duty to the other members of the family, a way of life that would determine the sister's steps through every stage of life. "Our mother always brainwashed us that you have to look after family. So that message kind of carried us through the rest of our lives," recalled Vickie.

The family mantra, to look after one another, would become more necessary than ever when their father suddenly passed away, leaving behind their mother, a thirty-four year old widow with five children. Disaster would strike the family again, only seven months later, when their home burned to the ground. Now with multiple experiences of great loss, the older children took on an even greater sense of responsibility. Especially as they helped care for the younger ones.

One of the early examples of the pair's relationship is when it was discovered that Pat had cataracts in both of her eyes as a preschooler, requiring multiple surgeries to regain her vision. In her recovery, Pat was given a little book where she had to do tracings to retrain her eyes to function properly. Their mother assigned Vickie to help her with this task each day. Vickie confessed, "I would take that little book and just do the tracing for her so I could go play!"

As they grew, the sisters developed polar opposite personalities with Vickie chasing big adventures and taking big risks while Pat played it safe. "I never married and I lived with my mom until she passed away." At the time of her passing, Vickie's mother's voice began to echo in her head, saying, "you have to look after your family." Vickie considered how Pat had never lived alone and instantly knew what she needed to do, it was time for the sisters to become roommates. Vickie remembered how the pair functioned

early on in their grief, she laughed saying, "Well, I'm the older, bossy sister you know? But now she is like 60 plus and she doesn't let me boss her around!"

Once the pandemic hit, they decided they were ready to find separate apartments. Pat emphasized, "we were getting on each other's nerves, you know?" They applied to live at Crestview Terrace in Bryan and were thrilled when they finally called with an opening, but there was a catch, there was only one opening, which meant the roommate arrangement would continue, at least for a little while longer. As they met with Liz, the community's Property Manager, they expressed their intent to take the vacant apartment as roommates but hoped to get separate apartments eventually. Pat laughed while she recalled, "Liz asked about our preferences and I asked about getting an apartment next-door to Vickie." Before she could finish, Vickie cut in saying, "And I told her, oh heck no!" Both sisters belly laughed at the memory as they continued to banter back and forth.

Now, both settled in their separate apartments, they have continued to benefit from having a sister who is also a neighbor. They both volunteer at the community's food pantry and Vickie serves as the President of the Resident Council.

One of the pair's greatest passions is the community's "Love Closet" which is a system the sisters have developed where various household items are donated, then distributed to other residents in need. "We take things like pots and pans, blankets, or sheets...and I'll wash them or stitch them, whatever is needed," explained Vickie. "It is a shame when people are at this stage in their life but they are in need of basic items, so we try to take care of them," added Pat.

The message their mother pushed into their hearts has seemingly rippled beyond family as the sisters are now leading efforts to look out for members of their resident family too.

As much as they enjoy making jabs at one another, the conversation took an emotional turn as Vickie said, "In all honesty, if she wasn't here, I don't know what I would do." This time Pat cut in saying, "Ok...I want that in writing!"

And now it is.



# Bunch-Woodview Reimagined

Cornerstone's Memory Support Neighborhood has major renovations underway



In 1996, Bob and Betty Bunch and their family with the help of a number of others brought memory care to Texarkana with the Bunch-Woodview Center, the Memory Support neighborhood at Cornerstone Retirement Community. Bob and Betty's son, Jim, now a Methodist Retirement Community Board member commented, "We are coming up on our twentieth anniversary. The concept was first floated at Williams Memorial Methodist Church where we were members. We decided that Texarkana could really benefit from a senior memory support center, hence the Bunch-Woodview concept was started."

"My parents had a particular interest in having a memory care center in Texarkana. They were very aware of the need in the community," said Bunch. The Bunch family was especially involved from the beginning from assisting with architect and construction company selection to making a sizable donation to help get it off the ground.

"The goal was to build Bunch-Woodview debt free. They estimated it would cost \$4 million. It wound up being \$4.4 million, but with a lot of fundraising along the way, we did get it built with no debt," said Bunch. In the end, a multitude of donors came together to make the vision a reality.

Now, over 20 years later, Bunch-Woodview is undergoing top-of-the-line renovations adding a putting green, bistro, country kitchen, aviary, and screened-in porch along with updated furniture, finishes and reimagined activity spaces. In response to the updates, Bunch expressed how proud he is to see the vision started by his parents and others like the Josh and Martha Morriss family and Dr. James Garrett come into a new era of innovation.

"It's very exciting to know something that your parents kind of started from the infancy - day one - is going to keep going strong. It's a safe spot with great care," said Bunch, whose mother, Betty, currently resides in the Independent Living neighborhood at Cornerstone and is excited to see the finished product. As for his father, Bob, "Dad's no longer with us, but he would be proud," says Bunch.

“Just knowing what it’s going to look like, the end result, I can’t wait to unveil it to the community. It’s going to be great and I’m excited, not just for our families and elders, but for the community of Texarkana as well,” said Chuck Lewis, Executive Director.

Sydney Elmore, Cornerstone’s Healthcare Administrator added, “I think I’m most excited about the country kitchen. It will bring in an atmosphere where the elders can use all of their senses. The smells from the kitchen will ignite appetites and even create moments of familiarity that are greatly induced by cooking near the elder, much like what you would experience in your home.” This one change may be one of the more transformative elements that will greatly impact the daily life of the residents. Studies suggest that the relationship we have with food should involve more than the act of eating. It should also include the sights, sounds, and smells of meal preparation. This builds anticipation of the meal to come and acts as a helpful cue for those living with memory loss. The country kitchen feature will accomplish this at Bunch-Woodview.

“This will be a truly amenity rich memory support neighborhood with each area specifically designed for those living with memory loss,” said Lewis as he pointed to the renderings.

“When you think back on when the Bunch family, the Morriss Family, Dr. Garrett and others in the community had a vision for this building and the care that would be given, it was a pioneering idea. That legacy continues with this renovation. We will be able to care for people in an improved way. Since 2005, we have come alongside hundreds of families facing memory loss and we are honored to continue that legacy,” said Todd Partin, Vice President of Philanthropy.


**If you are interested making a donation towards Cornerstone’s Bunch-Woodview renovation project, email Todd Partin at [tpartin@mrcaff.org](mailto:tpartin@mrcaff.org) or call 936-414-3994**

**Or, donations can be mailed to  
1440 Lake Front Circle Suite 140,  
The Woodlands, TX 77380**





# A Growing Demand

A vertical photograph on the left side of the page showing a lush green tomato plant with several small, round, green tomatoes hanging from its vines. The background is slightly blurred, showing a brick wall and other foliage.

Last year, Independent Living resident Andy Anderson, approached Heath Foust, Executive Director of PineCrest with an idea. He wanted to develop a container garden, but he needed to find a space that would work. Foust was energized by the idea and took Anderson to the Assisted Living Courtyard, a space that gets great sunlight and has plenty of room for what he had in mind.


In the first year, however, his container garden would become even more than he had in mind. Anderson was nurturing ten tomato plants, but the requests from his neighbors was outpacing what the plants could produce. Now, he keeps twenty-six tomato plants in the community courtyard with six varieties of tomatoes, each reaching nearly three-feet tall.

With such impressive outcomes, two years in a row, one might think that Anderson was a long-time container gardener. The truth is, this is actually his first time to grow plants in this manner. Container gardening is quite different than a traditional garden and requires an especially attentive gardener who can adapt to the various needs of the plants. For example, plants in a container will heat up or cool down more quickly than in-ground plants making temperature sensitivity a major variable to consider. These plants may also require more frequent watering as they are more susceptible to dry out faster than plants in the ground. Additionally, the roots are restricted in a container, keeping them from reaching deeply into the ground for needed nutrients, therefore, it is important to provide more frequent fertilization to ensure the plants thrive.

On the other hand, the perks of container gardens are many with improved pest management ranking at the top of the list. Certainly, pest control remains a concern for any skilled gardener, but container gardens tend to be less accessible to common pests found in the ground.

For Anderson, an entirely different list of perks seemed to surface. “Andy is the talk of the town with all of his neighbors admiring his plants. He also worked with a group of home school kids, teaching them about his methods and they were so amazed to see the results,” shared Foust.

Anderson’s initial idea was like a seed that has since sprouted and grown beyond anything he had ever dreamed.

A vertical photograph on the right side of the page showing a tomato plant with green leaves and several ripe, orange-red tomatoes. The plant is supported by a wooden stake. The background shows a brick wall and other garden elements.





# Andy's Tips for Container Gardening

1

Place rocks in the bottom of the bucket, along with fine gravel to fill in the gaps. This keeps the bucket from tipping over.

2

Don't drill holes in the bucket so the roots have plenty of moisture to soak up.

3

Use a large rain barrel to collect rain water for improved water conservation and sustainability.

4

In addition to fertilizer, try adding bone meal for additional nitrogen, phosphorus and calcium to the soil.





# A COLORFUL WORLD

How caregivers can use color to engage those living with dementia



Did you know that colors can stimulate mood? Did you know that certain colors can draw and hold your attention better than other colors? Did you know that some colors can even alter behavior? It's true! The color wheel holds a great deal of power over how we interpret the world around us. The same is true for those who live with dementia. The use of color is immensely important to help stimulate appetite, can be used for way finding, and can even promote greater participation. As a result, caregivers are often very intentional about the color of the spaces those living with memory loss will spend time in, as well as the clothes they wear, the plates they eat on, and more. Experts encourage caregivers to experiment and find which shades work best for their loved ones. Typically, when choosing a shade, neither the bold and bright, nor the dark are the best fit for those with dementia. Instead, opt for the shade that lands more in the middle to get the greatest benefit.

#### **White:**

- In general, white is difficult for those with dementia to see.
- An all-white room may look circular to them. Consider painting accent walls or creating colorful focal points to help them better understand the space.
- A white door may be hard to distinguish against a whitewall. Therefore, they may be less active outside of the room because they cannot perceive the location of the door. Consider painting the door a different color to help them find the entrance and exit to the space.
- Food may be harder to see on a white plate, therefore, plating food on a red plate will not only stimulate appetite, but it will help them see their food more clearly.
- Bed sheets, blankets, and pillows that are all white will blend together in their mind. Therefore, use different colored sheets, blankets, and pillows to help them distinguish between all the things they need to get comfy.

#### **Black:**

- Black is a color often associated with more negative emotions like grief and mourning.
- Seeing others in black clothing may feel intimidating or even frightening to those with dementia. Those living with Lewy Body Dementia are especially triggered by black clothing beneath the knee. Therefore, you should avoid dark pants and shoes, opting for lighter colors instead.
- For those with dementia, black welcome mats or flooring may look like a hole in the floor. This may hinder a person from feeling they can move past this area safely.

#### **Blue:**

- Blue promotes feeling of relaxation making it a great color to wear when visiting a loved one. It is also a fantastic choice of color for a room where they may spend a great deal of time with decreased feelings of confusion and increased feelings of concentration.

#### **Red:**

- Red tends to promote participation which means it is a powerful color to use to motivate activity. For example, red shoes may promote more walking, a red ball may improve focus during a game of catch, and a red door may encourage them to get out of their room more often.
- Red is known to stimulate appetite and is a perfect color for plating food, plus the food is much easier to see compared to a white plate.
- Because red is such a bold color, avoid wearing this color when spending time with your loved one as it may be perceived as an intimidating color.

#### **Yellow:**

- Yellow inspires feelings of happiness as is it strongly associated with sunshine.
- Studies show people tend to smile more in yellow rooms.
- People with dementia tend to wander into yellow rooms and will stay there for a longer period of time compared to any other color.

#### **Green:**

- Green stimulates energy but can also promote relaxation. Most importantly, it is one of the last colors we lose the ability to see. Making green an excellent color to wear when spending time with your loved one.
- In our minds, green means go, therefore, seeing green supports neurological sequencing. For example, text in green ink or font may be easier to read than other colors. Also, you may consider putting green tape on items like walkers or canes to help them find the item more easily.

#### **Purple:**

- Purple stimulates imagination and spirituality.
- Because purple is often associated with royalty or high value, caregivers may choose to use the color purple to draw their loved one's attention to items that may be more valuable or special. For example, a purple photo album with pictures of their loved ones may be picked up and treasured more than if it was presented in other colors.



# MRC's Covenant Week— June 2025

**“This was the first ever MRC Covenant Week and it was a great success! Going forward, this will become a standard celebration each year to highlight our benevolent assistance program.”**

**Todd Partin**

**Vice President of Philanthropy and Engagement**



**An estimated \$125,000 raised in one week, with gifts still coming in!**



In June, MRC launched Covenant Week, a time of celebration and focus on the philanthropic program, central to the mission of the organization called MRC's Covenant Fund. Each community hosted a variety of events and fundraisers to boost giving and awareness around the program.

### What is the Covenant Fund?

The **Covenant Fund** serves as the **connection between older adults with a financial need and those with a passion to help**. People with a heart to make a difference for others give to the Covenant Fund knowing their gifts **bring a home, care and peace of mind** to older adults many of whom have **no place else to turn for help**. The **Fund fills the gap** between what older adults in need can pay from their own limited resources and what their home at an MRC Community along with the services and care they need actually cost.

### Why Provide For Those in Need?

As a Christian ministry, Methodist Retirement Communities' mission is *to honor and serve older adults as an expression of Christ's love*. Looking at the example set by Jesus, people from all walks of life came to him for healing, acceptance, and a compassionate touch.

In a similar way, **people in all kinds of situations knock on the doors of our communities**. Some are looking for **life-style**. Some are looking for **care**. Some want a **long-term plan** for the future. Still others are in need of a **community** in which to belong. **A few** of those who come, regardless of their reasons, **do not have the financial means** to pay fully for what they need.

Following the example of Jesus, we believe our **Christian duty** is to **offer a compassionate hand** when possible to those in need. Biblical principles like those found in Matthew 25, encourage us to feed the hungry, give drink to the thirsty, welcome in the stranger, clothe the naked, care for the sick and visit those in prison. MRC's Covenant Fund Program is a **tool for good in the lives of older adults in need**.



Send a donation by mail to  
Methodist Retirement Communities  
1440 Lake Front Circle Suite 140,  
The Woodlands Texas 77380  
Or, online at [www.mrcaff.org/giving](http://www.mrcaff.org/giving).

Scan to Give:





# The Man. The Myth. The Legend.

Meet Larry Beck of Stevenson Oaks

When Larry Beck first expressed his intent to live at Stevenson Oaks in early 2020, his wife Kathy was by his side. The pair was making big plans for their life at the community, however, by the time the community was set to open in 2022, Kathy had passed and Larry was facing the move on his own. As he aimed to settle into a new home with new neighbors and a new routine, he knew he was in for a wave of big changes, all at once.

He had formerly been in the role of caregiver, a role that can be supremely fulfilling but all consuming as well. He knew he would need a new place to invest his time and energy.

One of the paths he considered was pursuing a doctorate degree. He went down this path for a bit, with his paperwork submitted and degree plan mapped out. However, the opening of Stevenson Oaks was getting closer and closer, prompting him to consider another path. He wondered, "What if there was a way I could use my talents to serve my fellow neighbors?"

Once he had given his options some thought, he admits that the appeal of the doctorate program began to lessen while the anticipation for all the fun they could have at Stevenson Oaks began to grow and grow. Perhaps this path became the most attractive because he is naturally a creative, adventurer at heart. Or maybe it's because he knew he wasn't the only one facing the big wave of changes, they all were, every new neighbor was facing the struggle of letting go while embracing what is to come, the paradox of this type of change.

Beck decided then and there to give himself fully to the burgeoning community as a volunteer member of the Life Enrichment team, creating programs and hosting events, along with a myriad of other projects he launched almost immediately.

"From the moment Larry Beck moved into Stevenson Oaks, his dedication to building a vibrant, connected community was made known. With a passion for service and a heart for others, Larry quickly became a key player in organizing events—most notably Bingo, which has since grown in popularity thanks to his enthusiasm and creative twists on the game. One special way Stevenson Oaks celebrates Larry's impact is through our annual *Larry Beck Day*, held every November. On this day, residents and staff alike join in the fun by dressing up as Larry, complete with signature styles and all, for the entire day! It's a joyful, lighthearted tradition that reflects the deep appreciation our community holds for Larry and all the ways he contributes to life at Stevenson Oaks," said Ashley Isaman, Life Enrichment Director.

*Continued on next page...*





Larry Beck is pictured with his dog, Bo.



One of the big hits in the early days was the trivia games he created to help each person get to know each other. You see, the questions weren't about history, art, or science, the questions were about each other. A perfect way to get acquainted! The room would be packed, wall to wall, with people eager to play as the game always leaned heavy on humor.

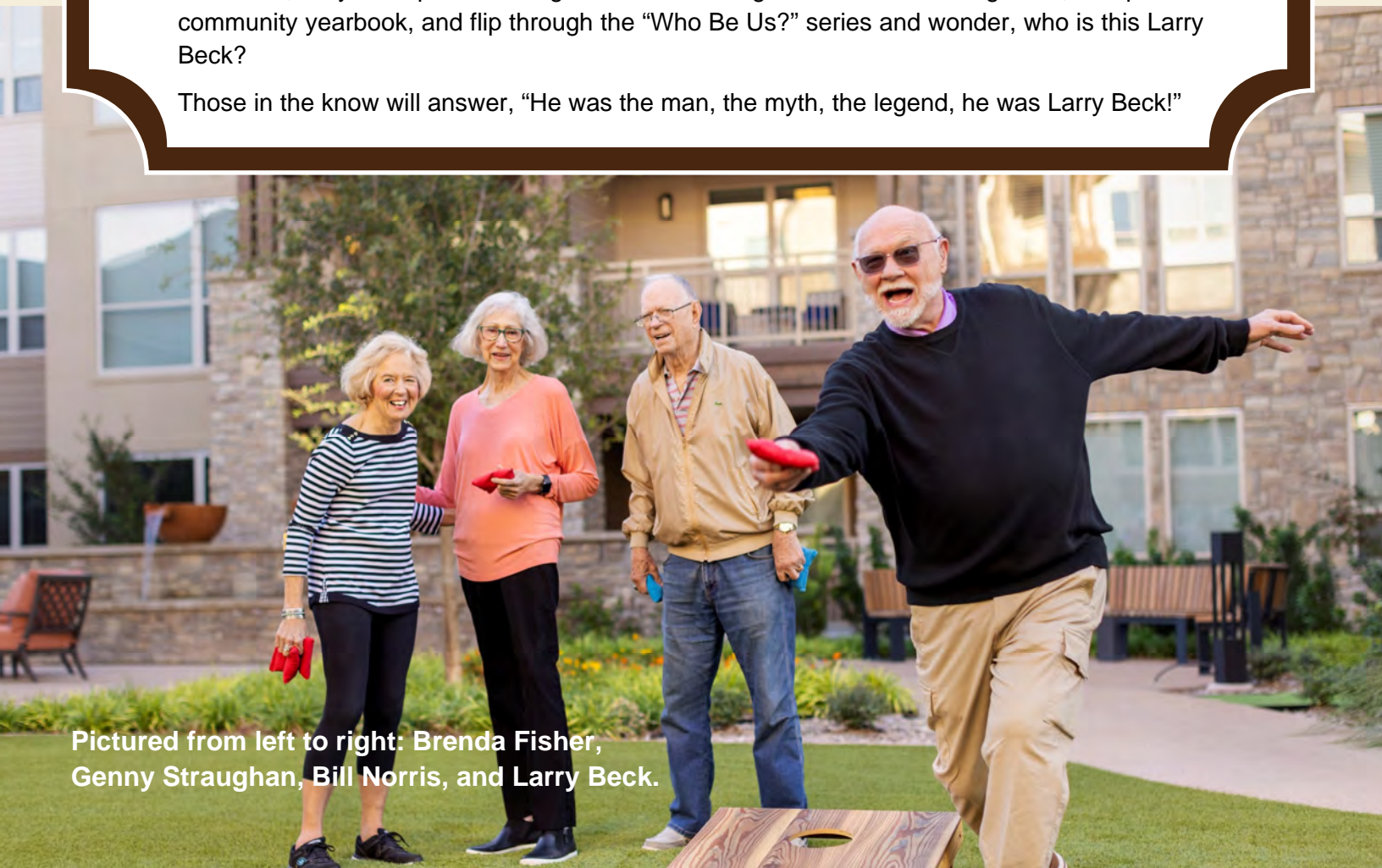
But the efforts to help neighbors get acquainted didn't stop there. He also launched a book series called, "Who Be Us?" where he writes short stories gathered from the lives of those living at the community.

Beck put out a simple prompt, then sat back and let the stories roll in. From wedding bloopers, to war stories, to embarrassing moments, and more, the group has explored the many chapters of each others lives, now chronicled in little bound booklets, thanks to Beck. A copy of each book in the series has been added to the community's library. He even launched the idea of a community yearbook, an idea now managed by an eager group of resident volunteers. The yearbook is similar to something you might have had in school with photos of each resident, along with memorable happenings throughout the year.

"The camaraderie between residents at Stevenson Oaks is palpable. Anytime we open a new community, there is a bond that happens with the first generation of residents, that's common. But what has happened at Stevenson Oaks has been extraordinary, this group is deeply connected, largely thanks to Larry's contributions," said Matthew Currie, Vice President of Operations.

There is no doubt, these programs, events, committees, and books, each bearing Beck's finger print will go on to serve the community for generations to come. Just imagine in fifty years time, when the grandchildren and great-grandchildren of today's residents move in at Stevenson Oaks, they'll keep the trivia game tradition to get to know new neighbors, compose a community yearbook, and flip through the "Who Be Us?" series and wonder, who is this Larry Beck?

Those in the know will answer, "He was the man, the myth, the legend, he was Larry Beck!"



**Pictured from left to right: Brenda Fisher, Genny Straughan, Bill Norris, and Larry Beck.**



# Stevenson Oaks Names New Executive Director



At the end of March, Stevenson Oaks in Fort Worth welcomed Pam Haman as the new Executive Director. Haman brings over 20 years of experience in senior living to the role, serving in both Kansas and Texas communities. Prior to joining MRC, Haman worked at Litespace Communities as an Executive Director, where she served in a leadership role at their Fort Worth retirement community.

"We are thrilled to welcome Pam to our team," said Alan Brown, CEO of Methodist Retirement Communities (MRC). "Her extensive experience and expertise will be invaluable as we continue to serve older adults in the Dallas-Fort Worth region."

Matthew Currie, Regional Vice President, added, "We have been impressed with all Pam has accomplished in such a short time. She clearly brings the kind of been there, done that experience that will serve this community well."



On her first day, Pam was welcomed by an eager crowd of applauding staff and residents where they literally rolled out a red carpet, providing an unforgettable welcome.

She holds an M.B.A. from Tiffin University in Tiffin, Ohio and received her undergraduate degree from Ohio State University. "MRC's reputation is second-to-none," said Haman. "I'm thrilled for the opportunity to join this community and work to better the lives of current and future residents at Stevenson Oaks."



# What Matters Most?

With thirteen communities spread across the state of Texas, Methodist Retirement Communities is the largest non-profit, faith-based senior living organization in the state. From time to time, groups of residents are asked to share their testimony about living in an MRC Community. Over and over again, the feedback from residents would come in with shockingly similar responses, highly valuing the relationships and connection they enjoyed as the primary benefits of community life.

Take the two communities furthest from one another, Cornerstone in Texarkana and Mirador in Corpus Christi, over five hundred miles between them. Texarkana straddles the Texas and Arkansas state line with over 36,000 residents who call the East Texas city home. Meanwhile, Corpus Christi is nearly eight times the size of Texarkana with over 316,000 residents. The city is the largest city of the Coastal Bend, situated along the coastline, home to the fifth largest port in the United States.

Despite the multitude of differences between the regions, the consistencies from these residents highlights something that rings true in all cultures, regions, and among those of all ages, **belonging matters**. So much so that one might even argue that it matters most.

The science behind belonging demonstrates that it is a must for those who wish to thrive. It's no wonder the desire to belong is an intrinsic motivation we each have as we interact in society.

## CORNERSTONE



"Ever since moving in, everyone has been so kind and shown such generosity."  
- Sue Lavender



"It is such a pleasant place to live and a very healthy environment. You make new friends and there are so many things to do. I think the Lord everyday for bringing me here." - Janice Wall



"The staff and other residents have only ever showed kindness. I couldn't imagine living anywhere else." - Sarah Oxford



"Cornerstone has always made me feel so safe and the people here are just so lovely." - Ruby Old



"When we moved here it felt like coming home to our family. That's when we knew we made the right choice. A choice we should have made sooner!"  
- Jim and Penny Howard



"Living at Mirador gives you the freedom to live your senior life surrounded by friends and a caring staff." - Dot Vaught

"I found the right place at the right time."  
- Laura Partridge

"I love the people, convenience, and amenities  
Mirador offers."  
- Irma Caballero

"After visiting and experiencing the staff, residents and amenities, we knew it was right for us. Our dog, Pepper, loves it too. He has three new girlfriends!"  
- John and Lynne Niro

"Although leaving our friends in Kerrville was difficult, the adjustment to Mirador living has been surprisingly easy. The wonderful accommodating staff, excellent food, and extremely friendly residents have made the transition so much easier than expected. We Could not be pleased with our decision." - Will and Dorothy Schmidt

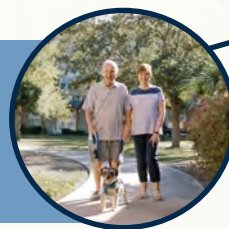
# MIRADOR

A 2020 study conducted by the University of Vermont and Middlebury College discovered a positive link between a sense of belonging and greater overall happiness and well-being. Subjects who felt they belonged experienced an overall reduction in anxiety, depression, hopelessness, and loneliness compared to those who did not find a sense of belonging.

The common feedback from this collection of residents addresses the camaraderie of the neighbors and attentiveness of the staff, bolstered by the lifestyle they enjoy. It seems, the things that matter most were in the intangibles, most importantly, the people.

Todd Partin, Vice President of Philanthropy commented, "It's a powerful notion isn't it? The idea that we are delivering a long list of services to our residents, but the thing that seems to matter most is the sense of community. I guess it's the same thing we were looking for as little children on the playground, it's the same thing we are looking for as middle aged adults, and it remains unchanged as in our elder years, we all just need a place to belong."

From the tip of East Texas to the South Texas coastline and every MRC community in-between, the value of what matters most seems to be aligned from one person to the next. A world where common exchanges like "how are you?" comes through with a level of authenticity that is genuine and life changing. Perhaps this is why most residents discontinue the use of the community name shortly after moving in and begin to simply call it home.





# *Mother's Day Tea*



Marketing Director, Jennifer Nickell,  
turns childhood dream into a  
reality for Mothers at Creekside  
each year.





The ladies of Creekside look forward to a very special Mother's Day tea event each year where they invited their loved ones for a day of tea and treats with an extra pinch of sophistication. The staff at Creekside go the extra mile with lovely decorations and music to set the mood. After the first year in 2023, attendees have caught the vision with many choosing to add a Sunday hat to their wardrobe. Jennifer Nickell, Creekside's Marketing Director and visionary for the event said, "Our Chaplain, Marty, really goes the extra mile each year. He wears a tuxedo!"



While this event is only one of many vibrant happenings at Creekside, this event has developed new traditions for families as a key celebration for motherhood each year, certainly a highlight on the calendar for participants. Jennifer added, "I have been hosting tea parties since I was a little girl. My best friend and I would bake all day, we'd pick flowers outdoors to make decorations, then we'd invite her grandma and her mom to join us. I remember we'd even do a British accent to feel extra fancy. It's just so fun and I felt like it was the perfect way to make the ladies of Creekside feel special."

She admits she has since dropped the fake accent but she still feels pretty fancy, and she suspects the residents do too.





# *Cheers to Summer!*



The summer heat has arrived making hydration a major concern for Texans. For some, drinking plain water gets a bit dull, so we have curated a few recipes that can boost hydration, with minimal sugar, to making quenching your thirst a bit more interesting.

## **Iced Green Tea**

Green tea has grown in popularity for its health benefits. The drink is said to improve skin appearance, support weight loss, and even reduce the risk of cardiovascular disease. Oh and one more major perk, boosts hydration! For the summer months, consider brewing green tea and serving over ice. For the best results, allow the tea to cool down to room temperature before adding ice. If you want to make your drink even more tasty, try grating in fresh ginger or stirring in a tablespoon of honey.

## **Blackberry-Lemon Infused Water**

If you prefer a zesty, fruity blend, try adding fresh lemon, balanced by blackberries. Approximately half a lemon will suffice for the average pitcher of water. Then, add the blackberries, but consider mashing them slightly to release more flavor. Allow the drink to chill for two hours before serving.

## **Cucumber-Mint Water**

Start by thinly slicing a cucumber, then pinch a hefty bunch of fresh mint leaves and add to a pitcher of water. Allow the drink to sit in the refrigerator of two hours at minimum before serving. The results is a crisp and refreshing drink to enjoy!







## *Top Tips for Grilling Veggies*

It's summertime which means it's time to fire up the grill to reap the many health benefits associated with grilled vegetables. Simply put, vegetables retain more of their nutrients when they're grilled, especially low water content veggies like peppers, zucchini, eggplant, onions, corn, and asparagus. All of the aforementioned veggies are perfect for the grill as they get tender before the outside becomes burnt. Other harder varieties like potatoes or pumpkins take longer making it common to burn to outside before the inside is fully tender. In these cases, it is recommended to pre-cook them until they are at the half-way point before placing on the grill, allowing the perfect timing for the inside and outside to be perfectly grilled simultaneously .

One common mistake made that detracts from the nutritious value of your grilled veggies is coating them in sugary sauces. Also, these store bought sugar based sauces increase the chances your dish will over caramelize and burn. Instead, stick to oil or vinegar-based marinades that will infuse delicious flavor.

A common experience when grilling the veggies sticking to the grill. While it is common to toss the vegetables in oil, this technique can cause flareups when placed on the grill. Instead, grip a bunch of paper towels with tongs and dip in a few tablespoons of canola oil, then coat the grill grates while hot.

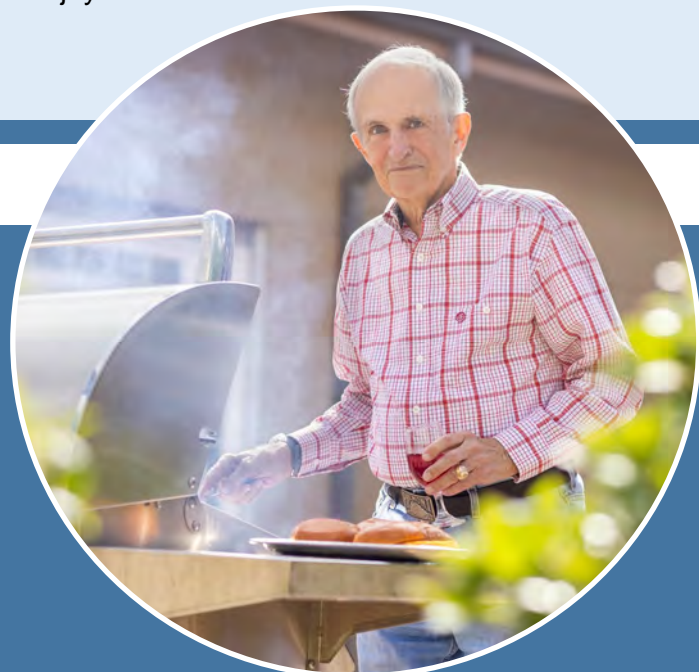
With these top tips for grilling vegetables, you may find yourself cooking on the patio even more frequently this season. Enjoy!



## *Did you know?*

Charcoal briquettes were invented in 1897 by Ellsworth B. A. Zwoyer, but it was automobile manufacturer, Henry Ford who first commercialized them.

The most popular holidays for barbecuing are, in order, July 4th, Memorial Day, and Labor Day.







# Building a Team

Nationally, senior living is an industry where high turnover among employees is the norm, sky rocketing in the years that followed the pandemic with only the most remarkable communities getting out from under this trend. The Langford in College Station is one of those exceptional communities who maintains a steady team of dedicated workers with an average turnover rate that falls well below the average. Even more impressive, the community boasts a full team with no vacancies for employment. “While other employers are begging for applicants, we are inviting interested candidates to put their name on a waitlist to work at The Langford,” explained Beth Buell, Assisted Living Director. The Langford is one of three MRC Communities in this condition, Crestview and Creekside are also nurturing waitlists for employment.

Stacey Nehring, The Langford’s Executive Director shared, “The bulk of jobs at The Langford are in our Assisted Living and Memory Support areas. So when we find highly credentialed, exceptional caregivers, we work hard to retain them. We do that through our company culture and personal relationships. Beth and her team are very close, which makes coming to work feel more like family. I think that’s the difference.”

Recent employment studies align with Nehring’s instincts, with notable differences in retention based on engagement. Those who are positively engaged with company culture report greater satisfaction compared to a disengaged employee. A team with positive culture will experience greater productivity, deeper engagement, improved creativity, along with excellent communication and teamwork. In contrast, McKinsey & Co. reports more than 60% of negative workplace outcomes are due to toxic workplace behavior, underscoring the value of positive company culture.



“The culture of MRC is a reciprocal one, MRC is invested in the employee and the employee is personally invested in MRC. It goes beyond just clocking in and out for them, and it goes beyond simply having employees to fill shifts for MRC. It’s a relationship,” explained Nehring. For example, MRC seeks to invest in the employee’s growth and success, both professionally and personally. “We aim to have all of our nurses and aides become Certified Dementia Practitioners as well as Eden Alternative Certified, all at no cost to the employee,” explained Buell.

Beyond credentialing, the company resources employees with education to support personal success like finance management or healthy living guidance, even supporting their career ladder goals. But it doesn’t end there! Employees at The Langford don’t only get support from their employer, the residents they serve have also stepped up in a special way several years ago. The Employee Scholarship Program, was launched, funded, and organized by the residents to support the career ambitions of employees, giving away thousands of dollars to deserving recipients each year.



A great example is Kaylin Arnett who began her journey with The Langford in a concierge role. Once exposed to the senior living industry, she developed an interest in nursing, initially obtaining her LVN, now on her way to become an RN. All thanks to the scholarship program. Eventually, she will land in the Fort Worth area with hopes to join the Stevenson Oaks team.

Aside from programs and resources, it seems the relationship the employee has with the company is most tangibly experienced in the relationship they have with their leader. “When it comes to Beth’s leadership style, she leads through relationship, which means she really gets to know the team and adapts her style to them. But I think they are impacted the most when they see her on the floor, working alongside them, showing them that she is with them, literally,” described Nehring, pointing again to the feeling of family the team at The Langford has mastered. “When we ask new employees about their initial impressions, we often hear how different The Langford feels, it’s like they instantly know this place is different, it’s special,” said Buell.

For all the programs and strategies dedicated to the topic of employee retention, it seems there is no substitute for relationship. As it turns out, building relationships is how you build a team. When done right, the outcomes are happy residents and families, engaged employees, and apparently, a waitlist for employment.







# Against the Odds

At age 43, Sylvia Cruz-Solano started volunteering at Crestview senior living in Bryan. On its own, that wouldn't be anything particularly remarkable. But here's the thing: Sylvia wasn't supposed to live to be 20, much less 43. Today, at age 66, she's still going strong as a Crestview volunteer and still defying the odds.

"I was diagnosed with Cerebral Palsy at a young age and told I wouldn't live past the age of 18," Sylvia recalled. "I guess I beat that by a few years." Her smile is infectious. Kindness and patience are in her very nature. So is seizing the day, something she learned when she wasn't sure how many days she would have on this earth.

"I never knew," she said. "I just got up in the morning and kept keeping on. It seems to be working!"

As a volunteer at Crestview, Sylvia spends time each day from around 8am until 2:30pm with the community's memory care residents. She reads to them, tells jokes, plays games and more. "Whatever they enjoy, I'm here for it," she said. Sylvia's favorite game is dominoes. "Sometimes they beat me, sometimes I beat them. We always have fun."

As for Crestview, Sylvia says it's nothing short of a second family. "I've been coming here for 22 years," she observed. "These people, from the residents to the team, are my family. Truly."





# One Hundred Year Celebration

Lieutenant General John H. Miller '46, resident at Arbor Oaks at Crestview, celebrated his 100th birthday this spring. "As a veteran myself, I am continually inspired by his legacy of service to our nation and as the former Executive Director I was there when he moved in and have felt exceptionally grateful for having known him for over a decade now," said Matthew Currie, Vice President of Operations.

General Miller initially entered Texas A&M as a member of Infantry, then enlisting in the Marine Corps in May 1943, going on to participate in the battle of Okinawa before returning to A&M to receive his B.S. in Electrical Engineering. Miller served in Korea, then attended Naval Postgraduate School where he earned his M.S. in Engineering Electronics. Later, he transferred to Camp Lejeune, NC, where he served as Commanding Officer when he was ordered to Vietnam, later reassigned to Okinawa where he became Chief of Staff at Camp Butler. He also served as Commanding General, Marine Corps Development and Education Command at Quantico, VA, and Commanding General, Fleet Marine Force, Atlantic, Norfolk, VA.

A party was held in the chapel at the community a crowd of relatives, neighbors, and staff members in attendance. The group enjoyed games and had a time of reflection where people spoke about the many ways he had inspired them.



**A complete list of the general's medals and decorations from left to right:**

**Navy Distinguished Service Medal, Legion of Merit with Combat "V" and one 5/16" Gold Star, Bronze Star Medal with Combat "V" and one 5/16" Gold Star, Meritorious Service Medal, Joint Service Commendation Medal, Navy Commendation Medal, Purple Heart two 5/16 Gold Stars, Navy Presidential Unit Citation with two stars, Navy Meritorious Unit Commendation, American Campaign Medal, Asiatic-Pacific Campaign Medal with two 3/16 inch bronze service stars, World War II Victory Medal, Navy Occupation Service Medal, National Defense Service Medal, Korean Service Medal with four 3/16 inch silver service stars, Vietnam Service Medal with two 3/16 inch bronze service stars, Republic of Korea Presidential Unit Citation, Vietnam Gallantry Cross Unit Citation, United Nations Korea Medal, and Vietnam Campaign Medal.**



# MRC CAREERS

When you join the MRC team, you get far more than a job...you get purpose! As a non-profit, faith-based organization, the impact you can make is tremendous. Which means you end each day with **more** fulfillment and **more** meaning.

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Visit [www.mrcaff.org/careers](http://www.mrcaff.org/careers) to learn **more**!





# *Chefs Stun Locals with an Unexpected Culinary Win for The Crossings*



Chef Dean (left) and Chef Roman (right)

For thirty-two years, the Seabrook Rotary Club have hosted a “Men Who Can Cook” contest where Chefs across the Bay Area gather at the Lakewood Yacht Club to showcase their skills. The event is a well attended event that raises money to support charitable causes in the area.

“When we signed up, I kind of felt like our team was a bit underestimated when we were assigned a table in the corner, almost like they didn’t expect much from a retirement community. Boy, did we show them,” laughed Executive Director, Greg Rossi.

Chef Roman Guerro, with the help of Chef Dean prepared Asian Steak Bites which wowed the judges along with the crowd of attendees. When it was time to announce the winner, the team from The Crossings cheered wildly as Chef Roman stepped forward from the crowd of talented Chefs, proudly claiming the 1st place honor for the community, “I don’t think they’ll underestimate us next year,” said Rossi proudly.



# **The Bond Between Sister Communities Continues to Grow with Annual Food Drive**



This Spring, The Crossings hosted a Food Drive to benefit the residents of Bayview and Oakview, MRC’s Affordable Housing communities in La Porte. The effort began years ago, now growing to become a highly anticipated effort each year. The Crossings sought to collect canned food and other non-perishable food items, along with toiletries and personal care items.



The team introduced the idea of “Almsgiving,” defined as the act of donating money or goods as an act of love for others, which ultimately forms the bonds of community.

The bonds between these coastal communities were formed many years ago, fortified by experiences like hurricanes and the COVID shutdown. During these difficult times, support and friendship began flowing freely between the communities.

For example, The Crossings’ team once hauled a group of staff and elders to La Porte for a shared Ice Cream social, complete with a Ben and Jerry’s ice-cream truck and yard games. Another time, a group of resident woodworkers made the La Porte residents 12 table top golf-tee games, similar to those found on the tables at Cracker Barrel. Meanwhile, members of the La Porte communities crocheted 45 lap blankets for the residents living in skilled nursing and they also surprised The Crossings’ team with a jumbo ICARE card.





# Beware Highway Hypnosis

When it comes to driving, there are a multitude of ways older adults should be prepared for safe travel. A few of the most common suggestions for improved safety for seniors include the following recommendations:

- Drive during daylight hours
- Avoid driving during bad weather
- Limit distractions
- Consult with a doctor regularly about any recommended driving restrictions

In addition to these helpful tips, there is one common phenomenon that can occur when driving on long, monotonous stretches of road, or even on repetitive routes that seniors should be aware of. This phenomenon is called, **highway hypnosis**.

So, what is highway hypnosis? Have you ever pulled into your driveway, put your car in park, then suddenly realized that you don't recall the journey from point A to point B? If the answer is yes, you have experienced highway hypnosis. The condition takes place when the driver is in a trance-like state of mind while operating a vehicle.

Interestingly, the driver may still respond to traffic lights and signals without being totally aware. On the other hand, it is also possible to miss turns or exits, fail to use proper signals, and fail to respond appropriately to traffic rules. The brain has literally gone into autopilot, going through the motions of driving without full awareness. In this distracted state, the driver is less likely to respond quickly to unexpected changes like

sudden braking or a detour.

While experiencing highway hypnosis, the driver may lose track of time or even get lost before they eventually snap out of it.

While drivers of any age can experience this trance like state, older adults are considered more susceptible. Naturally, there are other conditions that when added to the mix can put the driver at an even higher risk. For example, driving at night, driving while sleep deprived, driving solo, or driving repetitive routes add to the probability.

The best ways to minimize the risk of highway hypnosis is to add the following practices to your travel routine:

- Open a window on occasion to get fresh air or adjust the air conditioning
- Listen to engaging music, podcasts, or audio books
- Keep flavorful candy or gum handy, especially mint which enhances alertness and focus
- Keep your mind awake with conversation, counting games, mindful breathing, or sing-alongs
- Take regular breaks and/or switch drivers
- Change up your route if it has become too monotonous
- Only drive when well rested

Travel is one of life's greatest joys. Hopefully these tips help you get where you are going safely and with added confidence.



# MRC Celebrates Wayne Haglund after 13 Years of Volunteer Service

Wayne Haglund, an Lufkin attorney initially became connected to MRC through PineCrest. When he was approached thirteen years ago about serving on the Volunteer Board it was a good match given Haglund's expertise as well as his passion for older adults.

During his time of service, Haglund served on a multitude of committees and even served a term as the Board Chair. One of his most notable contributions was helping the organization navigate the search and onboarding process for a new CEO, Alan Brown.

"Wayne's board leadership has been an example of excellence in every way. His expertise and wisdom have been invaluable as MRC has experienced many successes and challenges while always remaining faithful to our mission," said Brown.

As Haglund's term of service came to a close, Brown and presented him with a gift that was a symbol of his alma mater, a brass longhorn steer.

Thanks for everything Wayne!



**Alan Brown, CEO, poses with Wayne Haglund and the bronze longhorn gifted to him as a thank you for the many years of dedicated service to MRC.**



## ***On the Cover:***

Elaine Penniger and her pup Penny, live together at Crestview. The pair enjoys walks around the campus, although the fifteen year-old Yorkie-Poo Mix often prefers to ride while Elaine does the walking. Penny the pup has a squirrel friend they have named Nickel, who is well fed with the pecans they bring on each walk.

Originally from Hallsville, Penniger moved to Dallas where she met her husband Ernst at church. The couple settled in the DFW area and had one daughter, Lorissa, and now have two grandchildren. She had a fulfilling career as a teacher, teaching 1st through 6th grade. She moved to the Bryan-College Station area to be closer to her daughter and her family.

*Photography by Ryan Price*





# METHODIST

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