

## Sam Ancheta, Laboratory Medical Tech at MDH Runs in the Chicago Marathon

On October 7th 2018, Sam along with 45,000 other runners from all over the world, took part in the recent Chicago Marathon. It is one of the 6 Abbott World Marathon Majors alongside Boston, New York, London, Berlin and Tokyo. This is his second major marathon with New York being his first and he considers this by far the toughest.

Sam prepared for the marathon by doing a program basically of doing training runs 12 weeks prior to race day. It included short 3 to 6-mile runs on weekdays mainly at the Minneola Wellness Center and occasionally on the track as well as long runs with increasing distances up to 20 miles each weekend. Some of the struggles he encountered while training were keeping up with the program depending on his varying work schedule, waking up early and running in the cold which is new to him. Additionally, he said that the most challenging part during his training is running long distances alone, something he is also not used to.

Race day conditions were not very ideal with temperatures in the low 60s, very humid and rain was expected in most parts of the course. He crossed the finish line of the 26.2-mile long run in 5 hours and 8 minutes. This was a little more than the finish time he wanted as he is holding a personal record of 4 hour 3 minutes in a marathon. Overall, he was more than very glad to be joined by his wife Aiza and daughter Cassy at the finish line with no injuries other than some blisters on his feet!

Sam wishes to meet more like-minded people and together somehow influence the community to be more engaged into physical activities and becoming fit as a language of love. He hopes to add more meaning to his races by raising awareness to Alzheimer's disease where his own mother is a victim. He also wishes to complete the 6 World Marathons in the future.

## Let's Talk About It

Minneola Healthcare Banquet is a HUGE Success

Minneola Healthcare's 2nd Annual Women's Health Banquet was a success! Approximately 80 were in attendance. This eventful night started off with a catered meal by Brenda Mills of Englewood. We had five presenters who talked about different women's health topics. Valuable information was gained and many great questions were answered. Between presentations the hostesses were able to create some laughter and smiles by involving the guests in games and giveaways! All in all it was a wonderful event that we look forward to next year!



(Above :Dr. Luis Espinoza, Carol Sibley, Heather Renick)

Minneola Healthcare's mission is to deliver personalized, patient centered care in an atmosphere that promotes the healing process and enhances the quality of life for the communities we serve.

NOVEMBER 2018 NEWSLETTER



Samantha (PT) & Tim Gillis (LTC maintenance and MHC Housekeeping director) welcomed their little girl on October 25, 2018. Lilly Anne

## Minneola Healthcare



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**MINNEOLA WELLNESS CENTER  
FUNDRAISER  
NOVEMBER 10, 2018**

★ **\$500 GIFT CERTIFICATE**  
GOLDEN BELT BICYCLE, GREAT BEND, KS  
\$10.00/OPPORTUNITY

★ **REMINGTON 870 12 GAUGE WITH CUSTOM  
CASE AND AMMO**  
\$20.00/OPPORTUNITY

DRAWING TO BE HELD AT THE OPENING DAY  
HUNTER'S BREAKFAST 5AM-10:30AM  
COMMUNITY CHURCH, MINNEOLA, KS, 204 E.  
ELM STREET

YOU NEED NOT BE PRESENT TO WIN BUT FEEL  
FREE TO JOIN US FOR BREAKFAST 5-10:30AM

TICKETS AT THE WELLNESS CENTER AND  
THE MINNEOLA, BUCKLIN OR FOWLER CLINICS  
AS WELL AS MINNEOLA DISTRICT HOSPITAL PT  
DEPARTMENT

**Rattles of Bones, Zombies, Spiders,  
Monsters and a Scary Doll.  
Who could it be?**

There was a morgue with Igor chopping away at body parts. If you kept walking it led you to a grave yard with Zombies....but one had to be careful where you walked, they could bite you. Behind the wall was a creature with a glowing face and within an arms reach you could be grabbed. We could hear a baby crying.... It was coming from the Nursery. We saw a Crazy mom with her scary baby without eyes. I think she wanted your eyes for her baby. As we kept moving we saw a big doll on the floor that crawled and a witch who wanted to take your soul. We kept looking for a door so we could get out! So glad there was a friendly ghost that led the way out. If it wasn't for her I don't think we would've got out of there!

A Big Thank You for the Extra Helpers!  
Brett (LTC HSK), Sam (HSK)  
Angie (clinic) and Deena Rasers friend,  
Evelyn Clark.



Here at Minneola Long Term Care we are very pleased to announce that the renovation on the back courtyard is finished. Not only did we get a new lawn, we also got landscaping. The landscaping consists of an area of various grasses and knockout roses. We had one tree taken out and replaced with an oak tree. Around all the landscaping is decorative rock. It looks wonderful and the residents are very happy with it and very happy that the tree was replaced. They are glad to be back outside and enjoying the nice weather while it lasts.

**New Hires for October**

Cristina Saravia, LTC CNA  
Yesenia Estrada, MCC Medical Assistant

