



I will be going on vacation July 24th through August 3rd and returning to work on August 4th. During this time, if you have any concerns, please speak with Peggy. If it is something that can wait, you can address the concern with me when I return.

I would like to invite family and residents to our Resident Council meetings. They are usually scheduled on the second Wednesday of the month. The meetings are posted on the Activity Calendar. Please bring ideas and concerns so we can address them and continue to improve within the community. I had several residents at our last meeting that shared they enjoy the newsletter. If there is anything you would like us to include in the newsletter, let me know and we will include it.

Windsor Manor's apartments should be full soon. If you know of any couple, friends and/or family members who are interested in a two bedroom apartment have them talk with me soon, as you will earn \$500 off of rent the month they move in. You wouldn't want to miss out on saving money!

Residents and family are always welcome to contact me with concerns after business hours or weekends. My cell phone number is 515-333-1942.

Family and friends are invited to take the opportunity to watch the Balloon Races in our courtyard or even park in our parking lot. We have an awesome view.

Have a great August!
Annette Grochala, Manager



ARE YOU GETTING YOUR EIGHT GLASSES A DAY!!!!

The summer **HEAT** is here and it is **HOT!!!!** During this time it is very important to prevent dehydration.

Signs & Symptoms of Dehydration: Thirst, dry mouth, dizziness, headache and muscle weakness for mild-moderate dehydration. Lack of sweating, little or no urination, sunken eyes, irritability, confusion, low blood pressure and rapid heartbeat or fever for extreme dehydration – which warrants immediate medical attention.

Treatment: The best defense against dehydration is, of course, is prevention. Drinking 6-8 Eight Ounce glasses of fluids daily and increasing by one glass per Eight hours for **INCREASED** physical activity. You can get fluid in foods too such as – green grapes, watermelon and popsicles, ice cream and other fresh fruits and vegetables.

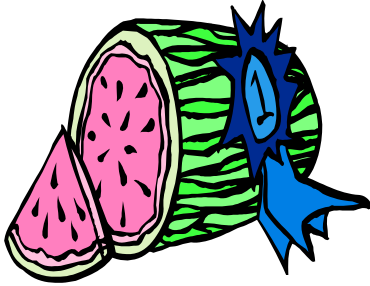
Remember to avoid sugary sodas, soda with caffeine and alcohol; they will make the potential for dehydration worse. Staying out of the sun whenever possible will certainly lessen the risk for dehydration as well.

So remember: MAKE DRINKING 6-8 GLASSES OF FLUIDS EVERYDAY A HABIT TO PREVENT DEHYDRATION AND YOUR BODY WILL THANK YOU!

As always, I am never farther away than a simple phone call for you, your family or your physicians. Be happy, healthy and stay well!

Sincerely,

Peggy Luciano RN



Monica's Kitchen Corner:

In August we will be celebrating State Fair Day from August 16th-20th. We have selected the following items to put on the menu for this week: corndogs, pork chop on a stick, onion rings, homemade potato chips, corn on the cob, pretzels with cheese sauce, watermelon, and we may even attempt to fry candy bars! If you have any other suggestions as to other items that we can include for this week of festivities, please let Monica know. With the hot, muggy weather that we have been experiencing our soft serve ice cream machine sure has got some good use! Please take advantage of all the items we provide to keep you hydrated. This is very important during this time of year! Also please feel free to voice any concerns about the food to me at any time, as we strive to please and accommodate your wants!

Until next month,

Monica



Just a reminder to families and friends that Windsor Manor will be concluding the Route 66 theme with a Antique Car Show and Sock hop that is open to the public on Friday July 30th. The festivities will start at 6pm. If you have an antique car that you bring in for the evening, then we invite you to eat with us at the BBQ starting at 5pm.

Windsor Manor residents have been enjoying our country drive outings on Friday mornings. We just drive around the country side and view the scenery and talk about old times and memories that were experienced in the good old days.

As requested in the resident council meeting, we have now implemented variety bingo on Wednesdays. The residents have really enjoyed this and we will continue to play variety bingo on Wednesdays, and if you have any other variations of bingo that you would like to play please let Jillian or Patti know.

A big concern that is heard when asked to participate in outings is that they don't have money to go, so please contact Jillian at 961-8900 to establish a plan for your loved ones so that they can get out and have some fun!!

Please feel free to visit with Jillian about any activities that you would like to see happening each month as we want to try new things to increase participation in our activities!



Residents:

Pauline Clendenen- August 23rd

Victoria Clark- August 24th

Staff:

Donna Reed-August 18th



Windsor Manor's Employee of the Month is Stephanie

Rominger! Stephanie joined our Windsor Manor Staff in June and has been a real asset to our team of staff, residents, and family members. Stephanie has been working in the Windsor Gardens area, and she has done such a wonderful job!

Stephanie we would like to say thank you for all your hard work and for being such a team player!

