

# Windsor Manor Times

AUGUST 2011

## THIS MONTH:

- Red Crum Piano  
August 3rd
- Terribles Casino  
August 9th
- Alison Veak  
August 16th
- Jim Hansen  
August 18th
- Linda Akers  
August 19th
- Birthday Party w/  
Mike Lazano  
August 24th

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## GREETINGS FROM GAYLA

Happy August, Windsor Manor!

I am sure you have noticed the change around here, but let me formally introduce myself. My name is Gayla Gilliland and I'm the new manager here. I started working here in October of 2004 as a Universal Worker. Shortly after I started working here, I fell in love with the Windsor Manor community. I wanted to absorb as much information as I could about every aspect of assisted living. I dove head first into learning everything I could and was promoted

to Marketing. I was soon promoted to the manager position and, as some of you may remember, loved my job here as manager.

I resigned from this position in October of 2008 as I was moving to Kansas. I decided to move back to Iowa and I am currently living in Norwalk.

I am so excited to be back in the community and to see all the familiar faces and meet all the new residents. This month will be an exciting time for Windsor Manor as

we will be introducing some new and exciting activities as well as having some new staff start.

Please know my door is always open for any questions, comments or concerns! I look forward to taking this new adventure with all of you!

Gayla Gilliland, Manager

## DARE TO DREAM

Is there something you have dreamt about doing and haven't had a chance to do yet? Have you wanted to do something but just haven't taken the time or had the time to do it?

Let us help! With Dare to Dream, we will help you

make your dream come true! Tell us what it is you have dreamt about doing and we will make your dream into a reality.

We are so excited about bringing Dare to Dream back to Windsor Manor Indianola and we hope you are just as

excited as we are! In order for us to make your dreams come true, contact Gayla or Sarah and let us know your dream. We will put our heads together and do our best to make your dream come true!

## EMPLOYEE SPOTLIGHT: STEPHANIE ROMINGER

Meet Stephanie Rominger! Stephanie's official title is Universal Worker, but she is such a great hard worker, you can find her doing anything that needs to be done. She started working here June 2010.

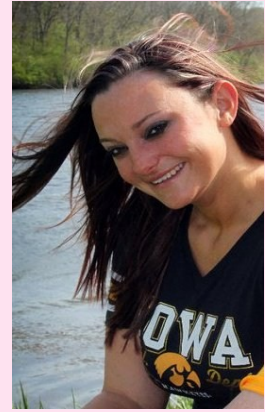
Stephanie says the most rewarding aspect of the job is being able to interact and help the residents. The proudest moment she has had since working here is the time she

and Mandy were able to help a resident with an emergency. She also remembers being recognized as the employee of the month. The strangest thing that has happened to her is the ice cream machine scaring her while working overnight!

Stephanie will be getting married on November 12th here in Indianola. She has 1 dog named Layla, 1 indoor cat named Gwyn and 3 outdoor

cats named Chub Chub, Midnight and Snowball and 3 kittens that are not named.

Stephanie enjoys camping, boating, cookouts and going to sporting events. She is an avid volleyball player, she likes to scrapbook, cross-stitch and sew, play with her animals, cook and bake, spend time with her friends and enjoys being outdoors.



**Universal Worker,  
Stephanie Rominger**

*"A friend is  
someone who  
knows the song  
in your heart and  
can sing it back  
to you when you  
have forgotten  
the words."*

## ACTIVITY AVENUE

August will be quite a fun-filled month for Windsor Manor!

A big change for the Activities Department is our NEW Life Enrichment Coordinator, Daphanie Chirch! Daphanie is changing gears and we are excited! She did such an excellent job as a universal worker and we know she will do an excellent job as your

new Life Enrichment Coordinator. Daphanie has great ideas and is excited to start her new position!

Country Drives are back! We will be going on Country Drives every Monday at 9:15 am. If you need help or are weary about getting in and out of the van, please let Daphanie, Ruth or Patti know. They will assist you in and out

so that you are able to go!

Friends Luncheon is on Friday, August 19th, so please let Daphanie, Ruth or Patti know who you would like to send an invitation to!

If you have any ideas, please contact Daphanie and let her know what you would like to see added to the calendar! Welcome, Daphanie!

## ALZHEIMER'S SUPPORT GROUP

In July, we started our very own Alzheimer's Support Group. Our first meeting was held at 7 pm on July 28th and we had a great turn out. We would like to invite YOU and your family and friends to join us.

There is no pressure to at-

tend the group and if you would like to come and listen, please feel free! If you would like the materials we covered in the group, but do not feel comfortable attending, please let Gayla, Renee or Sarah know and we can send them to you.

Please let Sarah know if you would like an invitation for the next meeting sent out to a special family member or a friend.



FRIEND FOR LIFE

Windsor Manor is re-instating our Friend for Life program! What is Friend for Life? It is a program in which a staff member will pair up with each resident and become YOUR Friend for Life!

Your new Friend for Life will be there when you need him/her. We will ensure that you feel you are at home and you will never feel alone.

We will help you celebrate your birthday and help in celebrating holidays. We will also help you celebrate any

special days in your life.

Are you wondering who your new Friend for Life is? Your new Friend will contact you and let you know that they will be your Friend from here on out.

Please visit with your Friend and let them know what you like and what you don't like. Please let them know what is special to you and what some of your traditions might have been.

If you have any questions or concerns about this, please do not hesitate to

ask Gayla or Sarah. We are all looking forward to bringing back this program. We are excited to get to know you better and to spend a little of time with you. On the same note, we look forward to the opportunity for you to get to know us a little better too!

NURSES NOTES: HAPPY SUMMER!

Now that summer is officially here, it is time for outdoor cook outs, picnics and parades. Summer offers the chance to get outside and have some fun; it also brings very high temperatures and humidity which can present a risk to health, particularly in older people. Here are a few tips to remember when the heat and/or humidity are at high levels:

- \*Drink plenty of fluids to stay hydrated; take a small bottle of water with you.
- \*Avoid the hottest part of the day. If you must be out during the highest heat index, take a buddy

with you.

- \*Take rest breaks often and try to stay in shady areas.
- \*Wear loose fit, light weight and light colored clothing. Don't forget your wide brimmed hat!
- \*Don't forget your sun glasses and use a sunscreen of SPF 15 or higher. Reapply sunscreen every two hours.
- \*If at any point you feel dizzy, lightheaded or get muscle cramps, stop, get into a cool place and drink some fluids.

*Enjoy your summer time fun! If I could be of any assistance please give me a call.*

Renee Formaro RN, Healthcare Coordinator



CHEF'S CORNER

Wow! We all are enjoying the beautiful weather. As the summer is in full swing, remember to drink plenty of fluids.

We will be firing up the grill more now that the weather is nice. We have

had some great meals from there already. Summer is my favorite time of the year; there are so many salads options out there. If you have a favorite salad you would like for all of us to try then please let Monica in the kitchen know. Until next month...

Monica Baringer, Dining Services Coordinator



*precious and rare. False friends are like leaves, found everywhere."*  
- Anonymous

**WINDSOR MANOR™**

**608 S 15th Street  
Indianola, IA 50125**

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## AUGUST BIRTHDAYS

### **JULY HOROSCOPES:**

Leo: July 23rd–August 22nd:

Your sometimes Herculean efforts and your close attention to details will not go unrewarded! Some of your most natural talents will be met with reward and acceptance.

Virgo: August 23rd–September 22nd:

This will be a quiet month for you. It's not a time for assertive action, but rather, a time of reflection and planning.

Make sure to wish these people a Happy Birthday if you see them!!!

### Residents:

August 4th: Beverly Hendrickson  
August 23rd: Pauline Clendenen

### Staff:

August 7th: Chuck Janssen  
August 18th: Donna Reed



## QUESTIONS / CONCERNS

Do you have any questions for us? How about any concerns? Would you like something changed or would you like something added?

This newsletter is made just for you! Let us know what you would like to see added or what you would like to see taken out!

Please contact Sarah McConnell or Gayla Gilliland and let us know your thoughts!