



Windsor Manor



February 2012

So hard to believe we are already moving into the second month of 2012! What a wonderful year so far! First and foremost – I want to extend a welcome to our new resident – Marie Peterson! She has been an awesome addition to our community. We are preparing for Valentine’s Day and the King and Queen Coronation ceremony. The community is decorated in red and white with lots of hearts! It always it a little depressing to take down the Christmas decorations – seems like the community looks so “bare.” Getting to decorate again raises everyone’s spirit and reminds us that spring is just around the corner. There are a lot of changes happening here at Windsor Manor as well. We are introducing restaurant style dining this month. We have always had phenomenal food.....now we are adding more options and choices. Residents will be seated, given a menu full of food choice’s, and waited on

hand and foot – just like they would be in a fine restaurant. We are very excited to offer this to our residents, and would love our family members and friends to come try out our new restaurant style too. We do have availability in our front apartments, so if you know of someone who is in need of assisted living – encourage them come see us for a tour and free meal! Happy Valentine’s Day!

Lynne



Nursing

It's February and we have been very lucky with our weather. We have all stayed healthy (so far) and hopefully, we will stay that way.

Last month we started an educational meeting with me, the nurse. We discussed dementia and Alzheimer's disease. We will continue this on a monthly basis with a new subject each month. If you have any suggestions for content, please let me know. I hope this will be interesting and informational for you.

Just a reminder, if you go to the doctor on your own time, please let me know if you have any new orders from that visit. If we administer your medications, please have them called in the pharmacy.

Brenda



Housekeeping

February has approached quickly. It seems as though the New Year just began. Spring is just around the corner. Hopefully it will stay nice to do some outdoor cleaning.

Happy Valentine's Day

Hannah



Activities

January was kind of a slow month, but it usually is. Here we are in 2012. We celebrated several birthdays. Activities are still on the upbeat and lots of wonderful entertainment. The weather was so stable for a while and then bam, snow and ice. February is around the corner and we are decorating for Valentine's Day.

Cindy

Kitchen

It finally snowed, but we need a lot more. We are having changes in Dining. We have started with the dessert cart, we have glass glasses, and we have a new menu board. We will start using table cloths and having an actual menu to order from. It will take a little longer to get your meals so please be patient with us and you will also see the dietary staff walking around in fancy new white jackets. Yes I know it will take a little while to get used to, but together we can make the change happen. Have a happy valentine's day!!!

Paula



California Cheese Soup

Ingredients

1 quart water
2 chicken bouillon cubes
1 cup diced celery
½ cup diced onion
2-1/2 cups diced peeled potatoes
1 cup diced carrots
1 package (16 oz) frozen California blend vegetables
2 cans (10-3/4 ounces each) condensed cream of chicken soup, undiluted
1 pound process (velveeta) cheese, cubed

Directions

Bring water to a boil in a large kettle, add next six ingredients. Reduce heat and simmer, covered, until all vegetables are tender, about 30 minutes. Stir in soup and cheese, cook until soup is heated through and the cheese is melted. Yield 10-12 servings (3 quarts.)

Nutrition Facts

1 serving (1cup) equals 194 calories, 11 g fat (6g saturated fat), 26 mg cholesterol, 856 mg sodium, 14 g carbohydrate, 2 g fiber, 10 g protein.