

Windsor Manor Highlights.....

February 2010

Manager's Corner.... By Lyla Erwin

Wow how time does fly. I can hardly believe that we are moving into the 2nd month of 2010 already. Where does time go?

At Windsor Manor Grinnell we are moving into the month of February with a 100% occupied community. This means many things for the residents who call Windsor Manor their home but one of the most important things that this brings about is new friendships and/or the rekindling of ones of the past. Many of the new residents who have moved in either know several of the current residents or knew them at one time in their lifetime and are now able to rekindle that friendship of years gone by. Once in a while we do have a "new kid on the block" move into the

building who is not from the area and does not know anyone but it does not take long for them to form a peer group of their own and feel as if they have lived here all their life. With more individuals in the community we also see attendance at activities increasing and at times we see the starting of new activities within groups. It is so nice to see residents sitting in the fireplace room enjoying conversation, listening to music or sitting in the dining room enjoying a hot cup of coffee or hot chocolate on these cold wintery days that we have been blessed with. **I'm told that it is lowa** after all so what should we expect.

It is with mixed feelings that we will be saying goodbye to Jo Danks, housekeeper, who is retiring on January 27th. Jo has done a great job assuring that the community and resident apartments are kept

clean. Please make plans to join us in the dining room for refreshments at 2:00p.m. to wish Jo well on her new adventures. Hannah Snodgrass will be assuming the duties as housekeeper and we welcome her to that role.

As many of you know Phyllis VanEs was in Haiti the day the Earthquake hit. We had communications with her during this time and are happy to say she has returned safely to a large group of welcoming residents and staff at Windsor. She did many wonderful things on her journey but selfishly enough we are so very glad that she has returned safely.

Happy Valentine's Day!

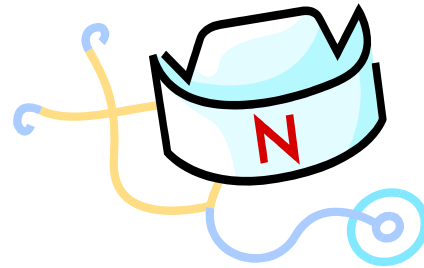
Until next month.....
Lyla





Nurse's Notes...

by Brenda Ruchti



We've made it halfway through winter although the snow is still falling and it's cold, cold, cold!! The sun isn't shining and that makes many people feel down in the dumps. The cold can make arthritis and breathing problems feel much worse. Make the effort to get out, socialize and **SMILE**. It will make someone's day and make you feel better by keeping your mind off the aches and pains.

The flu shots given in the fall of last year have certainly seemed effective.

No major outbreaks have been noted at WMG. Remember to always wash your hands before you eat and after using the restroom. Use a tissue when coughing or sneezing.

Alzheimer's /Dementia are debilitating diseases that are much harder on the families and friends than the individual with the disease. Please try to remember that the individual is not responsible for their actions. They no longer have the ability to tell right from wrong or the control over their actions and emotions that they once did.

They are sick, just like a person with heart disease or diabetes. They did not ask for these illnesses. Have patience, please.

HEALTH TIP: The common cold cannot be cured by the use of antibiotics. Rest, drink lots of liquids and use Tylenol for aches and pains.

Maintenance Corner...

by Roger Green



Hi..... Well winter is still here! I hope that when everybody goes out and about, that you take care when you walk on the ice. When May gets here we won't have to worry about that so much.

of moving it around.



If anyone has any maintenance issues in their apartment please

I don't know about you but I'd rather be mowing grass. Snow is pretty but I'm tired

let me know so that I can take care of the issue.

MAINTENANCE TIP: When your P-Tac heating/cooling unit starts making a loud noise, turn your thermostat to E Heat and it will melt the ice build up. After 2 hours you can turn the thermostat back to heat.

If you prefer let the staff know and I would be happy to do this task for you.



Culinary Notes...

By Linda Roush

Greetings from the kitchen... Well we made it through the first month of winter. Two more to go. We have added waffles to the breakfast menu. These are available every day of the week. We are in the process of revising our current noon and evening meal selections and will begin using these very soon. There are more choices and new items which will make your dining more pleasurable.



We are looking forward to adding favorite recipes of residents so if you have a favorite recipe that you would like us to make please bring it to the kitchen.

We now have a four selection juice machine for your use. Try them.....

Mark February 10th on your calendar for a Valentine's baked good Bingo.



The following is a recipe that the residents and staff of WMG enjoy.... Try this recipe and think Spring!!!!



Cucumber Salad

4 - 5 cucumbers peeled and sliced
1 onion peeled and sliced - combine together.

1/2 c miracle whip
1/2 c sugar - mix together and pour over cucumbers & onions.
Refrigerate for 1 - 2 hours before serving.

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Life Enrichment Coordinator's Notes.....

by Phyllis Van Es

Hmmm.... WHERE TO START? It is good to be back at Windsor and in my own home at night, but when they told us we had to leave, I hated to not get to stay longer. One day after arriving, the Earthquake pretty much leveled the capital of Haiti Port au Prince. We had flown in on a huge jet Monday with several other short term missionary groups, one of them with yellow t-shirts that said **FEED THE POOR.... they were going to use Hotel Montana** as their headquarters and reach out from there (later we heard that 6 of them did not make it out alive). Our group flew in a small twin engine plane to Port au Paix on the north shore of Haiti, then bussed an hour to our 2 week mission "home" Northwest Haiti Christian Mission in St. Louis du Nord. There are many malnourished, starving, hurting, diseased people to care for daily there too, any and every day. We hugged and rocked the babies in the Baby Orphanage, we played with and gave wheelchair rides to the physically and mentally handicapped orphans in the Miriam Center. We did devotions for the nutrition feeding program kids **and their moms; we sang and visited through interpreters with the elderly called the 'gran moun'; we distributed Christmas presents from the sponsors in the USA - HOW FUN!!** And how APPRECIATIVE they are. We watched cement mixed all by hand, then bucket-brigaded up a ladder at high speeds (I taped a mini video on my camera) as they poured the roof for a friend and neighbor. We sang and worshipped in English along with them in Creole; we carried "Meals on Heels.Feet" to the disabled, malnourished elderly in the slums downtown. As we were returning to the mission, climbing up "big gully hill" as I called it, I got dizzy and thought I must really be out of shape, then my feet felt like I was on spongy ground rising and falling like a stair-stepper: EARTHQUAKE!!! 7.1! and we were almost a hundred miles from the epicenter. You all saw and heard more than we did on TV.

The Haitian staff - NWHCM is one of the largest employers in that town ALL OR ALMOST ALL had friends, family and/or classmates in Port au Prince. My "son" Gesner escaped because he left the classroom to copy some material for his class and decided since he was closer to home by then to not go back to school at 5 p.m....you can read his survivor story at nwhcm.org.

Most of our group had to leave on chartered plane. They had room to get 19 out, leaving 5 to stay and ready the mission for visiting doctors and nurses (we felt privileged to stay). We cleaned operating rooms, laundered scrubs and sheets, and I felt most useful giving massages to survivors who found their way back home, up north where we were. PLEASE PRAY FOR NIGHTMARES TO END, FOR MONEY TO BE RECEIVED INTO THE CORRECT, HONEST, TRUSTWORTHY HANDS.... AND FOR HAITI TO START OVER ON A FIRM FOUNDATION BECOMING A WONDERFUL NATION SOMEDAY.....and if you want to see my photos when I get them narrowed down into a presentation, please let me know. Glad to be back at Windsor and wishing I could help more in Haiti.

Phyll Van Es

We're on the WEB

www.windsor-manor.com