

# Windsor Manor News

VOLUME 1, ISSUE 1

NOVEMBER 2011

## SPECIAL POINTS OF INTEREST:

- Nov 9th~ Trip to Smokey Row!
- Nov 16th~ Christmas Shopping
- Nov 18~ Winter Farmers Market!
- Nov 23~ B-day Party w/ Mike Lozano
- Nov 30th~ Terrible's Casino

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## Thanksgiving Dinner

*Hard to believe that Thanksgiving is already upon us! For those of you that recall, we did a family buffet style Thanksgiving dinner here last year. We thought that went wonderfully well, so we are*



*doing the same this year. Please*

*for a guest meal will be \$9. Our menu will be as follows:*

*Roast Turkey (of course)*

*Or Baked Ham*

*Candied Yams*

*Mashed Potatoes &*

*Gravy*

*Stuffing*

*Green Bean Casserole*

*Corn*

*Cranberry Sauce*

*Choice of pie*

## From the Desk of Gayla

*I hope everyone had a great summer that included some rest and relaxation! I can't believe it went so fast. It's time to rush around and get our house, yards and vehicles ready for the harsh winter that we are so accustomed to.*

*If I may add one more thing to your check list!! Please check with your loved one to see if they are in*

*need of items for their apartment such as: Toiletries, depends, bath towels, wash clothes, sheets, blankets...etc.*

*If our residents utilize the whirl pool services, they need to provide their own soaps, bath gels, shampoo and lotions.*

*If you are unable to do the shopping for your loved one, let us know*

*and we can accommodate this for you and apply it to their monthly billing.*

*Thank you for taking the time with this, have a great fall!*

*Gayla Gilliland*

# Employee Spotlight David Mathany

Who doesn't know our amazing maintenance man David? We all know and love this month's Spotlight Employee! A true Jack of All Trades from fixing furnaces and cars to programming our remotes! David has been with us here at Windsor Manor for 6 years. An employee and friend to us all, he is always there when we need him! Most of you know David's wife Tracey,



he also has 4 daughters, Amanda, Emily, Elizabeth and Hannah, and one son Cody. David is also a Grandpa to many grandchil-

dren, (our last count was 7), and one more on the way. I hope we all already show David our appreciation, but this month lets all give him an extra pat on the back when we see him! Thanks so much David!

*"An optimist is a person who starts a new diet on Thanksgiving Day"*  
~Irv Kupcinet

## Chef Steph's Corner

Ah! on Thansday, when from East and from West, From North and from South comes the pilgrim and guest;

When the gray-haired New Englander sees round his board

The old broken links of affection restored;

When the care-wearied man seeks his mother once more, And the worn matron smiles



where the girl smiled before;

What moistens the lip and what brightens the eye,

What calls back the past,

like the rich Pumpkin pie?

Records: The world's largest pumpkin pie was made in New Bremen, Ohio at the New Bremen Pumpkinfest.[6] It was created on September 25, 2010. The pie consisted of 1,212 pounds of canned pumpkin, 109 gallons of evaporated milk, 2,796 eggs, 7 pounds of salt, 14.5 pounds of cinnamon, and 525 pounds of sugar.[6] The final pie weighed 3,699 pounds and measured 20 feet in diameter.

## Street Closure

Due to construction at the Indianola Middle School, we have been informed that our street, South 15th St, will be closed on November 3, 4, & 5th. The alternate route will be HWY 65/69 South to East Plainview Ave. Turn East onto East Plainview Ave. Go to the first stop sign and then turn

left at South 15th Street. This inconvenience will last only a few days, however the emergency departments are aware of the street closure and we will still be accessible. Thank you for your patience.



# Nurse's Notes

## Happy Fall

I hope everyone has had the opportunity to get a flu shot either here or with your own physician's office. We had a great turn out for our flu clinic offered by Medicap pharmacy. Many of our residents and staff received their flu shots. If you still need and want the flu shot, please let me know and we can arrange for you to get yours.

November is American Diabetes Month. Diabetes is a serious disease. If diabetes goes unmanaged, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure and nerve damage and eventually death. Although there are many complications with this disease, there is good news. Many diabetes complications can be



prevented or delayed by properly managing diet, blood glucose levels, blood pressure and cholesterol levels. A great beginning to properly manage this disease is, eating healthy, being physically active and quitting smoking also can help lower the risk of diabetes complications. As it is with most illness and disease, the key to controlling and maintaining our best health is through proper

diet and exercise.

If you have any questions about how to manage your diabetes, please don't hesitate to ask.

Please remember I am always here to answer any question or needs you or your family may have.

Renee Formaro RN

Healthcare Coordinator

**Don't forget to put your "two cents" in at our Resident Council Meeting on November 30th at 10:00am!**

## Successful Halloween Party!

Thanks to all of you who participated in our Halloween party! WOW! What a huge success it was! We all enjoyed seeing those wonderful children so full of energy dressed in their costumes! Our First place winner was the adorable little witch Riley! Congratulations Riley! She received a \$30 gift card. Second place went to Brody the Skeleton (Baby Bones), and Third place was



**Riley—First Place!**

Kylie the Southern Bell. Thanks to all the wonderful entries. It was so difficult to choose winners! Last but not least we would like to thank all of our special residents who helped out! We can't wait to do it again next year!



**Your silly staff at it again!**

**Alice in Wonderland**

### David Says

We are into November already. October didn't feel or act like normal. If you haven't started your heaters yet, or need some help with them, let myself or a staff member know. We have gotten the outside ready for winter, now we just need to get ourselves ready! Rumor has it that this winter will have lots of snow. I have gotten the lawn mower put away and am applying the finishing touches to the snowplow truck. Let's all have a safe and warm November!

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## November is Alzheimer's Awareness Month!

For those of us who's lives have been touched by Alzheimer's, we are all too well aware of the disease. There are however, those right here in our community who know very little of the disease. For the month of November, Windsor Manor will be distributing our very own handmade, purple ribbons to local businesses.



If we "catch" these business patrons wearing our ribbons, we will make donations to the Alzheimer's Association

in their honor! To learn more, please visit [alz.org](http://alz.org) on the web! Thanks so much to all of you who help us raise awareness all year round!

