

WINDSOR MANOR™

Assisted Living Community

Windsor Manor Assisted Living Community 1401 Wall Street Webster City, Iowa 50595 (515)832-1188



Fun days to Celebrate in January

1st—66th anniversary of the first baby boomer

1st—New Years Day

8th—National Bubble Bath Day

13th—Friday the 13th (OH NO!!)

16th—Martin Luther King Jr. Day

20th—Hat Day—Wear your favorite hat

27th—National Fun at Work Day

(around here that is every day)

31—Westerns are Wonderful Day

Did you Know???

- ❖ That the fear of the number 13 is called triskaidekaphobia.
- ❖ That every year has at least one Friday the 13th?
- ❖ That there are never more than 3 in one year?
- ❖ That in 2012 there are two others which are in April and July?



Welcome Ken, To Windsor Manor

HAPPY NEW YEAR! With each New Year comes resolutions and promises of change. For Windsor Manor 2012 is certain to bring changes as well. One change that 2011 brought is that YOU now have a new Manager. My name is Ken Busby and I bring 15 years of management experience. My wife, Julie, and I have two sons; Mario who is 12 and Ty who is 11. We have lived in the area for the past two plus years and have chosen to live here because we believe it is the best place to raise our sons. I chose the opportunity of working at Windsor Manor because I believe in the Red Carpet philosophy and believe it is best exemplified at Windsor Manor making it the #1 place to live in Hamilton County and the surrounding area.

I want to let YOU each know that I understand change can be a difficult time, and that I am here with and for YOU during this change. I also want to let YOU know that many things will stay the same. YOU should continue to expect the utmost in care from our nurse and staff, the top level of respect and courtesy from our coordinators and a level of customer service that is second to none from my office.

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Please feel free to visit me about these changes and to learn with me how we can make YOUR home a wonderful place to live.

My and now our motto is it is all about YOU. This means I want to take the time to know each of YOU individually and what makes YOU feel happy and content. Along those lines, know that I am available and my office is open to YOU! The staff is here for YOU! WE are here for YOU! We look forward to helping YOU! We look forward to knowing YOU! We look forward to spending time with YOU! We look forward to talking with YOU! We look forward to hearing YOU cannot imagine another place to live – that Windsor Manor is home. Please let me know if there is any way Windsor Manor staff, the coordinators, or myself can assist YOU. Ken Busby, Manager

From the Nurses Corner

"If you change the way you look at things, the things you look at change."--- Dr. Wayne Dyer. Welcome 2012!!!! The start of a year causes introspection in each of us that results in "New Year Resolutions." The same holds true for Windsor Manor. 2011 brought many changes for Windsor Manor as we had the opportunity to welcome new and returning friends, say good bye to several of our dear friends, watch the transformation of a building addition, and define our philosophy. Our philosophy has always been to provide red carpet service striving to be the best assisted living in the area making it the best home for our residents. We welcome Ken Busby as manager of Windsor Manor Webster City. Ken brings a strong belief in the red carpet philosophy and centering our care around YOU. We as a team will learn, grow, and expand on this philosophy. Who will benefit as we embrace this motto? YOU. I believe every team is as strong as its members and I am proud to belong to such a strong team.

As we look around Windsor Manor we are seeing a lot of changes; The Gardens opened on December 5, 2011, and we now have 5 residents and are anticipating more residents moving in soon. We have a new hot spot for our residents; the hydrotherapy tub. If you haven't checked it out, you don't realize what you are missing. Stop one of the staff and arrange your opportunity to relax in a nice warm tub.

2012—The year of opportunity. My resolution – to set short term goals and take more time to enjoy the people I have the privilege of having in my life. Bill and I are going to start by cruising to several ports in the Western Caribbean. I am soooo excited. Can't wait to share the pictures and memories...Happy New Year to YOU!!!!!!

Quality Care to ALL Residents at ALL times! Kelly Dodge, RN, HCC

Things we Did

Happy 2012!! December was another very busy and fun month. We have had a lot of special music going on and we enjoy it all. We had the honor of having the Kevin Leeds Family Singers with Patty Treibel as accompanist come out on Sunday December 4th. We had Maurice Walker on the 13th, Asbury Methodist youth on the 14th, Pleasant View youth on the 16th, Riverview Pre-school on the 19th, and St. Thomas Aquinas youth on the 20th. We were scheduled to go to Humboldt for the lights and tree walk, but I guess it wasn't meant to be. The fog rolled in and it was just as well because we went out for supper here in town and then drove all over Webster City to see the lights. Let me tell you, there are some pretty fantastic lights to see right here in our own town. I hope everyone had a chance to go see them. I had a full bus for the first time ever the night we rode around to see lights. It was so much fun. The people of Webster City definitely know the spirit of Christmas. Thank you!!!

We had our Resident Family and Friends Christmas Party on December 20th and had the pleasure of hearing Von Ketelsen sing for us. We really enjoy having the family and friends come out to our Windsor Manor home and join in on all the fun things we do. We also had a Christmas Cookie Exchange this year and had a great turnout for that. We had a lot of good cookies to choose from. Thank you to all of the residents and their families for joining in the fun. (I hope we can do this more than just at Christmas.) I hope you all have a great year with 2012. Just remember to.....Have fun always.....*Donna Smith, Life Enrichment Coordinator*

From the Culinary Department

Cashew Chicken



WOW!

- 1/2 cup catsup
- 4 teaspoons soy sauce
- 1/2 teaspoon salt
- 2 tablespoons Worcestershire sauce
- 3 tablespoons sugar
- 1 1/2 teaspoons sesame oil
- 1/4 teaspoon cayenne pepper (more to taste)
- 1/2 cup chicken broth
- 2 tablespoons cornstarch
- 1/2 teaspoon sugar
- 1/4 teaspoon salt
- 3 whole chicken breasts, cut into bite size pieces (or chicken tenders)
- 1/4 cup cooking oil
- 2 tablespoons fresh gingerroot, minced
- 1 tablespoon minced garlic
- 1 onions, chopped
- 2 carrots, sliced thinly
- 1 green bell peppers, chopped
- 2 cups snow peas
- 1 1/2 cups cashews
- 2 cups cooked white rice

Directions

1. Combine Catsup, soy sauce, salt, Worcestershire Sauce, sugar, sesame oil, cayenne pepper, and chicken broth and set aside.
2. In a bowl, combine cornstarch, sugar, and salt.
3. Toss the chicken with cornstarch mixture.
4. Heat a wok or frying pan to a high heat and add cooking oil.
5. When oil is hot add chicken.
6. Add ginger-root, garlic and onion.
7. Stir fry mixture until chicken is cooked through and opaque.
8. Add bell pepper and carrots, stir fry until tender crisp about 2-3 minutes, then add snow peas.

Michael Peterson, Culinary Coordinator

Thank You

Thank you to all the numerous church groups who have brought our residents cookie platters, fruit baskets, and candy for them to enjoy through the month of December. They feel comforted knowing that they are not forgotten by their church family. Thank you very much.

A huge thank you goes out to all the area schools for having the kids come out and sing and perform for the residents. The kids have so much energy and are so fun to watch. They all sang their hearts out for us. Thank you!!

Thank you to all the residents and families who have brought out treats to the Windsor Manor Staff. It is nice to know we are thought of. Thank you for the goodies.

What We've Been up To....



Out for supper at Second Street Imp.



Ken.....What ARE you talking about....



Shhhhh....It's a Chicago thing!!



Pleasant View Youth singing



Riverview Pre-school youth.....And St. Thomas Aquinas youth singing



Thank You's continued

Thank you to Maurice Walker and Von Ketelsen for coming out to sing for us. Music is always appreciated and the residents love it when you come out.

Thank you to all the people who donated food to our shopping cart for the Hamilton County Food Pantry. The need is huge right here in our own community and we, plus the recipients of this food, thank you for donating to the cause.

***The Windsor Manor Wellness Show is on Wednesday mornings at 8:00 AM on KQWC. Please tune in to listen.**

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Check us out on the web!

www.windsor-manor.com

OPEN TO THE PUBLIC

Kris's Beauty Salon:

(515)832-2007

E.D.B. Massage:

Cell: (515)835-0445

Windsor Manor is all about

YOU!!!