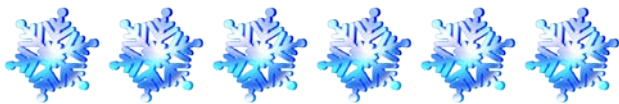


**WINDSOR MANOR**TM
Assisted Living Community

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



Fun days to Celebrate in January

- 1st – New Years Day
- 3rd – Festival of Sleep
- 6th – Cuddle Up Day
- 13th – Make Your Dreams Come True Day
- 18th – Martin Luther King Day
- 21st – National Hugging Day
- 29th – National Puzzle Day



Fun days to Celebrate in Februrary

- 4th – Thank a Mail Person day
- 7th – Super Bowl XLIV
- 8th – Fly a Kite Day
- 12th – Abe Lincoln's Birthday Day
- 14th – Valentine's Day
- 15th – Presidents Day
- 16th – Mardi Gras/Fat Tuesday
- 17th – Ash Wednesday
- 20th – Love your Pet Day
- 27th – International Polar Bear Day

From the Halls of Windsor Manor—

Here it is, the beginning of another new year. Happy New Year to all of our friends. We truly hope that all of you are greatly blessed this coming year. And how about all those New Year's resolutions? I read a quote one day that said "May all your troubles last as long as your New Year's resolutions." So, that means I will not have troubles that will last more than a day. How nice to think of that!!

The halls of Windsor Manor have been very busy the last couple of months. We had great Thanksgiving and Christmas dinners. A lot of our residents joined their families in their homes and we had some family members join us here. The greatest happiness comes from family happiness, so that makes family one of the most important things in life.

We decorated the halls with tinsel in December. The more Christmas decorations we got out, the more the halls glittered. We had a total of seven trees set up throughout the building along with a lot of other decorations. The residents were very willing to share their decorations so all could enjoy. We thank you for sharing.

May the Spirit of love that surrounds us at Christmas fill your heart and shed its light over the New Year. Happy New Year!!!

Medical Notes - Healthy Resolutions

It doesn't seem to matter what age we are, but when January rolls around we all tend to begin thinking of New Year's Resolutions. More than likely, the resolutions we choose are intended to improve ourselves and revolve around health issues. More than likely, they will involve being thinner and healthier.

When it comes to dieting, avoid the fad diets. Diets like the Adkins diet, South Beach diet, the grapefruit diet, and others similar, may work for some but are not meant for everyone. For people who have kidney or heart disease, these diets can be harmful due to the fact that fad diets often exclude major food groups. Diets that focus on protein rich foods can be harmful to some individuals including those people who have diabetes. Take the grapefruit diet for example. This diet focuses on the how the grapefruit or grapefruit juice is used to burn calories. However, grapefruit and its juice is known to interact with many medications and can interfere with the way that the medicines are used by the body. (Some of the more common medicines affected are those used to control blood pressure) Always check with your doctor before starting any diet. Nutritional counseling with a dietitian may also be helpful. Of all diets recommended, Weight Watchers is the most sensible weight loss program. It includes all the major food groups and is designed for long term weight loss through behavior and lifestyle changes. It is also important to set realistic goals. During the later years in life, it is unrealistic to think we can be when we were 20 or 25. As we age, our metabolism decreases and our bodies change. That's a fact of life.

You also need to think about exercising some. Get out and walk if at all possible. Don't be a couch potato!! If you are in a warm, nice Senior Living Facility like Windsor Manor, we have great halls to walk in. People that get out and walk the halls also have the benefit of meeting up with other people walking and making new friends. Some of the recommended exercise for people over 65 are, yoga, walking and dancing. If you are just starting out with exercise, start slow. Going full force to begin with will cause sore muscles. And again, you should consult your doctor before beginning.

Drinking more fluids is a good idea, too, and promotes healthy kidney, skin and joints. As people age, the feeling of being thirsty diminishes but it is important to stay hydrated. When you decide to increase your liquids, check with your doctor and review your medications as some medications can be "washed out" of your system with too many liquids and you won't get the full benefit of that med. Most important of all-----Be good to your body!!!

Information for this article was taken from the January 2007 issue of Creative Forecasting

An Activity for you and your family

Are you stuck inside with the kids or grandkids with all the snow we have been having? Try this fun activity sometime, it's called NOODLE HOCKEY. Get a couple of the 3" or 4" foam noodles that you use in the swimming pool. Cut them in half to use as hockey sticks. The players sit in chairs about 4 feet apart facing each other. Get around 7 small foam balls and drop them all in the middle between the chairs. Players start hitting the balls trying to get them behind the player's chairs. When all the balls are behind the chairs, the team with the most balls hit behind the opponent's chairs wins. Small prizes or candy can be given to the winning team.

Things we Did

By Donna Smith, Life Enrichment Coordinator

Since the weather was still relatively nice in November, we did get out and go quite a few places. We had a fun trip up to the Cheese Mart in Goldfield. Besides sampling different cheeses, they also have a lot of baked goods, numerous gift items along with jewelry, candies, crackers, wines, and tables set up for people to sit and have coffee and a nice visit with each other. We had Dixie Johnson come and sing for us again as a resident family night. If you have never heard Dixie and get the chance, go listen to her. She tells some of the best jokes along with singing. The Al Welsh Orchestra played at Fuller Hall here in Webster City on the 14th and we got the opportunity to take residents to listen to them play. This month we ate supper out at the Grid Iron. Talk about good food!!!! We go out for supper at least once a month and try different places. Who knows where you will see us next.

December was a different story when it came to the weather. Winter finally hit with a good ole blizzard. And the joke was on me. I just get moved into town from Clarion and still could not get to work. I did try, and I made it out to the front of the building but couldn't get in the parking lot. I am so glad and we are so lucky to have our residents here with us during weather like that where they are as warm as they want to be, and don't have to gout in that weather for a single thing. We have anything they could ever want right here.

Merrill Hendirks came in one afternoon and sang for us. And as always, it is a pleasure to have him come and perform. We had Von Ketelsen for resident family night and he also stopped in on Thanksgiving Day and played again for us on Christmas Eve day. We had a Piano Recital from the students of Becky Elliott so that was fun to listen to the students. Becky teaches a method called Simply Music and the students were all ages that preformed, even adults who are learning by this method, including myself. We also went up to the Humboldt/Dakota City area to see the hillside lights. We drove all over Humboldt looking at lights and then went to Christmas Land. That is a fantastic thing to see. There are different stations throughout the building and everything is animated. It only takes a few minutes to see but is worth the stop. The residents that went in really enjoyed it. And they got to see Santa while we were there. We also have planned for the residents a fun party in the afternoon on New Year's Eve day. (Since most of us go to bed pretty early, we

tend to party in the afternoon). The residents have also had fun making Christmas items, painting ornaments, dipping pretzels and decorating cookies. The residents had the opportunity to bring us one of their favorite cookie recipes and then between Jules and Jill, they got all the cookies made and baked for the residents. Then the residents were given a box to fill and had a fun time on the cookie walk. That way, when they have company come visit during the Christmas season, they will have treats to offer their family and company.

Thank you, Thank you, Thank you

Thanks go out to Merrill Hendirks for coming out and playing music and singing. To Von Ketelsen for coming and playing and singing for us. To Dave Choate for coming to sing and play. Also, thanks to Dixie Johnson for coming out to entertain us. We enjoy the music, singing, and the jokes by each one of you. Thanks!!

Thank you to Glen and Carolyn Klaver for the donation they made to the activity fund. We always enjoy seeing you visit and our thanks to you for thinking of us.

Thank you too, to the ladies of the Trinity Lutheran Church for the decorated turkey with the mint in them. Thank you for your hard work and for thinking of us.

If I have missed anyone, please know that we thank you for your thoughtfulness and donations.

Thank you to Nancy and Tom Pilcher for their donation to the Activity fund!

Up Coming Community Events

Jan. -Alzheimer's support group canceled due to conflicts
Jan. 26 and Feb.23 -1:30 pm--Parkinson's Awareness
Jan.21 and Feb. 18 - 1:00pm - Pie and coffee at Hy-Vee

At the present time due to the Flu, we are limiting our community events. Please watch your mail box for fliers of up-coming events.

Happy 2010 to you all.

*Remember to listen to the Windsor Manor Wellness show on KQWC every Wednesday from 1:00 pm to 1:30 pm

Check us out on the web!

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