



**July 2010**

## **Windsor Manor News**

The weather hasn't been the greatest but I have high hopes for July---sunny everyday and high 70's!!! I have asked all the employees to pick a resident as their Friend for Life and to meet with them to find out what their "dream" is. I have asked some residents what they dream about, some say better health, vision, hearing, mobility. While your Friend for Life can't take you back to your youth, they may be able to help you with something you may want to accomplish but cannot due to poor vision, mobility and etc. When your new found Friend for Life meets with you, give them ideas of what you dream about and work with them to make a dream come true. My dream is that each and every one of you have a dream come true by the end of summer.

Windsor Manor has new people moving in and we are filling up fast so if you know someone who needs assisted living, make a referral to me and if that referral moves in, you will receive \$500 off a month of rent. Thank you and have a great summer! Annette



Gene's Dare to Dream is  
having his tractor running  
by  
July 30<sup>th</sup>. What's your  
Dream??

A Dream of Gene Mees is to get his 1951 Farmall H tractor running for the fourth time, preferably before Windsor Manor's antique car show scheduled for July 30<sup>th</sup>.

Gene purchased the Farmall H, seven years ago when it was sitting in a field rusted out and overgrown with weeds and trees. Through the years, Gene and his son-in-law John Rehbein have rebuilt the tractor to what it is today. Gene and John have replaced and fixed many parts, including painting the tractor to it's original color of red.

Since Gene came to Windsor Manor in October,2006, he was able to drive to his son-in-laws to tinker with the tractor. Gene's eyesight continues to worsen and was not able to renew his drivers license this past year. Without the ability to drive, Gene no longer can hop in his car to drive to his son-in-laws to work on his tractor.

In May,2010, Gene was offered to have his tractor pulled to Windsor Manor and was given a spot of land so he could continue working on his tractor. With the help of some of the Universal Workers picking up the nuts and bolts Gene dropped while taking off his carburetor, the carburetor was overhauled and replaced. The final challenge was to get the radiator off to have it rebuilt. With the help of David Mathany, Maintenance Coordinator at Windsor Manor, Gene was able to remove the radiator. It is now at the radiator shop being rebuilt. Gene can't wait to get the radiator back so he and David can put it back on and try it out. Gene is determined he will get it running by July 30<sup>th</sup> and will show his pride and joy at the antique car show.

Updates to come as the radiator returns.....



**INDEPENDENCE DAY  
2010**

**BAR-B-QUES, EVERYONE WEARING RED, WHITE AND BLUE,  
CHILDREN RUNNING AROUND WITH SPARKLERS,  
FIRECRACKERS GOING OFF IN THE DISTANCE AND THE  
OOOHS AND AHHHS OF THE FIREWORKS AT DUSK.**



**WHILE ENJOYING THIS PATRIOTIC HOLIDAY HERE ARE A  
FEW TIPS TO STAY SAFE AND BEAT THE HEAT**

- 1. DRINK PLENTY OF FLUIDS TO STAY HYDRATED**
- 2. LIMIT YOUR ACTIVITY TO MORNING AND EVENING HOURS**
- 3. AVOID TOO MUCH SUNSHINE. WEAR A WIDE-BRIMMED HAT AND SUNGLASSES AND USE SUNSCREEN OF SPF 15 OR HIGHER.**
- 4. TAKE REST BREAKS OFTEN IN SHADY AREAS.**
- 5. STAY INDOORS IN AIR-CONDITIONING WHEN THERE ARE HEAT INDEX WARNINGS AND/OR HIGH HUMIDITY**
- 6. WEAR LOOSE FITTING, LIGHTWEIGHT, LIGHT COLORED CLOTHING**
- 7. SLOW DOWN AND AVOID STRENUOUS ACTIVITY**
- 8. WALK WITH A BUDDY**

**As always, I am never farther away than a simple phone call for you, your family or your physicians. Be happy, healthy and stay well!**

**Sincerely,**

**Peggy Luciano RN    Healthcare Coordinator**

Kitchen Korner:

One of our favorite things to do at Windsor Manor is eat! And during the nice weather we like to grill at least once a week. Please feel free to come out and visit us while we grill out in the courtyard-it gets kind of lonely out there by ourselves! Or if any of you have any special hints or recipes that you would like to share, please let Monica know!

## July Is: National Grilling Month



## National Ice Cream Month



One of our favorite ways to beat the summer heat, is to enjoy our soft serve ice cream! Please feel free to help yourself to ice cream at any time, you have the option to have it in a dish or cone, and we have toppings available. Last month everyone was upset because our ice cream machine was broke and we had to wait for a part to come in- but I am pleased to announce that it is back up and running!!

**Blueberries are good for you, as they provide your body with much needed antioxidants and vitamins! Fruit is very important to consume and we should be eating at least 3 to 5 servings everyday! So please be sure to help yourself to our fresh fruit that we provide.**



## National Blueberry Month

From the Activity Department:

Jillian is going to be making some changes to the July activity calendar by your requests made at the meeting with Senior Housing.

Changes that you will notice:

- \*We will be doing crafts twice a week
- \*We will be doing variety games for Bingo on Wednesdays
- \*Movie Matinee on Saturdays at 12:30 in the living room
- \*We will be going to garage sales on Friday morning instead of going to Crouse's Café
- \*We will be attempting to do more outings-if you have any suggestions as where you would be interested in visiting, please let Jillian know
- \*We will be doing some different kinds of trivia games
- \*If you have any further suggestions please visit with Jillian so that we can be doing more of a variety of things here at Windsor Manor

Sunday July 4<sup>th</sup> - Windsor Manor will be supplying sparklers for family members to come out and let your loved ones enjoy the fun and excitement that goes along with sparklers. Please come join us!

On Friday July 30<sup>th</sup> at 5:00 Windsor Manor will be hosting a BBQ that is open to families, friends, and the community. And at 6:00 we will be having a sock hop and car show. This will be the ending for our Route 66 theme that we will be looking at all month long. Monica is going to be featuring a meal from every state that is on the Route 66 road and this will happen every Monday and Friday in July. Please come join the fun!



