

## Songs of Summer

The sopranos with the high notes  
are mostly the birds;  
Though their notes are the sweetest,  
They don't know the words.

The lead singers are children  
unleashed from their schools.  
Their calls and their laughter  
are their musical tools.

Families swimming and splashing  
add more summer notes.  
Like tenors in choirs,  
Their strong voices float.

The growl of lawnmowers,  
though away many feet,  
fill with the bass sound,  
to make the chorus complete.

-Maxine Looney  
(resident)

## July Birthdays

If you were born from June 22-July 22, you are a Cancer, the crab. If you were born from July 23-August 22, you are a Leo, the lion. A Cancer can be highly emotional, caring, generous, and intuitive. Leos are creative, enthusiastic, charismatic, and ambitious.

Paul Roster (staff)	July 1
Chub Dunkelberger (resident)	July 3
Judy Demmel (staff)	July 9
Hannah Clair (staff)	July 15
Brenda Wilson (staff)	July 24
Doreen Dronebarger (staff)	July 26
Alvin Lindahl (resident)	July 29



**WINDSOR MANOR**

*Assisted Living Community*

1807 W 5<sup>th</sup> Street  
Vinton, IA 52349

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# Windsor LIFE

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July 2010

## Picnic Month

## Recreation & Parks Month

## Anti-Boredom Month

## U.S.: Independence Day July 4

## Ice Cream Sundae Day July 8

## Hammock Day July 22

## National Cheesecake Day July 30

## Parades, Sunshine, and Trains.....Oh My!

Summer is definitely here! The staff and residents participated in the yearly Party in the Park Celebration with a float and decorated golf carts. This year's theme was Beach Party. Paul Roster (maintenance coordinator) used his creative skills to make waves and sea creatures that turned an ordinary dump trailer into

a beach scene complete with starfish! Resident's and Staff tossed Windsor Manor Beach Balls, Can Coozies, and Freeze Pops out to the crowd.

On Sunday, the 27<sup>th</sup>, the Vinton Palace Theatre opened the doors especially for the residents, staff, and families of Windsor Manor to make another

dream come true in our Operation Dream Builders Program. Resident Deane Turner wanted to take a train ride across Canada. The Windsor team purchased a DVD on the train and enjoyed an afternoon of "train riding", popcorn, and fun! Thank You to the Palace Theater for  
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## Pack Your Picnic Basket

July is Picnic Month, and there is no better month for packing your basket full of goodies, laying a blanket over the soft, green grass, and enjoying food, friendship, and fresh air.

the word picnic referred to a fun meal eaten outdoors. Still, no one knows where the French got the rhyming term "pick-nick," although many rumors of its origin exist.

The first picnics were not held outdoors at all. The first usage of the word was in 1692, in a French dictionary, where the word "pique-nique" was used to describe a group of people who brought their own wine into a restaurant. It was not until the mid-1700s that

In the early 1800s, a group of Londoners formed an official "Picnic Society," where each member agreed to bring a different dish, as in a potluck. More recently, in the year 2000, the French formed a 600-mile-long picnic. Towns from



coast-to-coast participated, using over 400 miles of red-checked tablecloth.



### Notes from Nancy...

It's a wonderful time of year here at Windsor Manor. First: I would like to extend a huge **"Thank You" to all of the Volunteers!** Your contributions of time, talents, and monies all make a difference. Please know that **ALL** of you are appreciated!  
Second: Any Activity Coordinator will tell you that planning is a large part of our job. Executing the plan and engaging the residents is another challenge. If you would like to be a

part of this process...Come Volunteer at Windsor Manor. The benefits you receive from starting a new friendship and the knowledge you can gain from our residents is beyond any compensation.  
Third: Contact Nancy at 319-472-2060 if you would like to volunteer. Bring your ideas for new activities or jazzing up the ones we already do. I look forward to hearing from you.  
- Nancy Schmitz

### Nurses Notes with Lindsay-

July is UV Safety Awareness Month! The summer gives us opportunities to enjoy some of our favorite hobbies but we all need reminders to protect our skin and eyesight from the damaging effects of the sun. The sun's ultraviolet light increases the risk for developing cataracts, age related macular degeneration and growths on the eye, including cancer. 95% of the skin cancer is also caused by the sun.  
Here are some other helpful hints:  
\*\*You should wear sunglasses that block 100% of UV-A and

UV-B rays to protect your eyes.  
\*\*Use a sunscreen with a protection factor of at least 15. You should apply your sunscreen at least 20 minutes prior to being outdoors in the sun and reapply at least every 2 hours.  
\*\*Avoid the sun between 10 a.m. and 4 p.m.

Enjoy your summer enjoying the things you love but remember to make a jazzy pair of sunglasses and sunscreen part of your summer attire!

-Lindsay



### Notable Quotable

*"The only time a woman really succeeds in changing a man is when he's a baby."*

~ Natalie Wood (Born July 20, 1938)

### Paul's Tid Bit

As you all know this is the time of the year when we get a lot of storms and some can be severe. I would like to remind you to keep flashlights in working order and keep them next to your favorite chair and your bed. You should also keep your emergency pendant on your person at all times. You don't want to have to search for these items in the dark if we should lose power in the night time hours. The safest place in severe weather is in your bathroom or one of the public restrooms.

-Paul

## Parades, Sunshine, and Trains.....Oh My!

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helping us fulfill Deane's dream. Another dream that has been fulfilled is that of Art Wilson. Art farmed in the area for many years and wished he could go out and about to see his land and check on the progress of the crops. Thanks to , Markie Bolin for picking up Art each week to take him for an afternoon

ride. He enjoys it very much.

Last November, we distributed life stories and dream sheets to resident's and families. If you have not completed these or need assistance completing them, please contact Bethany. We want to keep fulfilling dreams but can only do that with your help. Thank you in

advance for helping us make more dreams come true.

Look on our website for photos of the parade and dream events- [www.windsor-manor.com](http://www.windsor-manor.com)

-Bethany



Deane Turner

### Ice Cream in a Bag

#### You will need:

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

**Directions:** Fill the large bag half full of ice and add the rock salt. Seal the bag. Put milk, vanilla, and sugar into the small bag and seal it. Place the small bag inside the large one and seal it again carefully. Shake until the mixture is ice cream, which takes about 5 minutes. Wipe off the top of the small bag and open it carefully. Enjoy!



"Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone."  
~ Jim Fiebig

### We All Scream for Ice Cream

July is National Ice Cream Month, and the third Sunday in July is Sundaes Sunday, or official Ice Cream Day. Who doesn't love the frosty, sweet taste of that wonderful confectionary treat called ice cream?

Ice cream has existed for thousands of years,

with evolution to its current form popping up in Italy, England, and France in the 16th century. Today, even those who can't eat dairy can enjoy some fantastic soy-based alternatives.

The U.S. leads the world in annual production of ice cream

and frozen desserts at about 1.6 billion gallons. Favorite ice cream flavors are: vanilla (30%), chocolate (10%), butter pecan (4%), Neapolitan (4.2%), strawberry (3.7%), and mint chocolate chip (3.2%). Better eat it fast before it melts!

