

# Windsor Manor Highlights

229 Pearl St.

Grinnell, Iowa 50112

641-236-8700

## May Newsletter



## Notes from Lyla....

I hope that you have had the opportunity to experience some of the nice days that we have been enjoying since Spring has arrived. We at Windsor are enjoying the warm sunshine, the sounds of the birds singing and the smells of season. The planters will soon be full of beautiful life each day. In the Gardens we will be planting “wild flowers” in the center of the outside courtyard which will bring much enjoyment to the residents who reside there. We have also completed some redecorating in the living area of the Gardens - if you haven't seen it stop by and take a look. The occupancy continues to be 100% with an active waiting list growing each week with individuals who desire to move into Windsor Manor. For those of you who do not know we are also the site for Senior Dining. Seniors age 55 years and older can join us for the noon meal Monday through Friday. The cost is \$3.00 per meal. This has been a very popular dining experience and we welcome the noon time visitors.



Lyla

## Nurse's Notes...

**Brenda Ruchti, RN, HCC**

Spring is here and so is the rain! Pollen is everywhere and allergies are very active. Summer colds are also on the rise. Best advice: drink lots of liquids, get lots of rest and take Tylenol for aches and pains. And REMEMBER to WASH YOUR HANDS frequently. Colds are passed by touching infected surfaces such as door-nobs, telephones, etc. The summer cold does not normally cause a fever and as long as it does not go to the lungs, an antibiotic will not help. It will normally run its course in approximately 1 week.

Try to get outside and soak up the fresh air and sunshine when possible. **Let's chase away those winter blahs!**

A miracle drug: One that costs the same this year as it did last year!

And always remember that growing old is mandatory, but growing up is optional.



*Brenda*

## Maintenance Corner...

by Roger Green

Hi...I cannot believe that April is almost over. Seems like I was complaining about all the snow! I do like mowing better than eling snow.

If you get some extra time I invite you to take a walk outside around the building. We have a beautiful setting and there is to enjoy with the nature around us. We at Windsor are proud what we have to offer and our setting. The flowers will be in full bloom soon and maybe you can stop and pick a beautiful bouquet of those dandelions that I'm getting ready to spray.

Helpful hint: If you have a jar of something that you need opened run it under hot water. This will at times loosen the lid but if it doesn't let me know and I will open it for you.

Roger



just  
shov-

much  
of

## Culinary Notes...

By Linda Roush

Another month has went by. We are getting closer to summer and the spring rain has made the flowers and grass grow. We have added two new employees to our kitchen staff: they are Jess and Michelle. Remember our comment box is in the dining room for comments regarding anything at Windsor.

We will soon be adding tenderloins to our menu. These will be available on the menu for the noon and evening meals.

We are having a **Mother's Day Lunch Buffet** on Sunday, May 9th. This will include Roast Beef and Fried Chicken and all the trimmings. Please contact the kitchen to make reservations. The cost will be \$8.50 per person.



Our recipe this  
month is.....

2 1/2 c flour            1 1/4 c water  
1 1/4 c sugar            1 1/2 c mayo  
5 Tbsp Cocoa            2 1/2 tsp  
                                  soda  
1 1/2 tsp vanilla

Mix all together. Pour into greased 9 x 13 in pan. Bake at 350 oven for 25 - 30 minutes. This is a very moist cake. Frost with cream cheese frosting.

Windsor Manor Assisted  
Living Community

229 Pearl St.  
Grinnell, IA 50112

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## Housekeeping Tidbits

.....by **Hannah Snodgrass**

### Housekeeping Cleaning Tips:

1. To clean mud from clothing use a corn cob — rub the mud off and brush well.
2. **To clean collar's on shirts rub them with shampoo, then wash.**
3. Removing paper that is stuck to a wood surface:  
Do not scrape with a knife  
Pour salad oil (a few drops at a time) on paper  
Let set for 10 - 15 minutes  
Rub with soft cloth  
Repeat as needed.



Happy Spring from housekeeping! **Hannah**

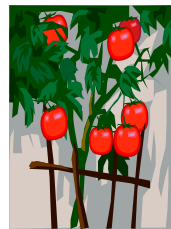
## **Life Enrichment Coordinator's Notes.....**

by Phyllis Van Es

**IT'S GARDENING TIME**—finally—and our Grinnell College grandchildren are joining in the best intergenerational bucket gardening ever—if we can figure out how to make paint stick to plastic 5 gallon buckets—to spruce them up a bit!

You, the readers will need to come inspect—as our tomatoes,

Jill, a precious, crafty and creative kitchen worker helped **and paper cup maracas for our kitchen band....and now we moves south—waaaaahhh. A HUGE THANK YOU TO A#1 VOLUNTEER, who specializes in fingernail painting, helpful and pampering for our residents....and as usual, we cherish every person who brings music and enjoyment into Windsor Manor and into our individual lives!**



beans and flowers grow and deco-

rate our courtyard patio.  
make shoebox guitars, hatbox drums  
must say goodbye to her as she  
MISS DONNA RANDOLPH—AN  
shoulder massage and everything

**For prize winners and volunteer helpers, etc. we are trying a “Windsor General Store” and we’ll report back on it’s success next month== if my memory serves me-?!**

In May the Girl Scouts will be visiting us about 5:45 p.m. on Thursday, the 13<sup>th</sup>—we give them and others OUR THANKS for the intergenerational activities which are so good at boosting our spirits and keeping us young!

Until next month— Phyll & Cindy, Life Enrichment workers and always thankful to be a part of our “Windsorites” lives!

**We're on the WEB**

[www.windsor-manor.com](http://www.windsor-manor.com)