



Windsor Manor News

In Excellent Company...

This beautiful fall weather has given us all some wonderful opportunities to get out and about! We had such a fun afternoon at the Summerset Winery; and with such energetic companions! For our activities this month, I would like to continue to get out and about as much as we possibly can before the weather turns on us. I would also invite anyone who has a suggestion for an activity or and outing to please feel free to let me know. We Love to customize our schedules here at Windsor Manor to fit YOU! For those of you who are perhaps hesitant to accompany us on outings because of concerns with mobility, time schedules, or even just jitters when it comes to participating in things you



At Summerset Winery

haven't before and with people you haven't yet friended... I would love for you to visit with me about these concerns. I think you will be pleasantly surprised at all the safeguards that I have in place. It is my goal to ensure that every resident be able to enjoy themselves EVERY DAY! Just wait and see what all of

your crazy staff has planned for you on Halloween. We are going to be sure to make you laugh! With that said, feel free to stop by my office for a cup of coffee or grab me in the hallway for a chat. I am here to entertain each and every one of you!

Daphanie Chirch
Life Enrichment Coordinator



Wizard of Oz Anniversary Fun

From the Desk of Gayla

Happy Fall! This by far is my favorite time of year! Life seems to slow down a little for us to enjoy all the beauty fall brings us, and of course Football season!

I would like to welcome all the new residents to their homes here at Windsor Manor. I have loved every minute of getting to know each of you and your families!

Top 10 Signs You're Too Old to trick or treat!

10. You get winded from knocking on the door
 9. You have to have another kid chew the candy for you
 8. You ask for high fiber candy only
 7. When someone drops a candy bar in your bag, you lose your balance and fall over.
 6. People say, "Great Boris Karloff Mask." and you're not even wearing a mask.
 5. When the door opens you yell, "Trick or....." and can't remember the rest.
 4. By the end of the night, you have a bag full of restraining orders.
 3. You have to carefully choose a costume that won't dislodge your hairpiece.
 2. You're the only Power Ranger in the neighborhood with a walker.
 1. You keep having to go home to go to the bathroom.
- T.P. Crawford Att

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Special points of interest:

- October 5- Coffee at Smokey Row
- October 10- Terrible's Casino
- October 14- Howell's Pumpkin Patch
- October 18 "Bats" w/ Annette Nature Cntr.
- October 20- Barbershop Quartet
- October 26- B-day Party w/ Mike Lozano
- October 30-Beggar's Night 6-8pm
- October 31- Costume Parade!

Employee Spotlight– Mandy Seymour

This month we would like all heads to turn toward our wonderful employee and friend Mandy Seymour. Mandy is our Universal Worker that has been with us longer than any other! (That's 5 1/2 years!) We are so honored by her dedication to us. We truly couldn't hand pick a better gal to do her job. Mandy ensures that every resi-



Mandy Seymour– Universal Worker

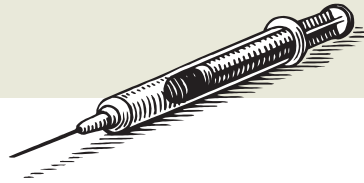
dent's needs have been tended to and then some before leaving us to go home to her beautiful 3 year old daughter Katelyn. She is equally as good to her coworkers as she has a very soft heart for those in need. She will bend over back-

wards to come in for a coworker who is sick, or has a sick child. Outside of work, Mandy enjoys spending time with her daughter, reading, cooking & baking. Congratulations Mandy!



Flu Shots are Coming to YOU!

Medicap Pharmacy will be administering our flu shots on October 11 @ 9:00 a.m.



We highly encourage you to get you and your health, we will also staff that cares for you. Medicap kindly brings these flu shots here to us at Windsor Manor. There is a consent and insurance form that should be filled out prior to the 11th. Please see Renee for more information.

vaccinated against the flu. As a courtesy to be offering these flu shots to our wonderful

Find your Serenity

We would like to take a moment to thank everyone for their patience during the remodel of our brand new Serenity Spa room! We had a nice turn out at our Open House and Presentation of this tranquil room. Many wonderful compliments have come our way from our various Guest Service Providers! They greatly enjoy having such a serene accommodation for assisting our residents. However,

we would also like to specify that this beautiful room is intended to be a place for residents to frequent to find their own serenity. Please feel free to take your favorite book, a photo album, or just yourself into our Serenity Spa. Relax while you listen to the soft sounds of the waterfall and pamper yourself!



Nurses Notes

Fall has official started and has already brought with it some cold days and evenings. Along with the change of seasons we have also noted an increase in allergies. Flu season is will be upon us soon. Here are some helpful hints to fight back against allergy and cold season.

HAND WASH, HAND WASHING, HAND WASHING!!!

Hand washing, including the use of antibacterial hand sanitizer, is the number one defense in preventing the spread of germs. Hand washing before and after a meal or snack and especially after spending time in public places will help lower the risk of spreading infections. Carry a small bottle of hand sanitizer with you when possible.

"Nurses dispense comfort, compassion, and caring without even a prescription" ~Val Saintsbury

KEEP YOUR COAT CLOSE Although we are still having warm days, it has been getting increasing colder in the evenings. Don't forget to grab a coat, sweater or jacket when traveling outside or sitting out on the front porch. Keeping warm and not becoming chilled and exposed to cold air with help reduce the risk of catching a virus or cold.

GET YOUR FLU SHOT!! One for me one for you... Medicap pharmacy will be here at Windsor Manor on October 11th, 2011 between 9:00am-10:00am to give flu shots to all of our residents and any staff that chooses to get one. Medicap will handle the billing to your insurance so all you have to do is show up. The more people who receive the flu shot the more we will decrease the chances of getting and spread-

ing the flu this year.

JUST A REMINDER We have been holding a monthly Alzheimer support group here a Windsor Manor for residents, families and the public to attend. It is a great opportunity to meet others affected by this disease, listen and learn from others and a time to support and be supported. We have had a great turn out for the support group and I would like to remind all of you that everyone is invited. I truly believe attending our meeting is a wonderful opportunity for residents, families and staff to have a better understanding of the disease, how to handle issues and better understand what your fellow friends, neighbors and loved ones face every day.

Please remember I am always here to answer any question or needs you or your family may have.

Renee Formaro RN
Healthcare Coordinator

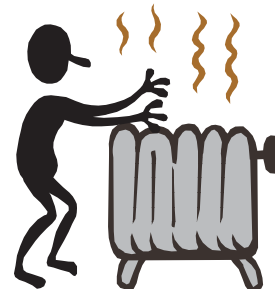


Chef Steph's Corner

With the summer winding down and Jack Frost around the corner what's better than the smell of Fall and hot soup? If there are any suggestion or soup ideas you would like to see and taste, we'll be more than happy to get it on our menu. The kitchen will be going through a few changes. Look for pumpkin spice cappuccino to be returning shortly to our hot beverage station. The kitchen will be switching from corn flakes breakfast cereal to Cheerios. Please let the girls if you would like a bowl. Happy Fall!!!

David Says....

It's that time of year again. We will be using the furnaces and the heaters in your apartments. You may notice a smell coming from your heaters when you first turn them on. This is common. This smell may set off your smoke alarms. If this happens leave your heater on and after a short while the alarms will shut off and the smell will disappear. If you are concerned ask myself or one of the staff to assist you.



David

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We're on the web!
Windsor-Manor.com

Windsor Manor Giving Back

In our effort to raise money for the Alzheimer's Association we hosted a free will donation Garage Sale. This turned out to be a very charitable event indeed! We have raised \$396.75 to date. The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer care, support and research. Their mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected, and to reduce the risk of dementia through the promotion of brain health. To learn more, please visit their web site alz.org. If you would like to contribute a donation you may drop it off in Gayla's office. A huge thank you goes out to all of you who donated goods for our sale. And, let's not forget all of you who enjoyed shopping for a good cause!

