

Windsor Manor
Assisted Living Community
1807 W 5th St
Vinton, IA 52349

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Windsor LIFE

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October 2011



Dessert Month

Carry a Tune Week

October 2-8

Moldy Cheese Day

October 9

Columbus Day

October 10

Pumpkin Cheesecake Day

October 21

Frankenstein Friday

October 28

Knock-Knock Day

October 31

October Birthdays

Libras born between October 1 and 22 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking. Scorpios born from October 23 to 31 enjoy intense and dramatic personal relationships. Even young Scorpios are thought to be wise beyond their years, with deep emotions and sensitivity.

George "Spanky" McFarland – Oct. 2, 1928
Evelyn Primmer (resident) – Oct. 2
Darwin Selk (resident) – Oct 3
Kelli Soquet (staff) – Oct. 12
Peggy Harris (staff) – Oct. 16
Burt Davis (resident) – Oct. 20
Roger Anderson (resident) – Oct. 21
Mary Primmer (resident) – Oct. 24
Julia Roberts – Oct. 28, 1967

Help Support Our Community and Beyond...

Amanda Weber continues collecting coupons to help military families in need. Send them to her new Tennessee location

Amanda Weber
1445 Mutual Drive
Clarksville, TN 37042

There is a local need for NEW children's winter coats and snow pants. You may drop off donations at Windsor Manor by October 20th

To get a jump start on Christmas Giving, residents and families are invited to join in making fleece blankets and/or donating fleece to be made into blankets for children. These blankets will be given to local children with their Christmas gifts



Fun Times at Windsor...



Pajama Day at Windsor
Art & Joyce



Kayla "sleeping on the job"
during Pajama Day



Shucking Sweet Corn
Harold, Roger, & Zelda



Dressing like Paul

Trick-or-Treat Safety Stop

Last Year, we provided area children with "safety glow" items so they would be more visible when out trick-or-treating. We will be doing this again on Halloween beginning at 4pm and going until 6pm.

Windsor Manor provides the "safety glow" items and residents provide trick-or-treating options for children (inside, where the weather is always cooperative☺)

Join in the fun by stopping in. Get your "Safety Glow" at the front entrance and then tour the community and watch for the apartments who have their doors open to get more trick-or-treating goodies!

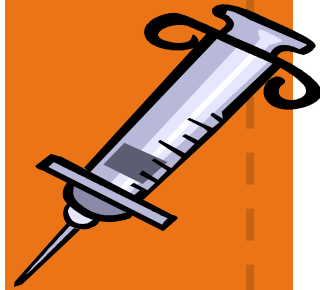


Flu Shots

Flu Shots will be administered for Windsor Residents at 1pm on October 13 in the Dining Room

We highly encourage all residents to get vaccinated against the flu. Each year, the CDC determines the most deadly flu strains and creates a vaccine to fight those. Although the flu shot doesn't protect against ALL flu bugs, it is designed to protect you against the deadly ones. The very young and the elderly are most prone to hospitalization and death from the flu so, it is important that you make an informed decision about receiving the vaccine.

*There is a consent and insurance form that needs to be filled out prior to the 13th. Please see Lisa for more information



Notable Quotable

"Who cares about the clouds when we're together? Just sing a song and bring the sunny weather."

~ Dale Evans (born October 31, 1912)

Welcome and such.....

We have had lots of activity over the last several weeks. People are thinking about winter and want to remain safe while maintaining as much independence as possible.

Did you know you can "Snowbird" with us for the winter???

All leases are on a month to month basis here at Windsor! Stop in for lunch and tour our community.

We would like to congratulate Bev and Clarence Hilner on their move back home! Bev and Clarence stayed with us while their home was being repaired after the July 11th storm this year. We will miss them dearly but are happy they get to return home.

New Faces at Windsor include....
Kenny Mahr - Burt Davis -
Maxine Noller - Al & Shirley Schwartz

We are looking for items to bring back memories for our residents... We prefer these items be from the era they remember so many items will be vintage.

If you have any of the following items, we would gladly put them to great use

Old Fishing Gear – Tackle Box - Horse Shoes - Balls of all sizes and textures - Old Dolls and clothes - Manual Typewriter – Large colored paper clips for sorting - Wooden Spoons and other kitchen utensils/tools - Old Iron - Old Locks and Keys – sand paper and small wood blocks - Door knobs - Bolts, nuts, screws to sort - Buttons of larger size to sort - books with pictures – Purses and wallets – Aprons – Vintage Hats for men and women – old tools – stamps – spools – costume jewelry – jewelry box – old camera's – shoe horns -Thank you in advance for your generosity!



Are you speaking my language???

You know the old adage, "It takes all kinds." Well, that is true. We were all made differently with different talents and gifts. Although we may not always understand each other, we can respect one another's point of view. After all, our life experiences made us who we are today.

I read a book and took a quiz that changed my perspective on how I view myself and others. The book is Called "The Five Love Languages: The secret to Love that Lasts" Author: Gary Chapman

In this book, you discover how you show love and how your partner shows love. Often times, the way you

show love is what you need to feel loved. I know this sounds mushy...and you may be thinking "why is she telling me this??"

Well, bear with me here-

The Five Love Languages are:

- Words of Affirmation
- Physical Touch
- Gifts
- Acts of Service
- Quality Time

So, as you go through your day, think of others you encounter and how they show appreciation or care. My main love language is words of affirmation, while Lisa's (our RN) love language is acts of service. This can impact your

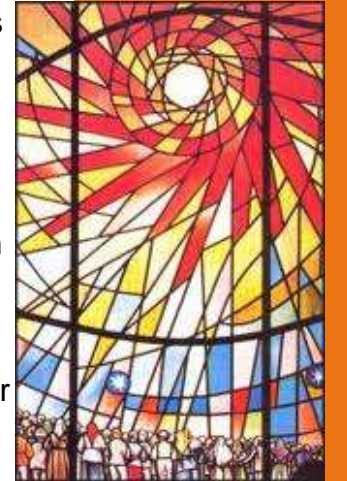
relationships with your friends and family. It can impact relationships in every aspect of your life.

It took me a while to understand that everyone speaks love in different ways. People typically don't choose close friends and partners who speak their same language.

So, take notice of how others communicate. If you are a keen observer, you may be able to pinpoint their love language.

If you are interested in knowing more, I'd be happy to host a learning seminar.

-Bethany



"Miracles happen to those who believe in them."

~ Bernard Berenson, Art Historian

Crafted with Love - Open House

Kick off your Holiday Shopping at Windsor Manor....

Saturday - October 15 - 1pm to 4pm

This is our 3rd Open House featuring Home Based businesses, such as Scentsy, Thirty-One, Premier Jewelry, crafts, baked goods, and more.....

Proceeds from craft and bake sale go to support the Operation Dream Builders program at Windsor Manor which fulfills dreams of residents and staff. From flying a plane to having fresh flowers delivered frequently to learning to play the piano....we help make dreams come true.