

WINDSOR MANOR™

Assisted Living Community

Windsor Manor Assisted Living Community 1401 Wall Street Webster City, Iowa 50595 (515)832-1188



Fun days to Celebrate in October

2nd—World Communion Day

2nd—Guardian Angels Day

7th—World Smile Day

8th—Yom Kippur begins

10th—Columbus Day

15th—National Grouch Day

22nd—National Nut Day

(not sure what kind of nuts)

27th—National Potato Day

29th—National Cat Day

30th—National Candy Corn Day



What does a witch ask for when she goes to a hotel?
Broom service!

~~~~~  
What did the mother ghost say to the baby ghost as  
they  
drove down the street?  
Buckle your sheet belt!

~~~~~  
Knock Knock.
Who's there?
Thumping.
Thumping who?
Thumping green and scary just crawled up your
trousers!

Hello,

Windsor Manor Assisted Living community is opening a secured memory care unit in the fall of 2011. Let's review some of the questions that one might have, starting with definitions and terminology related to decline in cognition.

1. What is Alzheimer's disease?

Alzheimer's disease is a progressive, and at present irreversible, brain disorder that is defined by a steady decline in cognitive, behavioral and physical abilities severe enough to interfere with everyday life. Symptoms range in persons, but all people with Alzheimer's disease have problems with memory loss, disorientation and thinking ability. Individuals with Alzheimer's disease may have trouble finding the right words to use, recognizing objects i.e. a hair brush, recognizing family and friends, and may become frustrated, irritable, and agitated. As the disease progresses, people may find a loss of strength and balance, problematic bladder and bowel control. As more and more of the brain are affected, areas that control basic life functions become forever damaged.

2. What is dementia?

Dementia is a group of symptoms characterized by a decline in intellectual functioning severe enough to interfere with a person's normal daily activities and social relationships. Alzheimer's disease is the most common cause of dementia in older people. The second most common cause of dementia is multi-infarct dementia, which is caused by a series of strokes. Some of the other diseases that cause dementia are: Parkinson's disease and Huntington's disease. Symptoms of dementia may also result from depression, drug interaction, metabolic disorders (such as thyroid problems), head injury, vision or hearing problems, tumors, and infection. It is important to identify the actual cause, as many of these conditions are reversible. Early diagnosis increases the chances of treating these conditions successfully

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3. What is senile dementia?

Senile dementia is an outdated term used to refer to any form of dementia in older people.

4. What is Mild Cognitive Impairment?

Mild Cognitive Impairment is a borderline condition between usual, age-related memory loss and early Alzheimer's disease. A person with Mild Cognitive Impairment is characterized as having memory deficit beyond that expected for a person's age, yet without other medical signs of dementia.

In Christian Love, *Jill Scott, Manager*

From the Nurses Corner

IS YOUR GLASS HALF FULL OR HALF EMPTY? Abraham Lincoln once said "Most folks are about as happy as they make up their minds to be." Iowa has developed a health initiative focusing on people getting active. The kick-off event; "Start Somewhere Walk" encouraged people of all ages to look for ways to be active and concentrated on a seven block walk. Iowa currently ranks 19th amongst states for health. It is the goal of Governor Branstad and others to make Iowa the healthiest state with projecting savings of \$16 billion a year. One of the benefits to staying active is a longer, healthier, happier life. Happiness in part is related to the fact endorphins (happy hormones) are released when we are active. As Abraham Lincoln stated "Most folks are about as happy as they make up their minds to be." A person who chooses to search out something each day to find positive and joy and are the people who always find something good despite things going on in that person's life. Each day as I have the opportunity of coming to your home as a guest I also am able to enjoy activities many of you choose to participate in. We in the office are very fortunate to be blessed with the aroma of pies and breads baking many mornings by one of our tenants. I always enjoy going out to the dining room after lunch because I see a table or two of tenants who choose to get together and play cards along with those who have chosen to sit at one of the other tables or in the T.V. room for a visit. Each afternoon there are treats provided by the kitchen and coffee time can be enjoyed by visitors and tenants alike. Those seem like "little choices" that one makes but reality it is a "BIG choice" that will affect life both today and in the future. **Quality Care to ALL Residents at ALL times! Kelly Dodge, RN, HCC**

Things we Did

Happy Autumn to ALL!!!! It is absolutely gorgeous outside with the cooler temps and the leaves changing. Fall is one of my favorite times of year, with the exception of what is to follow. I love carving pumpkins, or painting pumpkins, gourds are so much fun with all the different types and colors, and the way the trees are painted in such different and vibrant colors is absolutely awesome.

September was a busy month at Windsor Manor. A few of us went to the WCCT Kids Theater production of "Zink". It was a wonderful production and I hear they went over the amount they were aiming for to donate to Children's Cancer. What a fantastic production for a fantastic cause. There were times I laughed in this production, but there were also some emotional tears. Congratulations to all the kids who performed in this.

Our National Assisted Living week is always packed with fun. We had Norman and Irene Gordon come out and show his agate rock collection and we had an all American desert served afterwards. We had Dixie Johnson come play her accordion for us and had bananas foster for a treat when she was finished playing, we had friends and family bingo with ice cream and cookies after, we had a mixed drink social, we held a friends and family pancake supper and served over 100 people and ended the week with banana splits. I guess my favorite activity was making pancakes for everyone. I love to stand there and make the pancakes as the friends and family of residents and staff come through the line. We went down to Pickles for supper this month to enjoy their delicious food and to see friends that the residents know. It is always great to get out into the community.

One thing we enjoy here is fun. Having fun can contribute to a person's happiness. No one else can make another person happy. Although things people do can contribute to another person's happiness, your own happiness is up to you, it is a state of mind. Have a great October and remember to.....Have fun always.....*Donna Smith, Life Enrichment Coordinator*

From the Culinary Department

Apple Cake

Ingredients:

6 apples (chopped, peeled and cored)	1 teaspoon salt
1 Tablespoon cinnamon	1 Tablespoon baking powder
5 Tablespoons sugar	1 cup vegetable oil
2 3/4 cups flour, sifted	2 cups sugar
1/4 cup orange juice	2 1/2 teaspoons vanilla
4 eggs	

Directions:

1. Preheat oven to 350 degrees F. Grease a tube pan.
2. Combine apples with cinnamon and sugar, coating well. Set aside.
3. Stir together flour, baking powder and salt in a large bowl.
4. In a separate bowl, whisk together oil, orange juice, sugar and vanilla. Combine this mixture with the dry ingredients, then add eggs, one at a time. Mix well.
5. Pour half of batter into prepared pan. Spread half of apples over it. Pour the remaining batter over the apples and arrange the remaining apples on top.
6. Bake for about 1 1/2 hours, or until a toothpick inserted in the center comes out clean.

Anger is never without a reason, but seldom with a good one. (Ben Franklin) *Chef Mike*

Thank You

Thank you to the Mary/Martha circle of the Trinity Lutheran Church for the table favors. I don't know where you come up with all the ideas you have but they sure are cute. Thank you for thinking of us. The residents appreciate you!!

Thank you to the First Baptist Church for the cute table favors you brought out for our tables. Our residents appreciate all you do for them. Thank you!!

With Deepest Sympathies

We would like to extend our prayers and sympathy to the family of Naomi Klaver. We had the honor of having here as a resident for the last couple years of her life and we all enjoyed her so much. She lived a long good life and we really enjoyed hearing her tell stories from her youth. We miss her but we also know she is now embraced in the Lord's arms.

We also extend our prayers and sympathy to the family of Mervin Jensen. We also know that Merv is embraced in the arms our Lord, but, this passing was so unexpected for us. Merv was the kind of guy that liked being on the go. He was always doing good for someone else, always willing to give to people. We truly miss him here at Windsor Manor but we also know that he is living the eternal life in Heaven that God had planned for him.

The Progress of "The Gardens"



Breaking ground and leveling things off



Getting things measured



Plumbing pipes ready



Bringing the big boys in



Doesn't take long once it's started



Residents and staff get an inside tour



And now we have siding!!

*The Windsor Manor Wellness Show is on Wednesday mornings at 8:00 AM on KQWC. Please tune in to listen.

Check us out on the web!

www.windsor-manor.com

Coordinator Email Addresses:

Jill Scott, Manager:

manager2@windsor-manor.com

Kelly Dodge, Healthcare Coordinator:

nurse3@windsor-manor.com

Donna Smith, Life Enrichment Coordinator:

life@windsor-manor.com

Michael Peterson

chef@windsor-manor.com

OPEN TO THE PUBLIC

Kris's Beauty Salon: (515)832-2007

E.D.B. Massage:

Cell: (515)835-0445

Home: (515)826-3440

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1401 Wall Street

Webster City, IA 50595

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