

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

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Windsor LIFE

September 2011

Ph: 319-472-2060

Website: www.windsor-manor.com

1807 W 5th St
Vinton, IA
52349



**Better
Breakfast
Month**

**Happy Cat
Month**

**Labor Day
September 5**

**Grandparents
Day
September 11**

**National
Assisted
Living Week
September 11-17**

**Mushroom
Picking Day
September 18**

**First Day of
Autumn
September 23**

**Good
Neighbor Day
September 28**

Curve Balls

A friend of mine sent this to me. Her sister wrote this and I think it could apply to all of us ☺
-Bethany

I often used to find my mother sitting outside on her swing. My brothers had made the swing just for her. It was a sturdy white swing that could sit three people, hung from the tree just outside the back door of the house. Whenever mom was missing in action, you could find her there, her black hair blowing in the wind and that distant look in her eyes. As a youth, I wondered how a person could spend that much time just sitting. As a grown woman, I believe I understand.

Life throws us many curve balls. Sometimes it feels as if I am in a batting cage, just trying to hit the ball

before it hits me! Once in a while I crack a good one, but the thrill seems short lived as the next ball comes at me, faster and harder than the one before. And then there are those curve balls that hit me so hard it takes me to my knees and I wonder...now where did THAT come from!?

As I have progressed through life, I have come to realize that all the practice in that sometimes terrifying batting cage, is exactly what I needed. Practice to face my fears. Practice to gain courage. Practice at getting tougher. Practice in realizing that you cannot control the pitch, only the swing. Practice to analyze the next pitch and adapt my stance. Practice to take a hit now and then, but get back up and keep going.

Practice to teach me those things which I couldn't learn any other way....patience, tenacity, faith in myself, but most of all the strength to realize that none of these curve balls could be bad enough to take me out of the game!

Now I am thankful for all the practice, as it has helped me become the person I am today. I don't have a swing equal in strength as my mother did. But I do have my own white rocking chair out on the deck. And early in the morning, while the world is still fairly silent, you can find me there....with that same distant look in my eyes.
Joanne Dieter
9/7/11

September Birthdays

Those born September 1 to 22 are hardworking, practical Virgos. Virgos are often kind and dedicated caregivers. They are at home in the company of animals. Libras born between September 23 and 30 seek balance and harmony just like their symbol, the scales. They are very social, seek compromise, and have strong powers of critical thinking.

Conway Twitty (singer) – Sept. 1, 1933
Bob Newhart (comedian) – Sept. 5, 1929
Sid Caesar (comedian) – Sept. 8, 1922
Otis Redding (singer) – Sept. 9, 1941
Janelle Beresford (resident) – Sept. 13
Zelda Bower (resident) – Sept. 20
Faith Hill (singer) – Sept. 21, 1967
Kelsey Beatty (staff) – Sept. 27

Fern Stueck's book "Little Heathens" has been returned.
Thank You ☺

Welcome

- Janelle Beresford to Apt. 204
- Oliver Schminke will be staying with us until September 15th – Apt. 307

Be sure to welcome them to the Windsor Manor Family.



Crafted with Love Open House Craft & Vendor Show

Each Year we have an open house that features local crafts, home businesses, and baked goods

If you would like to participate in our open house this year, contact Bethany Clemenson at 319-472-2060 or email at manager@windsor-manor.com
Space is limited – no fee for the event but we request a door prize to be donated

Date for this event is Saturday, October 15th

Thank You from Hazel Senft

“Thank You” to all my Friends of Windsor Manor for all the beautiful greeting cards and notes for my 100th Birthday, all are much appreciated. It was a big day!

To Windsor Manor for the use of the dining room and the ladies who helped with the serving (and everything else done) for my 100th Birthday Open House.

My son, Bob, said they all had a good time and everything went like clockwork. Yes, it was a big day! I was, of course, very happy to have

Bob and wife, Judy here from Madison, GA. They planned the whole party, I think, with their IBM computer☺ Also their two sons, Tom of Glen Burnie, MD and David, wife Nancy also their twin daughters, Alison and Katie -19 of Marietta, GA. Yes, it was a Great 100th Birthday Party!!

Thank You,

Hazel Senft
Apt. 408

Nurses Notes with Lisa...

Think healthy eating is all about dieting and sacrifice? Think again. Eating well is a lifestyle that embraces colorful food, creativity in the kitchen, and eating with friends.

Remember the old adage, *you are what you eat*? Make it your motto. When you choose a variety of colorful fruits and vegetables, whole grains, and lean proteins you’ll feel marvelous inside and out.

Live longer and stronger – good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient dense foods, keeping weight in check.

(taken from helpguide.org/life/senior_nutrition.htm)

Notable Quotable

“Caramel is only a fad. Chocolate is a permanent thing.”

~ Milton Snavely Hershey,
chocolate magnate



Fire Drill Reminder

Part of our high quality living environment involves monthly fire drills.

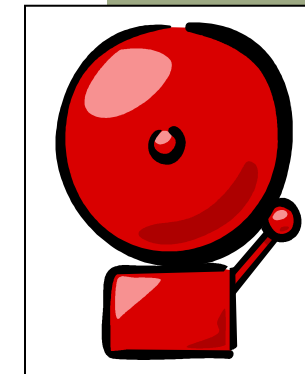
Your job, as a resident, is to remain in your apartments with the door closed until you get instruction from staff. This is for all times when the alarms are sounded.

The alarms will sound next at **10:30am on Monday, September 12th**

Paul does a great job keeping all of our safety measure in order – be sure to tell him “Thank You” when you see him in the hallway.

Fire Safety Instructions:

Do not open doors that feel hot to touch or have smoke around them. In case of evacuation, meet at the front of the building near the end of the driveways.



2011 Assisted Living Week - Sept 11th-17th

Because this year’s National Assisted Living Week® begins on the 10 year anniversary of 9/11, it was important for the theme to reflect the pride we feel as citizens and active members of the community. The events of 9/11 were tragic, but they also brought our country together.

Countrymen helping countrymen and a spirit of rebuilding helped to foster a renewed sense of national pride for many. But it is not just national pride that “Forever Proud” addresses. Pride in a life of work done well. Pride in an

achievement that will outlive its creator. Pride in a local community or sports team. Pride in family and friends. Pride in a skill mastered or being developed. This is a time to celebrate what has been and will be accomplished. A proud moment or event is something we never forget. This is an opportunity to share these moments with the community and those we love. Assisted Living communities around the country will be celebrating, remembering, and showing their pride together.

Join us in celebrating this week with fun dress days.

Mon: Wear Red, White, and Blue

Tue: Pajama Day

Wed: Comfy Clothes Day

Thur: Funny Sock Day

Fri: Jeans Day

*Post something you are proud of on our bulletin board by the dining room!

