



**WINDSOR MANOR**<sup>TM</sup>  
*Assisted Living Community*

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

## Fun days to Celebrate in September

4<sup>th</sup> & 5<sup>th</sup>—Annual Jerry Lewis MDA Telethon

4<sup>th</sup>—10<sup>th</sup>—National Waffle Week

9<sup>th</sup>—Birthday of the Hot Dog (1884)

11<sup>th</sup>—Grandparents Day

11<sup>th</sup>—Patriot Day

11<sup>th</sup>—17<sup>th</sup>—National Assisted Living Week

9/15—10/15—National Hispanic Heritage Month

25<sup>th</sup>—National Comic Book Day

## A Little Back to School Humor

A mom was concerned about her kindergarten son walking to school. He didn't want his mother to walk with him. She wanted to give him the feeling that he had some independence but yet know that he was safe.

So she had an idea of how to handle it. She asked a neighbor if she would please follow him to school in the mornings, staying at a distance, so he probably wouldn't notice her.

She said that since she was up early with her toddler anyway, it would be a good way for them to get some exercise as well, so she agreed.

The next school day, the neighbor and her little girl set out following behind Timmy as he walked to school with another neighbor girl he knew. She did this for the whole week.

As the two walked and chatted, kicking stones and twigs, Timmy's little friend noticed the same lady was following them as she seemed to do every day all week. Finally she said to Timmy, 'Have you noticed that lady following us to school all week? Do you know her?'

Con't on next page

Hello,

Sleep disorders are commonly under diagnosed and a significant source of concern in the geriatric population. Several diverse factors may contribute to sleep disturbances in a large proportion of the elderly. These contributing factors include changes associated with aging, such as retirement, health problems, death of spouse/family members, as well as changes in circadian rhythm. Changes in sleep patterns may be part of the normal aging process; however, many of these disturbances may be related to pathological processes that are not considered a normal part of aging.

This disorder can affect the quality of life to include, excessive daytime sedation, physical, psychological, cognitive problems affecting overall health of the patient and can increase morbidity. Unfortunately, the number of medications increase with age, which in itself can lead to more morbidity, mortality, side effects such as falls-, cognitive impairment, financial stressors, and even sleep disturbances. Treating insomnia in the elderly can improve the overall health of the patient, but care must be taken when medications are used in this particular population.

Treatments for sleep disorders include prescription medications, behavioral treatments, relaxation techniques, sleep hygiene, sleep restriction, cognitive behavioral therapies-, valerian, Tai Chi, yoga, meditation, acupuncture, and acupressure. Please consult your physician before starting any over the counter medications that address sleep disorders.

On another note, I would like to update you on the construction here at Windsor Manor. We are still looking at a late October early November open for the memory care unit. Please if you have questions, please contact myself or Kelly Dodge, Healthcare Coordinator we would love to talk about our services provided with you!

In Christian Love, *Jill Scott, Manager*

**Humor continued:** Timmy nonchalantly replied, 'Yeah, I know who she is.' The little girl said, 'Well, who is she?' 'That's just Shirley Goodnest,' Timmy replied, 'and her daughter Marcy.' 'Shirley Goodnest? Who the heck is she and why is she following us?' 'Well,' Timmy explained, 'every night my Mom makes me say the 23rd Psalm with my prayers, 'cuz she worries about me so much. And in the Psalm, it says, 'Shirley Goodnest and Marcy shall follow me all the days of my life' so...I guess I'll just have to get used to it!'

## *From the Nurses Corner*

With September comes the active buzz of fall sports for my family. We have a daughter who competes in Cross Country on the high school level and a son who is competing for the first time on a middle school level in Cross Country. Anyone who has known for me for any length of time knows that my motto for Sunday afternoons is "that's why God has created a day of rest and FOOTBALL." My favorite team for the last several years has been the Green Bay Packers. Friday nights are spent enjoying football on the high school field and by golly I think the Lynx have quite a team this year.

The other thing I realize is with the fall sports come the cooler crisper air. This September is going to be especially memorable as our oldest daughter, Kristine, receives her white coat of pharmacy as she steps along the educational journey to being a pharmacist. It is always so exciting to watch the kids develop their dreams and reach for new goals.

With fall right around the corner, there are always so many beautiful colors that begin to spring up. I love Iowa and the fact there are so many varying shades of colors in nature that God provides. The saying "take the time to smell the roses" reminds each of us that life is so full of the "to do" list that we need to stop, take a breath, and appreciate the little things we have. As I challenge myself this month to appreciate the little things in each day and take 15 minutes a day to Let Go....Let God, I challenge each of us to look inside ourselves and find the things, people, events of the day that we need to express thankfulness for and focus on the positive. The power of positive thinking can and will impact not only who we are, but also those we spend our time with.

***Quality Care to ALL Residents at ALL times! Kelly Dodge, RN, HCC***

## *Things we Did*

Well, Fall is on the way. Can't wait till the leaves start to turn colors. Fall is one of my favorite times of year; you get to enjoy all the different colors God creates. The temperatures cool off to where you can actually stand to be outside. It's what comes after fall that I don't care for, even though winter can still be beautiful.

August was a little slower month than July was here for us. We still did all the joy rides and shopping trips but with all the parades over, it was a slower month. We celebrated the month with our watermelon theme day and had fun eating all the watermelon we could hold after our bingo. And our other theme day was "A Lucille Ball". We did trivia and fun facts and had a Cuban noon meal since she married a Cuban. The residents all enjoyed the meal Mike prepared for them. Kenny Vorland and his group came in and played for us and, as always, we enjoy them very much. This month we went up to Unkie's in Thor for supper out. We wanted to go up there one more time before the snow and ice comes. In September we are going to Pickles and then through the winter we will be enjoying the restaurants around town again. We also celebrated the state fair with Funnel Cakes and one thing I like to do once in a while is make banana splits for our desert. Have you ever tried to make 40 banana splits in only a half hour?? It can be a mess. I was in whipped cream up to my elbows, and that's the truth!!! But it makes it all worth it when I know how much the residents appreciate it.

Beginning September 11<sup>th</sup> is National Assisted Living Week. We have a fun filled week planned for the residents. The theme this year reflects the anniversary of 9/11/01. The events of that day were tragic but it also brought our country together. People helping people, helping to rebuild homes, and to rebuild lives, "**Forever Proud**" is our theme this year. This is a time to be proud of our country for what has been and what will be accomplished. I am proud to be a part of Windsor Manor and proud of bringing people together here through

activities, our exercise, trivia and reminisce time, especially through devotions and discussion afterwards, through jokes and games and most of all.....through laughter. Laughter truly is the best medicine. Have a great September and remember to.....Have fun always.....*Donna Smith, Life Enrichment Coordinator*

## *From the Culinary Department*

Here is a breakfast French toast that I have been making for our residents and they absolutely love it. I would like to share it with you.

1 can (12.4 oz) Pillsbury® refrigerated cinnamon rolls with icing  
2 eggs  
2/3 cup milk  
4 tablespoons maple syrup  
1 teaspoon vanilla

**DIRECTIONS:** Bake cinnamon rolls as directed on package. Let rolls cool completely. Spray griddle or 10-inch skillet with cooking spray; heat griddle to 375°F or heat skillet over medium heat. Slice each roll in half crosswise. In shallow dish, whisk eggs, milk, 2 tablespoons of the maple syrup and the vanilla until blended. Dip each cinnamon roll slice into egg mixture, turning to coat completely. Place on griddle. Cook about 2 minutes on each side or until golden brown. In small bowl, whisk reserved icing, the remaining 2 tablespoons maple syrup and enough warm water to create a pourable syrup consistency. Serve over French toast. *Chef Mike*

## *Thank You*

Thank you to Robert Dorning and his grandson, also named Robert Dorning, for organizing our library. They were kind enough to come out and organize by type of books and by authors. We thank you very much for doing this for us and we are trying very hard to keep

Thank you to Mike Mason, son of past resident Jack Mason, for thinking of staff and residents with all the cookies. Everyone at Windsor Manor enjoy cookies of all kinds. We appreciate being thought of by you and thank you for taking the time to bring in the goodies.

Thank you to Margie Smith, daughter of Jack Mason, for donating the Thomas Kincaid picture. It is a very beautiful print. We appreciate having this addition to our walls in the Windsor Manor Assisted Living. Thank you for thinking of us.

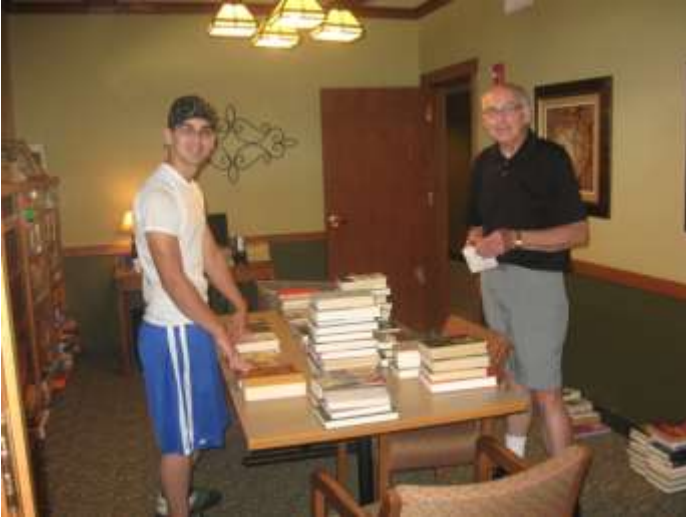
Thank you to Darrell Hay for bringing us our first batch of sweet corn. The residents truly enjoyed having you share with us. Thank you so much!!!

Thank you to the Ladies 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 so much to Pat Klaver for the donation of the books. They are a very nice addition to the library. They are also, just the kind of books we like, good heartwarming stories and "Soup for the Soul's"!! Thank you!!

Thank you to Joann Schnell for the puzzles you brought in. We have several residents that love to work on puzzles and they are always glad to have a new one to work on. Thank you so much!!!

*Let the Good Times Roll!!*



*Two Robert John Dornings  
Organizing our library*



*Two are two times as much fun*



*Our night out up at Unkie's*



*There's only one right way to eat it!*



*Our daily entertainment*



*Progress continues*

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

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**OPEN TO THE PUBLIC**

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