

Windsor Manor Highlights

229 Pearl St.

Grinnell, Iowa 50112

September 2010 Newsletter



Notes from Lyla....

The weather will soon be turning brilliant colors year—a time to enjoy the trips to the apple orchard



changing and we will begin to see the leaves of fall. Fall is one of my favorite times of the crisp morning air, days of less humidity and with the kids.

September is National Assisted Living Month. We will be celebrating during the week of September 12 - 18th. There will be many activities planned during this week for the residents and staff of WMG to partake in.

We would like to invite all family members of residents who reside at Windsor Manor to a family picnic on Sunday, September 19th. Buffet lunch will be available from 12:30 - 2:30 p.m. The menu will include BBQ pork sandwiches; potato salad; baked beans; relishes; salads; a variety of apple desserts and drink. There will be entertainment at 3:30p.m. in the gazebo with music by the Dixieland Band. We hope that you will mark this date on your calendar and plan to join us for a fall celebration. Please R.S.V.P. to 641-236-8700 by Friday September 10th.

until next month.....Lyla

Nurse's Notes...

Brenda Ruchti, RN, HCC

Summer is coming to a close and Fall is upon us. One cannot forget about the possibilities of heat exhaustion and heat stroke due to the extreme weather conditions. Please be sure to limit your exposure to the sun and heat. Stay in the shade, drink lots of water and take breaks in the air conditioning. If you feel weak, nauseous or dizzy, please report this to a Universal Worker so that they can inform me or please talk directly to myself.

Flu shots will be given on Thursday, October 28th at Windsor Manor. The shots will be provided in the comfort of your home. We will be passing out forms to fill complete if you are interested. Home Health will be providing this service and they will bill your insurance company and Medicare directly. The flu shot will include the H1N1 vaccine this year so there is only one shot for the flu this season.



Manor. passing be pro-

Start every day with a smile. The smile will be returned to you ten-fold and everyone will wonder what you're up to!!! :)

Brenda

Maintenance Corner...

by Roger Green

Hi... While the weather is still hot and your P-Tac units are cooling your apartment please make sure that you do not turn them off if the temperature is too cool. Instead of turning the unit off just turn the temperature up so that it will be warmer for you but the P-Tac unit will continue to run and take the humidity out of the air.

During the past few months I have been enjoying grilling on Wednesdays for the noon meal. Linda has been keeping me busy with this task although I do enjoy it!

Tip of the month: If you have a small bowl of ice cream before going to bed at night you will fall right to sleep. Works for me every time! Thank you.....

Roger

Culinary Notes...

by Linda Roush

Thank goodness for air-conditioning. It's been so hot & humid outside this last couple of months. It also seems as if the rain is never going to stop. I'm glad Grinnell is not a in a flood zone.

Everyone has changed to a new table during meal times. I that that this has gone well and the majority of the residents like the new arrangements. Remember that we will still have our frantic seating arrangements throughout the month as well. The tenderloins on our menu are a big hit. We have also added a tuna salad sandwich.

I owe a big thank you to Roger for taking his time each Wednesday to grill our noon meal for us. The meats that are grilled have been enjoyed by all.

We have a new cook, her name is Barb and she will be cooking every other weekend. We are glad to have her join our team.

We are planning a BBQ buffet on September 19th for all residents and their families. Please make plans to join us for the gathering.

Linda

Our recipe this month
is.....

Apple Bread



- | | |
|----------------------------------------|-----------------|
| 3 c. flour | 2 c. sugar |
| 2 tsp. cinn | 2 eggs, beaten |
| 1 tsp baking soda | 1/2 tsp vanilla |
| 1/2 tsp baking powder | |
| 2 c. apples peeled, cored & chopped | |
| 1/2 tsp salt | 1/2 c oil |
| 1 c. chopped walnuts or choice of nuts | |

In bowl combine flour, cinn, baking soda, baking powder and salt - set aside.

In large bowl mix oil, sugar, eggs, vanilla and apples. Stir into flour mixture. Add nuts and mix. Divide mixture into 2 greased bread pans. Bake at 350 for 40 to 45 minutes or until bread tests done. Cool for 10 minutes on wire rack before removing from pans.

Enjoy!!

Windsor Manor Assisted
Living Community

229 Pearl St.
Grinnell, IA 50112

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Life Enrichment Coordinator's Notes.....

by Phyllis Van Es

September is a FUN month—not too cold yet, and hopefully not TOO HOT anymore either....but with all the August rains, our flowers are still looking quite pretty—THANKS to our volunteer helper residents who water and dead-head the plants!

A special event we're planning is a courtyard WM Families picnic with the Grinnell DIXIELAND BAND as entertainment, Sunday, Sept. 19. We hope all of you and your families will come help celebrate the end of summer and the beginning of a grand autumn with us! Maybe we can get some able-bodies croquet players to provide us with some rousing lawn entertainment - - we love to be spectators too!

When Jerry Allen—yup, he's one of our “most favorite” visitors—comes with his Country Western guitar, terrific singing voice and unending repertoire of old REAL COUNTRY music, we're clearing the dance floor! You (heard) read right—we're moving the location into the middle of the Garden Apartments area where we have a fantastic wood floor so come and dance with the residents... yes, siree, it's “Dancing With The Stars of Windsor Manor”!

As always we are enriching our lives by exercising our BODY, MIND & SOUL!

“I am too blessed to be stressed or depressed”

(quote stolen from Mary Whannel Woody)

So glad to be a part of the Windsor Manor Family.

Phyll Van Es and Cindy Nation too!

We're on the WEB

www.windsor-manor.com