

May Birthdays

If you were born from April 20-May 20, you are a Taurus, the bull. If you were born from May 21-June 21, you are a Gemini, the twins. A Taurus is patient, reliable, industrious, and persistent. They respect property, avoid falling into debt, and enjoy art. Geminis are complex and dual-natured. Like children, they are lively, happy, and love to explore new things.

Nola Lindahl (resident) May 5th
Lana Luze (staff member) May 8th
Denny Miller (staff member) May 29th

Jack Paar (TV host) May 1, 1918
Frankie Valli (singer) May 3, 1934
Audrey Hepburn (actress) May 4, 1929
Willie Mays (Say Hey Kid) May 6, 1931

May Day, Lei Day

Captain Cook recorded the custom of Hawaiians wearing flower garlands in 1779, but it was probably practiced long before westerners arrived. By the 1920s, Hawaiians were more famous for giving leis away than for wearing them.

Poet and artist Don Blanding suggested in 1928 that Hawaiians "make May Day Lei Day" - a day when they would consciously shower flowers on themselves. The idea caught on, and it is now a full-blown Hawaiian festival. Leis are a wonderful symbol of "aloha" hospitality, and great care is taken in gathering materials and making a lei. Lei creators believe they are weaving their own spirits into the lei, and in giving them away, they are giving a part of themselves - a generous gift. Happy Lei Day!



WINDSOR MANOR
Assisted Living Community

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May 2010

Resident's Dream takes Flight...

During April, Windsor Manor was bustling with activity. You may remember me talking about the Operation Dream Builders program a few months ago and I'd like to share an update with you.

To date, we have fulfilled several dreams and one of the biggest was on April 17th at 9am. Resident Gloria McNaughton got to fly again. You see, Gloria used to have her pilots license and her dream was to fly again. So the team at Windsor Manor arranged for a flight in a plane owned by Mark and Kimberly Noe of Vinton. The Noe's gave selflessly to give Gloria her dream!

What an amazing day. Thank you to the Noe's for making a dream come true!

We continue to work to fulfill other dreams and wishes for the residents of Windsor Manor. There are volunteers needed to assist with this. We are seeking someone with a tractor, as there are two residents who would like a ride. If there's anyone who has information on taking a train ride across Canada, we would be interested in that. We are also interested in volunteers to take a resident for a drive two to three times a week to see the crops growing at his farm. Please contact me at 319-472-2060 or at manager@windsor-manor.com if you would like to be a part of this amazing program.

-Bethany



Mark & Kimberly Noe with Gloria



Gloria & Her Family

Older Americans Month

National Barbecue Month

Grump Out Day
May 5

Nurse's Day/ National Day of Prayer
May 6

Mother's Day
May 9

Memorial Day
May 31



Making a Point of Mother's Day



- Mothers have been honored with festivals and tribute days since ancient Greek and Roman times.
- Virtually every country celebrates a day in honor of mothers, but not all do so in May.
- A Mother is she who can take the place of all others but whose place no one else can take.

Join us for
“Mothers & Memories”
Sunday May 9th
12:30pm to 2pm
 In the Windsor Manor
 Dining Room.

Families are requested to bring your Mom's favorite pie/dessert and a favorite memory to share.

3rd Annual Flower Pot Challenge

Windsor Manor Assisted Living is gearing up for our Annual Flower Pot Challenge! In case you are not familiar with this, I will take a minute to explain. We ask that area businesses put together a creative flower pot that showcases what you have to offer and bring it to Windsor Manor by Friday, May 21st. If you are not able to deliver it, contact Nancy at 319-472-2060 and I will be happy to pick it up for you.

On Friday, May 28th we invite you, your employees and the community to our BBQ and judging. The judging begins at 10am and continues throughout the day.

The BBQ will be from 4pm to 6pm.

There will be a free will donation with the proceeds going to the North Benton Ambulance Service in honor of EMS week.

The flower pot challenge winner will be announced in the newspaper and receive a gift! The flower pots will remain on display at Windsor Manor throughout the summer.

This is a very exciting event and we hope that everyone will participate. Get your staff involved and don't forget to come out for the BBQ and judging on the 28th!

*-Nancy
 Life Enrichment
 Coordinator*

Flower Reminder

You are welcome to plant flowers in pots or in the ground outside your apartments. We welcome additions to our pots and raised gardens as well as suggestions on plantings.

Nancy will be assisting with the watering and gardening this year. Those who are interested in planting and caretaking of flowers, be sure to come to the 10am Gardening Club on Monday the 3rd.



Notable Quotable

“Women's liberation is just a lot of foolishness. It's the men who are discriminated against. They can't bear children. And no one's likely to do anything about that.”

*~ Golda Meir
 (born May 3, 1898)*

Nurses Notes.....

Have you ever forgotten where you put your keys or where your glasses were when they were actually on top of your head? I have! Today's culture refers to these as “Senior Moments”. These may seem funny at the time but actually might be a sign that your mind isn't quite on track. Your brain may be just going through the motions of daily life on “cruise control” so to speak, if you don't challenge your mind each day. My Grandmother is very persistent about making

sure that her crossword puzzle is completed every day. She gets that puzzle completed top to bottom even if she has to cheat a little with her big “crossword cheat book”. Sorry Grandma, I let your secret out!! Keep your mind sharp by learning new ideas, facts and solving puzzles. What are some activities that you can do to keep your mind sharp? Classic crossword puzzles and a good game of Scrabble are a great way to start. There is also a daily word making game in the dining

room here at Windsor that you can work on at your convenience each day. One of the newer games that has become extremely addictive (frustrating for me) is Sudoku. You can even complete a jigsaw puzzle on your computer without having to worry about losing your puzzle pieces! Exercise your mind to keep it fit and healthy by finding a puzzle you enjoy every day!

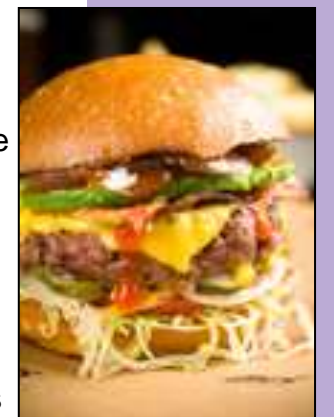
*-Lindsay Niebes
 RN/Healthcare
 Coordinator*

National Hamburger Month

In the early 1880s, Frank and Charles Menches, brothers from Akron, Ohio, traveled the fair-and-events circuit selling sandwiches from their concession wagon. One of their specialties was a hot pork sausage patty sandwich. During a stop at the Erie

County Fair in Hamburg, New York, the Menches ran out of pork. The area butcher didn't have any pork either. He suggested they substitute beef for the pork, and he sold them ten pounds. The Menches brothers ground up the beef,

mixed it with brown sugar, coffee, and some spices, and served it as a sandwich between two pieces of bread. They called the sandwich the “hamburger” after the town where the fair was being held.



“I would gladly pay you Tuesday for a hamburger today.”

*~ J. Wellington Wimpy,
 Popeye comic strip*

Keep your mind sharp by learning new ideas, facts and solving puzzles.

No Better Excuse to get together than a Backyard BBQ

Join Us

Friday, May 28th 4pm-6pm

Burgers, Dogs, Potato Salad, Yard Games and Judging of the Flower Pot Challenge

Free will donation

Proceeds going to North Benton Ambulance Service