

Windsor Manor News
September 2010



Staff and Residents are encouraged to show their IOWA pride by wearing their favorite team colors every Saturday beginning September 4th. Game Times will be posted on the Activity Calendar so join your friends for football in the living room. There will be snacks and drinks provided!



From the desk of Annette Grochala, Manager



DO YOU KNOW YOUR BONES? **DEGENERATIVE ARTHRITIS**

Degenerative Arthritis or Osteoarthritis can affect any joint – it most commonly affects hips, knees, feet, hands and the spine.

Symptoms - include joint pain and tenderness. You may notice pain in the joint during and after use. You may be stiff when you wake up and you may notice swelling or feel like your bones are grating together when you move.

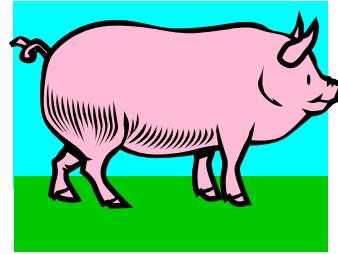
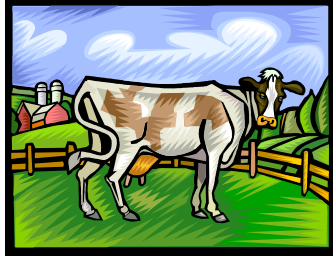
Risk Factors – age due to general wear and tear on the body is the most common and obesity due to increased weight stressing your joints.

Treatment – the goal is to alleviate pain and reduce inflammation or swelling. If you are overweight your doctor may recommend you lose weight to reduce the stress on your joints. Physical and Occupational Therapy, over-the counter medications such as ibuprofen and Tylenol and ice packs. Avoid activities that cause pain. However, low impact exercise such as walking can be helpful.

If pain is severe, your doctor may recommend injections or a stronger pain relieving medication. Surgery is used when nothing else works and depends on your overall health.

As always, I am never farther away than a simple phone call for you, your family or your physicians. Be happy, healthy and stay well!

**Sincerely,
Peggy Luciano RN
Healthcare Coordinator**



Activity Corner:

Windsor Manor residents have sure enjoyed our Country Drives that we have been doing on Friday mornings! We actually got to see the hot air balloons very close and some landing in the country fields. Of course I was in such a hurry so that we could see the balloons, that I forgot the camera! ☹️ We also took a trip to Knoxville and saw the speedway and Red Rock River! I am so glad that more residents have participated in some of our outings!

For National Assisted Living Week September 12th-18th Windsor Manor is going to be incorporating a farm theme, and we are going to be pairing up residents and staff to participate together in activities! We will be announcing the schedule of events closer to this week. Some of the ideas that were brought up were: a hog calling contest, a watermelon seed spitting contest, and a cow chip throwing contest. We are also going to try and get some tractors in to do a tractor show, and bring out some fun farm animals for the residents to enjoy! All events are open to the community and to family and friends-so please watch for the events calendar, as this will be a lot of fun! And if you have any other ideas for our farm theme or would like to help by bringing in some farm fun activities please contact Annette or Jillian at 515-961-8900.

Jillian is going to be making some changes to the activity calendar, to try and get more involvement in activities, so if you have any ideas or suggestions please let me know!

*Sunday September 12th is Grandparent's Day- Windsor Manor would like to invite the grandchildren out to play games and spend time with their grandparents, as this would brighten their day!!



Residents:

Janice Stuchel- 3rd

Esta Seiberling- 4th

Marguerite Herrick-23rd

Virginia Penfold-24th

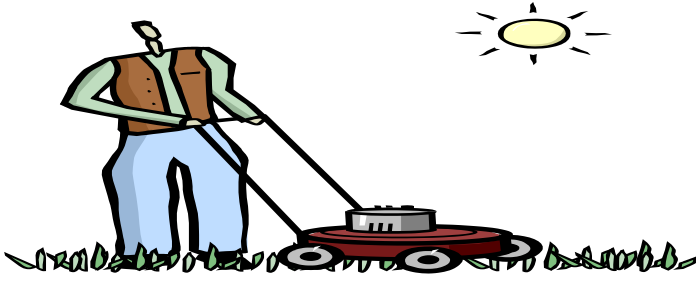
***Windsor Manor has been getting meals out for resident's birthday's so that they can enjoy their favorite meal! Jillian will be visiting with you about your birthday meal so start thinking about what you would like to have!**

I have made it back from vacation. I got a few things done around home. I also found a few things I need to do also.

Looks like everything held up pretty good while I was gone. Wish I could have gotten the grass to take a vacation also. It seems you mow and trim the grass one day and the next it needs mowed again. Oh well. We will soon be moving snow and wishing for the green grass and warmer temperatures again.

Not too much going on in maintenance this month. I have a few small unfinished jobs to do. I will be starting to clean the heaters in the rooms this month, getting ready for fall and the cooler nights. I will start in the north hall and work my way around to the south hall. When the heaters are first started they tend to give off a smell and will sometimes set the smoke alarms off in your apartments. If you have any concerns just let me or one of the staff know and we will be there to check it out. Thanks

Until next month
David



5 Tips To Healthy Eating And Physical Activity

1. Start Your Day With Breakfast

Breakfast fills your "empty tank" to get you going after a long night without food. Eating a good breakfast can help you do better in school. Easy to prepare breakfasts include: cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza.



2. Get Moving



It's easy to fit physical activities into your daily routine. Walk, bike or jog to see your friends. Take a 10 minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 30 minutes every day.



3. Snack Smart



Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. If you eat smart at other meals, cookies, chips, and candy are okay for occasional snacking.



4. Work up a sweat



Vigorous work-outs, when you're breathing hard and sweating, help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.

5. Balance your food choices - don't eat too much of one thing

You don't have to give up foods like hamburgers, french fries, and ice cream to eat healthfully. You just have to be smart about how often and how much of them you eat. Your body needs [nutrients](#) like protein, carbohydrates, fat, and many different vitamins and minerals such as vitamins C and A, iron, and calcium from a variety of foods.



