

Windsor Manor Highlights.....

April 2010

Happy Easter to you and yours from the
Windsor Manor Staff



Notes from Lyla....

The anticipated wait for Spring is over and we are beginning to see the beautiful rewards that we were anxiously awaiting. The flowers are beginning to show their life; the sun is warming and feels good upon our face and the smells of spring are beginning to be noticed. It seems that it was a long time in the making but finally we have reached one of the most welcomed times of year Spring.

I love this time of year — it brings about all kinds of new things.. New beginnings, new flowers, new loves and new life. It is so refreshing to be able to look outside and see the sunshine, open the windows and let the fresh air in and even sleep with the window cracked at night to let that cool breeze fill the room. Take time to enjoy these new things, stop and smell the flowers, let the warm sunshine warm your face and your heart and welcome the new beginnings that are knocking on your door.

At Windsor Manor we are welcoming the newness of spring and anticipating the planting of flowers and the welcoming of new friends through our front doors. Happy spring to you!

Lyla



Nurse's Notes...

Brenda Ruchti, RN, HCC

The snow has melted and the sun has started coming out. If you look close, the iris is starting to pop through. We made it through winter. Try to get outside on those nice days to soak up the sunshine. Our bodies and minds need it. Vitamin A works wonders for your state of mind. Enjoy!!!!

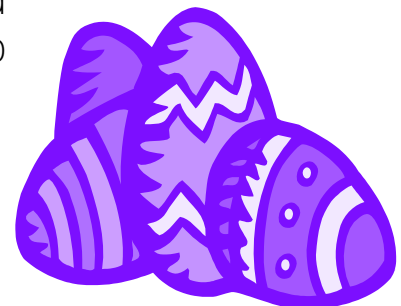
“The doctor is in”? As most of you are aware, we now have several doctors coming to our community to make rounds every couple of months. This will ensure that each of you will see your doctor routinely. If you have any problems in between these times, we can still make an office appointment for you.

Next fall, the H1N1 vaccine will automatically be included with the regular yearly flu shot. There will be no need to have 2 vaccinations.

Nursing humor: What does a cat sleep on?

Answer: A caterpillow...

Brenda





Maintenance Corner...

by Roger Green

Hi..... the frost is leaving so the concrete at the front entrance is slowly returning to normal. We will be replacing the concrete this summer. If anyone is interested in helping me, let me know..... Just kidding.

We will be having our monthly fire drill in April. I will be notifying you of the time and date as we will be conducting a full evacuation fire drill. Everyone will need to leave the building for a short time. I will try to schedule the drill on a nice day so that we can enjoy the time we spend outside.

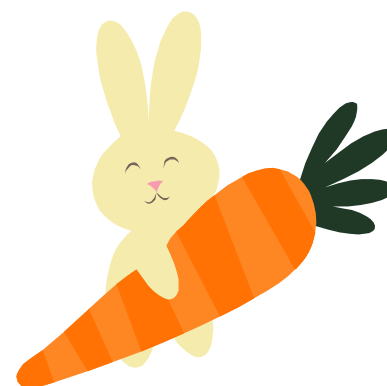
Helpful hint..... Remember if you receive a phone call asking for personal information not to give out this information for your own personal safety. Roger

Culinary Notes...

By Linda Roush

April is upon us. Watch for all the colorful flowers and robins fluttering through the air. On April 4th we will be celebrating Easter with dinner served at 12 Noon. If you would like to invite your family or friends in to dine with you please make reservations by Wednesday, March 31st. The cost for the meal is \$8.50. Each individual will be able to choose their meal from the menu of: Baked ham, mashed potatoes/gravy or sweet potato casserole, corn or green beans, 7 layer salad, deviled eggs, dinner roll. Dessert will be angel food cake with lemon pudding or strawberry cream pie.

Watch the activity board as we will be having baked goods bingo during April. We hope that everyone will be able to get out and enjoy the beautiful days ahead. We wish you a safe and Happy Easter.



Our recipe this month is.....

Carrot Cake

2 c flour	4 eggs
2 c sugar	1 c oil
1 tsp salt	4 c grated carrots
2 tsp cinnamon	1/2 c pecans
2 tsp soda	

Mix all ingredients in order. Bake at 350 for 25 - 30 minutes.

Frost with cream cheese frosting.

Linda

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Housekeeping Tidbits

...by Hannah Snodgrass

“April Showers bring May Flowers!” Now that the temperatures are warming up we will be cleaning the windows throughout the building inside and out. Window cleaning in your apartment will take place on your scheduled cleaning day toward the end of March and beginning of April.

I am also completing the spring cleaning schedule. If I have missed you please let me know as I would be happy to do the yearly deep cleaning for you.

Helpful hint.... A less cluttered apartment will reduce the risk of falls. **Be safe Declutter!!**

Hannah

Life Enrichment Coordinator's Notes.....

by Phyllis Van Es

Thank you to so MANY PEOPLE who make our lives even MORE FUN: Musicians Peter Bonney, Royce Wolf, Shari Gantz, Brenda Ford, Lynn Scwark, Peggy & Kenton Elliott and Co., Sharon Mathis and Greg Lincoln, Roy & Dianne James, Ed & Dixie, Kenny Elliott and the Rock Creek Band, Teresa Thompson, Linda Schnell, Bryce Hey Family, Larry & Nancy Sears, Kathy VanderPloeg, Harv & Sue Martindale and TOO MANY STRINGS.... And to the after school kids, Margene Pierce's Homeschool families group, Episcopal & Presbyterian Children and FCCLA Teenagers! And Donna too (please forgive me if I left anyone out — we love your music!!!! oh yes, your crafts and games too!!

Also a very special thank you to Cheryl Clark who contacted and collected various items from the local schools and churches. Thank you tons and bunches..

FINALLY SPRING!!!! YEA!!!! Okay, realistically, it may not feel like spring for a few more weeks but its fun to think about it anyway. We may be planting seeds and watching new growth in our celebration of winter being officially over.

WMKB—that is Windsor Manor kitchen band is almost ready for a national tour, well maybe just statewide?! We are pretty good and have tons of fun - come sing and play with us anytime - bring your washboard or kazoo we would love to have you.

Until next time.....

Phyllis Van Es

We're on the WEB

www.windsor-manor.com