



Windsor Manor Indianola Media Newsletter

April showers bring May flowers....with that comes more clouds and dreary days. I want to encourage you to take advantage of the sunroom on sunny days. The vitamin D from the sun does wonders for your mood. You can sit and put together puzzles, read, visit, play games, or nap. Anything you do in the sun will brighten your mood, so take advantage of the sunny days. With that comes April as Stress Relief Month. Take notice of whether you are feeling irritable, anxious, headaches, mood swings, tired. If your feeling these symptoms more so then usual make an effort to exercise, short walks several times a day, exercise class, meditation. Work your mind with brain teasers, crosswords, word finds. Try taking up a new hobby, join our craft classes, ask your friends to join you for an afternoon coffee and visit. Do something out of the ordinary and you will find yourself feeling better.

Just a reminder....Windsor Manor is still offering \$500 off the first three months of rent to a new move in and, we are offering \$500 off three months of rent to you, if you make a referral to us and that person moves in. This is a \$1,500 savings for you and your friend or loved one. Talk to friends and family and if they are interested, give me the information and I can contact them and schedule a tour.

Always feel free to contact me with any concerns, suggestions and new ideas. You can contact me at Windsor Manor, or on my cell phone at 515-333-1942. Annette Grochala, Manager

**HAVE A GREAT MONTH!!!
ANNETTE**



HAPPY BIRTHDAY

Residents:

Hazel Eischen April 12th

Bev Rickabaugh April 19th

Jack Hoskinson April 21st

Cleo Walsh April 23rd

Staff:

Esther Phillips April 21st

April Special Events!

***Windsor Manor will be having our Annual Easter Egg Hunt on Saturday April 3rd at 2:00 pm Please come join us for a great time and this event is open to the public, so bring as many friends and family as you like! We will be enjoying assorted pastries and beverages!**

***New entertainment Country Cross will be here to perform on Tuesday April 6th at 6 pm**

***April Birthday party will take place on Wed. April 28th at 2:00 with Mike Lazano performing**

***Berniece Shannon will be here on Thursday April 22nd at 2:00 to entertain us**

***We will be having a “groundbreaking garden” lunch on Wednesday April 21st to honor our volunteers at Windsor Manor, we will be sending them home with gifts of our appreciation for all they do for us!**

***Windsor Manor residents that want to go gambling, Jillian will be taking you to Prarie Meadows on April 1st at 10:30**

***Jillian will be taking residents that want to go out to lunch on April 15th at 10:30, remember whoever attends the most activities in March will pick where**

we go to eat and Windsor Manor will pay for your meal!!

***Windsor Manor started a social hour on Friday afternoons at 2:45 and it gives residents the opportunity to get to know each other better, we had an extremely successful turn out so let's keep it up!! Everyone really seemed to enjoy it!**

**** Just a reminder- if you are not enjoying the activities that are taking place it is important to discuss this with Jillian or Annette so that we can make the appropriate changes to the monthly activities. If you have any suggestions as to what you would like to see added to the monthly activity calendars please let us know otherwise we have no idea of what you are wanting to do. We are flexible and wish that more residents would participate in activities! Thank you!**

HAPPY EASTER

Springtime Ahhhhhh! How wonderful to have bursts of color, warmer weather and fresh air after such a long winter.

Seems like we all have a little more energy when Spring finally arrives. Time for Spring Cleaning... Let's all start by Spring Cleaning our Health and Well-Being!!!!

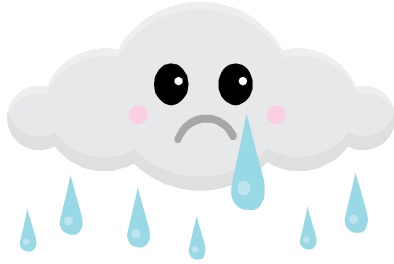
Take an inventory of your daily medications and make a list. Set up an appointment with your doctor and bring your list of medications with you to the appointment. Have your doctor review your list of medications with you to ensure you are only taking medications that are essential for your well-being. Ask questions if you do not understand why you are taking a medication.

Medications are very expensive – ask your doctor if there is a generic alternative that can give you the same benefit as the brand name but WILL SAVE YOU MONEY!

It is also a good idea to keep a copy of your current medications with you at all times when you are out of the building in case of emergency. Please let me know if you would like help preparing your list of medications. Here's to your Health and Well being



Peggy Luciano RN Healthcare



Here it is the middle of March already. So far the month is being good to us, the snow is melting and not falling from the sky, now all we have to do is have it stop raining. We may go from plowing snow to mowing grass real quickly.

We have been busy getting several apartments ready to rent. We are down to our last 2 to refinish. Annette and Jillian are filling them as fast as we get them done, which is very good.

This spring we are going to try and build a couple more flower beds in the courtyard. I would like to see one that is 3 levels with a waterfall in the center. I think we can get this done if the weather cooperates. Now that the weather is turning nice and the temperature is going up, we can be outside and enjoying the sunshine.

David Mathany- Maintenance Coordinator

From our Culinary Coordinator:

Obstacles to proper diet, including emotional, lifestyle and physical factors, crop up as we age.

- **Lifestyle changes.** Newly single seniors may not know how to cook or may not feel like cooking for one. People on limited budgets might have trouble affording a balanced, healthy diet. See the resources below for suggestions on cooking for one and easy, healthy menu selections.
- **Activity level.** Seniors often cut back on activity for physical and medical reasons. Weight gain can result from the decrease in calories burned.
- **Metabolism.** Every year over the age of forty, our metabolism slows down. This means that even if you continue to eat the same amount and kinds of food as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active now.
- **Taste and appetite.** Your senses of taste and smell diminish, so you may be inclined to season your food more heavily than before—even though seniors need less salt than younger people. You may struggle with loss of appetite due to lifestyle, loneliness or a medical condition.
- **Health issues.** Physical ailments and prescription medications often negatively influence appetite. Talk to your doctor about overcoming side effects of medication or specific physical conditions.
- **Digestion.** Due to changes in your digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation.
- **Emotional factors.** Emotional factors such as loneliness and depression can affect your diet. For some, feeling down leads to not eating and in others it may trigger overeating. If emotional problems are affecting your diet, it is important to talk to your doctor or a therapist.