

November 2009

Manager's Corner... Hello from Lyla



WINDSOR MANOR ASSISTED LIVING COMMUNITY

Windsor Manor Highlights

Hello,

What a beautiful time of year we are in. Fall brings many things for us to enjoy such as the inviting cool evenings; the vibrant colors of the ever changing leaves and the thoughts of the white flakes that will soon be falling upon us. BRR!!!

Windsor Manor is experiencing some changes within our walls. You will notice that there are more residents in the building and that all of our apartments are full for the VERY FIRST TIME since the community opened the doors in December of 2005. This is a wonderful change for all of us to experience. There are many new friendships being

made and the residents and staff alike are enjoying the opportunities of meeting new people and the forming of new relationships.

Even though the building is full we will begin creating a waiting list for individuals who are wanting to make Windsor Manor their home.

I would like to thank the staff for their hard work and dedication in assisting with the achievement of 100% occupancy at Windsor. We are very fortunate to have such a wonderful group of individuals working at Windsor. The team is made up of all individuals in activities, dietary, housekeeping, main-

tenance and nursing.

It is time to go through recertification with the State and obtain our assisted living certificate for another two years. The recertification process will take place in December and preparation for this process is currently taking place.

If at anytime you wish to talk to me please contact me at the building at 641-236-8700 or on my cell phone at 641-990-1467, I welcome your comments.

Wishing you and your families a wonderful Thanksgiving holiday!

Until next month.....

Notes from the Nurse.... Brenda

Hello to everyone! As you all know, the cold and flu season are approaching. A flu shot clinic was provided to all residents and staff during the month of October. If you have not received your shot there are several opportunities in the community to get a shot. The main thing we all can do to stop the spread of the virus is WASH YOUR HANDS, W A S H Y O U R HANDS!!!

If you or a loved one is experiencing symptoms

of the flu please avoid coming to Windsor Manor. We have been healthy to this point and wish to ward off as much exposure as possible. If you are away from Windsor for a period of time please know that you can call the office to check on your loved one.

With a FULL community everyone is busy, busy, busy! But please do not hesitate to come and see me for any reason. I will try my best to be out and about in the building but please know that you can

stop by my office at anytime.

It's time to enjoy and appreciate the changing fall colors, the crisp mornings and beautiful blue skies. With warm wishes for a wonderful Thanksgiving for you and your families.

Brenda Ruchti, RN

Healthcare Coordinator

Maintenance Corner: By Roger Green

It's that time of year once again and I will be putting away the lawn furniture and preparing the building and surrounding grounds for winter. Unfortunately it is that time of year again when we all dread those cold days and the white snowflakes that will soon be falling from the skies above.

In the building we have turned on the heat and as we experience warmer days we may have to adjust the tem-

perature settings. If you are in need of assistance in regulating the temperature in your apartment please do not hesitate asking myself or one of the staff so that you are comfortable in your home. If you are in need of something being fixed, a light bulb being changed or if something isn't quite right please let one of

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out a work order so that I can complete the work in a timely manner.

As always if there is anything I can do to make your surroundings more comfortable please let me know.

May you and your families have a wonderful Thanksgiving holiday.

Thank you...

From the Culinary Coordinator: Linda Roush

As you all know the weather is slowly changing. The leaves have turned beautiful colors of orange, yellow, red and brown and the temperatures outside are getting colder.

Inside at Windsor Manor things are changing too. We have gone to a restaurant style of dining. Residents may come to the dining room for breakfast and order anything they want. After their order is placed the dining staff will bring them exactly what they have ordered. The noon and evening meals are a select style menu which feature a "Special of the Day" and a variety of salads, including the salad bar for both meals, sandwiches, fries, chips,

vegetables and fruits. There is also a dessert of the day and a variety of sugar free desserts, fruits, jello and ice cream. We hope to provide the best meals and service for the residents who reside at Windsor and for guests who frequent our dining room. Suggestions for new items are always welcome so if there is something you are hungry for please let us know and we will do our best to prepare the items. We have also purchased a deep fryer - this has brought much enjoyment to ones who enjoy a homemade tenderloin, onion rings and other fried items. We are also preparing homemade soups for the evening meal.

Just a reminder that we offer

Senior Dining for your family and friends to come and enjoy a meal with you. The cost is \$3.00 per meal. Please let us know in advance when you will be having a guest. If you have any suggestions or comments please feel free to talk to Paula or myself. We are going to do our best to serve you and ensure your satisfaction in the dining room.

Since Thanksgiving is quickly approaching if you are planning on having guests dine with you please let us know by Thursday, November 19th so that we can plan accordingly. Happy Thanksgiving to you and your families.

Life Enrichment Happenings at Windsor:

By Phyll vanEs

Time for sunset cruisin' (never too old for "cruising") and time to fire up the fire-pit for some nighttime marshmallow roasts! YUM! A few residents like to have a little something to do in the evenings, so as the sun goes down earlier and when the time "falls" back we'll be in great shape not to dread it!

Our next favorite activities if we all voted, I believe, would be our musical friends, and we are blessed! Jerry Allen our next door neighbor we will call our own Windsor Manor Hank Williams, Merle Haggard or George Jones. Too Many Strings have settled into their fall college routines,

and are back singing and "stringing" their hearts out for us at Windsor. Sharon Mathis and Greg Lincoln also provide great Sunday afternoon entertainment. We are fortunate to have the Iowa Dulcimer Players grace us with their musical talent on a regular basis as well.

There are several new things happening in the life enrichment area which are: Baked goods bingo — wonderful items are made from scratch in the kitchen and fresh fruit are provided for the gifts if BINGO is yelled; we are tying a quilt and many of the residents are loving the results of the tying of knots - it will be fun to display the quilt once we have com-

pleted it; we are also playing many new mind games; including brain teasers and family feud to name a few. The bulletin boards are changing as well and if you didn't just love the "HANDS" board we have now completed an "EYES" board — these were great fun to do and the comments have been incredible.

If anyone has any suggestions or comments for us please feel free to stop and visit with Cindy or myself.



DON'T FORGET TO TURN YOUR CLOCKS BACK!

Daylight savings time begins on Sunday, November 1st — Don't forget to fall back 1 hour when you go to bed on Saturday night.



**WINDSOR MANOR ASSITED
LIVING COMMUNITY**

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