

**WINDSOR MANOR**<sup>TM</sup>  
*Assisted Living Community*

Windsor Manor Assisted Living Community 1401 Wall Street Webster City, Iowa 50595 (515)832-1188



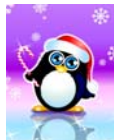
## Fun days to Celebrate in November

- 5<sup>th</sup>-Roy Rogers' Birth Anniversary
- 7<sup>th</sup>-Sadie Hawkins Day
- 11<sup>th</sup>-Veterans Day
- 22-National Bible Week
- 26<sup>th</sup> Thanksgiving



## Fun days to Celebrate in December

- 3<sup>rd</sup>-Celebrate Bingo day
- 7<sup>th</sup>-Pearl Harbor Remembrance Day
- 9<sup>th</sup>-Christmas Card Day
- 11<sup>th</sup>-Hanukkah begins at Sundown
- 18<sup>th</sup>-Bake Cookies Day
- 21<sup>st</sup>-First Day of Winter
- 25<sup>th</sup>-Christmas Day
- 31<sup>st</sup>-New Years Eve



### From the Halls of Windsor Manor—

Windsor Manor held their second annual Resident/Staff Family Steak Supper on August 27<sup>th</sup>. We served over 190 steaks and had people sitting inside and outside. The weather was just a little on the cool side so most of the residents were able to sit indoors. After all, most of the summer has been on the cool side. After our supper we had Von Ketelsen playing music. It was a fun event and we were very pleased to have so many family members and close friends come to have fun with us.

Remember, winter is on the way. If you want to be living a safe and secure environment, give our manager Jill Scott a call and talk to her about what we have left for apartments. We would love to see you out here. She can be reached at 515-832-1188. Come have a look!!

## Medical Notes – Depression

With the Holiday season upon us, there seems to be a greater chance for depression to set in. People think about Christmases' past with fond memories but also get to missing some of the loved ones who have passed on. There are other causes for depression also. Causes can be biological, psychological or sociological. Medical disorders and illnesses can cause depression. Alcohol abuse and some prescription or illicit drugs can also contribute to depression. Social risk factors that can cause development of depression include social isolation or loss of a spouse. Depression often goes undiagnosed, untreated or undertreated. Often the diagnosis of depression is missed by the physician.

If you notice any of these symptoms in the people you love, seek further medical help.

- Depressed Mood
- Loss of interest or pleasure
- Change in Sleep
- Change in appetite or weight
- Change in activity level or ability to function effectively
- Loss of energy
- Trouble concentrating
- Thoughts of worthlessness or guilt
- Thoughts about death or suicide

The criteria for minor depression involves experiencing between two and four of these nine symptoms most of the day, nearly every day for at least two weeks.

There is treatment available for depression that includes medication or psychotherapy. The use of medications or antidepressants is most often the first choice of treatment. Antidepressants are selected individually for each patient in regard to the symptoms, family history and other medical conditions. Medications can take a while, weeks in fact, before how they are working can be determined. Individuals should also report any significant side effects to their health care providers.

Let's make this Thanksgiving and Christmas a happy time. Take time to reflect on what the season is about. Spend days with the family and friends you have and be thankful you have them to be with. Count your blessings one by one. Be thankful!!

Information for this article is taken from Creative Forecasting, Inc. October 2009 issue.

### Creative Thinking:

What phrase does this word picture make? (Answer on the next page.)

ONE THE ROAD  
ONE THE ROAD  
ONE THE ROAD  
ONE THE ROAD

An Activity Idea for your Family

One fun idea around Christmas time is having a Cookie Exchange. You can invite as many friends as you like but around six makes a nice group. Each person is asked to bring 4 ½ dozen cookies. Remember to ask for that recipe of the ones they bring. When all the guests have arrived, take the six cookies from each person and have a social time serving coffee, hot tea or hot cocoa. You can also play some easy Christmas games. Before everyone goes home, divide the cookies equally among the guest so they take home 4 dozen cookies. They will take home some of everyone else's cookies but none of their own. Then your work begins with putting the recipes together for a small booklet with every cookie recipe in it that was at the cookie exchange. What fun it will be for your family to try all the different cookies. Fun for eating and trying the new recipes!!



One of our fun trips this past month was to the Boone and Scenic Valley Railroad. Even though the weather wasn't the best, there were a quite a few residents that went to ride on the train. The trees are beginning to turn colors, although with the frost we have had already, a lot of trees are bare. A big thank you goes out to Roberta Schnell for going with us to help transport and having fun with us. Thanks!!

We also went out to Nancy Hild's pumpkin patch to get pumpkins to paint on. Thank you, Nancy for all the pumpkins you donated to us. Some were painted on and some were left plain. We had fun out there even though it was rainy and windy that day. What a beautiful patch you have!

Some of our fun trips coming up will be a trip to the apple orchard, Prairie Meadows Casino, a trip to the Cheese Mart up in Goldfield and who knows where else we will go. We always have fun shopping days out and when the weather is chilly we just have fun playing games.

Thank you, Thank you, Thank you

This month, I need to say "Thank you" to several people who have donated items to the Activity department and to the residents and staff of our facility.

Thank you to JoAnn Mellinger and her son Todd, for all the greeting cards, books and kitchen items you donated. These are items we can always use.

Thank you to Jean Golberg and her daughter in law Angie, for the box of books they donated. They are a welcome addition to our library.

(Word picture answer: "One for the Road")

Ramona Olmstead donated numerous large print books in memory of Marge Kelly. The large print books are very easy for people who are sight impaired to read so thank you very much. They, too, are a welcome addition to our library.

Thank you to the Gingerbread House for calling us to come get silk flowers. What fun that was to go through all the different ones you had. The tulips and daffodils will definitely brighten things up come spring.

Thanks go out to Merrill Hendirks for coming out and playing music and singing. To Von Ketelsen for coming and playing and singing for us. To Dave Choate for coming to sing and play. We enjoy the music and singing by each one of you. Thanks!!  
Dixie Johnson performed for us for the first time in October. We thank Dixie very much for sharing her talents with us. There was a good crowd from the community here to have fun and laugh with us. Thank you so much and we look forward to having you all back to share your talents with us again soon.

Thank you too, to the ladies of the Trinity Lutheran Church for the decorated place cards for our dinner tables. They made the tables look so nice. Thank you for your hard work and for thinking of us.

A huge thank you goes out to Kent Larson and Family for the new piano donated to us. Kent's mother, Evelyn lived at Windsor Manor. She had a special love of music. Thank you from all the staff and residents out here at Windsor Manor. Please when at Windsor Manor, look at the Piano it is beautiful!



### A Note from the Beauty Shop

I have so enjoyed my move to Windsor Manor. The large shop and friendly people made the move very easy. We all need a change in our lives. It opens doors on our journey in life. The public is welcome to come out to the beauty shop. Come join me in my shop and check out Windsor Manor while you are here. I know you'll enjoy it as much as I do.

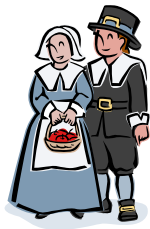
Kristi Nelson

## Up Coming Community Events

Nov. 12<sup>th</sup> & Dec. 10<sup>th</sup> -7:00 pm--Alzheimer's support group

Nov. 24<sup>th</sup> & Dec. 22<sup>nd</sup> --1:30 pm--Parkinson's Awareness

At the present time due to the Flu, we are limiting our community events. Please watch your mail box for fliers of up- coming events.



Happy Holidays to you all.

\*Remember to listen to the Windsor Manor Wellness show on KQWC every Wednesday from 1:00 pm to 1:30 pm

**Coordinator Email Addresses:**

Jill Scott, Manager:

manager2@windsor-manor.com

Lori Carlyle, Healthcare Coordinator:

nurse3@windsor-manor.com

Jules Pinkele, Culinary Coordinator:

chef@windsor-manor.com

Donna Smith, Life Enrichment Coordinator:

life@windsor-manor.co

Check us out on the web!

**[www.windsor-manor.com](http://www.windsor-manor.com)**

**OPEN TO THE PUBLIC**

***Kris's Beauty Salon: (515)832-2007***

***E.D.B. Massage:***

Cell: (515)835-0445

Home: (515)826-3440

Office: (515)832-1935

**Windsor Manor**

1401 Wall Street

Webster City, IA 50595

(515)832-1188