

Windsor Manor

Windsor Manor Assisted Living 608 S 15th Street, Indianola, IA 50125

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Able Baking

You may have discovered that baking homemade bread is not easy. Instead of getting a loaf of light, airy, chewy bread with a crispy crust, you end up with a dense, heavy loaf that is more like a brick. On November 17, Homemade Bread Day, follow these tips for baking the perfect loaf.



Yeast may be the most important ingredient in bread because it creates the bubbles that make bread rise. It also develops flavor. There are two common types of yeast: instant and active dry. The two can be used interchangeably, but active dry needs to be proofed (dissolved in warm water) and given more time to work. Yeast is a living thing that thrives between 70° and 100°F, but cooler conditions are best for a slow rise that builds flavor. Water should not be too cold or too hot, because it will also affect the environment for the yeast. All-purpose flour works fine, but bread flour has more protein, which better develops gluten.

Kneading is important to develop the gluten that makes the dough elastic and silky smooth. It also helps the dough keep its shape while the yeast develops gas and inflates the dough like a balloon. After kneading, you must wait. How long depends on humidity, altitude, and temperature. Your dough should roughly double in size. A good test of doneness is to press your finger into the dough. It should leave an impression.

The best ovens need to stay hot. Some people use baking stones or Dutch ovens because, when preheated, they retain heat for baking. A spray bottle will also help you create steam inside your oven. Place your dough onto your preheated surface, spray it with water, and score or slice the top of your dough with a knife. Let it bake for about 15 minutes, and then open the oven and spray the inside to create more steam. The steam encourages a crispy crust. Sit back and allow your bread to finish baking. Before long, you will have a beautiful, golden-brown loaf.

November Birthdays

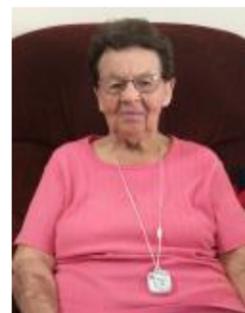
Helen Harvey Nov.5th
Mildred Amos Nov.8th
Jamie DeCamp Nov.22nd
Vicki Cemore Nov.23rd
Gracie Flynn Nov.25th
Melissa Herum Nov.25th

Events & Outings in November:

Nov.3rd at 3:30pm
Phill Porter's Music
Nov.8th at 2:30pm
Birthday Party
Nov.10th at 10:00 Puppet Show
Nov.11th at 11:00am
Potluck at Senior Center
Nov. 18th at 2:30pm
Al & Roger's Music
Nov.19th at 11:30am
Thanksgiving Dinner.
Families are invited!
Nov.23rd at 10:00am
Jeff & Nancy Beal's Music

New Resident

I would like you to meet our lovely new resident, Norma. She grew up in Ottoman, Iowa with her parents and two sisters. After high school she married her husband Marvin, of 64 years and had five boys, Doug, Terry, David, Curtis and Eddie. Her husband was in the Army so they moved around a lot. Norma worked as a waitress and raised her five boys. When the work was done, her family enjoyed camping. They had a camper so they could travel comfortably. Norma told me that she had a good life and is very thankful.



Celebrating November

Memoir-Writing Month

Diabetes Month

Inspirational Role Models Month

Hockey Mask Day November 1

Use Your Common Sense Day November 4

Fill Our Staplers Day November 7

Dear Santa Letter Week November 7-13

Apple Cider Day November 18

Thanksgiving Day (U.S.) November 24

World Day of Giving November 26

A Day to Give Thanks

Well, I guess we have to admit that fall is here and winter is not far behind. Thanksgiving is just around the corner. I remember very fondly my childhood Thanksgiving celebrations. We went to my aunt's house, which was packed to the rafters with ornery boy cousins who lived to pester the girl cousins. We ate way too much and then ate leftovers before we went home. It didn't matter that my aunt's house probably wasn't big enough for 40 people or that some people had to eat with their plate on their lap because the table spots were all gone. We just enjoyed being together that one day a year. It makes me sad that the tradition eventually ended and I haven't seen some of those cousins since long ago Thanksgiving Day celebrations.

Thanksgiving is a time to sit still for a minute and be grateful for all the blessings in our lives. It's a time to be with family, enjoy good food, and spend the day relaxing and stuffing ourselves with turkey and all the trimmings. Because families are busy and it's hard to get everyone together, we sometimes find another day to celebrate, but the thought and meaning are the same.

Our traditional Windsor Manor turkey dinner will be held this year the Saturday before Thanksgiving. This allows residents to be with their family members on Thanksgiving Day if they wish and still celebrate with a traditional meal with their WM neighbors. It also allows as many staff members as possible to be with their families on Thanksgiving Day. It takes all hands on deck to cook you a traditional turkey and pumpkin pie meal that leaves you as full and uncomfortable as me and the cousins at my aunt's house. Don't forget to RSVP to Emili if you and your family will be joining us on Saturday, November 20. Have a blessed Thanksgiving!
 Jenny Knust, ED

Employee Spotlight

Meet our new employee, Melissa Herum. She joined our team in July and we knew immediately that she would fit right in. This is Melissa's first job as a caregiver and she told me that she loves it and loves the residents.

Melissa is married and has five children. She lives in Indianola but was born and raised in Altoona, Iowa. When she has free time, she enjoys decorating and fixing up her home. Something you would be surprised to know about Melissa is that she loves to sing karaoke! Boy, would I love to hear her sing.

Melissa is full of energy and always has a smile on her face. We are so thankful to have such a compassionate person taking care of our residents. Thank you Melissa for all you do!



Ways to Stay Healthy During Cold and Flu Season

According to The National Centers for Disease Control, the best way to combat the flu this season is through preventative measures.

Getting flu vaccine is your best defense, but you may also use the following tips to fight the flu this year:

Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat.

Avoid sharing objects

Avoid touching your nose, mouth and eyes

Get enough sleep and avoid getting "run down"

Use tissues for coughs and sneezes and dispose of them immediately and appropriately

Eat right, drink water and get regular exercise



Laughter Really Is The Best Medicine

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly. "The other man said, "What is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know...the one that's red and has thorns." "Do you mean a rose?" "Yes, that's the one," replied the man.

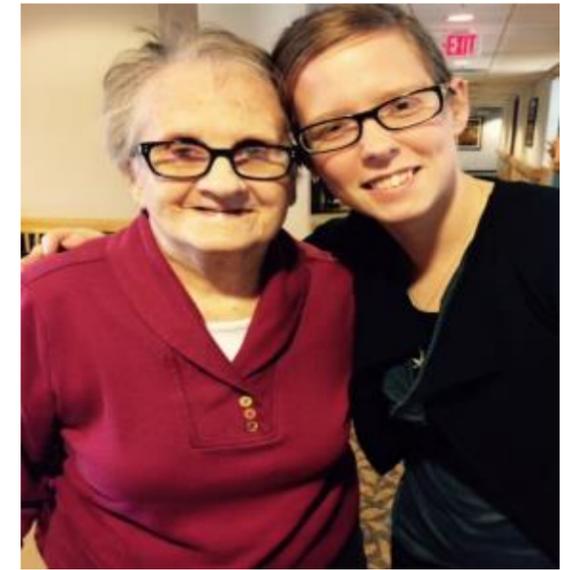
He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising....I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

There was no way I was going to allow myself to go grey while only in my 30s. So I dyed my hair. Later, I modeled the new look for my husband, "Well, do I look five years younger?" I asked. "No," he said. "But your hair does."

We had a satellite dish installed on our roof, and my 22-year-old son was trying to teach me how to operate the remote. Since I am not the most technologically savvy person, it was not going well.

After repeating the instructions for the umpteenth time, he sighed, "This would be a lot easier if you were 12."



Maxine and Emili

Emili started working at Windsor Manor in May of 2012, as a caregiver. She is known for walking fast and getting a lot done in a short amount of time. In November she accepted the business office position and is doing a fantastic job! She's a quick learner and handles tough situations with ease. When she's not working she is home taking care of her family. She is married with three children, two girls and one boy. She enjoys church on Sundays and Wednesdays and helps in the nursery when needed. We are so lucky to have such a dedicated person on our team!

Maxine has been with us since March of 2011. She has a big family that visits often. She loves bingo, dominoes and word search. She has a great sense of humor and likes to tease and be teased, and has the best laugh. She also loves to give and receive hugs.

Emili and Maxine have a very special bond. Emili used to take care of Maxine and when she was in her room she would sing to her and with her. One of Maxine's favorite songs was Baby Face.

Thank you Emili and Maxine for choosing Windsor Manor.