

Mounting a Challenge



Everest. K2. Kilimanjaro. Why are humans so driven to climb to the highest places on Earth? When mountain climber George Mallory was asked why he dared to climb Mount Everest, he replied, "Because it's there." His answer seemed both childish and heroic, a mixture of folly and

fearlessness. Have you ever climbed a mountain? Consider why you did it on August 1, Mountain Climbing Day.

Mallory was one of the first to climb Mount Everest, the highest mountain peak on Earth. Today, more than 600 people every year complete that feat. Similarly, over 50,000 people climb yearly to the top of Mount Kilimanjaro in Kenya to see its famous snows. Obviously, these climbers are not trying to win any accolades for being the first to reach the summit. So if the challenge has been done so many times before, why do people still want to climb? The answer is that the challenge is not necessarily the mountain; climbers climb to challenge themselves. In this sense, the mountain is an innocent bystander.

Serious mountain climbing provides many life lessons. In order to succeed, climbers must have careful planning, teamwork, discipline, athleticism, risk management, and the ability to improvise in a split second. Survival is paramount when you are moving in some of the world's harshest conditions. Many times, people who climb together forge lifelong bonds born out of the cooperation necessary in order to survive.

And then there is the outdoor aspect of a climb. Climbs may be physically and mentally demanding, but they occur in some of the most beautiful natural places on our planet. For many climbers, an ascent is akin to meditation. Climbers are alone on a mountain, intensely aware of their environment in a manner that is transcendent. Mountain climbing allows one to escape civilization and focus only on the essentials of survival. This, for many, is

Strawberry-Banana Smoothie

Nutrition Info

- Calories: 222.0
- Fat: 0.5g
- Carbohydrates: 46.4g
- Protein: 6.8g

Ingredients

- 1 cup nonfat vanilla yogurt
- 1/2 cup frozen strawberries
- 1/2 cup orange juice or skim milk
- 1 banana, sliced

Directions

Place all ingredients in a blender and blend until smooth. Makes 2 servings.

Toasted Marshmallows



We are looking forward to having a fun and a beautiful social toasting marshmallows on Aug. 29th on our patio. Can't wait. Would you like to help out? Please, let Mila know.

WINDSOR MANOR

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Celebrating August

Happiness Happens Month

Read a Romance Novel Month

Watermelon Day *August 3*

Farmers' Market Week *August 5-11*

Garage Sale Day *August 11*

Mail Order Catalog Day *August 18*

Senior Citizens Day *August 21*

Toasted Marshmallow Day *August 30*

Walk to End ALZ

"Alzheimer's disease is relentless. So are we. Join our team for the Alzheimer's Association Walk to End Alzheimer's®, the world's largest event to raise awareness and funds for Alzheimer's care, support and research."

We are so excited to announce that we are taking part in the fight to end Alzheimer's Disease.

Being a Dementia specific facility, we have many residents that fight this disease every day. Not only is this a struggle for the resident, but for their families as well. We strive to provide support and information to anyone who needs it at any time.

This fundraiser is not just a one-day opportunity. We are currently raising funds, now, by sharing our fundraiser on Facebook and advertising around the building. As a team, we have raised over \$300! If you would like to donate, please stop and see Emili in the business office.

If donating is not something you can do, but you would still like to join the fight, see Emili and she can get you registered with our team to help raise funds or even walk with us on August 25th. Each team member that raises over \$100 will receive a free t-shirt from the Alzheimer's Association.

"Currently, more than 5 million Americans have Alzheimer's and that number is expected to grow to as many as 16 million by 2050. Our future is at risk unless we can find a way to change the course of this disease."

See Emili or visit Act.Alz.Org for more information.

Thank you!

Employee Spotlight

Grace Shemanski is a Windsor Manor Employee. She works overnights as a Caregiver.

Grace grew up in Keota, IA. She is Polish. In 2016 Grace was Keokuk County Expo Queen. She loves Harry Potter and is a self-taught computer nerd. Specifically coding.

Grace has one brother; his name is Ben. In her spare time, Grace likes to read, play golf and take photos.

Graces' favorite foods are Chinese and homemade goulash.

In the future, Grace would like to work in a lab as a Forensic Scientist in a big city.

Grace loves working at Windsor Manor, because residents and employees are kind. It feels like home here, not a facility.

Thank you, Grace, for being part of our great team at Windsor Manor!

Events and Outings in August

Volunteers and family members are welcome to come and spend an hour or two with our residents by helping with activities that you may choose:

- Mondays** 2:30pm-3:30pm Craft Day
- Tuesdays** 1:30pm-4:00pm Nails Care
- Wednesdays** 10am-10:30am Devotions with Pastor Ben
- Thursdays** 2:30pm-4:00pm Wine Tasting
- Fridays** 1:00pm-2:00pm Prize Bingo
- Sundays** 10:30am-11:30am Church with Pastor Greg Chenoweth
- Daily Devotions** 10:00am-10:30am
- Exercise Class** 10:30am-11:15am

- Aug 1 at 2:30pm A & W Outing
- Aug 3 at 2:30pm Ice Cream Bar w/Abby Suncrest HOSPICE
- Aug 8 Happy Birthday Tom! Birthday Cake at noon hour
- Aug 7 at 1pm Briggs Family Music
- Aug 8 at 1pm Resident Council
- Aug 10 at 2:30pm FREE SALE DAY
- Aug 13 at 9am Outing to Winterset w/lunch
- Aug 17 at 10am Brian's Celtic Music Band
- Aug 20 at 8:30am Fishing at Ahquabi Lake
- Aug 23 Happy Birthday Pauline 104!
- Aug 24 at 10am Jeff & Nancy Beal's Music
- Aug 25 Happy Birthday Betty!
- Aug 29 at 2:30pm Enjoy your day with Marshmallows on Patio!
- Aug 30 at 1pm Ladies' Secret Share Hour

***Sat. August 25 at 10am-** Windsor Manor Employees are invited to **WALK TO END ALZ** in Des Moines Down Town.

Meet Our New Employee Maggie Korkosh

Maggie works as a dietary aid in the kitchen. She grew up in Chariton, IA and moved to Indianola when she was in second grade. Maggie has a sister Jordy and a brother Ashton; a dog Buddy, one cat Cami and two kittens Aria and Jisoo. Maggie enjoys reading books and playing the violin.

Maggie is going to Paris next summer for the first time. She plans to go to college and study medicine. One of her favorite foods to eat is sushi.

Why Maggie never misses work? She enjoys serving meal to our residents, because everyone is so kind and easy to get along with.

We love you, Maggie. You are awesome, friendly and a great team player. Thanks for choosing Windsor Manor as your very first job!

Summerset Winery

Recently we visited Summerset Winery with our Residents. We loved their wine. We will start Wine Tasting at Windsor Manor once a week on Thursdays. Please, join us for social hour. We welcome visitors, family and friends to join us for any activities that you would like.