

# *The Winds of Windsor*

A Publication of Windsor Medical Center

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## GREETINGS FAMILIES AND FRIENDS!!

We are definitely missing all our extended Windsor family during these trying times. As the world around us has changed, so too must our thinking when it comes to spending time with our loved ones. Here are a few great ideas to connect you with your loved one while we are under quarantine and practicing social distancing.

1. Video chats via Face Time, Whats App, Google Duo, Google Hangout, Zoom, Skype, and so many other options for our smart phones these days. Our Activities and social service staff are here to help you connect with your loved ones and will be happy to help make these chats happen. We do need some help from you to schedule the best times to reach you.
2. Visiting from outside the building– we have had several family members visit from the window. This is a great and safe way to see and be seen by your loved one. You can call your loved one from a cell phone to their room to enhance your visiting experience. If you need help to ensure that your loved one can hear you, please contact Activities at extension 1309 or Social Services extension 1301.
3. Letters and cards are a great way to let your loved one know you are thinking of them and our staff will be happy to assist your loved one in reading their mail. Including pictures of family in these can really brighten your loved ones day.

These are just a few ideas to help you connect safely during this pandemic. As always our residents love to see spring weather and the leaves and flowers blooming as well as new birds visiting. Don't forget that we welcome hanging plants and bird feeders for outside your loved ones window. We look forward to seeing you all soon. Stay safe and God bless.

Betsy Adamson, Social Service & Admissions Coordinator

## *The Midnight Maurauder and Steed.*

Windsor has their very own ghost writer that likes to write about happenings around the building. They like to call themselves the Midnight Maurauder and of course their horse Steed. Here is the latest edition:

It goes on and on...the quarantine I mean! We can walk in the halls by our rooms if we don't get any closer to anyone than 6 feet.

Steed says you must be very tired of this and doesn't understand the masks the employees are wearing. When he does that, it is for a feed bag of oats to eat! (He'd like one right now for he is hungry!!) I tell him to wait and be patient. He says "neigh" "neigh" which means no!

This afternoon snacks were great that the activities committee passed out to residents. They were cut up crudités...new vegetables to you! And dip for them plus drinks of all kinds. This made a welcome break for all of us.

This is supposed to be Spring, but did you see the snow yesterday and look for it later today!

Did you see the Easter balloon tied to the fence by the entry door? It was a welcome sight and it took several times of retying to get it to go by the right window! It lasted all day till evening. The winds were very strong all day and it rained, too. The air was half gone when the nurse went down and took it off the fence. It was a welcome sight to see!

The only break of silence of the day is the serving of the 3 meals, but we all eat too much. Steed can't understand all the trays, for he never gets one.

There isn't much news lately when so many residents are stuck inside their apartments. The ill are inside their rooms in the hospital section, too.

You wonder how our new chef is working out? He has added a few more dishes to our menus that are tasty! Where are the shrimp? And more mushroom soup.

Ok Steed! We'll move around more and peek in more windows to see if we can get any more news!

Eric is a good shopper if you need anything...just ask him! He knows where to go to get things. We understand the shelves are pretty empty in some stores right now, but Eric knows where to go!

The Midnight Maurauder continued...

Steed would like to know how many of you hear our news when Eric reads it at meetings or if you read them in the laminated book in the library? He hopes we have a good following. (Don't tell him if we don't!)

Brad was around checking fridge temperatures yesterday and I saw him check the water temperature in the shower and check the drainage in the bathroom sinks. Call him if you need any of those things looked at!

We wonder if the mail men are wearing masks or not? They work longer hours lately for some reason. Their deliveries are a lot later than usual. Are there more packages from online deliveries that are causing it?

Can you believe the places people are ordering from and the things they are ordering? Even a lot of food!

Her comes the trays! We'd love to peek under the lids to see what is being served to everyone everyday! Steed says "Lets do it!" He is a bad, bad horse! He is very curious! But he is MY BEST FRIEND! (I think he is smiling at that!)

The activities committee was around with a new selection of drinks and snacks again today. They took residents out in the hall to the table and chairs and let us sit 6 feet apart and socialize! We were there more than 45 minutes! It was like a breath of fresh air to see people and talk to them like that!

When Steed heard about it, he said he'd take another tequila sunrise! Where does he hear things like that!

We understood the snow was here earlier in the day and we missed it. Did you see it?

Did you ever have Fried Ice Cream? We had it for supper and it was really good! It was on our tray for dessert tonight.

That is the horse whimpering for he wants to be off again.

Ok Steed! Lets go....adios. Till the next time.

*-The Midnight Maurauder and Steed*











## 15 Things Moms Say and What They REALLY Mean

1. **"Don't make me come over there."** I really don't want to get up or stop what I am doing to come over there.
2. **"Because I said so."** And I can't think of a better reason.
3. **"If you don't have anything nice to say, don't say anything at all."** I am hoping that you won't come up with anything to say at all for at least 30 seconds.
4. **"Stop that this instant!"** If you stop now, before I have to get up and come over there, we can forget this ever happened.
5. **"Don't make me turn the car around."** I am totally bluffing, if we turn around now we will be going home without any groceries, diapers, or wine. We need to keep the car in route to its destination, so please just fall for my bluff and I'll give you a cookie at the grocery store.
6. **"Don't forget to say please and thank you."** I'm really not sure what I'm going to do if you don't say these things, so please just say them. You will look polite, I'll look like a good Mom and we will all win.
7. **"Eat your veggies and you'll grow up to be big and strong!"** I really don't want to have to admit to your pediatrician that I can't get you to eat healthy foods, but I also don't want to have to lie, so please eat just a couple bites. I'm begging you. I'll give you a cookie.
8. **"You are just fine."** You are okay, right? Go run around and play, jump off the couch or refuse to eat your veggies, so I know you are acting normal.
9. **"Do you want a little cheese with that wine?"** I wonder if I could teach you to go pour me a glass of wine?
10. **"I am the parent and you are the kid."** I am aware that this is super condescending and that you already know who's who around here, but I'm actually just giving myself a pep talk out loud, I'm not really even talking to you.
11. **"Let's try to not eat off the floor."** I don't really care if you eat off the floor, just don't tell anyone I let you.
12. **"I would have never gotten away with that when I was your age."** I don't actually remember ever being your age, but it sounds legit.
13. **"I am going to count to three and then you better be in your bed."** I literally have no energy left, it's the end of the day and I just want us all to go to bed. I'm going to count to three very slowly and hope it works, because after that, I've got nothing.
14. **"Goodnight, stay in bed."** Please, please, please stay in bed! I'm so tired tonight that I may actually pretend to think you're in bed if you get up to play with toys, but please just close your eyes and go to sleep. Please?
15. **"I love you."** I love you more than you can know. And I really hope I'm doing okay at this mom thing.

### RIDDLE ME THIS

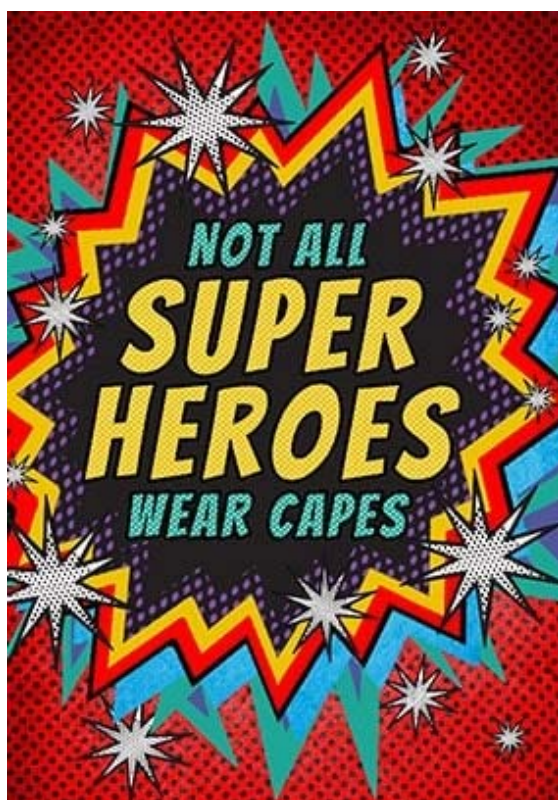
A word I know, six letters it contains,  
remove one letter, and 12 remain.  
What is it?

c

DEAR FAMILIES,

The nursing staff would like to extend a HUGE thank you to everyone who has donated homemade masks, foods, and treats to all the employees. We currently have no Covid-19 cases here in the building and we are working hard to keep it that way. We are grateful for your continued support staying away as we shelter in place. I know it is hard not seeing, or being around your loved ones. We are taking every step needed to ensure safety measures for all the residents. We miss seeing all of you and are hopeful this will pass soon. Stay the course and we look forward to seeing everyone again. Stay safe!

-The Windsor Nursing Staff-



Riddle Answer: Dozens

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