

The Winds of Windsor

A Publication of Windsor Medical Center Inc.

July 2017

DAYS TO REMEMBER:

7/4
4th of July

7/21
Voting with the
Board of Elections

BIRTHDAYS:

7/16
Ruth

7/22
Carol M.

7/24
Katie M.
Patty R.

7/27
Barb J.

7/30
Bob S.

Being the Best Friend You Can Be

Having good friends in your life is important for everyone to have. They are a constant source of support, love, and assurance. It is a way for us to laugh, be silly, and have fun without worrying about what others may think. As we age and our lives change it becomes easier to lose touch with old friends. We start to believe we are too old to meet new people and establish friendships. This void often makes us feel isolated and lonely. Some studies have even showed it can contribute to depression, high blood pressure, insomnia, and diminished immunity.

I believe a person can never have too many friends and it is always good to meet new people. A great way to do that here is by getting out of your rooms and coming to activities! So check your activity calendars and come join us for some fun and laughter. You may even get a new friend out of it!

Happy Birthday in July!!

The monthly birthday celebration will be Friday, July 28th at 2:00PM in the Activity Center. Come celebrate your birthday or the birthday of someone you know!!



JULY'S EMPLOYEES OF THE MONTH



CONGRATULATIONS to Amy Casey and Jim Howell for being chosen as July's employees of the month! Amy has been an STNA at Windsor for 4 years and Jim will celebrate his 16th year in October. Thanks for all your hard work and dedication to Windsor!



Musical Entertainment

Gene Weygandt (singer/piano) Wednesday, 12th @ 6:45 (GR)

Duane Carlson (piano) Thursday 13th @ 4:15 (GR)

Loel Stein (guitar/singer) Thursday, 20th @ 4:15 (GR)

Jon King (country singer) Friday, 21st @ 6:45 (GR)

Doug Domineck (singer) Tuesday, 25th @ 2:30 (GR)



VOTING REMINDER:

The Board of Elections will be here for the General Election on **Friday, July 21st at 1:30pm** in the Fitness Center. There are two issues that will be on the ballot for Stark County:



MUNICIPAL ISSUES

1) CITY OF NORTH CANTON

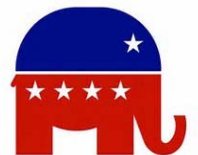
-Renewal, 1.5 mills, ambulance service, emergency medical services or both, for 5 years, commencing in 2017.



SCHOOL DISTRICT AND OTHER DISTRICT ISSUES

2) LOUISVILLE PUBLIC LIBRARY DISTRICT

-Additional, 1.8 mills, permanent improvement, for 10 years, commencing in 2017.



Resident Council

Medical Center: Tuesday, 18th at 1:15pm in the Chapel

Colonies: Tuesday, 18th at 2:00PM in the Library

***ALL** Residents are encouraged to come and voice their ideas and concerns!

Food Focus Meeting

Monday 17th at 11:15AM in the Library

Outings

Medical Center:

Bus Ride: Wednesday, 12th at 1:45

Handels Ice Cream: Wednesday, 19th at 1:45

Colonies:

Canton Concert Band at Price Park: Wed. 19th at 6:30

North Canton Library: Thursday, 20th at 1:45

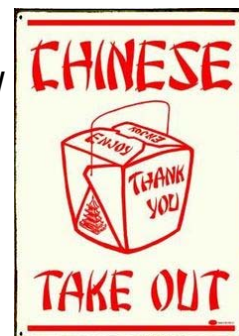
Giant Eagle: Thursday, 27th at 1:45

If you are interested in attending any of these outings, please let Activities know by calling extension 309. There needs to be at least four residents signed up in order to go.

CHINESE TAKE OUT LUNCH

Activities is ordering Chinese take out from Lucky Star Express (located in Washington Square) for lunch on Monday, July 24th. Weather permitting, we will then eat in the courtyard at 12:30.

If you would like to order something, please call Activities at extension 309. However, please be advised that if you place an order and cancel after I have placed the order with Lucky Star, you will still be charged for the food.



DID YOU KNOW: THE BEACH AND OCEAN

- 94% of life on Earth is aquatic.
- The ocean covers 71% of the Earth's surface.
- The average depth of oceans is 12,400 feet.
- Photons (light) can't penetrate more than 3,300 feet below the oceans surface.
- The largest ocean on Earth is the Pacific Ocean, covering 30% of Earth's surface.
- The largest mountain range in the world is under water. It runs more than 35,000 miles, has peaks higher than those of the Alps, and comprises of 23% of Earth's surface.
- The proportion of people that go to the beach that can't swim is roughly 1 out of every 3.
- The largest sand castle ever built was in Connecticut in May of 2011. It was 37 feet tall!



Manicures are done by appointment every Wednesday. A time card will be given to you the morning of with your scheduled time. These are free of charge and open to any resident interested. If you would like added to the list, taken off, or if the time doesn't work for you, please let Activities know by calling extension 309. Thanks!



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