

THE STERLING SENTINEL



January 2018

Windsor Care Center * 125 Sterling Way, Mt Sterling, KY 40353 * (859)498-3343 * Volume 19 Issue 1

Resident Right

The resident has the right to participate in the development and implementation of his or her person-centered plan of care. Our residents are given an invitation to their care plan meeting and are encouraged to attend.

**The Gateway District
Ombudsman is Waynanne
Caudill. She can be reached daily
at
1-800-274-5863 (ext 2124).**

If you need to discuss the care of a loved one please contact:

Nurse on Duty caring for the
resident or unit supervisor.

Social Services – Mary Jo Prater

Director of Nursing – Teena
Barton

Administrator – Ruth Hackworth
– can be reached at the facility or
by cell phone (606) 232-1297

Weekend Supervisor – Lisa
Blanton, RN

W.W. HealthCare Consultants –
Hot Line – 888-556-0221

From the Administrator

I would like to say that I have thoroughly enjoyed my 15 years at Windsor Care Center; however I am confident that I am leaving the facility in good hands as I go into semi-retirement. The new administrator will be:

Ruth Ann Hackworth

- Born and raised in Salyersville, KY - Graduate of Magoffin County High School and Graduate of Ohio University with degree in Long Term Health Care Administration and Gerontology - 13 years' experience in Long Term Care - Hobbies include hiking in the Daniel Boone National Forest, working with 4-H, traveling, and most of all spending time with family - Personal and professional motto is The Golden Rule.



The facility will be planning a meet and greet in the next few weeks for family members and the community with Ruth. I will not say good-bye, because I do plan to visit often.

*Rebecca Cooley
Administrator*



Windsor Care residents got a tickle out of seeing the Grinch himself slinking through the hallways at our facility. Thankfully we had Christmas a little early this year – so all presents were safely secured by the time he graced us with his presence! LOL!

Resident Spotlight



Imogene Tyler

Our spotlight was born in Webster County, KY in 1927.

Favorite Color: Blue

Favorite Music: Gospel

Hobbies/Talents: Reading, Word Search, Used to Sew – made quilts and gave them to grandchildren, loved cooking and canning.

Occupation: Homemaker and Farming (cows, chickens, hogs, garden, fruit trees, corn, tobacco, and cotton)

Spouse's Name: Ben – died in 2009

How Many Children – 3 (1 boy and 2 girls)

What would you say is the best thing about being you? I try to be nice to everybody. I don't like being in a conflict with anyone.

Do you have a current sweetheart and where did you meet him? My husband died in 2009 and I am not looking for another one. My grandchildren and great grandchildren are my sweethearts.

Why do you believe love is so important in life? I think it is natural to have someone to love and to love them, as the old saying goes, "Love is what makes the world go round."

What was the most romantic thing that ever happened to you and will you tell us the story behind it? I met my husband on a bus. I was traveling from Detroit, Michigan to Webster, Kentucky. He was sitting on the bus with another woman and after she got off, he came and sat by me. He was going in a different direction than I was. He asked for my address so he could write me, which he did for two years! I thought he was so good looking. He proposed to me through a letter, and when we met again...we got married: He was 28 years old and I was 15 at the time. We lived on a farm the rest of our time together.



Abuse:

If a resident asks to attend their care plan meeting, we need to be sure they attend. If we ignore their request, that would be considered a form of abuse.

LET'S CELEBRATE BIRTHDAY'S

RESIDENTS

- RICHARD ADAMS – JAN 22
- BEVERLY BAKER – JAN 25
- DAVID BATES – JAN 13
- INDA DULIN – JAN 4
- EARNIE GILLIAM – JAN 4
- JUANITA HART – JAN 30
- LOUISE IGO – JAN 10
- OLLIE JONES – JAN 28
- BERTHA MITCHELL – JAN 7
- GELANA PENNINGTON – JAN 17
- LENA STEPHENS – JAN 4
- BETTY TAYLOR – JAN 1
- MARY WITT – JAN 26

EMPLOYEES

- CRYSTAL ROGERS – JAN 18
- STEPHANIE SWEET – JAN 26
- BILLIE BAILEY – JAN 3
- KEELY BENTON – JAN 29
- CHRISTINA MAY – JAN 30
- HAYLEY SPARKS – JAN 22
- CHEYENNE WHITE – JAN 3
- MELODY GOBLE – JAN 17
- SHELIA FRANKLIN – JAN 30
- LISA CROUCH – JAN 8
- KAITLYN ALLENDER – JAN 10
- BRENDA RISON – JAN 2
- BRITTANY CROWE – JAN 16
- RACHEL MALONE – JAN 27
- CHERYL KIMBRELL – JAN 21
- MIRANDA PIPPEN – JAN 23

An American Original



Stephen Foster has been called America's first pop artist, thanks to the musical artistry he put into penning some of the 19th century's most memorable songs. You may not be familiar with all 200 of his hits, but his classics "Oh! Susanna," "Camptown Races," "Old Folks at Home" (known as "Swanee River"), and "My Old Kentucky Home," have earned their rightful place in America's national songbook. Don't be surprised to find yourself humming some of these tunes on January 13, Stephen Foster Memorial Day.

Long before the technology was available to record music, Foster was a professional songwriter. He was born near Pittsburgh, Pennsylvania, in a community of immigrants from Italy, Scotland, Ireland, and Germany. His own musical compositions would eventually reflect the influence of European musical traditions as well as church hymns. Living in an era before formal public schooling, Foster taught himself how to play the clarinet, violin, guitar, flute, and piano. He likely wrote his first hit, "Oh! Susanna," as a teenaged member of a secret society known as the "Knights of the S.T." (Square Table). "Oh! Susanna" became so popular that it was the anthem of the California Gold Rush.

Foster may today be lauded as an American icon, but in 1855 his life took a bad turn. His parents and best friend died, he separated from his wife, and he became heavily indebted to his publishers. It may come as no surprise that it was during this time in his life that he wrote "Hard Times Come Again No More." Sadly, with no copyright laws to protect his songwriting, Foster did not reap much financial reward for this or any other of his most popular compositions. By the early 1860s, his life was a daily struggle, and he was forced to move in and out of hotels in New York City. He died on January 13, 1864, with just 38 cents in his wallet. Although he died a pauper, he has achieved legendary status at the forefront of America's artistic elite.

The Dirt on Farming

January 10–13 brings No-Tillage Week, an awareness campaign aimed at spreading the word about the benefits of no-till farming. Farmers have tilled soil for thousands of years, agitating and turning over dirt in preparation for planting. This practice, however common, may not create the healthiest soil. By leaving soil untilled, it absorbs more water, retains the organic matter of previously planted crops, improves the cycling of nutrients, retains beneficial microorganisms in the soil, and reduces erosion and runoff. No-tillage also reduces labor, fuel, irrigation, and machinery costs, while reaping comparable harvests. In this way, no-till farming has been shown to be very profitable, if managed correctly. As in all things, change comes slowly. Transforming a farm from till to no-till is a daunting task. The promise of higher yields, drought-resistance, and lower costs need to be proven before farmers hop on the no-tillage bandwagon, and that is what this week is all about.

Gingerbread House Contest



Our facility entered the above pictured gingerbread house (well I guess it's more of a barn) into the annual Gateway Regional Arts Council's contest for their Polar Express event they hold around Christmas time. The title of the creation was "Country Christmas" and it placed 1st place in the business category.

We are so excited!

The Twelfth Day of Christmas



The last day of the Twelve Days of Christmas falls on January 6, and in Ireland it doesn't end with twelve drummers drumming, but with *Nollaig na mBan*, or Women's Christmas, or Little Christmas, as it's also known. This is the day the Christmas decorations come down and (finally) the women of the house get a much-deserved rest after catering to guests during the busy holiday season. In 1998, an article published in the *Irish Times* newspaper noted that while even God rested on the seventh day, Irish women didn't get to rest until the twelfth!

The holiday is especially common in southern Ireland's counties of Cork and Kerry, where families celebrate a yearly reminder of the strength and importance of Irish women, especially mothers, who have long been considered the backbone of the Irish family. In Ireland's olden times, the women would save the turf, cut the hay, and paint the barn, all while raising the children and feeding the family—no small task considering how large traditional Irish families were. While a woman's role in Irish society has evolved over the years—they have moved far beyond the boundaries of the home and into the community, business, and politics—women are no less revered.

On January 6, it is common for children to give their mothers and grandmothers presents or cook them breakfast. The men take over the household duties for the day while women gather socially in the pubs and restaurants for a little well-deserved girl time. In fact, it is the one time of year when restaurants and bars are filled entirely with women.

Luckily, the notion of Women's Christmas is becoming popular for Irish women beyond Cork and Kerry. And the celebration is becoming more than just a night out at the pubs. Modern Women's Christmas celebrations are including discussions about women's health, political involvement, and most any other women's issues: less food, and more food for thought.

Pictures with Santa



Our residents and people from out of the community came to our facility and got to take pictures with Santa.

This year we were able to successfully get every resident who wanted a picture along with a lot of the community children and pets who came out to support us.



Little Man with Big Success



Charles Sherwood Stratton was born on January 4, 1838, as a large baby, at 9 pounds 8 ounces, but by six months of age, he had largely stopped growing. In 1842, legendary showman P.T. Barnum stopped in Stratton's hometown and discovered the two-foot-tall four-year-old boy. Barnum hired the child and made Stratton an international star, impersonating Napoleon Bonaparte and performing as Cupid. Renamed as General Tom Thumb, Stratton traveled to England and won an appearance before Queen Victoria. When Tom Thumb married a woman of similar restricted growth, he made the cover of the *New York Times*, beating out coverage of America's Civil War. Indeed, even President Abraham Lincoln hosted their honeymoon.

Employee Anniversaries

Courtney Sowards – 1/4/1916
Tabatha Meeks – 1/22/2015
Teena Barton – 1/5/10
Natalie McLeskey – 1/10/11
April Miles – 1/31/07
Eva Shanks – 1/10/13
Kala Peck – 1/12/12
Anna Harris – 1/10/02
Melissa MacDonald – 1/7/10
Margaret Romans – 1/26/16



From the Department of Social Services...

We need consents signed for 360 care services of Podiatry, Dental, Hearing, and Vision. You will be receiving this consent form along with the care plan notice beginning in January. Please complete the consent and return to this facility so your loved one can continue receiving these services.

Mary Jo Prater
Social Service Director

It is the policy of Regency Care of Mt Sterling, LLC dba Windsor Care Center to admit residents and provide services without distinction to race, color, national origin, handicapping, conditions, or age. Assessment is based on our abilities as a long-term care provider and adult day health care provider to address the particular needs of the resident or client. We comply with:

1. Title VI & VII of the Civil Rights Act of 1964
2. Section 504 of the Rehabilitation Act of 1973
3. The Discrimination Act of 1975
4. The Americans with Disabilities Act and all applicable Federal and State Laws and Regulations. The Section 504 Coordinator of Regency Care of Mt Sterling, LLC dba Windsor Care Center is : Mike Cobb

Activity Department



December was a whirlwind of fun and pleasure. We started out the month taking Santa Pictures with our residents, local children and families from the community, and friendly leashed pets. Then our residents busily strung popcorn for miles of garland that decorated the facility along with crafting beautiful centerpieces for the dining facility that brightened the atmosphere while they ate. Ms. Janice lifted our spirits with her bible study classes. We visited the staff and residents at our sister facility – Regency Memory Care next door, then it was onto listening to Laveda tap out merry tunes on the piano.

Our residents got to enjoy a visit from Santa as he came bearing gifts from the facility and the community for everyone. The fire department also generously donated over \$500 dollars to give our residents a very Merry Christmas! Kelley's School of Dance tapped their way into making our residents smile with their Christmas ballet performance which was beautiful to see. We then wrapped up the year with communion taken with the Glory of God Singers after their weekly service. We learned how other cultures celebrate Christmas in their countries before tapping out tunes with Wayne Ashley. As always, we invite anyone who would like to participate in our scheduled activities to come and join us. See you next year!



Inez Napier, Activity Director

Windsor Care Center
125 Sterling Way
Mt Sterling, KY 40353

From the Business Office:

All payments are required to be in no later than the 10th of each month to prevent late fees from being added to your bill.

See Nora Miller, Assistant Administrator if you have any questions or concerns about your bill.

**Resident Choice
Menu**

Pork Roast
Corn
Cornbread
Apple Pie

Will be served Friday,
January 26th.

Upcoming Events:

~ Jan 1 ~

Come out and celebrate 2018 during our New Year's Celebration at 2:30 pm!

~ Jan 12 ~

Norm Stoddard will be performing a "Fabulous 50's" concert at 2:30 pm. This is a must be at performance! He is a wonderful player!

~ Jan 30 ~

Everyone tune into channel 25 at 2:30 pm to see all the activities we have enjoyed for 2017. This special presentation DVD will be a fun reminder of all we did over the last year. For those who would like to watch these presentations that don't have a personal TV, please know we will be playing this in all our lobbies and activity room as well. Hope you enjoy!

