

THE STERLING SENTINEL



Windsor Care Center * 125 Sterling Way, Mt Sterling, KY 40353 * (859)498-3343 * Volume 19 Issue 4



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



March brought our residents a visit from a sweet black lab puppy named Bella, whose owner Amy Burton brought in for some pet therapy.

Upcoming Activities:

April 2nd – Join us for a Massive Egg Hunt in our facility at 2:30 pm.

April 19th – Activities will be hosting our Annual Volunteer Banquet to say a big thank you to our wonderful volunteers that make many of our scheduled activities and behind the scenes functions happen.

April 13th – Join us for our first ever – Pie Eating Contest held at 2:30 pm. The winner of this fun hilarious event will be awarded a cash prize.

April 20th – Get ready for double trouble as we host a 4th birthday party for a lively bunch of twins. Resident Council worked hard at picking a theme and we are ready to celebrate.

Resident Spotlight



Peggy Caswell

Our Resident Spotlight of the month was born in 1940, to Letton and Lorena Banta. She was born in Harrison County. Peggy would grow up with one brother and three sisters. Her mother vigilantly watched her five children and raised them, while their father worked hard on the family's thriving tobacco farm.

When she was younger, she often found herself with little to do - there wasn't as much entertainment for kids then as there is now. She did land herself an after school job as a waitress at 16 years old where she made 75 cents an hour. She attended Harrison County High School until she graduated.

She met a young man named Larry Caswell and the two would go to the old drive in theater to watch movies when they were dating. The young couple would eventually marry at a church in Cynthiana. She remembered wearing a beautiful beige dress with a matching jacket, while Larry donned on dress pants for the monumental occasion.

They would go on to have two boys: Larry and Gary Caswell, which she diligently raised in between her busy schedule of working to keep bills paid and food on the table. Her chosen profession of waitressing found her working her several establishments over the years to include: Dairy Queen, Hamburger Heaven, and the Whip N Zip. She would eventually settle then retire from Steve's Ace True Value.

Money was hard to come by and even harder to find in excess amounts, so though the family didn't take extravagant vacations, their loving parents made sure to spend time with their boys. Their devoted dad would be inventive in seeking relaxation by throwing a mattress in the back of his pickup truck and loading the family up for an overnight fishing trip. Their mom would often play catch with the boys in their yard as their dad stayed so busy working to help provide for the family.

They owned a modest two bedroom house in the country. The family loved to keep little house dogs, one of which touched Peggy's heart greatly and was named Mitzy.

She loves the color red. Her radio is generally tuned to play country music. In her spare time she loves to work crossword puzzles.

She has a love of nature and would love to visit a few Kentucky State Parks like Natural Bridge and Mammoth Cave. We highly encourage you to stop and speak to this precious gem if you have a moment. She is certainly a delight!

(Resident recently attended bible study with Ms. Janice and won the raffle for "The Lamb of God")

Resident Right:

All residents shall be free from mental and physical abuse and free from chemical and physical restraints except in emergencies or except as thoroughly justified in writing by a physician for a specified and limited period of time and documented in the resident's medical record.

LET'S CELEBRATE BIRTHDAY'S

RESIDENTS

- BETTIE CONGLETON - APRIL 1
- JACQUELINE GIBSON - APRIL 26
- ANNA HAVENS - APRIL 5
- EVERETT JOHNSON - APRIL 27
- BEVERLY LEIBERICK - APRIL 26
- JAMES MOORE - APRIL 23
- THELMA PASLEY - APRIL 29
- BEULAH PUCKETT - APRIL 17
- MATTIE WALKER - APRIL 4

EMPLOYEES

- NORA MILLER - APRIL 2
- NANCY BAXTER - APRIL 25
- JENNIFER DONATHAN - APRIL 9
- CATHY PRESTON - APRIL 12
- CRYSTAL ROE - APRIL 24
- YOULANDER OLDHAM - APRIL 25
- DANA VELASCO - APRIL 18
- DANIELLE LYKINS - APRIL 5
- COURTNEY TAUL - APRIL 16
- BETHANY MOREFIELD - APRIL 13
- DESTINY JORDAN - APRIL 6
- DUSTIN BACK - APRIL 24
- SAVANNAH ZEIGLER - APRIL 28



A Bell Cast into History



Big Ben, the famous bell housed in the Clock Tower of London's Palace of Westminster, is a British icon. Tourists flock to the place so they can hear it ring out. Big Ben has rung even during the worst of times, such as the Blitz, Germany's eight-month bombardment of London during World War II. On April 10, Big Ben will ring out still another milestone, for it will turn 160 years old.

The story of Big Ben begins on October 16, 1834, when fire destroyed the Palace of Westminster, the seat of Britain's government. While the palace was being rebuilt, it was decided that it needed a clock tower. The tower's design fell to George Airy, Astronomer Royal, and Edmund Beckett Denison, a lawyer and self-described expert on clocks and bells. Denison designed the first bell for the tower, including its unique shape and the metal with which it was cast. The 16-ton behemoth did not last long: it cracked under its first test. It was then that Denison turned to Whitechapel Bell Foundry to cast a new bell.

George Mears was the master bellfounder who undertook the re-casting of Big Ben. It took one week to break up the old bell and repurpose its metal. Three furnaces were used to melt the metal. It took 20 minutes to fill the mold and another 20 days for the metal to cool and harden. Mears tested the bell in every way possible before Denison allowed it to leave the foundry, and it left for the Palace of Westminster with great fanfare, pulled by 16 horses along decorated streets with cheering crowds. Big Ben would not ring out until a year later on May 31, 1859. Sir Benjamin Hall, known as "Big Ben," gave a long speech during a debate about what to call the bell. When at last he sat down, members shouted out that the bell be dubbed "Big Ben." Just two months later, Big Ben cracked, the result of a hammer more than twice the necessary weight designed by Denison. Big Ben was simply turned, and the sound we hear today is that distinct, less-than-perfect tone.

National Social Workers Month



Resident Council President Vicki Reuter presented our Social Services Department with a desk name plate that has a slot for business cards to be placed in the top to Mary Jo Prater and Alicia Purvis in order to show that our residents are always appreciative of the hard work these two women do on a daily basis.

Pampered and Purposeful



April 27 is Little Pampered Dog Day, but before you poo the notion of honoring little lap dogs, bear in mind that humans lived with lap-sized canines 15,000 years ago. Scientists have traced our history with small dogs to France, where our cave-dwelling ancestors may have used the dogs to both keep them warm and assist them in the hunt. Wild canines called *dholes* grew to less than 17 inches tall, about the size of a beagle or cocker spaniel. Many small dog breeds today bear similarities to these ancient companions: they are tenacious hunters of small ground-dwelling prey animals, they are alert watchdogs that let out loud warnings when intruders are near, and yes, during the Renaissance, miniature poodles were used by nobility as hand warmers. The small dogs were put inside sleeves of shirts, becoming known as "sleeve dogs." Others were used to warm laps in damp castles or on chilly carriage rides. All of these are good reasons to pamper the little dog in your life.

The Son of Music



Mariachi music is an enduring musical tradition in Mexico, played wherever celebrations take place. There will certainly be plenty of mariachi music to enjoy at the Tucson Mariachi

Conference from April 25 to 28. Mariachi's roots go back hundreds of years, to the arrival of Spanish Conquistador Hernán Cortés in Mexico in 1519. Indigenous music, played as part of a religious ceremony, was played with rattles, drums, flutes, and conch shells. The Spanish brought with them harps, guitars, violins, and brass horns, instruments that were played during Catholic mass but quickly became popular outside of church services. Natives created a new type of music, incorporating the new instruments with local musical styles and African musical influences that arrived via the slave trade. Many identify the west Mexican state of Jalisco as the center of this new folk music style known simply as *son*, or *sound*. It was from the *son* of Jalisco that modern mariachi developed.

In the late 1800s and 1900s, the biggest form of entertainment was listening to radio and records. This is when the first modern mariachi bands formed. Violins and trumpets were added to musical orchestras featuring harps, guitars, and woodwinds. These bands became popular, and the music made its way into the rural countrysides. Mariachi was played at parties, on holidays, and in church, and the sound accompanied dances as varied as foxtrots, waltzes, pasodobles, fandangos, pokes, and jarabes. During the Mexican Revolution, many Spanish haciendas had to let workers go, including mariachi musicians. These mariachis wandered and played everywhere they could, and the new Mexican government, eager to promote a unified Mexican identity separate from their Spanish colonizers, presented mariachi as the national music for their young country. While Jalisco may be the "birthplace of mariachi," the reach of this music is now global, with mariachi bands playing as far away as Sweden, Egypt, and Croatia.

National Administrators Week



Resident Council President Vicki Reuter represented our resident base and presented our new administrator – Ruth Hackworth with a desk name plate depicting running horses on the facing of it – as a way to show appreciation for all her outstanding work as our Administrator.

Saying Goodbye



Windsor is saying goodbye to veteran employee Diane Becraft, who had over 25+ years of working at our facility. Sadly, we will miss her, but wanted to thank her for her outstanding years of service she has given to our residents.

Time for a Change



Times Square is one of New York City's most famous landmarks, but many don't know where it got its name. Before it was Times Square, the intersection was known as Longacre Square, named after London's Long Acre Square. Both places were hubs for horse carriages, brothels, and saloons. When Adolph Ochs acquired *The New York Times* newspaper in 1896, he sought a part of town far from City Hall and "Newspaper Row" for his growing news empire. He found his spot in Longacre Square, which the mayor renamed Times Square for the newspaper's offices on April 8, 1904.

Employee Anniversaries

Alicia Purvis – 4/10/17
Kristina Williams – 4/15/16
Brooklyn Back – 4/28/15
Cheryl Kimbrell – 4/29/10
Danielle Lykins – 4/18/17
Crystal Roe – 4/7/16



Change your thoughts and you change your world.

~Norman Vincent Peale~

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 or 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

March found our residents in high spirits despite the fluctuating weather outside. We started the month off learning about our UK Wildcat team during March Madness. Then we watched the high stepping, toe tapping efforts of the Generation Rockers as they performed for us. Next we plastered on our green and celebrated Saint Patrick's Day with themed cupcakes, cookies, and special float drinks. A fast paced hunt for four leaf clovers scattered around the facility was a much needed adventure to participate in as residents frantically searched throughout the hallway for the little tokens of luck hidden amongst the pictures and furniture scattered around.

Then residents got down to business and made personal pan pizzas to show us they hadn't forgotten their culinary skills. For kicks and giggles – we threw a Brazilian Carnival and had a blast doing it! It was an interesting clash between Mardi gras and a luau as we decorated for our wildly themed party and a banquet of fresh fruits and umbrella fruit drinks was served to cap off the event. We put on our Sunday best and attended Easter Services preached to us by Brother William Prater. Finally, we closed the month out taking pictures with the Easter Bunny. As always, we encourage our family and friends to join us in our scheduled activities. Hope to see you soon!



Inez Napier, Activity Director

*Windsor Care Center
125 Sterling Way
Mt Sterling, KY 40353*

Resident Choice Menu

~Breakfast~

Biscuits and Gravy

Sausage/Bacon

Eggs

Fried Apples

Will be served Friday, April
27th.

From the Business Office:

Please be sure to notify the
business office of any changes
in insurance coverage for your
family member

Thank you.

Nora Miller
Assistant Administrator

Employee of the Month



Alicia Moore

Our employee of the month is Alicia Moore. She works as an activity assistant in our facility. She is noted as an employee who goes above and beyond her job description.

She was voted by her fellow co-workers into this prestigious position.

Some of the comments following her nomination include her being:
-Friendly -Always Smiling -Always A Positive Attitude -Good Worker

- Just Being a Wonderful Person -Always Helping Others
Congratulations Alicia. We thank you for your outstanding performance and due diligence on the job!