

August 2019

The Sterling Sentinel

Windsor Care Center * 125 Sterling Way, Mount Sterling, KY 40353 * (859) 498-3343



Upcoming Activities

Purple Heart Luncheon

August 15

FAIR Bingo

August 17

Resident Council

August 19

Dog Show

August 22

Fair Day

August 23

Cooking Class

August 31



We encourage everyone to like us on our Facebook Page or at our website:
www.windsorcare.com

“Don’t Feed The Bears”

When I was about eight or nine years old, my family, consisting of my father, mother, older brother, and myself decided to go camping at the Smoky Mountains for our summer vacation. We were in a turquoise blue Ford pickup truck with a camper shell. The plan was for mom and me to sleep in the truck bed under the shell camper. Dad and my brother Sam were to sleep in a tent. We got all settled in and it started to rain. Mom decided to get in the cab of the truck and listen to the radio for weather updates (remember this was in the mid 1960's and we didn't have cell phones). I wouldn't sleep under the camper top by myself so my brother slept there also. Ok, I was still scared so I locked the back door of the camper top. During the night, my mom heard the alert that this camp ground was prone to flooding, so she started banging on the camper door to warn us all. We weren't fast enough to unlock the door but apparently mom didn't have any problem breaking the lock. Mom sent Sam to get dad and the tent. The wet tent was loaded in the camper and away we went to a motel.

Yes, we found out the next day that our campground had flooded. But on with the vacation we did go. The next morning we pulled off the road to cook breakfast. Dad set up his new Coleman stove and found his iron skillet, among the wet tent, and began frying bacon and eggs. All of a sudden a man stopped by and asked if we had seen a pair of glasses. He proceeded to tell us he was attacked by a bear the night before. My mother spoke up and said no. After he left, my mother snickered and said, "Wonder what he's been drinking." Shortly after that, a bear came out of the woods towards my father. (Guess the bear had smelled the overwhelming aroma of bacon and eggs). My mother told me to get a slice of bread out of the camper and give it to her. Her intent was to lure the bear away from my father. But I, young and innocent, reminded my mother of the sign stating DON'T FEED THE BEARS. After several attempts trying to get me to give her the slice of bread, my mother stated in her Mommy/Teacher voice, "Jodie (my family nick name) get in that camper, get me a slice of bread and stay in there." I knew she meant business. So I gave her a slice of bread. She flung the slice of bread towards the bear. Ooops...the wind caught the bread and brought it back to my mother's feet. My thought now was the bear was going to eat both my mom and dad.

Finally, Mom was able to get safely back to the truck. During the entire ordeal, my Father kept frying the bacon and eggs. What a trooper he was! Yes, we were able to go on down the road and stop again and enjoy our breakfast. I just loved my family vacations.

Mary Jo Prater
1st Place Winner
Essay: Worst Vacation Ever



Resident Spotlight: Christine Whitton



Born in 1931, our resident spotlight settled in Montgomery County with her parents Clay and Nanny Manley. The worked hard on their family farm to bring in some extra cash. Her mother diligently stayed at home tending to her family until her youngest was six years old before setting off to work for the school system. Her father worked for the State Department Public Works division.

She was raised with her two siblings (a brother and half-sister). Christine's favorite game to play was tag and she loved dolls.

Her first job was working for a restaurant making \$5.00 dollars a week! Throughout the years, she would also find employment at Cowden's and numerous book keeping positions.

She remembers going out to a party one night and meeting a young man named James. The two hit it off and not long after they found themselves going out together to the movies, parties, and out to eat.

They eventually married at the First Christian Church in Mount Sterling. The couple would have one daughter whom they adored named Teresa Long.

Family time often were outings to the park and to the movies to see what the latest show was on the big screen. Vacations she remembered vividly going to were, Pennsylvania and Canada. They also owned several dogs and cats throughout the years to keep them amused with their antics.

What a wonderful hidden gem we found this month and we encourage everyone to listen to the wealth of information and stories she has to tell!

HAPPY BIRTHDAY

Resident Birthdays

Mildred Mann – 4th
Gretta Duncan – 5th
Anna Vice – 6th
Edward Hughes – 11th
Maude Stull – 13th
Ruth Gibson – 18th
Jimmy Hardin – 22nd
Anna Dills – 24th
Curtis Debrine – 26th
Christine Hedges – 30th

Employee Birthdays

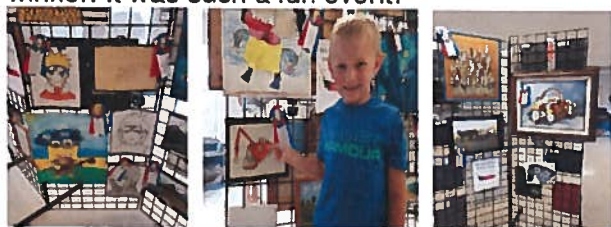
Mary Meade – 2nd
Sherrie Dillion – 3rd
Kyleigh Martin – 3rd
Patricia Grierson – 8th
Eva Shanks – 11th
Destiny Crouch – 15th
Jennifer Davis – 18th
Callie Becraft – 19th
Jessica White – 20th
Shirley Scott – 21st
Brooke Short – 21st
Karen Shields – 22nd
Kathy Back – 25th
Lyndia Mullins – 26th
Matthew George – 30th



Open Art Show



We held our first Art Show and were blown away by the talent from our community. Honored judges for our contest included Mayor Al Botts, Executive Director of Gateway Regional Arts Center Jeanette Tsmer, and Admissions Coordinator Natalie McKleskey. We would like to thank each of our judges for their support. Also a big shout of congratulations goes out to Nancy Kiser, who at age 96 created the beautifully done oil painting that was the overall winner. It was such a fun event!



Congratulations



Our staff was awarded the prestigious honor for Center of Excellence for Wound Management on behalf of the VOHRA Wound Physicians. Not only does this show what an outstanding job our staff is doing taking care of wounds, it shows excellent quality measures all our resident both present and future will be able to rely on.

71st Vow Renewal Ceremony



Our residents and staff were happy to organize and witness **Carl and Jewell Otten's 71 year marriage vow renewal**. Brother William 'Hoss' Prater officiated the happy event that included smiles, lots of family and friends attending, a ring ceremony, and a grand reception. What a memorable moment! We would also like to thank all our residents who came out and supported by coming out to this memorable event.



Fried Green Tomatoes



Residents have been enjoying the delicious fruits of their labor all month long from their vegetable garden they planted back in May. They have harvested tomatoes, cucumbers, zucchinis, and tomatoes and have been able to enjoy making fried zucchini, fried green tomatoes, eating cucumbers and regular red ripe tomatoes, and even a round of zucchini bread was made. A definite win for everyone.



Windsor Care Center
125 Sterling Way
Mount Sterling, KY 40353

Postage
Information

From The Business Office:

Please be sure to notify the business office of any changes in insurance coverage for your family member. All private payments are due by the 1st of each month. Thank you,

Nora Miller, Asst. Administrator

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

NURSE ON DUTY

Caring for the resident or the unit supervisor

SOCIAL SERVICES

Mary Jo Prater, MSW

DIRECTOR OF NURSING

Teena Barton, RN

ADMINISTRATOR

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

W.W. HEALTHCARE CONSULTANTS

Hotline: (888) 556-0221

OMBUDSMAN

Waynanne Caudill at
(800) 274-5863 ext. 2124

It is the policy of Regency Care of Mt Sterling, LLC dba Windsor Care Center to admit residents and provide services without distinctions to race, color, national origin, handicap, 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 Right Acts 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.

Resident Right:

The resident shall be transferred or discharged only for medical reasons, or his own welfare, or that of the other residents, or for nonpayments, except where prohibited by law or regulation. Reasonable notice of such action shall be given to the resident and his responsible family member or his guardian.