

Better Living

at Terrace Communities

WINDHAM TERRACE

July - October 2020

Dear Residents, Families, and Friends of Windham Terrace,

A Message from the Executive Director

Hello Residents and friends,

As I put pen to paper in writing this quarterly Newsletter, I wonder where the world will be when this actually comes to print. Our nation is currently facing a challenge unlike its faced in decades. Long term care facilities have been hit hardest by the corona virus-and with a vaccine many months away. The killing of George Floyd fills us with anger, fear and plain exhaustion as we attempt to better understand the feelings surrounding the events of the past three months.

SPRING restores life and warmth within our minds and hearts. It is also the season that persuades many of the endless possibilities that await in a new year of life and hope. It is for these events and reasons that I dedicate this issue to the idea of purpose.

From observing the residents appearing so safe and resilient as they dine daily within the confines of their apartments each day-they exude a peace and a purpose that THIS TOO SHALL PASS...I learn from them .

As I observe the staff who have sacrificed their time and their families while they live in house-working twelve hour shifts and smiling while doing so-I witness their purpose in keeping the residents safe and CoVid free. I learn from them.

As I move forward following this amazing group of individuals -both residents and employees, I pause to breath and just to be. I guess you don't really know what your full purpose is until its happening !

I have collected this fine gallery of friends, experiences and perspectives. At this time on this day in June-I do believe that it all fits together with purpose.

*Stay well,
Lynda Brislin RN
Executive Director*



Coronavirus (Covid-19) Prevention

- Wash hands often
- Avoid close contact with others
- Cover nose and mouth with face mask
- Cover coughs and sneezes
- Clean & disinfect
- Monitor temperature and be alert for any symptoms

Five steps to wash hands properly

1. Wet hands with warm water, apply soap
2. Lather hands by rubbing together with soap. Lather backs, between fingers and under nails.
3. Scrub hands for at least 20 seconds
4. Rinse hands well under clean, running water
5. Dry hands using clean towel

Tricia Vinal, RN
Health Service Director
603-437-4600



The cost for Foot clinic service in house is \$37 per visit. The rotation is every 3 months. If you have any questions, please speak to Tricia Vinal, RN - Health Service Director



Finding Joy in unexpected places



It's no secret that the past few months have been challenging to say the least. Parents have taken on the role of classroom teacher, employees have turned their kitchen tables into home offices and health care workers have been faced with unfamiliar circumstances. Our Windham Terrace families have found themselves physically distanced from their loved ones for probably the first time ever. This "new normal" way of life has personally given me time to reflect on what really matters. I have become aware of the things I can do without, and the unexpected places to find joy during this unusual time. At Windham Terrace we are finding creative ways to keep families connected through video phone calls, window visits and sharing photos.

Our activities look different these days but we take great pleasure in safe, socially distant walks outdoors, a stroll on The Millstone patio, truly looking at our surroundings and savoring the smells and sounds that surround us. Window concerts have delivered much needed therapeutic entertainment. We have shared laughter during "doorway" Bingo games and continuing to exercise with doorway workouts. Friday fun includes visits from our theme refreshment cart. Keeping our minds sharp can be as simple as working on the Daily word puzzles delivered door to door or word games on an iPad. Now maybe more than ever, we need to find ways to stay connected, healthy and focused on a brighter future. Take a few minutes to reflect on a bright spot in your day and pay it forward, sharing it with a loved one!

*Be well,
Jil Greeley, Life Enrichment Director*

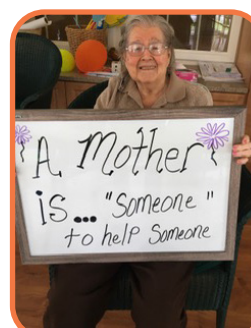
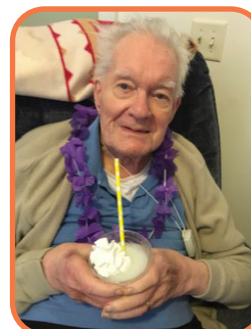
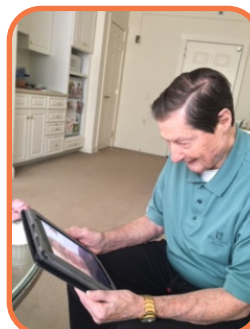
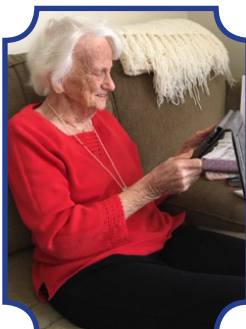
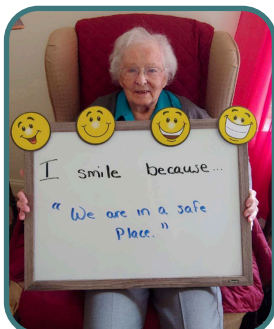
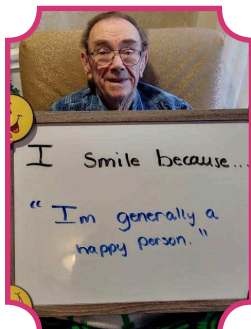
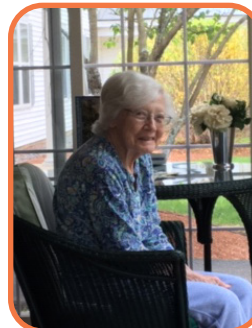
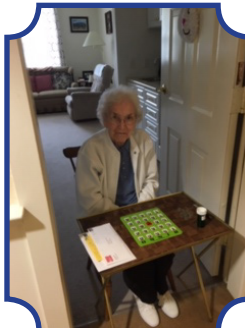
Windham Terrace Events July-August

Due to the Covid-19 health situation, all previously scheduled events will remain on hold until deemed absolutely safe for resident and family participation. We are anxious to resume regular activities and appreciate your patience and understanding as we navigate this challenging time. As always we will do our best to keep friends and families up to date with any changes.

Thank you and be well!

Activities at Windham Terrace

Alternative outdoor entertainment, Friday theme cart in room service, Hawaiian day, Cinco De Mayo, "Take me in to the Ballgame", Mother's Day sentiments, Doorway Bingo games, Doorway exercise, and Socialy safe time outside



Maintenance Department Reminders

Air Conditioners – Please let us know if you would like your air conditioner installed. There is a \$25 fee which includes the installation and removal at the end of the season. Air conditioners must be stored in the resident room or off site during the off season. For esthetic reasons, Windham Terrace has specific air conditioners available for purchase. Please speak to the business manager for more information.

Please be sure to keep resident room windows closed so as not to offset the common area air conditioning.

Per state fire regulations –

- Extension cords and outlet adaptors are not permitted at any time, but power strips are allowed.
- Resident names and room numbers are to be visible, any door decorations must be below the name and room number door tag.
- Candles are not permitted in the building due to the risk of a fire.
- Apartment doors cannot be propped open. They must adhere to the magnet which will release when the fire alarm is activated.
- Items should not be stacked on the top shelf in the closets, they must remain 18 inches from the sprinkler head.

Resident fire drill education is discussed quarterly at the resident council meetings.

Scatter rugs in the bathroom are a tripping hazard and should not be used.

Residents who drive are asked to give the maintenance dept a copy of your car key so we may move it in the event of an emergency

Please remember that wipes clog the drainage systems- please provide extra facecloths as needed.

Business Manager News

As a reminder, rent is due on the 1st of every month, and must be received no later than the 10th of the month. If you are interested in paying your monthly rental invoice via automatic withdrawal from a specified account, please email ginny at gconsoli@terracecommunities.com for a request form. Payments are taken out no earlier than the 5th of the month and you will continue to receive a monthly invoice prior to the deduction.

Chocolate Chip Toll House Muffins

The perfect choice with a cup of coffee on a summer morning

Enjoy

Chef David Masotta - Food Service Director



Sift together the following ingredients:

- 4 C. flour
- 2 T. Baking Powder
- 2 tsp. Salt
- 2/3 C. sugar
- 2/3 C. Brown sugar

In a separate bowl, mix:

- 1 2/3 C. milk
- 1 C. sour cream
- 2 eggs

Combine flour mixture with milk, sour cream and eggs

Fold into batter:

- 1 C. chopped walnuts
- 2/3 C. melted butter
- 2-3 C. chocolate chips

Pour evenly into muffin pan, sprinkle tops with sugar

Bake at 325 degrees for approximately 20 minutes.

Like us on Facebook!



Check out all of the activities here at Windham Terrace. Get invites to events and look at pictures of your family to see what our staff is organizing. Just log in and go to Windham Terrace Assisted Living and LIKE us 😊

Don't forget our award winning interactive website "Terrace Communities Online". Become a member, share stories, join a discussion group and get support. Just go to: Terracecommunities.com and click Web Community!

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Assisted Living, Respite Care, Alzheimer's & Dementia Memory Care

terracecommunities.com

