



MARCH Newsletter
2017

Wednesday, March 1st

Ash Wednesday Service at 9:30am

Thursday, March 2nd

A Performance by Cowboy Bob at 2pm

West Madison Bible Church at 10:15am

Friday, March 3rd

Goodie Cart at 2pm

Catholic Mass at 10:15am

Monday, March 6th

Resident Council at 9:30am

Manicures at 2pm

Tuesday, March 7th

Hymn Singing at 10:15am

Wednesday, March 8th

Bible Study at 10:30

Goodie Cart at 2pm

Thursday, March 9th

Pet Visit with Charlie & Bob at 5:30pm

St. James Lutheran Services at 10:15am

Tea Party at 2pm

Sunday, March 12th

Daylight Savings (Spring Forward)

Monday, March 13th

Manicures at 2pm

Tuesday, March 14th

VOTING (Spring Election) from 10:00am-1:00pm

Memorial Baptist at 10:15am

Wednesday, March 15th

Bible Study at 10:30am

Goodie Cart at 2pm

Piano Music at 2pm at Harborside

Thursday, March 16th

Crafts at 2pm

Friday, March 17th

St. Patrick's Day Bingo at 2pm

Tuesday, March 21st

St. James Lutheran - Birthday Bingo at 2pm

Wednesday, March 22nd

Men's Group at 2pm

Pet Visit with Charlie & Bob at 5:30pm

Thursday, March 23rd

Arm Chair Travel at 2pm

Friday, March 24th

A Performance by Happy Hour Trio at 2pm

Monday, March 27th

Manicures at 2pm

Wednesday, March 29th

Agrace Hospice Memorial Service at 2pm

BINGO is Every Tuesday and Friday at 2:00pm




HAPPY HOUR is Every Friday at 3:00pm



MARCH 2017 - LODGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>HAPPY BIRTHDAY!</p> <p>To Everyone Born in March</p>	<p>7 HAIR DAY</p> <p>10:00 Nail Care</p> <p>2:00 BINGO</p>	<p>1 Ash Wednesday 9:30 Ash Wednesday Services 2:00 Entertainment Cowboy Bob</p>	<p>2 Goode Cart 10:15 W. Madison Bible 2:00 GOODIE CART 2:00 Game of Hoy 3:30 Rosary 3:45 Piano Music</p>	<p>3 HAIR DAY</p> <p>10:15 Catholic Mass 2:00 BINGO 3:00 HAPPY HOUR</p> <p>Dress in "Blue" Day</p>	<p>4 Coffee & Conversation</p>
<p>5 7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>6 10:00 Morning Exercise / Trivia 2:00 Game Day</p>	<p>7 HAIR DAY</p> <p>10:00 Nail Care</p> <p>2:00 BINGO</p>	<p>8 Goode Cart 10:00 Morning Exercise / Trivia 2:00 GOODIE CART 2:00 Picture Puzzles 5:30 Charlie & Bob (Pet Visit)</p>	<p>9 10:15 St. James Lutheran 2:00 Tea Party @ Harborside 3:30 Rosary 3:45 Piano Music</p>	<p>10 HAIR DAY</p> <p>10:00 Morning Exercise / Trivia 2:00 BINGO 3:00 HAPPY HOUR</p>	<p>11 Coffee & Conversation</p>
<p>12 Daylight Savings 7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>13 10:00 Morning Exercise / Trivia 2:00 "Plant a Flower" Day</p>	<p>14 HAIR DAY / VOTING</p> <p>10:00 -1:00 Voting Spring Election 10:00 Nail Care 10:15 Memorial Baptist 2:00 BINGO</p>	<p>15 Goode Cart 10:00 Morning Exercise / Trivia 1:30 GOODIE CART 2:00 Piano Music @ Harborside</p>	<p>16 10:00 Morning Exercise / Trivia 2:00 Craft Day 3:30 Rosary 3:45 Piano Music</p>	<p>17 St. Patrick's Day</p> <p>10:00 Current Events 10:30 Book Club 2:00 BINGO 3:00 HAPPY HOUR</p> <p>Dress in "Green" Day</p>	<p>18 Coffee & Conversation</p>
<p>19 7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>20 SPRING BEGINS</p> <p>10:00 Morning Exercise / Trivia 2:00 Game Day</p>	<p>21 HAIR DAY</p> <p>10:00 Nail Care</p> <p>2:00 St. James Lutheran Birthday - BINGO</p>	<p>22 Goode Cart 10:00 Morning Exercise / Trivia 1:30 GOODIE CART 2:00 Men's Group @ Harborside 5:30 Charlie & Bob (Pet Visit)</p>	<p>23 10:00 Morning Exercise / Trivia 10:15 United Church of Christ 2:00 Arm Chair Travel 3:30 Rosary 3:45 Piano Music</p>	<p>24 Entertainment</p> <p>10:00 Entertainment Happy Hour Trio 2:00 BINGO 3:00 HAPPY HOUR</p>	<p>25 Coffee & Conversation</p>
<p>26 7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>27 10:00 Morning Exercise / Trivia 2:00 Game Day</p>	<p>28 HAIR DAY</p> <p>10:00 Nail Care</p> <p>2:00 BINGO</p>	<p>29 Memorial Service 10:00 Morning Exercise / Trivia 2:00 Movie & Popcorn 2:00 Agrace Memorial Service 3:30 Chapter a Week</p>	<p>30 Goode Cart 10:00 Morning Exercise / Trivia 10:15 Springdale Lutheran 2:00 GOODIE CART 2:00 Game: Red/White/Blue 3:30 Rosary 3:45 Piano Music</p>	<p>31 10:00 Morning Exercise / Trivia 2:00 BINGO 3:00 HAPPY HOUR</p>	

MARCH 2017 - Manor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
To Those Celebrating a Birthday in March						
<p>5</p> <p>7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p> 	<p>6</p> <p>9:30 Resident Council 10:45 Restorative 2:00 Manicures 3:30 Walks and Talks</p> 	<p>7</p> <p>9:45 Restorative 10:00 Current Events 10:00 Nail Care @ Lodge 10:15 Hymn Singing 2:00 BINGO 3:30 Reminiscing</p> 	<p>8</p> <p>Goode Cart 9:45 Restorative 10:00 Current Events 10:30 Bible Study 2:00 GOODIE CART 3:30 Chapter a Week 5:30 Charlie & Bob (Pet Visit)</p>	<p>9</p> <p>9:45 Restorative 10:15 St. James Lutheran 2:00 Tea Party 3:30 Rosary 3:45 Piano Music</p>	<p>10</p> <p>9:45 Restorative 10:00 Current Events 2:00 BINGO 3:00 HAPPY HOUR</p>	<p>11</p> <p>9:45 Restorative/News Coffee & Conversation</p>
<p>12</p> <p>Daylight Savings 7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>13</p> <p>9:45 Restorative 10:00 Current Events 2:00 Manicures 3:30 1 on 1 Visits</p>	<p>14</p> <p>VOTING 9:45 Restorative/News 10:00 -1:00 Voting Spring Election 10:15 Memorial Baptist 2:00 BINGO 3:30 Reminiscing</p>	<p>15</p> <p>Goode Cart 9:45 Restorative/News 10:30 Bible Study 1:30 GOODIE CART 2:00 Piano Music @ Harborside 3:30 Chapter a Week</p>	<p>16</p> <p>9:45 Restorative 10:00 Current Events 2:00 CRAFTS 3:30 Rosary 3:45 Piano Music</p>	<p>17</p> <p>St. Patrick's Day 9:45 Restorative/News 10:00 Current Events 10:30 Book Club 2:00 BINGO 3:00 HAPPY HOUR</p>	<p>18</p> <p>9:45 Restorative/News Coffee & Conversation</p>
<p>19</p> <p>7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>20</p> <p>9:45 Restorative 10:00 Current Events 2:00 Manicures 3:30 Walks & Talks</p>	<p>21</p> <p>9:45 Restorative 10:00 Current Events 10:00 Nail Care @ Lodge 2:00 St. James Lutheran Birthday - BINGO 3:30 Reminiscing</p>	<p>22</p> <p>Goode Cart 9:45 Restorative/News 10:30 Bible Study 1:30 GOODIE CART 2:00 Men's Group 3:30 Chapter a Week 5:30 Charlie & Bob (Pet Visit)</p>	<p>23</p> <p>9:45 Restorative 10:15 United Church of Christ 2:00 Arm Chair Travel 3:30 Rosary 3:45 Piano Music</p>	<p>24</p> <p>Entertainment 9:45 Restorative 10:00 Entertainment Happy Hour Trio 2:00 BINGO 3:00 HAPPY HOUR</p>	<p>25</p> <p>9:45 Restorative/News Coffee & Conversation</p>
<p>26</p> <p>7:00 Catholic Mass (Ch 3) 10:00 Lutheran Service (Ch 6) 10:30 Communion</p>	<p>27</p> <p>9:45 Restorative 10:00 Current Events 2:00 Manicures 3:30 1 on 1 Visits</p>	<p>28</p> <p>9:45 Restorative 10:00 Current Events 10:00 Nail Care @ Lodge 2:00 BINGO 3:30 Reminiscing</p>	<p>29</p> <p>Memorial Service 9:45 Restorative/News 10:30 Bible Study 2:00 Agrace Memorial Service 3:30 Chapter a Week</p>	<p>30</p> <p>Goode Cart 9:45 Restorative/News 10:15 Springdale Lutheran 2:00 GOODIE CART OR Lodge Activity 3:30 Rosary 3:45 Piano Music</p>	<p>31</p> <p>9:45 Restorative 10:00 Current Events 10:30 Book Club 2:00 BINGO 3:00 HAPPY HOUR</p>	<p>9:45 Restorative/News Coffee & Conversation</p>

A Note From The Administrator's Desk



Although we truly appreciate your thinking of others here at Four Winds Manor, if your loved one is leaving our facility for whatever reason, we generally do not accept donations of clothing, furniture, computers, t.v.'s, etc. Many times, we have an overabundance of clothing in our laundry already, so truly do not need additional clothing donated. Recliners, sofas, and other covered or upholstered furniture would need to be professionally cleaned if we were to accept it as a donation, so unless your plan is to have it cleaned, a better option would be to donate these items to St. Vincent de Paul or Goodwill. There may be very limited times when a dresser or t.v. stand could be utilized, but typically that is not the case. Please be aware also, that any t.v.'s or computer monitors that are donated would need to be in excellent working order – otherwise, if we need to dispose of them, there is a fee that is charged to dispose of these, so this fee would need to be passed along to you.



I would like to welcome Martha Feemster, Social Worker, back to Four Winds. As you may recall, Martha left us about 1.5-2 months ago to take a position with Care Wisconsin. She has determined that she misses her “family” here at Four Winds and has made the decision to come back to work here. Currently, she is back working very part time hours, 4pm-6pm, Monday through Friday, but we anticipate that very soon she will be back on a full time basis and look forward to having her back with us.



Myra Howard

A Note From The Activity Department

It's March already!

February was a wonderful month! We have been thoroughly enjoying the pet visits from Dogs on Call! In February, we were visited by Cheyene & Donna, Charlie & Bob, and Rooster & Amy. We would like to extend our heartfelt appreciation to our new-four legged friends, and their partners, for spending some time with us. We love dogs, and always have such fun visiting with them!

On Valentine's Day, we enjoyed a performance by Snuffy Smith, and on the last day of February, we listened to music from Janet Lieb. We thoroughly enjoy live music, and we are very much looking forward to our live performances scheduled this month!

BINGO remains the hottest ticket in town, and we have realized that we're running short on our favorite prizes...BEANIE BABIES! We remember a time when Beanie Babies were the biggest things since sliced bread! Many of us raced to the stores to buy the latest, greatest beanies! Although their popularity has simmered down, they're still the hottest prize (besides candy) on the bingo cart! If you have any beanies looking for a new home, we would gladly accept them in the activity department. You can drop the beanies at the reception desk, in a bag or box, labeled, "Activity Department" and we will happily add them to our bingo prize cart!

We also hope that you may have noticed our "Going Green" articles in past newsletters. We have received an overwhelming response from our readers, noting that they prefer to review the newsletter on their computers, smart phones, or tablets at home, instead of receiving the monthly newsletter via snail mail. We're very encouraged by this, and have decided to slowly phase out the printing of our newsletters by June of 2017. We will continue to write fun, informative newsletters, keeping you up-to-date on the latest activities, news, and reminders from your Four Winds community! Beginning in July, we will print the newsletters in-house for residents and staff, and send a link to our latest newsletter via our email mailing list. With this link, you can easily access our newsletter from your computer, smartphone or tablet! Each and every newsletter is uploaded directly to our website, www.fourwindsmanor.com, and you can access it from links provided on our Facebook page, or our email list.

If you would like to continue to receive our monthly newsletters, we ask that you please send a note to the Activity Department at activitiesdir@fourwindsmanor.com and let us know that you would like to be included in the email list.

Thank You So Much!

-Your Activity Department

Come Worship With Us

Wednesday, March 1st
Thursday, March 2nd
Friday, March 3rd
Thursday, March 9th
Tuesday, March 14th
Thursday, March 23rd
Thursday, March 30th

Ash Wednesday Services at 9:30am
West Madison Bible at 10:15am
Catholic Mass at 10:15am
St. James Lutheran at 10:15am
Memorial Baptist at 10:15am
United Church of Christ at 10:15am
Sprindale Lutheran at 10:15am

Catholic Communion is distributed Sunday mornings.
Rosary Prayer is Thursday afternoons at 3:30pm.

MEMORIAL SERVICE

WEDNESDAY, MARCH 29TH
2:00PM IN THE COMMUNITY ROOM



William James Becker



Mary Burke



Shirley Driewer



Kenneth R. Hughes



Edward Garvey



Raymond William Gust



Helen Alice Howard



Evelyn Norton



Mary Lenore Wild



Knute E. Nelson



Evelyn May Norton (Himsel)

Evelyn May Norton, age 90, of Verona, passed away peacefully on Monday, February 6, 2017 at Four Winds Lodge, Verona. She was born on the home farm near Paoli on May 26, 1926, the daughter of the late Wells and Grace (Haseltine) Himsel. She graduated as Valedictorian from Verona High School and from Moody Bible Institute. She was the first Director of Child Evangelism Fellowship in Madison; a position she held for ten years. During that time, on October 24, 1964, Evelyn and Rodney Norton were married and then moved to Minneapolis where she continued her work with Child Evangelism Fellowship. They retired and returned to Verona in 2006.

Evelyn always found kindness in everyone, was content in life, and had a bubbly laugh. She was a wonderful story teller, historian and enjoyed making greeting cards for others.

Evelyn is survived by nieces and nephews, Paula Massie of Bloomington, IL, Dennis (Katie Rodgers) Himsel of Verona, Kathy (Dan) Pugh of Montrose, MI, and David (Michelle) Himsel of Elkhorn; four great nieces and nephews and two great-great nieces.

She was also preceded in death by her husband, Rodney Norton; brother and sister-in-law, Erwin and Esther Himsel and her infant sister, Fern.

The family extends a special thank you to Four Winds Lodge and Agrace HospiceCare staff, and dear friends LaVonne and Bob Evenson, Mary Stichter, and Calvin Hageman for their loving care of Evelyn.



Mary Marcia Burke

Mary Marcia Burke died Friday, Feb. 17, 2017. She was born on July 1, 1932, in Madison, to Joseph L. and Juanita (Whelan) Burke. Marcia graduated from Verona High School. She attended Whitewater State College. Marcia was a dedicated marketing assistant at International Harvester, originally working in Madison, then relocating with the company to St. Paul, Minn. After moving back to Madison to be closer to her family, she worked at Nicolet Instruments, and for the State of Wisconsin, retiring from there. She enjoyed traveling, taking a year to tour Europe with her mother and sister. She loved spending time with her nieces and nephews, and her many friends. She greatly enriched the lives of her mother and sister, gracefully providing them care in the later stages of their lives. She spent many hours in retirement donating her time to various Catholic organizations.



Edward Garvey

Edward R. Garvey died on February 22, 2017 with dignity and grace, from complications of Parkinson's Disease, surrounded by his family. A man of brilliance and wit, a maverick and pioneer at the NFLPA, and an icon in Wisconsin's progressive movement, he leaves us inspired to continue our fight for civil rights, campaign finance reform, disability rights and environmental protection at a dark moment in our country's history. He would remind us repeatedly throughout his life, "Don't mourn, organize." Born in Burlington, Wisconsin to Edward C. and June Lockhart Garvey on April 18, 1940, he leaves behind two older sisters, Gail (Louvan) Nolting and Jean Henning. Ed fueled his lifelong passion for service beginning with a trip to Badger Boys State, and honed his competitive instincts on the golf course with his sister, Jean. He was Captain of the Golf Team (scratch) at the University of Wisconsin, he was elected president of the student body, and was enlisted in the ROTC. He was later elected president of the National Student Association and in this capacity, he served on the Board of the Student Nonviolent Coordinating Committee (SNCC). He traveled south in the early 1960's and participated in a sit-in in Jackson, Mississippi.

He then served as Secretary General of the International Student Association located in the Netherlands. He traveled internationally, met and was inspired by activists and leaders of social change and peace.

After fulfilling his ROTC commitment, he returned to the University of Wisconsin Law School where he earned distinction of becoming a member of the Wisconsin Law Review and was elected to become a member of the Order of the Coif.

After graduating from law school, Ed joined the law firm of Lindquist and Vennum in Minneapolis and became counsel to the fledgling National Football League Players Association (NFLPA). Hall of Famer and then President of the NFLPA, John Mackey, asked him to become the NFLPA's first Executive Director. Under his leadership, the union grew in strength and he led the players through strikes in 1974 and 1982, leading the long struggle to apply antitrust laws to the NFL. He won major concessions from the owners, improving benefits and protections for players, and highlighting the lack of diversity in coaching, management and ownership in the NFL. He returned to Wisconsin as Deputy Attorney General to Bronson LaFollette in 1983 and crusaded for environmental protection and civil rights. In 1986, he ran for U.S. Senate and drew national attention like his friend and longtime collaborator on progressive causes, the Rev. Jesse Jackson, by linking labor and environmental groups, urban workers and farmers, women's rights campaigners and the LGBTQ community into a mass movement campaign. He secured the Democratic nomination and appeared to be headed for a victory when his opponent funded a smear campaign that was later deemed untrue. He ran for Governor with Barbara Lawton as Lieutenant Governor in 1998. They barnstormed Wisconsin in an RV dubbed "the Underdog" and would not accept a political contribution over \$100. She had the distinction of always speaking first because she felt it was tough to follow Ed who was a charismatic, gifted orator. He accepted his political defeats with humor and resolve while joking that the people of Wisconsin were simply voting for him to continue to fight the good fights as a private citizen. Under the guidance of his mentor, Frank Remington, he developed and taught Sports Law at Catholic University and the University of Wisconsin Law School. He practiced law with Glenn Stoddard, Peter McKeever, his daughter, Kathleen, and many other lawyers fully committed to social justice and progressive ideals. He wrote a regular column for the Madison Capital Times, was the editor and publisher of Fighting Bob.com and was one of the founders of Fighting Bob Fest, an annual festival for progressives and those without a party. At its height, the festival attracted over 10,000 people to Baraboo, and brought notable national speakers and friends like Bernie Sanders, Jim Hightower, and Tom Harkin. Although his professional accomplishments were many, his greatest pride and joy was always his family, particularly his four grandchildren, Maggie, Jack, Caroline and Teddy McNeil. He is survived by his cherished wife, Betty, with whom he shared 56 remarkable years of marriage and adventure. He is the proud and treasured father of three daughters: Pam (JD Watts), Kathleen (Joe) McNeil, and Lizzy; six nieces: Rhonda Henning, Jacqueline Henning, Stacy (Terrence) Sproull, Jill (Ricardo) Cisneros, Mary (Myles) Faulkner and Anne Miller, and many great nieces and nephew for whom he was the family patriarch. He had a special place in his heart for Lizzy and for the loving group of people who support her. His family is heartbroken by his passing but is honored to have shared and learned life's lessons with the world's best father/papa, teacher, and mentor. A Mass of Christian Burial will be held at OUR LADY QUEEN OF PEACE CATHOLIC CHURCH, 401 South Owen Drive, Madison, on Saturday March 4, 2017, at 11:00 a.m. A visitation will be held at the church before the service beginning at 10:00 a.m. until the time of Mass. A private burial will follow. A true Irishman, Ed hoped friends would celebrate his life, and organize for progressive causes in an open house format from 1:00 5:00 pm at the Lussier Family Heritage Center, 3101 Lake Farm Road, Madison, WI. We hope you will share your memories and funny stories with all of us. Special thanks to the devoted staff at Four Winds and Agrace Hospice who compassionately cared for Ed in his final days. In lieu of flowers, do a good deed, fight for democracy, protect the free press, or send memorials to National Public Radio, WI Public Radio at www.wpr.org, FightingBob Fest at www.progressive.org, or the Garvey Progressive Thought Lecture Fund #132908062 at the UW Wisconsin Union at www.supportuw.org His life and his death remind us of a quote from civil rights leaders that he often recited, "My feet are tired, but my soul is at rest."

Beauty Shop Schedule

Price List:

- Women's Haircut: \$13
- Men's Haircut: \$10
- Shampoo Only: \$3
- Shampoo Set: \$14
- Perm with set: \$55
- Color Retouch: \$45



March

- Friday, March 3rd
- Tuesday, March 7th
- Friday, March 10th
- Tuesday, March 14th
- Friday, March 17th
- Tuesday, March 21st
- Friday, March 24th
- Tuesday, March 28th
- Friday, March 31st

If you would like to make an Appointment with our Beautician, Cindy Ziegler, Please Call her Direct Line:

(608) 497-2383 and Leave a Message.

You may also contact the Social Services Office:
(608) 497-2381.

Let's Go Paperless by !

As we continue to post each monthly newsletter online, we have set a goal of going completely paperless by **July** of this year!

We will continue to publish monthly newsletters, but we will not be sending them out by mail. Starting in July, our newsletter will only be printed in-house for our residents, and will be available on our Facebook page, and website.

If you would like to continue to receive a newsletter, we encourage you to join our email list, to have a link to our newsletter sent to you digitally each month!



Please email Patti at activitiesdir@fourwindsmanor.com to join!

Thank you so much for supporting our effort to go green!

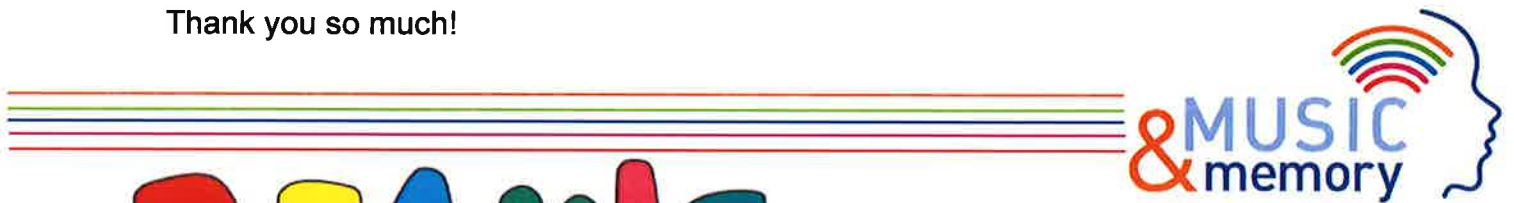


Whether it be jammin' out to our Rock 'n Roll oldies during restorative exercise, enjoying our lunches while listening to soothing instrumental music, or to personalized playlists on our iPod Shuffles, we love it all.

Our Music & Memory program is a pivotal part of our Activity Department, and while utilizing our rechargeable iPods, we have recently discovered the need for plug-in portable cd players. Some of our residents wish to enjoy their music on a repeating loop in their rooms, and we would like to have the option to use portable cd boom-boxes for this purpose. Our iPod Shuffles are fantastic, but do require recharging, and utilizing a portable cd player that plugs in is the perfect answer!

As we have entered the digital music age, we're realizing that portable cd boom-boxes are being phased out. If you have a gently used cd player that needs a new home, please think of us! We are grateful for your support and appreciate your kind consideration! You may always drop them at our front desk, labelled "Activities" and we will put them to good use!

Thank you so much!



**BEANIE
BABIES®**

and Small Plush
Toys, Too!

for

BINGO

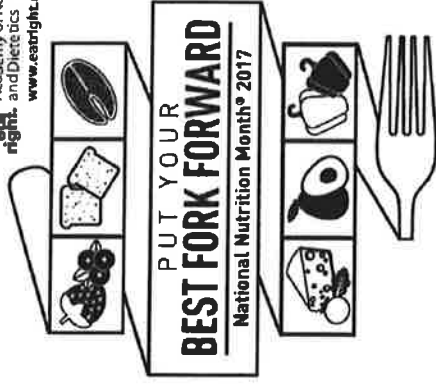
Beanie Babies and small plush are our favorite BINGO prizes!

But we need your help! You see, we're nearly OUT!

Our Residents love winning them for themselves, and especially for their grandchildren.

If you have Beanie Babies or small plush animals looking to find a good home,
please think of us!

What's for Breakfast? Word Search for Adults



Words may be horizontal, vertical, diagonal, or backwards.

1. Oatmeal
2. Veggie omelet
3. Bran flakes
4. Shredded wheat
5. Lowfat milk
6. Waffles
7. Canadian bacon
8. Fresh fruit
9. Yogurt parfait
10. Hard cooked eggs
11. Turkey sausage
12. Nut butter toast
13. Fruit smoothie
14. French toast
15. Cheesy grits
16. Oat bran muffin
17. Breakfast wrap
18. Bagel
19. Blueberry pancakes
20. Muesli

O A T B R A N M U F F I N Y N M D F Y R Z
 H A R D C O O K E D E G G L S V C V N Z L V
 L F K E K Q X R L R Q L M H K X M S J P
 K J E R A F N T F H T S N E D J F H X T R
 M S Y T B K M N F C W R S R E Q S B R C G I N
 N E S F R G F D A V R S B F W E E P M A K
 C K A U L Y R V B A W M Y L R S D W S D V F G
 X A S M O C S H R T I V E T R R F L J A F
 R C A N J A R I C T W D B C F D R K G P C
 T N A F K D T J S N W R S V S F U J S T N
 V A G F K D T J S N W R S V S F U J S T N
 E P E R V S K M L H N D A Q E S I S F R G
 G Y P E G L O L A Z A X F D J A K G T D L U M
 G R L N L O L A Z A X F D J A K G T D L U M
 I R K C T M T L Q B L K W L L C V F X P Y P
 E E F H K N B A G E L V Q M F V F X P Y P
 O B I T Z V F M V T D B D T N L T Z M K R
 M E W O X I Y N N O C A B N A I D A N A C
 E U Z A B L B S H N V W S R R N L B N X J
 L L T S T S A O T R E T T U B T U N B C K
 E B M T V E L T P L B C R X L M Z X T V Y
 T P N R Q U T V X K L I M T A F W O L W B
 W X C V L M R L C G M N P Z B X R C R T L

Contact Information

Lodge: (608) 845-6154

Manor: (608) 845-6465

Administrator: Lynn Howard (608) 497-2361 ext. 222

Director of Nursing: Nina Faulkner (608) 497-2373 ext. 236

A.D.O.N.: Jessica Koerwitz (608) 497-2384 ext. 225

Lodge Manager: Christine Lawrenz (609) 497-2368 ext. 267

MDS/ Clinical Coordinator: Hayden McCann (608) 497-2386 ext. 226

Medical Records: Renee Harris (608) 497-2388 ext. 265

Social Services: Julie Hinrichs (608) 497-2381 ext. 246

Administrative Assistant & Human Resources:

Heather Hogan (608) 497-2362 ext. 223

Receptionist: Sandy Orcutt (608) 497-2360 ext. 221

Business Office: Juanita Retrum (608) 497-2363 ext. 224

Dietary Manager: Kelsey Howard (608) 497-2370 ext. 232

Facilities Manager: Dennis Hoefle (608) 497- 2372 ext. 235

Rehab: (608) 497-2379 ext. 244

Activities: Patti Hogan, Shirley Duerst,

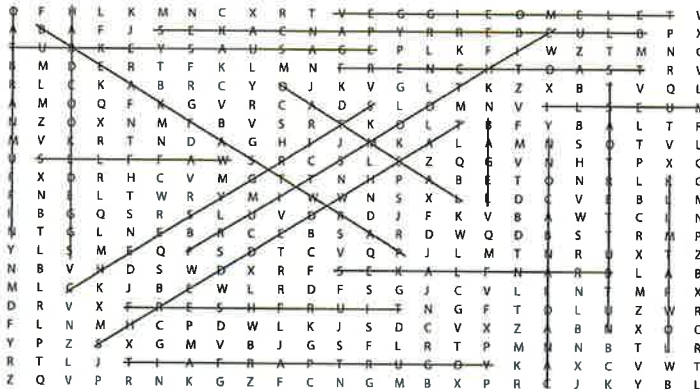
Amber Hayes (608) 497-2365 ext. 227

Activities: Chris Kahl (608)497-2371ext. 234

Volunteer Coordinators: Activity Staff

Beauty Shop: Cindy Ziegler (608) 497-2383 ext. 248

Solution:



Our Monthly Activity Calendar

Our monthly activity calendars can be found on the Four Winds website at the following addresses.

<http://fourwindsmanor.com/calendar.php>

<http://fourwindsmanor.com/calendar-assisted-living.php>

If you would like an emailed calendar please contact Patti Hogan at: activitiesdir@fourwindsmanor.com.

Calendars will also be located at the front desk and distributed to every resident who would like one.

Website: www.fourwindsmanor.com

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