

SPECIAL  
POINTS OF  
INTEREST:

- February 1st–  
The last day  
for Nurse  
Renee
- February 14th  
– Grand  
Opening of  
Route 92 Café
- February  
22nd– Birth-  
day Party w/  
Mike Lozano
- February 29th  
– Leap Day  
Fun!

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# Windsor Manor News

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## From the Desk of Gayla

Can you believe we are already halfway through winter? How lucky we have been this season with such nice weather. As soon many new and exciting changes are taking place here at Windsor Manor, I am feeling truly blessed to have such an accommodating staff and understanding residents. As always, I want to remind you all that my door is always open for comments, concerns, and praise. (The latter being the preferred of course)

I would like to take this time to let you know that I greatly strived for

excellence during the long process of choosing a new nurse for us. We need just



**Fun with the Barbershop Quartet on January 20th**

the right fit for such an important member of our family. I have high hopes that Kim will be just such a fit.

The opening of our restaurant is certainly another aspect of our facility to take pride in. I believe it will be a wonderful improvement and a marvelous experience. Be sure to invite your friends and family in to join you in this fresh new dining experience!

I look forward to having a “love”ly month of February with all of you here at the heart of our pride and joy; **Windsor Manor!**

Sincerely yours,  
Gayla Gilliland  
Manager

## Opening Route 92 Cafe

What an exciting time it will be around here with the opening of our new restaurant; Route 92 Café! Thanks to all of your wonderful suggestions on names, and your input in our vote. The “soft opening” will take place on February 7th. This will give staff time to work out

any kinks for our Grand Opening on Valentines Day, February 14th The new system will take some getting used to, so we want to thank all of you in advance for your patience! I know some of you have already giving input regarding certain items you would like to see make the new

menu, but if you have any ore suggestions, don't hesitate to make them known! We wouldn't be successful in this wonderful new change without each of you. We are so blessed to be part of such a close knit community!

# Employee Spotlight— Amanda Van Clark

This employee recently went on maternity leave. Boy did we notice her absence! I'm not just referring to her warm smile... We all know when Amanda is in the kitchen! She takes such wonderful pride in the meals she prepares for us and it shines through in the fantastic flavor of her dishes. We have been lucky enough to



*Amanda, Alex, Emberli, and Eddisyn*

have Amanda as an employee for over four years.

Her life outside Windsor Manor consists of raising her two beautiful children; Emberli and Eddisyn with her husband Alex. Amanda has many hobbies, but if you have never seen the amazing hair bows she makes, you are missing out. I'm sure she'd be glad to show you.

*“A friend is one who knows you and loves you just the same”*  
~ Elbert Hubbard

## Friends for Life

Here at Windsor Manor, we want to be more than just a familiar face meeting your needs, we want to be your friend, and part of your family! That is why we have our “Friends for Life” program. For those of you who are new; this is a fun program we do assigning each resident to a staff member. The staff member goes about and beyond in get-

ting to know you and enriching your life. We would like to take a moment to give a pat on the back to Roxanne Kaale for this very reason. Roxanne is attending college at UNI, but that doesn't stop her from sending cards, letters, small tokens and gifts to her friend for life Ardelle! What a perfectly matched pair; Ardelle is just as special and thoughtful as

her friend for life! If you don't know who your friend for life is, or not sure if you have one yet, stop in and see Gayla so we can get that straightened out. This is a wonderfully uplifting quality of Windsor Manor and we want to be sure everyone is taking full advantage of it!

## David Says...

It seems we have had some questions and concerns regarding transports. For your convenience I will reiterate our policy. As a service provided by Windsor Manor, we are happy to transport you to previously scheduled appointments here in Indianola. Should you require a ride to Des Moines, we are happy to assist you for a small fee. (as gas prices are quite outrageous these days) We provide transports on

Mondays, Wednesdays and Fridays. It is to your best advantage to schedule your appointments as far in advance as possible so we have ample time to reserve the van and a staff member for you. Please keep patients with us as we have quite a few residents with a great many needs and only one van. We occasionally do have conflicts with weather and the possibility of another resident having previously reserved the

transport time you are requesting. As always, we are happy to help you arrange for some of our other local transport services should we not be available at some point when you have need for a ride. You are all generous and patient people and we greatly appreciate you applying this patients to transports as well.

A big thank you from..  
David, Daphanie & Gayla



**Hitch a ride with Us!**

# Nurse's Notes

To all the Resident's and Families of Windsor Manor,

I have had the pleasure of being the Healthcare Coordinator at Windsor Manor for over a year now. During my time here, I have had the privilege of being a part of the lives of the residents who reside here. I have developed any close relationships with the resident's and their families. I have had the opportunity to help train a wonderful, dedicated, caring team of people who are committed to bettering the daily lives of the resi-

dent's at Windsor Manor. I feel very blessed to have had the chance to work and to be a part of such a wonderful family that exists here.

I have recently been given the opportunity to advance my career working in private practice doctor's office. This decision was not an easy one to make. I have decided to take the position that has been offered to me. It is with a heavy heart that I say good bye and thank you to my family here at Windsor Manor. Thank you for all of the memories, the stories and

the opportunity to share a small part of your lives with me.

I wish you all the best, happiness and health. I leave knowing your are in wonderful hands with the team I leave behind. Some things my time here has taught me, appreciate the time you have, share often, listen more and enjoy the little moments. Thank you all for sharing with me.

Sincerely,  
Renee Formaro RN

***"The important thing is this: to be able, at any moment to sacrifice what we are for what we could become" ~ Charles Du Bos***

## Introducing Kim

My name is Kimberly Flores and I would like to introduce myself to you all. I am a graduate of Goshen College, a liberal arts school specializing in nursing and many other areas as well. I graduated in May of 2002 with my Bachelor of Science in Nursing from Goshen College in Goshen Indiana. I have lived in Iowa since 2006 and continue to pursue my

career as a Nurse. Besides being a Professional Nurse, I am also a mother of three children and a grandmother to four. My Hobbies include reading books of all kinds, going to the gym, swimming, aerobics, biking and kick boxing classes. I look forward to being a part of your lives here at Windsor Manor Assisted Living and contributing my knowledge and expertise to a

positive experience.

Sincerely,  
Kimberly Flores, BSN, RN

## Chef Steph's Corner

I cannot tell you how excited I am to open the Route 92 Café. What an experience it will be for not only myself and my staff, but for you all also. I want you to know that I am currently working around the clock to make the transition as smooth as possible with the most minimal of "hiccups". The feature that I think will entice you most will be the extensive menu of items to be available for you at any time. There will



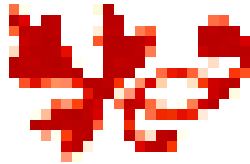
wide range of foods to satisfy every appetite. Of course, all of these

items will be made to order just for you and any guests you may invite to join you. I am still (and always) open to your suggestions. I can't wait to celebrate our innovative new restaurant opening with you!

-Stephanie Matchie  
Dietary Coordinator

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**Where families are homemade!**



# Gayla and Steph to be Jailbirds!

Our manager Gayla and our Dietary Coordinator Steph are soon to be jailbirds! They have committed themselves to being part of the Jailbirds of Des Moines– Indianola 2012 lock up, benefiting the Muscular Dystrophy Association. This is a very special group of community leaders united in their commitment to fight against muscle disease. Muscular Dystrophy is a group of muscle diseases that weaken the musculoskeletal system, resulting in inhibited movement. This



**Gayla Gilliland and Stephanie Matchie BEFORE they go to jail!**

disease affects over 50,000 Americans, and there is no cure.

These two generous

and brave ladies will be thrown in jail and be required to recruit folks to donate toward their bail. (Perhaps we could just let them be and run Windsor Manor with all Indians and no Chiefs?) I'm only kidding; we love our gals and are very proud of them for contributing to such a wonderful cause!

We will be sure to keep you all posted on their safe return and the amount of money raised... And of course, pictures!!!