

Windsor Manor
Assisted Living Community
1807 W 5th St
Vinton, IA 52349



RETURN SERVICE REQUESTED

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Resident Council Meeting
1pm on Wednesday, Feb 8th
In the Dining Room

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Resident Meeting
2pm on Thursday, Feb 23rd

“Ask A Nurse” with Lisa
1pm on Friday, Feb 17th

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Joy of Painting with Paul
EVERY Tuesday at 9am

Per your requests, there are several new
activities this month.
Come out and try something new!



Heart Awareness Month - Fun Facts

- Your **heart** beats over 100,000 times a day.
- Your **heart** pumps about 2,000 gallons of blood each day!
- The **heart** pumps about 1 million barrels of blood during an average lifetime!
- Women's **hearts** beat faster than Men's.
- The aorta, the largest artery in the body, is almost the diameter of a garden hose.
- Every day, the **heart** creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.

How do we protect & maintain this amazing machine?

- To avoid **heart** disease, get moving. The risk of **heart** disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming and biking, are the best choices for cutting your risk of **heart** disease.
- Taking care of your teeth can have a dramatic impact on heart health. If you develop gum disease, your chance having a **heart** attack or a stroke increases by 50%.
- Laughing can be a great workout for your **heart**. Whenever you laugh, the blood flow in your **heart** is increased for up to 45 minutes, which in turn improves your **heart** health.

Most importantly! **Heart=Love**

- Plato theorized that reasoning originated with the brain, but that passions originated in the “fiery” **heart**.
- There is a reason the **heart** is associated with love and emotion. The ancient Egyptians believed that both intelligence and emotion were based in the **heart**, while the Chinese believed that the **heart** was the source of happiness.

Love, Your Nurse Lisa

We are a Heartbeat Away
 From Valentine's Day
 Come in and enjoy a Treat
 For you and your Sweet!

Stop in
 February 10th
 1pm to 3pm

Enjoy a complimentary Valentine Treat
 Come in for a visit or to meet some new friends

What are YOU Proud of?

This February our bulletin board will feature things residents and staff are proud of. It's ok to show your love by bragging a little and this is the perfect time to do it! See ANY staff member and let them know your "brag." We will be happy to write it up and post it for you. Some ideas for this brag board would be: The birth of a great grand child, a generational family photo

you are proud of, a family member who received an honor or award, a child that had a great accomplishment...and the list goes on. Families are welcome to share in this by providing "bragging" points too! This is a great way to show your love for your family and maybe even learn more about the people who live and work here!

Groundhog Day

Every February 2, crowds gather at the entrance of a groundhog's burrow and wait for the furry creature to forecast the weather. If it sees its shadow and runs back inside, prepare for six more weeks of winter. If it steps boldly from its burrow, then spring may come early.

The Pennsylvania Germans began the tradition of Groundhog Day in America, with evidence of its practice dating back to 1841. These traditions began in ancient Europe, when people believed that badgers and bears, not groundhogs, could predict the weather. Christians, trying to convert these heathens, absorbed this tradition into their religious celebration known as Candlemas, commemorating the presentation of the baby Jesus at a temple and the purification of Mary. Amazingly, little is remembered of Candlemas, but much is made of an overgrown squirrel that predicts the weather.



J-E-L-L-O

There is no other dessert as wiggly and as jiggly as Jell-O. In fact, there is nothing quite like this gelatinous children's treat, so why shouldn't it have its own weeklong celebration? February 12-18 is Jell-O Week.

During the 1800s in England, gelatin desserts were popular among the rich and famous. Party hosts would present fantastic

jelly moulds of different shapes and sizes to their guests. But these fabulous jellies were expensive and hard to make. It wasn't until 1845 that Peter Cooper, the inventor of the first steam-powered locomotive, invented powdered gelatin. Cooper, though, never thought much of his idea and sold the product to a cough syrup maker named Pearl B. Wait. It was

Pearl Wait who christened this new product Jell-O.

Consumers were, at first, suspicious of this strange, colorful, and wiggly food. In 1904, thousands of salesmen were sent door-to-door to give away free Jell-O cookbooks, a very innovative practice at the time. Popularity surged and by 1906, sales topped \$1 million dollars.



Tax Information for Residents and Families

Tax Deduction
 Section 213 of the Internal Revenue code allows deductions for medical care for an individual, spouse, or dependent if the expense exceeds 7.5% of the taxpayer's adjusted gross income. The monthly fee of an Assisted Living community is a medical expense. This code further states that if a resident is living in an Assisted

Living Community because of a medical condition which requires them to be there, and meals and lodging are furnished, then the cost is considered medical care expense.

If you would like a print out for 2011 tax purposes, please let Bethany know. They will be sent out with your March Billing or you may pick them up at

Windsor before that time. Contact Bethany at 319-472-2060 or email: manager@windsor-manor.com

Did You Know?
 Windsor offers an automatic withdrawal option for easy rent payment. See Bethany for a simple form to get this free service started.

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