

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

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Soup Month

Trivia Day
January 4

Old Rock Day
January 7

Bubble Bath Day
January 8

Houseplant Appreciation Day
January 10

Dr. Martin Luther King, Jr. Day
January 16

Chinese New Year: Year of the Dragon
January 23

Australia Day
January 26

Windsor LIFE

January 2012

319-472-2060

www.windsor-manor.com

Glenna McNeal - Employee of the Year!

Windsor Manor is proud to announce Glenna McNeal as 2011 Employee of the Year. Glenna has been with Windsor Manor since we opened in 2007. She comes to work with a smile and a heart for serving others. She is consistently kind, caring, and compassionate with a listening ear for both residents and coworkers. On top of all these outstanding attributes, she is an AMAZING cook and is well known for her delicious pies with the

most perfectly toasted meringue. Congratulations Glenna on a job well done.



Thank You

If you had the opportunity to visit us during the past few weeks, you would see that the staff lounge is FULL of treats from residents, family and friends. I started to make a list of people to thank when the goodies came in but they some "appeared" when I wasn't here and I couldn't keep up! We

thank you for showing appreciation with your goodies, treats, and cards of thank-you.

I think I speak for every staff at Windsor when I say we are honored to care for your friends and family...thank YOU for the opportunity!



January Birthdays

Capricorns are born from January 1 to 19. Capricorns are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns can adopt new ideas and make quick judgments in tricky situations. If you were born between January 20 and 31, you are an Aquarius. Water Bearers have attractive personalities and are very imaginative and intuitive. Aquarians have a strong desire to help humanity.

Paul Revere (patriot) – Jan. 1, 1735
Joyce Pollock (resident) – Jan. 1
Nadine Krug (resident) – Jan. 1
Ruth Jeffries (resident) – Jan. 2
Kate Middleton (princess) – Jan. 9, 1982
Danelle Wroblewski (Lead Univ. Wkr) - Jan. 21
Art Wilson (resident) – Jan. 23
Joan Nix (Culinary Dept) – Jan. 30

We have had much activity in the last few weeks at Windsor Manor.

At the beginning of December, we lost a resident near and dear to many of us. Jean Franklin passed away surrounded by her family here at Windsor Manor. Jean's warm smile and kind demeanor will be missed. Our condolences to Nancy Schmitz (Life Enrichment Coordinator at Windsor Manor) and family.

We have also met some new friends or in some cases become re-acquainted with old friends
We Welcome:

Art & Kay Corbett
Allen Kaestner
Nadine Krug
Irene Ramsey



Oatmeal in the Oven



January may be the perfect month to enjoy the warm and hearty comfort of oatmeal. Besides, it's Oatmeal Month. This recipe for oven-baked oatmeal is sure to win the hearts, minds, and stomachs of all who eat it:

Mix together:
1/3 cup vegetable oil
1/2 cup sugar
1 large egg, beaten

Add, mixing well:
2 cups oats, rolled or quick
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup milk

Pour into greased 9 X 5-inch loaf pan. Bake at 350 degrees F for 35 to 40 minutes (25 to 30 minutes if using quick oats), or until golden brown. Top with milk, cream, brown sugar, nuts, dried berries, or all of the above.

Where I Am

Let me be a child again
If only for this night
Let me feel the joy inside
And see the star shine bright

Let me know that people care
Though, I have aged a bit
Let me know what joy there is
I ask now while I sit

Let me be a teen once more
Though sometimes I forget
Let me walk across the floor
More healthy and fit

Let me be a young adult
Strong, and not a wrinkle
This Christmas Night, I ask of you
My wish, dear ole Kris Kringle

Just a minute Santa Claus
I've changed my mind again
There's memories and moments
I can't go where I've been

Let me be just who I am
With memories so dear
I'm happy and so joyful
I'm full of Christmas cheer

I'm where I am supposed to be
At this very point in time
What I've lived is who I am
And I like it all just fine

So here I am and here I'll stay
I really need no answer
I'm happy spending Christmas here
My home at Windsor Manor

Author: Brian J. Robinson
December 15, 2011

There was hardly a dry eye in the house when Brian read this to staff and residents before Christmas.

Thank You Brian for this gift of words and heartfelt emotions.

Merry Christmas and Happy New Year. May we all take a moment to remember our blessings this holiday season.

Notable Quotable

"Nature is full of genius, full of the divinity; so that not a snowflake escapes its fashioning hand."

~ Henry David Thoreau, *philosopher*



New Year Poem

A New year lies before us!
Can this really be two thousand twelve?
The last 12 months fled quickly.
Into some changes let us delve:
We've lost a few friends
And gained several more.
Our home has stood firmly,
When the tornadic winds roared.
With our staff watching over us,
With Bethany and Paul working fast,
Windsor Manor healed very quickly;
Now all apartments are full at last.

-Maxine Looney



"Life is not a spectator sport. If you're going to spend your whole life in the grandstand just watching what goes on, in my opinion you're wasting your life."

~ Jackie Robinson
(born January 31, 1919)

Resident & Family Communication Reminder

- When residents of Windsor Manor have doctor appointments, please alert staff so Lisa can prepare information to be sent to the appointment. This is especially important when we help you with your medications. This includes appointments with eye doctors, and veterans administration physicians
- We provide transportation every Tuesday and Thursday here in Vinton. If you have an appointment, please let us know in advance so we can properly plan. If you have an appointment on days other than Tuesday and Thursday(that cannot be changed), we can make special arrangements but must be notified in advance for this service.

A Shocking Day

You walk across the carpet, reach for the doorknob, and ZAP...you get a shock! What exactly is this strange phenomenon? Perhaps the best day to answer this question is on January 9, Static Electricity Day.

The secret of static

electricity begins with tiny, microscopic atoms. The insides of atoms are made up of electrically charged electrons. Amazingly, these miniscule electrons can move from one atom to another. When feet rub on the carpet, electrons move from the atoms in the carpet to the atoms

in your feet. Touch a brass doorknob and ZAP, the knob is a conductor of energy. The electrons jump from your hand to the knob with a tiny spark. Sometimes people really do have electric personalities.

