

Windsor Manor  
Assisted Living Community  
1807 W 5<sup>th</sup> St  
Vinton, IA 52349

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# Windsor LIFE

December 2011

319-472-2060 www.windsor-manor.com



**Bingo Month**

**Tie Month**

**Fill the Cookie Jar Month**

**Learn a New Language Month**

**Pearl Harbor Day**  
*December 7*

**First Day of Hanukkah**  
*December 20*

**Flashlight Day**  
*December 21*

**Christmas**  
*December 25*

**Boxing Day**  
*December 26*

**New Year's Eve**  
*December 31*

## Windsor Festivities begin With Cocoa & Christmas

Our activity calendar is packed full of Holiday Festivities! As always, the public is welcome to join us for any of our special events.

Each year we are proud to host the Union Carolers for Cocoa and Christmas Carols.

This year, the event is on **Sunday, December 18<sup>th</sup> at 5:15pm.**

We encourage you to come early as our dining room fills quickly

In addition to this event, we are excited to spend an evening with

Shannon Janssen on Piano. Shannon is an accomplished pianist. Her joy and passion shine through when she performs and she has a magical way of captivating her

audience. Shannon will perform on the 15<sup>th</sup> at 6:30pm. Shannon has several CD's that would make perfect Christmas Gifts!

**See the activity calendar for the many other activities and events to make this holiday season merry and bright**

## December Birthdays

Sagittarius rules those born from December 1 to 21. Sagittarians are often on the go, and their endless optimism is infectious. These are easygoing and curious people who love to learn new things. Capricorns are born from December 22 to 31. They are pragmatic and forthright, so they have no problem sharing their advice. Great improvisers, Capricorns make quick judgments in tricky situations.

Lou Rawls – Dec. 1, 1933  
Kim Ruiz (employee) – Dec. 4  
Little Richard – Dec. 5, 1932  
Sammy Davis, Jr. – Dec. 8, 1925  
Tim Conway – Dec. 15, 1933  
Steven Spielberg – Dec. 18, 1946  
Jesus Christ (savior) – Dec 25<sup>th</sup>!  
Elvis Forsyth (resident) – Dec. 26

## Give Back *continued from pg. 1*

\*We also learned that the family has one chair and could use a couch, lamps, and other basic household items.

**You may contribute by placing a labeled "Give Back" envelope in the donation/suggestion box by the front door at Windsor or by delivering wrapped/labeled items to Windsor Manor by Dec 9<sup>th</sup>.**

The family will receive their items on the 15<sup>th</sup>!  
Please note the items do not have to be new but in good condition.

Please contact Bethany with any questions 319-560-8363 or manager@windsor-manor.com

## An Opportunity to Give Back

Join Windsor Manor in the opportunity to help a local family. The 8 year old daughter became ill this year and has required multiple trips to Iowa City, Her mom lost her job due to excessive absences. The daughter has written a letter to Santa with the families needs. There are three children in the family and their needs are as follows:

-Boy Age 12: Jeans sz 16 reg  
-Boy Age 11: jeans sz 14 reg  
-Girl Age 8: Pajamas sz 8-12  
In the letter the daughter mentioned that she knows Santa doesn't usually deliver gifts for parents but her Mom wants a microwave (red, if possible ☺).

The children have wants that we would like to help out with as well:  
12yr old: model cars and a head set

11yr old: model cars, erector set, Legos

8yr old: mentioned that she would like a sewing machine so she can sew with her Mom.

*Continued on page 4*

## Raise Our Voices, by saying Thank You

If you have been reading the newsletter for any length of time, you have heard me (or read me) speaking about an attitude of gratitude and how that can change your outlook on life. Well, I found more proof! Not only can it improve your outlook on life, but it can also improve your physical well-being. Here are some ideas to help you get started:

-Write a letter: Write a gratitude letter to someone who has touched your life. Whether it is someone from your distant past, or a grandchild who encourages you, tell them what they specifically do/did that made such an impact on you! Research has shown that people who are grateful for what they have are more optimistic, have lower stress levels, and are less likely to suffer from depression.

-Keep A List: A recent study found that people who kept gratitude lists, made more progress towards personal goals than those who didn't.

-Create Art: Create a collage, express your gratitude through artful interpretation...an opportunity for this is on your activity calendar this month (Paul is leading it and we all know how talented he is)

-Make a conscious effort to be grateful: Try listing things you are grateful for when you first wake up in the morning or during your morning routine...it can totally change your perspective! Once you are comfortable with this...try passing it on.

Sources: Scholastic Parent and Child, Nov 2011, p. 53

Thank You for reading ☺

*-Bethany*

## Sign of the Times

The year 1904 brought some exciting moments to New York City. The city's first subway line opened, and for the first time ever, New Year's Eve was celebrated in Times Square. Of course, it was not named Times Square back then. It was known as Longacre Square. That is, until the owner of *The New York Times* newspaper, Alfred Ochs, moved his newspaper headquarters downtown and lobbied the city to rename the location. The 1904 New Year's Eve party marked the official opening of the newspaper's new offices.

By 1907, fireworks were banned at the Times Square New Year's Eve party. Ochs would not stand to see the fun extinguished. He devised a massive ball of light to drop down from his building's tower at the stroke of midnight. Over 100 years later, the ball dropping at Times Square has become more than famous – it has become part of New Year's Eve lore.



### Notable Quotable

“Men build too many walls and not enough bridges.”

~ Sir Isaac Newton.  
(born on Christmas Day, 1642)



## Holiday Secrets, Parties, and more.....

If this is your first Christmas Holiday at Windsor Manor...you are in for a treat!

Every resident has a “Secret Santa” Beginning December 1<sup>st</sup> your Secret Santa will perform acts of kindness for you. Don't be surprised to find in your stocking, little notes, gifts, or other Holiday Cheer throughout the month.

Your job is to enjoy the Holiday Season and the surprises from your Secret Santa ☺ On Christmas day, everyone will have a gift under the tree in the living room and your Secret Santa will be revealed.

On Dec 21<sup>st</sup> at 2:30pm Judy Mehlert will entertain us for the Resident Christmas Party and gift exchange.

Join in the fun by bringing a wrapped “White Elephant” gift. A “White Elephant” gift is something new or gently used that you are willing to part with. Big or Small – Funny or Serious...it's all up to you!

We will play a musical game with the gifts and enjoy some laughter with friends.

*\*On the 16<sup>th</sup>, we can assist you to wrap your gift...see your activity calendar*



## Learn Some Esperanto

Esperanto is supposed to be five times easier to learn than other foreign languages, and while it is spoken by people all around the world, it is not yet a major language Zamenhof hoped it would be. Interested in learning some simple Esperanto phrases? (It happens to be Learn a New Language Month.)

- Hello = Saluton
- Good Morning = Bonan Matenon
- Thank You = Dankon
- Do you speak Esperanto? = Cu vi parolas Esperanton?
- Merry Christmas = Feliĉan Kristnaskon



## Christmas Meal Reservations

We always welcome guests for the Holidays.

**Our Christmas Meal will be served at 11:30am and 1:00pm.**

We request **ALL residents** who will be dining at Windsor Manor on Christmas Day to please reserve a meal time. Seating is

limited in the dining room. We want to be sure everyone is able to have time to spend with family and friends in a comfortable environment.

Our Christmas meal will be:  
Baked Chicken  
Honey Ham  
Green Bean Casserole  
Corn Casserole

Dinner Rolls (and the meal wouldn't be complete without) Glenna's Pies You may call to reserve your time at 319-472-2060 or email [joanculinarycoordinator@yahoo.com](mailto:joanculinarycoordinator@yahoo.com) **\*\*Windsor Manor residents may fill out enclosed form and return to staff for your reservation\*\***

