

Windsor Manor

Assisted Living Community 512 North Finn Drive Algona, IA* 515-395-1512



Celebrating July's Birthdays

Doug Blanz
7-10

Carol Leners
7-12

Laura Hanson
7-18

Marguerite Dale
7-18

Michelle May
7-27

Jessica Wagner
7-31

Our Resident of the Month is Jerome "Jake" Becker



Jake was born on October 19, 1933 in St. Joe, Iowa. He was from a family of 21 brothers and sisters. He was the 2nd youngest. He helped with all sorts of chores as a kid. He met his wife, Linda Clark under a tree. They were united in marriage in June 1960. They had three children Tim, Kathy, and Blane. Jake served in the Marine Corp from 1953-1955 after the Korean War. He was a heavy equipment operator, a welder, and a construction worker. He opened his own shop called "Jakes Welding" for 10 years.

Jake loves to read anything and likes to put puzzles together. He also loves to play cribbage along with many other card games. He loves reunions and family get together with his grandchildren. He belongs to the St. Cecelia Catholic Church in Algona.

He came to the Windsor Manor this April. He knew it was a necessity for him to be where he could have someone look out for him if he needed something. He has someone to help him with his meals, medications, and if he wants social interaction he has that here too. He is not a very picky eater he loves pretty much everything. Meat and Ice cream are his favorites.

We welcome Jake to our Windsor Manor Family!

Employee Spotlight

Michele May



Michele was born July 27th, 1975 in Denver Colorado. Michele is the youngest of 3 and the only girl in the family. Michele is very proud of her brothers. One of her brothers lives in Boise ID and owns a Basque pub and grill. He has been on the food network.

Michele's other brother lives in Ridewood, NJ and does Tech support for a wine distributor. Michele has lived in many places including Denver, Yucca Valley California, Bakersfield California, Amarillo Texas, Boise ID, Seattle Washington, and now is here in Algona Iowa. Michele's parents Bill and Geneva Hilton have been married for 48 years.

Michele has always loved animals. She has a 15-year-old corgi dog. Michele loves to read. Her favorite kinds of books are forensic science, history, and neuroscience. Her favorite Author is F. Scott Fitzgerald.

Michele is a widow and has no children. She is a proud Aunt of a 3-year-old Niece and a 10-year-old Nephew. She loves to be out riding her bike and fishing. She loves to go to hockey games and baseball games with her Dad. Her Dad is her Hero.

Michele is the Dietary Quality Assurance Coordinator here at Windsor Manor. She loves to help out. She is great with our residents. We are very lucky to have her here with us.

Message from Terri

Jolene Brackey, author of "Creating Moments of Joy", is an expert on dementia care and Alzheimer's. I had the honor of attending one of her workshops this past month. Dementia and Alzheimer's affects so many in addition to the person diagnosed with it.

Caregivers struggle with providing the best possible care, while trying to maintain their own lives and health.

There is help available, though! You don't have to make this journey alone! Check out the Jolene Brackey and Teepa Snow on the internet. Both are very entertaining and have a variety of books and video available. You are invited to attend our Alzheimer's and Dementia support group here at Windsor Manor on the 3rd Monday of each month at 5pm. Our next meeting will be July 17th. We have lively, informative, and most of all supportive conversations. I hope to see you all there.

Information on Preventing Heat Exhaustion

There are many ways to prevent heat exhaustion. Wearing light colored and loose-fitting clothes, protecting yourself with a hat or an umbrella, and using sunscreen (SPF) of 15 or higher.

Drinking lots of water throughout the day is very important when out in the heat also. Getting dehydrated is very easy to do. Some sports drinks as Gatorade can help replenish you also. Avoid drinking lots of caffeine such as (teas, coffees, and soda) or even alcohol.

Going outside at cooler times such as before 10am and after 6pm is better also. Cooler times you are avoiding the extreme heat. Taking frequent breaks from the heat if you need to be out in it is advised.

Be smart when you are out in the heat and drink plenty of fluids!



Jo and Harold making no bake cookies YUM!



Down Memory Lane playing a tribute to our country!



The Fairmont Accordion Band for our 4th Anniversary

The Magician for our celebration



Decorating Pinecones

Fourth of July Word Scramble

Unscramble the words, then use the highlighted letters to write out the scrambled secret message.

ASTSET

ENDDEEPPNICN

DEARAP

LUEB

TENIUD

TWEHI

AEQTIULY

ERIRFKWOS

ARLANCDITEO

FDREOME

DER

ILBEYTR

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Exercising outside in the wonderful weather!



Hayride for our celebration

Fourth of July

DIRECTIONS: Find and circle all of the Fourth of July vocabulary words. The words may be horizontally, vertically, or diagonally placed.

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

- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOT DOGS

- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS
- STATES
- THIRTEEN
- UNITED



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