

MAY 2017

Windsor Manor

Assisted Living * 512 N Finn Drive Algona, IA * 515-395-1512 * 515-395-1513



Our Resident of the Month Margery Funnemark



Celebrating May Birthdays

Jo Weatherly
May 9

Mary Rockhold
May 24

Celebrating May

Mother's Day
May 14

Memorial Day
May 29

Margery was born in Burt on September 14, 1931. She was from a family of 12 children. She was a middle child. She grew up on a farm in Wesley in the 30's during the depression and said those were very hard time. She couldn't be picky on what she wanted to eat and sometimes there wasn't much to eat at all.

Margery was married and has 2 sons, Gary and Mark. Gary is married to Jean and they have 2 sons. Gary works on the road crew. Her other son Mark farms.

Margery was a grade school teacher in Titonka for many years. She loves to play cards, put puzzles together and play BINGO. She also likes to read a lot, go on trips and enjoys her grandsons. Her favorite color is red.

Margery moved to Windsor Manor on February 27, 2017. She enjoys not having to cook. She has loved meeting new friends and enjoys helping others when needed.

Employee Spotlight Katie Heinen



Katie was born on April 21, 1980 in Kossuth County. She grew up in Algona and has 3 older sisters. She graduated from Algona High School in 1998.

Katie met her husband Kevin in May of 2000 and got married in May 2004. They have 4 children, Matthew (18), Brooklyn (16), Andrew (16), and Jenna (15).

Katie enrolled into college in 2006 to become a LPN but had to leave college to care for her sick father. She plans to finish college this fall.

Katie's favorite movie is *Beauty and the Beast*. She loves spending time with her family at their lake house in Ruthven. Katie enjoys fishing, swimming, boating, kayaking and reading.

Katie enjoys working at Windsor Manor because she loves helping others. She loves working with the residents and considers them as her second family. She enjoys working wherever she is needed and does it with a smile.



Message from Terri

Being a daughter first,
and then a Mother, I
only hope that I have made
my children feel as loved
as my Mother has made me.
To each of you, as Mothers, I
share this poem. Thanks, Mom
for helping me become the
person I am today!

Blessed be all mothers
Who have come into our lives
Whose kindness, care and loving
Remain with us to guide.

Your inspiration in us
Made us strive in every way
Especially to remember
Helping others makes our day.

Mothers, this little tribute
Flows directly from my heart
You are so loved and cherished
Invaluable, one and all, you are.

Information About Season Allergens From Lynzie

Take steps to avoid seasonal allergens. For instance, use an air conditioner with a HEPA filter to cool your home in summer, rather than ceiling fans. Check your local weather network for pollen forecasts, and try to stay indoors when pollen counts are high. At times of year when your hay fever is active:

- * keep your windows shut
- * limit your time outdoors
- * consider wearing a dust mask when you're outside, especially on windy days

It's also important to avoid cigarette smoke, which can aggravate hay fever symptoms.

When you can't avoid your allergens, other treatments are available, including:

- * over-the-counter decongestants and antihistamines, such as cetirizine (Zyrtec) and combinations of acetaminophen, diphenhydramine, and phenylephrine (Benadryl)
- * prescription medications, such as steroid nasal sprays

In severe cases, your doctor may recommend allergy shots. They're a type of immunotherapy that can help desensitize your immune system to allergens.

Some allergy medications may have unwanted side effects, such as drowsiness, dizziness, and confusion.



Evey, Jo, Elda, Greta, Gladys and Ruth enjoying an afternoon of make Tie Blankets for the hospital.



Judy shared a special day with her husband Ron and her daughter Jill.



David and Wayne relaxing during men's spa day.



Mary made delicious smores.



Plus One came to entertain our residents with a morning of singing.

Jeannette loves listening to music.



Geraldine enjoyed the morning listening to Plus One.



Liz always has a smile on her face.



Brain Teasers

Ice Cream Flavors

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

COTTON CANDY
 MAPLE WALNUT
 PECAN
 BANANA
 TIGER TAIL
 MOOSE TRACKS
 COCONUT
 ROCKY ROAD
 GREEN TEA
 FUDGE
 REESES
 CHOCOLATE
 VANILLA

MAY EVENTS

Dan's Band
 May 3 @ 10:00

Barb/Piano
 May 9 @ 2:00

Down Memory Lane
 May 15 @ 2:00

Music by Jeff
 May 17 @ 2:00

Plus One Band
 May 24 @ 2:30

Sudoku Fun

	9	6		4				3
	5	7	8	2				
1			9				5	
		9		1				8
5								2
4				9		6		
		4			3			1
				7	9	2	6	
	2			5		9	8	

