



## WELCOME TO WINDSOR MANOR

OUR NEW RESIDENT,

### BONNIE KLOUDA

Bonnie was born in Flippin, Arkansas in Dec. 1933. She has two sisters and two brothers. In 1947 she moved to Cedar Rapids, where she met her lovely husband Lester Klouda and they got married in 1952. They were married for 33 years and he passed away when he was 75. Bonnie can't stop talking about how great her husband was and what a good dad he was to their children. Every weekend they went to play cards at their friend's house.

Bonnie and her husband enjoyed going for a week each year to Canada fishing. Bonnie didn't necessarily love fishing, but she loved to spend time with her husband the most. After Bonnie's kids grew up, Bonnie went to work as a professional painter with her sister in law. They painted big buildings, like hospitals and schools.

Bonnie's biggest hobby is playing Wii Bowling. She even won a Wii Bowling trophy! Residents are welcome to join Bonnie for Wii Bowling here at Windsor Manor.



### December Birthdays

Bob Darrah	Dec. 9 <sup>th</sup>
Bonnie Klouda	Dec. 16 <sup>th</sup>
Leigh Heaverlo	Dec. 17 <sup>th</sup>
Elissa Evans	Dec. 19 <sup>th</sup>
Gilbert Pederson	Dec. 20 <sup>th</sup>
Neal Beery	Dec. 27 <sup>th</sup>



### Families and Friends!

#### *December 24<sup>th</sup> at 12:30-2:00pm*

*Please, join us for a Christmas Eve Party at Windsor Manor to Enjoy Holiday Music, Gift Opening and Goodies!*

*Check our calendar for more music and fun activities in December 2015*



December 24<sup>th</sup>  
12:30pm

A Christmas Party at Windsor Manor



Bingo Month

Spiritual Literacy Month

Safe Toys and Gifts Month

Antarctica Day  
December 1

Special Kids Day  
December 2

Hanukkah  
December 6-14

Lost and Found Day  
December 11

IFCM World Choral Day  
December 13

Christmas  
December 25

Boxing Day  
December 26

Kwanzaa  
December 26-January 1

New Year's Eve  
December 31

# Windsor Manor

December 2015

608 South 15th Street Indianola, IA 50125 Ph# 515-961-8900

## Christmas is Coming!

Help restock the food pantry and maybe win some cash!

Windsor Manor is proud to be a sponsor of the KNIA/KRLS Christmas food drive. A collection box will be in our front hallway until Christmas. Please consider dropping off food items to help feed the hungry in central Iowa.

Besides feeling great about helping out local families, you could win cash in the KNIA/KRLS Christmas Cash Call Game. Here's how it works.

During December, KNIA (92.1 FM)/KRLS (1320 AM) will be giving away \$2,500 in cash on the air to local listeners. Call in and play the Christmas Cash Call Game and you could win that day's jackpot. If there are no winners, the jackpot keeps growing. Every winner of the on-air jackpots can try to double their winnings with the Bonus Cash Trivia Questions about area businesses. The answers to the trivia questions can be found at KNIA/KRLS.com. If you call in and play the Christmas Cash Call Game, you are automatically qualified for the grand prize event. Other ways to qualify for the grand prize event include:

- Place your name in the drop box on the table just inside the front door at Windsor Manor.
- Join Leigh and Jenny at the Indianola Hy-Vee for on-air, live broadcasts on December 2 and December from 3 - 5:30 p.m. to become an instant qualifier.

Grand prizes include a \$2,000 gift certificate from Gibson's Jewelry in Knoxville, a \$1,500 cash giveaway that includes a weekend getaway in Kansas City, a \$1,000 gift certificate to Boat's Home Furnishings in Pella, and a Maytag stainless steel double oven from Bruxvoort's Decorating in Pella.

We love to see family members taking their Windsor Manor loved ones home for the holidays. We also hope to see you all at our Windsor Manor family Christmas Eve Party at 12:30 p.m. Join us for live music and goodies.

The Windsor Manor team wishes residents and their family members the very merriest Christmas and a fantastic new year!

Jenny Knust  
Executive Director



## Naughty or Nice? The Krampus Knows

December 4th is Santa's List Day, but throughout December, children the world over will be wondering whether old St. Nick has counted them as *naughty* or *nice*. Of course, most fall somewhere in the middle. But tell that to the Krampus.

In the alpine villages of Europe, December 5th is celebrated as *Krampusnacht*, or Krampus Night. It's the eve before Saint Nicholas Day, and—says cultural historian Stefanie A. Babb—it's the night when a Krampus creature (half Big Foot, half Devil) searches for all the children who've been "naughty."

This long-haired beast is thought to be Santa's twin brother and helper. Children hear his arrival by the clanking chains and bells around his waist. The punishment for the naughty depends upon the child's

degree of naughtiness. Some children are given coal or bundles of birch. But the naughtiest are said to be thrown into a sack and carried away to the Krampus' lair—where they're eaten for dinner.

Modern day *Krampusnacht* activities involve men donning elaborate goat-skin costumes and carved wooden masks. In the Alps, it's common to see homes decorated year-round with bundles of the Krampus' birch, painted gold, to remind children to remain well-behaved.

It's the "nice" children who enjoy the big payoff on December 6th, Saint Nicholas Day. It's named for the fourth-century Bishop of Myra famed for his secret gift-giving. Children awake to find gifts and sweets, and breathe easy since there's a whole year before the Krampus returns.

## Life Uninterrupted on December 31

We live in the Digital Age, where computers allow us access to vast amounts of information and almost-infinite social networking. To put it another way, it's a near-endless amount of distraction. Gloria Mark, University of California professor of informatics (the science of computer data), likens it to a candy store with unlimited offerings. And, as many know, an endless stream of candy is

bad for our health. What better way to ring in the new year than with No Interruptions Day on December 31? Work interruptions cost us hours in productivity each day. But what of those who believe work itself is an interruption? Then you, too, can participate. Take time on the 31st to unplug and spend quality time with someone special—face-to-face, heart-to-heart.

## What Is That Ringing in Your Ears?

Some would argue that Ding-a-Ling Day on December 12 is a day to celebrate the kooky, off-the-wall ding-a-ling in your life. Well, those ding-a-lings don't know the real meaning of Ding-a-Ling Day.

According to the *Chicago Sun-Times* newspaper, the Ding-a-Ling Club was started in 1971 by Franky Hyle of Chicago, Illinois—who thought city dwellers should be friendlier to one another. His solution was to spread cheer through the telephone lines. The December 12 mission? Pick up the phone and dial a friend you haven't seen or spoken to in a long time.



### Digital Quotable

"Digital technology is getting smarter, and society is getting dumber."

~ Rebecca McNutt as "Mandy" in the book *Smog City*

## When It's Time to Be Sincerely Yours

With so much giving and receiving this holiday season, it only stands to reason that Thank-You Note Day falls on December 26.

To some, letter writing may seem like a lost art. To others, it seems like an antiquated waste of time, thanks to email, texting, and social media. Martin Nowak, director of Harvard University's Program for Evolutionary Dynamics, takes a different tack. He believes displays of thanks and gratitude are deeply rooted behaviors used to form social bonds. Even primates appreciate a "scratch

my back and I'll scratch yours" kind of thank-you.

A thank-you note begins long before you sit down with a piece of stationery. Hallmark suggests drafting a list of anyone who sent you a gift, came to your party, or was extra kind, helpful, or caring. The note doesn't have to be written on expensive paper. After all, emotion shines through in your written words. Charm is in the imperfection of your unique handwriting. Excitement comes in finding an envelope in a stack of junk mail. Just spell the person's name correctly and address

the recipient properly, whether as *Aunt*, *Uncle*, *Mr.*, *Ms.*, or something intimate like *My Love*. Always begin with your thanks. Then add details about how that person helped and how it made you feel. To conclude, restate your thanks. *Sincerely* is a tried and true ending, but feel free to vary your regards, such as *With love*, *Thanks again*, *Yours truly*, or *Until next time*.

Decorum requires thank-yous within a week. However, a late thank-you is always better than no thank-you at all. Even primates know that.



### Notable Quotable

"In order to attract more of the blessings that life has to offer, you must truly appreciate what you already have."

~ Ralph S. Marston Jr., *The Daily Motivator*

## Celebrate Hanukkah with Edible Gelt

*Gelt*, the Yiddish term for "money," is often distributed during Hanukkah. To go with this tradition, chocolate makers in the 1920s began making chocolate coins wrapped in gold paper. This December, try chocolate-dipped nuts or dried fruit such as apricots instead. Just melt chocolate, dip in a fruit or nut using tongs, cool each one on wax paper, and wrap your edible gelt in gold foil or candy wrappers for a delicious Hanukkah treat.



## Jingle All the Way from Massachusetts?

Everyone singing *Jingle Bells* this holiday season may be surprised to learn it's a Thanksgiving song. Vice president of the Medford Historical Society in Massachusetts, Kyna Hamill, explains: The song's composer is Medford resident James

Pierpont. He based it on a tradition of one-horse open sleigh races that occurred in the streets of his hometown. When Pierpont moved to Savannah, Georgia, and became a pastor, he led his congregation in singing the song on Thanksgiving. They

loved it so much they sang it again a month later on Christmas. Today, residents of Savannah still share Pierpont's passion for the festive tune. They even dispute that Pierpont wrote the song in Medford, and they claim it as their own.

