

Windsor Manor

Windsor Manor Assisted Living · 608 S 15th · 515-961-8900 · Fax number 515-961-8907



New Resident Spotlight Barbara Mendenhall

Barbara grew up on a farm in Earlham, Iowa. She has one brother and one sister. Barbara played the saxophone in band and played high school basketball. After high school graduation, she worked at a bank for sixteen months then decided to move to Des Moines and enrolled in the Executive Secretary Program at AIB. Following graduation, she worked as an executive secretary with the same company for fourteen years. In 1972, she met her future husband Ralph, at a square, dancing lesson. Two years later they married and moved to Virginia where her husband would start his new job as a Soil Scientist. Barbara worked as a secretary throughout her years in Virginia. In 2004 she and her husband retired and moved back to Indianola to be closer to her sister and mother. Barbara joined The Granny Basketball League and played with them for five years. She made lots of friends and had a great time! Barbara is a lovely lady and very easy to talk to. She is making friends at Windsor Manor and we are so happy she is here with us.

February Birthdays

Barbara Mendenhall Feb. 12th
Judy Mitchell Feb. 27th

Events/Outings for February

February 3rd at 1pm
Decorate for Valentine's Day
February 7th at 2:30pm
Resident Council
3:30pm Jenny's Flute Music
February 10th at 10am
Jeff & Nancy Beal's Music
February 10th at 11:15am
Potluck Outing to Senior Center
February 16th Family Event
4:15 1st Family Dinner
5:15 2nd Family Dinner
6:00 **Family Council**
February 17th at 1:00pm
Naomi & Rex's Music
February 22nd at 2:30pm
Phil Porter's Music
February 24th at 11:30am
Men's Outing w/Craig Vice
February 6th & 24th at 9:30am
Walmart Shopping

Every Monday 2:30 - 3:30pm
Baking/Cooking Club
Every Friday all day till 4:00pm
Hair Salon Open
Schedule your appointment w/Teresa
Every Wednesday at 1:30pm
Nail Salon Open



Celebrating February

Love the Bus Month

Mend a Broken Heart Month

Spunky Old Broads Month

Candy-Making Day
February 1

Ice Cream for Breakfast Day
February 4

Weatherman's Day
February 5

Celebration of Love Week
February 12-18

Valentine's Day
February 14

Diesel Engine Day
February 23

For Pete's Sake Day
February 26

What is Love?

One of my favorite holidays is just around the corner. I love candy hearts, pink and red, and most of all a reason to show my love and appreciation for all the great people in my life. As adults, I think people tend to think of it as a romantic holiday, but I like to think of it the way it existed when I was a kid. We addressed cards to every kid in our room—even the ones we weren't so crazy about. I can remember picking through the packs of card carefully selecting the right message for each person. You wouldn't want to give a mushy card to a boy and then have him thinking you really liked him 😊. And you wouldn't want to give a really pretty card to a girl who is a little mean to you. No wonder it took me so long to address my cards --I was totally overthinking!

I feel like the world is more chaotic now than I can ever remember. Rioting in the streets, political dissent, people taking sides over every single issue, etc. And yet every day, people are showing compassion to neighbors and perfect strangers and performing random acts of kindness and love. Love is everywhere. It just so often seems to get drowned out by the noise and clatter of everyday life. There is one among us (she knows who she is!) who makes an effort every day to write beautiful handwritten notes to those around her, expressing gratitude and love in ways that make you want to frame that card and save it forever. To me, that is the greatest kind of love—unsolicited, sometimes undeserved, and something that can totally turn a humdrum day into something very special.

If you're not great at expressing your feelings, make Valentine's Day the one day that you make an effort, in whatever way seems appropriate, to let those around you know how much you love and appreciate them. I guarantee if you do it right, it will hold them all the way until next Valentine's Day!
Jenny Knust, ED

Valentine's Day Poems For Friends

Perfect Valentine Friend

If I could create the perfect friend,
 One of my own design,
 A friend to be my companion,
 A friends for a Valentine,

 I'd build her with a giving heart
 Filled with filled with kindness, too,
 A friend who's also lots of fun,
 But I've already got one—you!

By Joanna Fuchs

Complete Valentine Friend

A friend is like a Valentine
 She has a loving heart.
 You share with her your feelings;
 Her listening is an art.

A friend is like a Valentine;
 Like candy, she is sweet.
 And that description fits you, friend;
 You make my life complete!

By Joanna Fuchs

I Treasure You

On Valentine's Day, I think of you
 With pleasure and delight;
 You always know just what to do
 To fill by life with light.

You lift me to my highest peak,
 With kindness, warmth and care.
 I'm filled with peace each time you speak,
 Just knowing you are there.

That is why, my Valentine,
 I'm sending this today,
 To let you know I treasure you
 More than I can say.

By Joanne Fuchs

Galentine's Day

The sitcom *Seinfeld* gave us the fictional holiday *Festivus* as a comedic alternative to Christmas. Now the sitcom *Parks and Recreation* has given us an alternative to Valentine's Day, *Galentine's Day*. The episode aired before Valentine's Day on February 11, 2010, and it seemed to capture the angst and pressure many feel to celebrate this amorous holiday. According to the show, Galentine's Day falls on February 13, and women leave their boyfriends and husbands behind to share a breakfast celebrating friendship, complete with waffles and frittatas. Since the episode aired in 2010, women all over have been celebrating Galentine's Day. Some stores have even begun stocking Galentine's Day gifts and greeting cards. And why shouldn't women celebrate their friendships with other women? Who knows, Galentine's Day might even inspire guys to create their own holiday and celebrate Dudentine's Day.

Drink Up!

Windsor Manor is now offering fruit water! Every morning a fresh container of water with a variety of seasonal fruits will be available for all residents.

Please bring your new cups with you to meals and we will gladly fill them up with refreshing fruit water for you to enjoy throughout the day!

The bottom line: every single cell, tissue, and organ needs water in order to function properly. Usually, when you feel thirsty, dehydration has already begun. Ideally, adults need six to eight, eight ounce glasses of water every day. **So please, drink up!**



Lenna and Jo

Employee Spotlight Lenna Keeth

Lenna has been our housekeeper for over three years and we don't know what we would do without her. She moved to Indianola from Missouri 6 years ago, so that she could be closer to her mom and because she was ready for a new adventure.

Lenna has three children and three grandchildren that mean the world to her. She attends church on Sundays and often helps with children's church. She loves to dance, listen to music, crochet and cross stitch. Something you might find surprising about Lenna is that she enjoys riding mechanical bulls! Boy would that be fun to see!

We are so blessed to have Lenna on our team. She treats the residents like family and goes above and beyond to make them feel at home. Thank you, Lenna for all you do to help make Windsor Manor a home for our residents!

Family Council and Pasta Dinner

Please join us on February 16th for a complimentary dinner and family council. We want to tell you about everything that's happening at Windsor Manor and answer any questions you might have. Our family members are very important to us and we value their thoughts and opinions. We want to hear what we're doing well and what we might need to change or add.

We understand that family members have different questions or concerns than the residents. And, we realize that you know your loved one best and know if he or she is happy and enjoying their life at Windsor Manor.

So please join us on February 16th for a fabulous Italian dinner and family council. It's the perfect time to tell us about something that's been on your mind or give us a great idea for an activity or entertainment that you think the residents would enjoy.

Leigh Heaverlo, CRM

P.S. Don't forget to RSVP to Emili at 515-961-8900 by February 10th, 2017



