



Betty Snuggs-New Resident Spotlight

Betty grew up in Chariton, Iowa and was the youngest of seven. She had five older brothers and one older sister. Her oldest brother always introduced her as his baby sister. Betty lost her father when she was three years old so was raised by her mother and older siblings. One of her favorite childhood memories is her mother's delicious sugar cookies and Sunday dinners with family. Every Sunday her mother made homemade noodles and five pies and everybody came over to eat.

Betty played clarinet in the school band and loved being outdoors. She lived across from the school yard and all the kids in the neighborhood got together and played ball. "Back then, everybody played together".

Betty got married when she was eighteen and had three girls and one boy. She worked at home until her youngest boy started kindergarten. She worked for the State of Iowa for twenty-one years as a graphic artist and a proof reader. When she wasn't at work she was taking care of her home and running her kids to all their activities.

Betty has always loved the outdoors. One of her favorite things to do is camping with her family. Something surprising about Betty is that she rode a motorcycle for years and loved it! Betty is very close to her children and is so thankful for their support and love. She has eleven grandchildren and eighteen great grandchildren and is very proud of her family. We are so happy that Betty decided to move to Windsor Manor. She is friendly and kind and so fun to talk to. She told me that she loves her apartment and that everybody is friendly and helpful.

March Birthdays

Ralph Schlenker March 4th
Margaret Hanson March 10th
Shana Stephenson Mar. 18th
Laura Gittins March 25th
Olga McHone March 28th
Greg Johnston March 30th

Events in March:

March 7th, 2:30 Residents Council in the living room
March 14th, 2:30 Birthday Party in the dining room
March 17th-St. Patrick's Day-Wear Green 1:00 Suzie Q Show in The Gardens
March 23rd 2:00-4:00 Family Event-First Annual Creation Station Event-Invite your friends and family!
March 31st, 10:00 Jeff and Nancy's Music in the living room
Nails every Wednesday and Walmart March 10th and March 24th

March Family Event First Annual Creation Station March 23rd 2:00-4:00pm

We will be setting up stations in the dining room with different activities for our residents and guests to enjoy. We'll have a card creation station, learn to draw station, make blankets station, adult coloring station and maybe a couple surprise stations! Please come join the fun! We'll have refreshments and snacks for you to enjoy while you're creating. Please let us know if you have family or friends coming, so we have plenty of supplies and refreshments. We are all so excited about this event and hope you are too!



Windsor Manor

Windsor Manor Assisted Living of Indianola · 608 South 15th Street · 515-961-8900



WINTER

Remember...this is Iowa!

What weird, weird weather we've had this winter! Not that I'm complaining. I hate cold and I do not like traveling my gravel roads with a foot of snow. But I must say, the mud has been about that deep this winter anyway. See...there's no pleasing me about the weather, and as always, there's nothing good to say about gravel roads.

I have been amazed at how much more joyful everyone seemed when the weather changed from winter to spring almost overnight. And we know it will change back to winter, which could last for several more weeks, but truly that was a breath of fresh air, wasn't it? I always have this feeling that we are cheating when we get warm days in winter. I'm pretty sure we are going to pay for it later—like a few years back when February was balmy but then it was zero several days in March.

My father-in-law used to say, "Work is what makes life sweet." We would go around and around about that. I substituted the word "vacation" where he said "work." Maybe snow is what makes life sweet in Iowa. All those wintry, cold days are what makes the warm sunshine so awesome. And this summer we have a lot of things to look forward to. A new gazebo and deck furniture are in the plans. So hang on a little bit longer, and we'll be planting flowers and basking in the sun on the patio before we know it!

Jenny Knust, ED

Celebrating March

International Ideas Month

Women's History Month

Mad for Plaid Month

Write a Letter of Appreciation Week March 1-7

Iditarod Begins March 4

International Bagpipe Day March 10

Button Week March 19-25

World Storytelling Day March 20

As Young as You Feel Day March 22

Mothering Sunday March 26

We All Need Fresh Air



It Fuels Your Body

Fresh air is full of oxygen, which is essential for every single cell in your body. Breathing fresh air helps your lungs dilate more fully and cleanse more effectively, increasing your oxygen intake and giving you a boost of energy. It also improves immunity by refreshing your white blood cells, which are responsible for killing bacteria and fighting off germs. By breathing in fresh air, you are giving your body the fuel it needs to stay healthy and active.

It Feeds Your Brain

Did you know that your brain uses 20% of your body's oxygen supply? We need fresh air to survive and thrive. People often go for a walk to clear their head or think more effectively, and science backs that up. A steady supply of oxygen gives you a greater sense of clarity and improves your ability to concentrate.

Breathe In Happiness

Yes, fresh air can make you happy! Studies have shown that breathing in the scent of the outdoors, such as flowers and pine trees, makes people feel happy and relaxed.

How Can You Get Fresh Air at Windsor Manor?

We have two beautiful spacious patios that will soon be filled with Spring flowers and new patio furniture. We have walking paths and several sitting areas for you to enjoy. Before long we'll be hosting patio parties and Mila will be serving cold drinks and ice cream. On days when the weather or other circumstances keep you inside, open the windows to get fresh air or decorate your home with plants for an added source of oxygen.

We hope this encourages you to get outside and breathe in all that oxygen! Fresh air benefits all of us!

Stuck in the Middle of You

Middle names. Why bother? Are they a source of pride, embarrassment, or obligation? Bask in the glory of your middle name on March 10, Middle Name Pride Day. Middle names as we use them today first gained popularity among the elite classes during Renaissance Italy. Parents were torn between naming their children after a saint or a family member. The easy solution was a three-name structure: family name (like an aristocratic inheritance), baptismal middle name (for piety), and surname. It wasn't until immigrants arrived in America that the middle name shed its religious significance and evolved into a maternal maiden name or, by the Civil War, just about any name the parents pleased. Regardless of their intent, middle names almost always have meaning, so embrace your middle name by choosing to go by that name on March 10.

March Aflutter

On March 14, Learn About Butterflies Day, no one expects you to learn about all 20,000 types of butterflies in the world. You might, however, be amazed to learn that the Queen Alexandra's birdwing butterfly, found in Papua New Guinea's rain forest, has a wingspan of one foot. As a caterpillar, this species eats the poisonous pipevine plant that other animals won't dare eat for fear of being poisoned. The glasswinged butterfly of Central and South America has transparent wings. North America's question mark butterfly has a silver mark on the underside of its wing that looks just like—you guessed it—a question mark. Otherwise, it is cleverly disguised with a camouflage pattern that makes it look like a dead leaf. Love butterflies? Plant a butterfly garden with plants that attract these beautiful creatures.



Employee Spotlight Lisa Crawford



Lisa grew up in Urbandale and moved to Indianola twenty-five years ago. She has four boys ages twenty-two to twenty-eight. She has three grandsons and another due in May. She was very excited to tell me that her first granddaughter is due in July. This will be the first girl and she can hardly wait!

When Lisa isn't taking care of our residents, she enjoys spending time with her family and taking care of animals. Lisa loves all animals and admitted to being somewhat of a "cat lady". She has eight cats of her own and takes care of all the cats in her neighborhood. She feeds them every day and if they don't have a home, she takes them in.

When I asked her what she likes to do when she has a day off she said "SIT"! She told me that she loves her job and that it is very rewarding, but she needs her days off to rest. She enjoys watching game shows and her favorites are The Price Is Right and Wheel of Fortune. She also enjoys playing the lottery. She once won \$1000.00 from a scratch ticket. If you asked me, I would say that's karma. When you do good for others, it will always come back to you. Good for you Lisa, you deserve it!

Lisa has been with us for six months and we don't know how we ever got along without her! She always has a smile on her face and is a joy to work with. Thank you, Lisa for taking care of our residents and for doing it with love and compassion!



Peanut loves playing BINGO

Mila makes the best cakes!



Our Activity Manager wants everyone to feel special on their birthday and one of the ways she does this, is by making beautiful, delicious birthday cakes! No cake is the same. She adds her special touch to every cake and it's always a yummy surprise. Thank you Mila and we can't wait to enjoy your next creation.