

# Windsor Manor

Windsor Manor Assisted Living 608 S 15<sup>th</sup> Street, Indianola, IA 50125

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## Last Shall Be First



On the first day of the year, the last shall be first. This is the philosophy behind Z Day, a day when all those whose name begins with the letter Z will flaunt alphabetical order and put Z first. It's an order that affects us all—from seats in school, to places in line, to the order of phone books and directories.

Just where did alphabetical order come from? It's a 3,500-year-old mystery that social scientist William Watt believes he has solved. The English alphabet, or at least letters A through T, were ordered by a Semitic scribe living in modern day Lebanon or Syria around the year 1500 BC. He believes the letters were arranged according to where the sounds are made in the mouth. Similar sounding letters were separated so that children would not become confused in their learning. Adding the letters U and W in the 16th century meant more bad news for Zach and Zoe. As usual, they had to wait for their final place in history.

## January Birthdays

Ed Robins	Jan. 21 <sup>st</sup>
Jennifer Jones	Jan. 21 <sup>st</sup>
Emili Woodward	Jan. 23 <sup>rd</sup>
Avis James	Jan. 25 <sup>th</sup>
Fonda Martinez	Jan. 30 <sup>th</sup>

## Events at Windsor Manor in January 2016:

**January 7<sup>th</sup> – 10:00 am** at Windsor Manor  
Welcome Coffee for our new Residents: Joan Wolfe and Josephine "Jo" Howell

**January 8<sup>th</sup> – 9:30 am** Outing to  
Uncommon Grounds for Coffee and Bagels

**January 22<sup>nd</sup> – 2:30pm Family Party. Sledding Stories with Hot Chocolate and Snow Ball Fight. We are looking forward seeing you! We made a beautiful background to take family pictures in our Dining Room.**



## Celebrating January

**Book Blitz Month**

**International Brain Teaser Month**

**New Year's Day**  
*January 1*

**Someday We'll Laugh About This Week**  
*January 2–8*

**Bobblehead Day**  
*January 7*

**Make Your Dream Come True Day**  
*January 13*

**Fresh Squeezed Juice Week**  
*January 17–23*

**Disc Jockey Day**  
*January 20*

**Belly Laugh Day**  
*January 24*

**Curmudgeons Day**  
*January 29*

## The Longest Month

I always wish we could spread Christmas out over a month. We attend party after party, all packed into a one-week period, and then it's over. And now we have to face January—the longest, coldest month of winter. February is short, and March can bring all sorts of weather, but we pretty much know what January will look like. Short days, cold nights and Jenny out in the potting shed hooking up a heat bulb and electric water bowl for outdoor kitties.

What if we could think of January as a time for rest? Rest from the endless holiday parties. Rest from the fast pace we seem destined to keep up when the weather is warm. I am so anxious for my flower beds to show their colors, but it won't hurt me a bit to spend a few months working on indoor projects. I have a book I've been wanting to read since I received it last summer. I need to try to get ahead on baby quilts for nieces and nephews who have all started families in the last few years. Catching up on scrapbooks would take me at least until February.

I look at the brown farm fields and leafless trees and it makes me a little sad, because I love the green of summer. But just like the land, we need to rest so that what we grow in spring will be more vibrant, and we will be so very grateful for return of the warm sunshine that is gracing people on the other side of the world with its presence right now. So let's get through this together. We can do it. Spring will be here before we know it!

*Jenny Knust Executive Director*

### The Children of Invention



January 17 is the day of the K.I.D.— that’s Kid Inventors’ Day for short. This special day honors Benjamin Franklin’s birthday on January 17. While most people know Franklin to be the inventor of bifocals and an experimenter with electricity, what many don’t know is that at age 11 he also invented swim flippers that attached to the hands.

But he’s not the only kid inventor. Perhaps the following inventions by kids will inspire you to take your own unique product from idea to “patent pending” (through the federal Patent Office) someday soon.

In 1905, an 11-year-old kid from San Francisco named Frank Epperson stirred some sugary soda powder with water and left the mix outside all night. He awoke to discover it had frozen solid in the cold. When he licked it straight from the wooden stirrer, he knew he had accidentally made something delicious. The “Epsicle,” as he called it, was the first Popsicle.

On the last day of middle school, Sarah Buckel watched as a friend struggled to scrape the glue used to stick posters and other décor to the locker wall. Over the summer break, Buckel came up with a solution: magnetic wallpaper. Fortunately, Buckel’s father ran a magnet manufacturing company. In no time, her decorative magnetic wallpaper could be found at Staples, Target, and other huge chains. Since 2009, sales of her simple product have totaled more than a million dollars.

Want more examples? Chester Greenwood invented earmuffs at age 15. Louis Braille invented braille, the alphabet for the blind using raised dots, at age 15. Hart Main, 13, conceived a line of candles for men called “Man Cans,” offering manly scents like sawdust. Param Jaggi, at 15, conceived the idea to insert algae into a car’s muffler to eat up carbon dioxide before it entered the atmosphere. And Mattie Knight, dubbed “Lady Edison” by fans, developed a safety device at age 12 that became a standard fixture on looms. How’s that for ingenuity?

### Meet our New Resident Joan Wolfe



Joan was born in North Dakota, and for the last three years she lived in Des Moines, Iowa. Joan was married to James Wolfe and has three children: Steven, Marian and Joseph. She also has five grandchildren.

Joan had a very kind, patient and loving husband. They used to camp and travel to different places. Joan enjoyed sewing clothes, embroidery, playing pitch, and she used to sing in a choir. Right now Joan likes to read and visit with friends and family. Joan is a very kind and sweet person. Welcome to Windsor Manor Assisted Living ! We know you will find it to be a great atmosphere and friendly place to live!

### Gone to Seed



Each year, eager gardeners await the last Saturday in January, Seed Swap Day. It’s a chance to connect those with excess seeds to those searching for the perfect additions to their gardens. *Washington Gardener* magazine, which organized the first seed exchange in 2006, explains that seed swapping is a fundamental part of the history of human society; seeds were some of the first commodities valued and exchanged among humans. American president and avid gardener Thomas Jefferson once said, “The greatest service which can be rendered any country is to add a useful plant to its culture.”



### Meet our New Resident Josephine “Jo” Howell

Jo lived in the Fort Dodge area for over 50 years, so Indianola is a new town for her. She moved here because her son Daryl lives here. Jo was married to Melvin Howell and had two sons, Larry and Daryl. They lived on a farm, had dairy cattle and traveled to Seattle to see her sister.

Jo grew up with three brothers and three sisters, so they played all kinds of games: baseball and basketball (but she never cared for football) . She used to participate in track, gymnastics, cards and checkers. They had their own big lake and enjoyed fishing. Also, reading is a favorite activity she enjoys.

Jo likes to watch TV and visit with friends and family. She says she really likes this place because it’s so “big and cozy.” She never thought that she would enjoy living in Assisted Living, but now she is excited to be here with the great family at Windsor Manor.

Welcome Jo! We are looking forward to having many fun days and happy years with you here!



### Protecting Privacy

When you hop on a computer to visit pages on the Internet, how can you be sure no one else is watching you? Governments collect data to fight threats. Social media sites and online search engines gather data to personalize their services. And retailers collect information to analyze buying habits. As a healthy reminder for us to be ever-aware of how much we share on the Web, countries all over the world mark January 28 as Data Privacy Day.

Certainly, large institutions such as banks and insurance companies pay millions each year to secure their vast stores of our personal data. But how should individuals protect themselves? *Time* magazine offers some tips: Don’t fill out personal profiles for social media sites like Facebook; your real friends already know your birthday and address. Turn on private browsing in your Web browser’s tool bar to remain anonymous while surfing the Internet. Use a password generator like Norton’s free *Identity Safe* to develop hard-to-crack passwords. Any of these measures can help thwart hackers from secretly stealing your data.

### Family Pictures

