

Windsor Manor

Windsor Manor Assisted Living 608 S 15th Street, Indianola, IA 50125 Phone # 515 961-8900



January Birthdays

Sue Pedersen	January 6 th
Danie Bengé	January 8 th
Kenneth Hoch "Peanut"	January 10 th
Linda Steeve	January 14 th
Emili Woodward	January 23 rd

Monthly Family Event at Windsor Manor:

January 19th, 2017 at 2:30pm
Homemade Donuts & SNOWMAN DISPLAY



New Resident Spotlight

Linda is our lovely new resident and we feel very blessed that she is here! Linda is very friendly and loves meeting new people. She is originally from Indianola and happy to be back. She has two sons, Rich and Darrell and 2 grandkids, Courtney and Paul. Linda worked at home for several years, had a cleaning business for several years and worked in the kitchen at Simpson College.

Linda prays every day and loves to listen to gospel music. She is a member of a card ministry that gives her great joy! She sends out 20 or more cards a week to people in need of support or prayer.

She also enjoys spending time with family and friends, doing word searches and adult coloring books. She loves all the activities that Windsor Manor offers and is excited to try some new things.

Linda told me that she is very happy living at Windsor Manor. She loves the caring staff, positive atmosphere and her cozy apartment.



Light a Torch

While cleaning out my cedar chest, I recently stumbled upon a letter written to me by a co-worker upon leaving a job 13 years ago. The employee (let's call her Gretta) and I were the first to arrive in the office every day and would spend a few minutes catching up on our favorite TV shows and family comings and goings. Gretta was not a person who shared her feelings easily so the heart-felt note she wrote me both shocked me and left a lasting impression.

The handwritten note is becoming a lost art. We are more likely to express our feelings while on a quick phone call, or through a text message or e-mail. But a handwritten note is something to be treasured forever. We can take it out when things aren't going so well and think positive thoughts about the writer and their gracious, kind comments to and about us.

Gretta and I loved the TV show "Survivor" and spent more time than we probably should have talking about each contestant and their latest shenanigans. If you have ever watched Survivor, you will understand the significance of the last few sentences of her letter: "Last but certainly not least, using 'Survivor' lingo, you are welcome on my island anytime. Your torch remains lit and always will." If you don't watch Survivor, if your torch is lit it means you're still in the game...still a part of the team...still welcome on the island.

I am committed to writing even more handwritten notes expressing my love and appreciation for those around me, and I hope you will consider doing the same. Very shortly, Craig will be installing a mailbox outside the door of all residents. Don't be surprised if you find a note of appreciation or a mailbox full of cards on your birthday. Let's commit to lighting torches every day, everywhere we go in 2017. That should make it a very happy new year!!!

Jenny Knust, ED

Celebrating January

Hot Tea Month

International Brain Teaser Month

Self-Love Month

New Year's Day
January 1

Cuddle Up Day
January 6

Hunt for Happiness Week
January 15-21

Martin Luther King Jr. Day (U.S.)
January 16

Chinese New Year
January 28

Bubble Wrap Appreciation Day
January 30

Winter Fruit Salad

Here is a quick and easy way to get your fruit servings. For a sweet snack or even as a desert, the winter fruit salad will taste great and offer the essential vitamins, minerals and fiber that your body needs without feeling deprived.

2 pears

3 bananas

½ pineapple

2 oranges

2 Granny Smith apples

3 kiwi

Cut and slice to desired bite size and mix all fruit together in a bowl and lightly toss. Refrigerate until time to serve.

Dressing

2 tablespoons orange juice

2 tablespoons pineapple juice

4 tablespoons agave

1 teaspoon ground cinnamon

Stir together and pour over fruit mix



Greg Johnston

Greg is our new Kitchen Manager and we couldn't be happier! He has over 30 years of experience, cooking and managing commercial kitchens and the staff and residents really like him!

Greg lives in Des Moines and has for most of his life. Greg has one son, Greg II that is married with 2 children and one on the way. Greg told me he sees his grandchildren every day.

Greg is a big baseball fan. He coached little league baseball for 30 years. He gave it up when his son started high school. Who knows, maybe he will coach his grandkids someday?

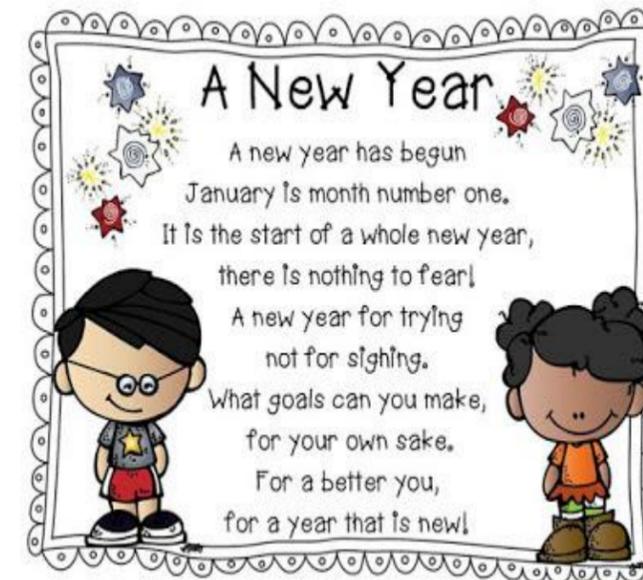
His favorite dish to prepare is "anything Italian". His least favorite dish to prepare is meatloaf, although he does enjoy eating it.

Greg enjoys the home like feel of Windsor Manor and is thankful for the opportunity to cook for the residents and staff.

New Year Prayer



A New Year poem



Laughter is the best medicine!

