

# WINDSOR MANOR

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

Phone # 515 961-8900

## Meet our New Employee Madison Berkley



Maddie is from Indianola, IA. She graduated High School in 2015. She is taking classes at Simpson College, majoring in history and special education. She plays golf on the varsity golf team.

Maddie has two special needs little sisters, a 21 year old brother and a five year old brother. She also had a little sister that passed away when Maddie was in 4<sup>th</sup> grade.

Maddie stays pretty busy all the time. If she is not on the floor or cooking, she is baking, playing golf or watching the Red Sox.

Maddie loves working at Windsor Manor. The residents are very welcoming. She enjoys spending time with our sweet residents.

We are blessed to have Maddie working here at Windsor Manor. She is a very friendly young lady and is always very helpful and fun.



## March Birthdays

Margaret Hanson	March 10 <sup>th</sup>
Mandy Seymour	March 11 <sup>th</sup>
Shana Stephenson	March 18 <sup>th</sup>
Laura Gittins	March 25 <sup>th</sup>
Kenneth Ball	March 27 <sup>th</sup>

### Events in March 2016:

**March 19<sup>th</sup>** at 10-11:00 a.m.

- Games for kids  
11:00-11:30 a.m.
- **Easter Egg Hunt  
at Windsor Manor**



### Please join us for the Windsor Manor Open House

Windsor Manor will be hosting an open house from **1 – 4 p.m. on April 8**. We are so proud of our new décor and want WM friends, family members and the Indianola community to see our new blue interior. We will have refreshments and live entertainment. Please spread the word and invite everyone you know to come help us celebrate spring and our new fresh look!



## Celebrating March

**Irish-American  
Heritage Month**

**Mad for Plaid Month**

**Women's History Month**

**Employee  
Appreciation Day**  
*March 4*

**Iditarod Begins**  
*March 5*

**Daylight Saving  
Time Begins**  
*March 13*

**St. Patrick's Day**  
*March 17*

**International Sister  
Cities Days**  
*March 26–28*

**Easter**  
*March 27*

**International Hug a  
Medievalist Day**  
*March 31*

## CHANGE IS GOOD!

My son has a favorite saying: "Nothing happens until something moves." But one thing I've found about getting older is that it seems harder and harder to just get up and move! And then every new piece of technology, every new pop culture event, and every new philosophy about how to raise children, eat healthy, or communicate with others just seems to make me feel older and more tired.

I've lived long enough to accept that things just cannot stay the same, no matter how much we want them to. Take our recent remodel for example. I wouldn't want to keep the old, worn out green carpet or mismatched furniture, but it sure took a lot of effort on the part of a lot of people to modernize our interior and turn us from green to blue. When I walk down the hallways and see our new, clean décor, it makes me happy, and I can see the great benefit of hanging in there to make the change happen.

We don't have to accept every change. We can hold on to our values and opinions, no matter how much society tells us we are narrow minded or out of touch. We can set our own priorities and spend our time on whatever people, places and things are important to us. But we live in a world that is rapidly changing and refusing to accept all change will only make us feel disconnected from everything and everyone around us.

So whether it's a new cell phone that you don't really want but your kids insist you should have one, the loss of your favorite cable TV station to one that you don't give a rip about, or maybe the loss of a good friend or neighbor whose declining health causes them to have to move, we just have to learn to accept change. If we just stay open minded and flexible, we just might find that change can be a really good thing and we can be proud that we got through it and came out better on the other side.

Jenny Knust, ED

## Meet our New Resident Maxine Martens



Maxine lived in Martensdale, Iowa since 1948. She worked in a Bakery before she got married. Her husband's family owned and ran a hardware and farm equipment store "CF Martens & Sons". Maxine worked there six days a week as a cashier. After the store closed, it was turned into a restaurant, then into apartments and now it is a fitness center.

Maxine enjoyed traveling and has been to Cuba, Mexico, and Hawaii three times. She has traveled to South America, Canada and she has stepped her foot in every State in the US. In her free time she loved to dance. Now she resides in Windsor Manor Assisted Living. She really loves being here. We hope she will stay!

If you haven't met Maxine, please, do so. She is a very friendly and beautiful person inside and out.



## Pieced Together

Quilters all around the world will be piecing together fabric into the most wonderful creations on March 19, Worldwide Quilting Day.

During its heyday in the American mid-19th century, quilting was a utilitarian craft. According to Emporia State University's Center for Great Plains Studies, westward homesteaders, inheritors of many great European quilting traditions, fashioned blankets, door and window covers, and even play mats for children out of whatever scraps of fabric they could find. Quilters learned to arrange fabric to make wonderful works of art. And because blankets were always needed as a means of protection against the elements, quilting never went out of style.

A number of quilting bees will no doubt be held on March 19, so be ready to cut your favorite patterns—Irish Chain, Log Cabin, Bear's Paw, or Tree of Paradise.



## Finding Common Courtesy

Many lament that common courtesy is not so common anymore. If someone you know is acting less than civil, March 21, Common Courtesy Day, is the perfect opportunity to tactfully share a few tips and reminders on how to treat others with respect.



Some are quick to blame the death of common courtesy on technology. Psychiatrist Dale Archer notes how "common courtesy is thrown out the window when we're on the phone." Others believe that as we become more self-centered, we become less empathetic. Research presented by the Association for Psychological Science shows that college students today are actually 40% less empathetic than students 30 years ago. Colleen Harding, founder of the Cleveland School of Etiquette, presents a historical perspective. In the 1960s and '70s, it became cool to be a rebel and break the rules. Common courtesy suffered collateral damage. This phenomenon is not limited to America. Danish theologian Joakim Garff finds the same social breakdown at work in Scandinavia. Breaking social rules in the name of "liberation" has led to a more hands-off style of child-rearing in the name of "the child's autonomy and integrity." Such laissez-faire parenting, however, begets "cynicism and insensitivity."

If we do not practice empathy every day, we may have to rely on others to pass laws of courtesy for us. Restaurants declare "No Cell Phone Zones." Sports stadiums regulate fan conduct. Even New York City imposes a fine on those who prop their feet on a subway train seat. Psychologist Marie Hartwell-Walker believes that even "faked" manners can teach empathy, that cornerstone of courtesy. Simple acts such as holding doors open, returning phone calls, treating clerks and cashiers with respect, friendly driving, making eye contact in the grocery store aisle, saying *please* and *thank you*—these daily reminders to consider others' feelings lay a foundation for building empathy.

## Meet our new Employee Olga Mchnoe



Olga moved from Ukraine with her family to United States in 1989 from Istonia. She has big family, four brothers and two sisters, 29 nieces and nephews.

Olga has been married to Ryan Mchnoe for six years. They enjoy ragbrai - cycling across Iowa. They are huge fans of Iowa State Football and Basketball Games. They like to travel. They have been to Mexico, Alaska and almost every state in US.

Olga takes care of two fish aquariums at home. She enjoys cooking, not so much baking. In her free time Olga does crafts, such as painting bottles and making wreaths.

We are really glad Olga is part of our team at Windsor Manor. She is a friendly, hard working person and easy to get along with. She is willing to help anytime. She loves people and we are blessed to have Olga as a sunshine and inspiring soul to many of us.



*Back by Popular Demand*

## The Windsor Manor "Living with Dementia" Series

Windsor Manor will offer the "Living with Dementia" series from 1:30 – 3:30 p.m. on April 21, 28, and May 5. This series is designed to provide critical information for anyone who is affected by a diagnosis of dementia. Topics cover the disease process in the brain of the dementia sufferer, information on how caregivers can provide the most loving, personalized care, and communication tips and strategies that can create a better outcome for people with dementia and those who love them. Sessions are free and open to the public. Due to limited space, please reserve your seat by calling Emili at 515-961-8900.