

WINDSOR UPDATE

Windsor Manor Assisted Living Community* 1642 South G Ave. Nevada, Iowa 50201

INFORMATION

Windsor Manor Assisted Living
1642 South G Ave.
Nevada, Iowa 50201
Phone: 515-382-2980
Fax: 515-382-1413

WINDSOR MANOR GUEST MEAL PRICES

GUEST MEAL TICKET-----\$7.00
PRICE FOR 10 TICKETS--\$65.00
TICKETS CAN BE PURCHASED
IN ADVANCE IN OUR BUISNESS
OFFICE OR KITCHEN. CASH
OR CHECK ONLY.

WINDSOR BUS TRASPORTATION

TUESDAY-THURSDAY
8AM-5PM
MONDAY/FRIDAY FAMILY OR HIRTA
PUBLIC TRANSIT
PLEASE BRING ALL APPOINTMENT
TIMES TO BUISNESS OFFICE AS
SOON AS THEY ARE MADE

Windsor Salon
(by appointment only)

Amy Edel:
515-290-9355
641-377-2288

J Ave. Barber
515-382-2423

Word Scramble

• **NEISG**

To burn lightly or superficially

• **OKRBRE**

Someone who arranges buying or selling for someone else

• **LYAGER**

Pattern made of diamonds

• **MHECES**

To hatch a plot or conspire

• **AYCFN**

Elaborate in decoration

Groundhog Day Thursday, February 2nd



- Punxsutawney Phil's complete nickname is "The Seer of Seers, Sage of Sages, Prognosticator of Prognosticators, and Weather Prophet Extraordinaire."
- If the groundhog cannot see its shadow, it is said to remain above ground, effectively ending its hibernation. However, if it sees its shadow (if the sun is shining), the groundhog returns to its burrow, and we can expect six more weeks of cold weather...or so the story goes.



February Birthdays:

Residents:

Raymond Kassel
February 27th

Staff:

Jasmine Hebrink
February 5th

Carla Erwine
February 15th

Tracy Johannes
February 24th

Maddy Grammer
February 24th

February



Birthday boy Joe Harper looking festive!

❖ **Special Days**

- Groundhog Day February 2
- Super Bowl February 5
- Tu B'Shevat February 11
- Valentine's Day February 14
- Presidents' Day February 20
- Mardi Gras February 28

Famous February Birthday:



Norman Rockwell

February 3rd (1894–1978) was born in New York City. An enormously popular illustrator, Rockwell specialized in

warm and humorous scenes of everyday small town life. He is best known for his magazine covers, notably for The Saturday Evening Post. Rockwell's poster series on the Four Freedoms was inspired by a speech by Franklin D. Roosevelt and was widely circulated during World War II, as was his Rosie the Riveter. The Norman Rockwell Museum in Stockbridge, Massachusetts, contains 700 original Rockwell paintings and drawings.

Riddle Me This...

What goes up and down but doesn't move?

Where Am I?

This city was incorporated in 1911 by ranchers and railroad workers, but it found prosperity in another form. In 1931, construction began on the nearby Boulder Dam, drawing thousands of workers to spend, and often lose, money in the city. When the dam was finished, cheap electricity flooded the city in the form of flashing signs and neon lights. The city turned more Hollywood than western outpost, but that didn't stop gangsters from running the place. Where am I?

Bird Feeding Month!



Trivia for the Birds

A hummingbird weighs less than a penny. Hummingbirds flap their wings between 50 and 70 times a second! The hummingbird is the only bird that can fly backward.



Windsor Fire Procedure

State Code requires us to have 6 fire drills a year and at least two on each shift (6am-2pm, 2pm-10pm, and 10pm-6am). When a fire alarm is sounding, please remain calm, stay in your apartment unless you are instructed to do otherwise by a staff member. The only exception to this is if the fire is in your apartment. Unless there is an emergency, please refrain from using your pendent during the alarm. Our care staff is busy managing the alarm and possible escorting residents to safety. When the alarm stops sounding, it is ok to leave your apartment and go about your day. If you have any questions regarding fire drills, evacuations, and emergency protocol, please see Jamie.



THINK YOU ARE HAVING A STROKE? CALL 9-1-1 IMMEDIATELY!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to call 9-1-1 for help right away. **F.A.S.T.** is:

- F** Face Drooping – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?
- A** Arm Weakness – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** Speech Difficulty – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?
- T** Time to call 9-1-1 – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.