

# WINDSOR UPDATE

WINDSOR MANOR ASSISTED LIVING COMMUNITY \* 1642 SOUTH G AVE NEVADA, IA 50201

## Windsor Manor Guest Meals

\$6 each or 10 tickets for \$55

Meal includes:

Daily Special

Or

Menu order of 1 entree

1 side and 1 dessert

Please call in advance with groups larger than 3. 515-382-2980



## Bird of the Month –

### Snowbird

This month's migratory bird is the snowbird, a chipper bundle of color distinguished by bright white tail feathers in flight. The real name for this bird is the dark-eyed junco, or *Junco hyemalis* in Latin. These midsize, six-inch-long sparrows live in North America's forested snow lands and mountain ranges, stretching as far south as high-altitude Panama. You'll find these birds foraging on the ground and neatly eating insects and seeds, often in flocks with other bird species. Listen for their two-second twittering calls or trilling songs.

They nest in well hidden spots on the ground or in low shrubs or trees. The dark-eyed junco comes in five main types: white-winged, slate colored, pink-sided, gray-headed, and Oregon. The Oregon dark eyed junco is reportedly "the most widespread western plumage variation of the species." Despite *Oregon* being in the name, these birds migrate everywhere along the Rocky Mountains, from the south edge of Alaska to Texas.



## January Birthdays:

Joe Harper

January 11<sup>th</sup>

Caroline Phillips

January 15<sup>th</sup>

Lois Gruber

January 17<sup>th</sup>

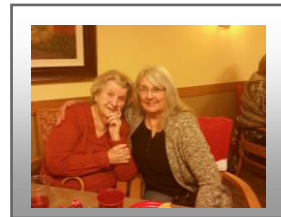
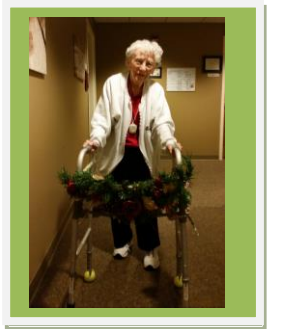
Raola Giles

January 20<sup>th</sup>

Richard Mohler

January 20<sup>th</sup>

oh what fun...

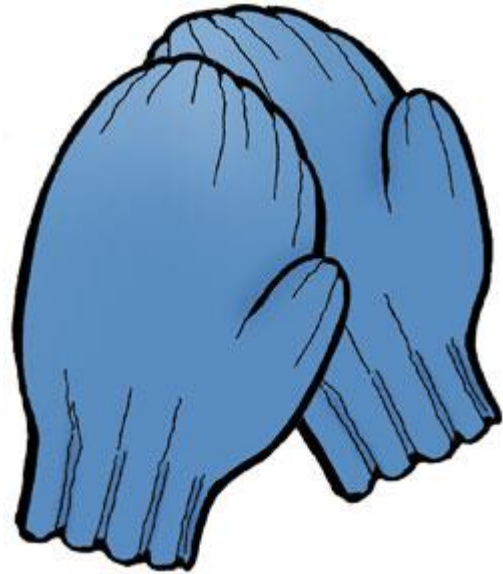


## Windsor Manor Welcome!



Windsor Manor residents and staff would like to welcome Donovan Scheevel to our Windsor family!

Winter is here, and so is the cold! Please remember to bundle up when leaving the building! If weather is below zero, consider rescheduling your appointment!



BEGINNING IN JANUARY, ALL SIDE ENTRANCES WILL BE LOCKED FOR BUILDING SAFETY. THE BUILDINGS MAIN ENTRANCE WILL BE UNLOCKED DURING NORMAL BUSINESS HOURS, AND VISITORS MAY USE THE CALL SYSTEM IN THE MAIN ENTRYWAY WHEN DOORS ARE LOCKED. IF YOU HAVE ANY QUESTIONS REGARDING THIS CHANGE PLEASE SEE ALISON. THANK YOU FOR YOUR COOPERATION DURING THIS TRANSITION.

## 2016 Resident/ Family Meeting

I will be holding an informational meeting for our AL residents and family members in January. Due to the large number of residents I will be holding different meeting days. The schedule is as follows:

- January 18<sup>th</sup>  
West Hall (Apt. 202-309)
- January 25<sup>th</sup>  
East Hall (Apt. 402-413)

Each meeting will be held at 6:30pm with a light supper provided. Please feel free to contact me with any questions. My door is always open!  
Happy New Year!  
Alison Kapustka, ED

## New Year's Resolution Prayers

*God, grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones that I do, and the eyesight to tell the difference.*

— H A P P Y —  
★ NEW YEAR! ★