

MARCH 2018

# Windsor Manor

Assisted Living Community\* 512 North Finn Drive\* Algona, IA 50511\* 515-395-1512



## Resident Spotlight Elsie Cassens

### March Birthdays

Gladys Thill 3/4

Kari Waechter 3/5

Eleanor Brandow 3/7

Greta Meyer 3/12

Bob Riedel 3/20

Evey Wagner 3/21

Arlo Heyer 3/23

### Special Events

March 7 Dan's Band

March 12 Barebones Trio

March 15 Plus One Gal

March 19 Down Memory  
Lane

March 20 Trinity Luth.

Comm

March 20 Alzheimer's Mtg

March 28 Dawn Lynn

March 28 Music by Jeff

**Elsie was born on February 25, 1937 in Texas. Elsie has a younger brother and sister. As a child she helped with chicken and pig chores.**

**Elsie was married to Ronald Cassens. They had 3 wonderful boys. She loves spending time with her family.**

**Elsie enjoys watching tv, listening to country western music and dancing.**

**Elsie and her husband owned a car wash and R & S Mechanic Shop in Humboldt. She loves to help others out when she can.**

## Employee Spotlight

### Janet Otis

#### Note from Lynzie Nilles, RN-BSN

Nutrients provide energy or nourish your body in some way. A healthy diet provides all of the nutrients your body needs without excessive calories. The types of sugar you eat, your balance of calories and absorption of minerals are key elements that determine whether you get the nutrients you need.

Random food facts:

- 31 million Americans skip breakfast.
- Fresh bread is the most commonly purchased food.
- Lemons are one of the healthiest foods in the world.
- The highest-calorie fast food item in the world is a milkshake.
- Turkey, fish and cheese have the highest protein-to-calorie ratio
- One-third of Americans don't drink alcohol.
- Average calories consumed at a buffet is 2,500.
- Americans consume the most ice cream in the world.
- A person will eat an average of 35 tons of food in his or her lifetime, or 1,500 pounds of food a year.

Janet was born February 22<sup>nd</sup> and grew up on a farm near Kanawha, Iowa with her fraternal twin and two brothers.

Janet lived and worked in Mason City for nine years before marrying Tom Otis from Wesley. They had one son, Matthew. Janet moved to Algona 20 years ago.

In the Summer Janet loves to bicycle and walk for fitness. For fun she enjoys movies and eating out.

Janet started working at Windsor Manor in May 2013. She loves her job as a Kitchen Aide. Janet loves the residents, staff, and working in our beautiful community.





Harold likes to give the girls a hard time.



Jeannette trying to slide a graham cracker to her mouth for the Minute to Win it game.



Marjorie trying to guess what is in the bag.

The 3 blind men with their ruby red lips!





Helen and Harold making bird feeders out of toilet paper rolls and pinecones.



Check out our Facebook posts in the month of March!

Here's Margery showing how stable she is at stacking.

