

WINDSOR UPDATE

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

INFORMATION:

1642 SOUTH G AVE.
NEVADA, IA 50201
PHONE: 515-382-2980
FAX: 515-382-1413
www.windsor-manor.com



Windsor Salon:

Reta Lyon
Every Tuesday starting @ 10:30am
515-290-9556

Amy Edel (By Appointment Only)
515-290-9355
641-377-2288

J Avenue Barber & Styling (by appointment only)
515-382-2423

Windsor Transportation:

Tuesday, Wednesday, Thursday
8am-5pm

March Events:

- 1st Vital Clinic
- 7th Dementia Support Group
- 7th VA Program on Advanced Directives
- 9th Foot Clinic
- 11th Daylight Savings Time Begins
- 15th Magic Show
- 17th St. Patrick's Day
- 19th Lunch Outing @ Jethro's BBQ
- 19th Music w/ Jerry and Myrt
- 20th Hearing Unlimited
- 21st Music w/ Muffy
- 22nd Goof-off Day
- 22nd Colo Kids Visit
- 26th Sing-A-Long w/ K&L
- 28th Nevada Kindergarten Class Visit
- 28th February Resident Meeting



WINDSOR MANOR BIRTHDAY'S

RESIDENTS:

JOANN HALVERSON
MARCH 6TH

MARIAM FETTERS
MARCH 11TH

LAVON TJELMELAND
MARCH 31ST

STAFF:

MEBRAT EMAHA
MARCH 1ST

LENA LOGSDON
MARCH 12TH

CIERRA JOHANNES
MARCH 14TH

ABBY CLEMENT
MARCH 16TH

ANNIE STORVICK
MARCH 17TH

KELSEY IZAGUIRRE
MARCH 23RD



RESIDENT SPOTLIGHT: HARRY AND LENA FROST

Our March Resident Spotlight is Harry and Lena Frost! Harry and Lena made Windsor Manor their home in April of 2015. They are proud to have celebrated their 70th wedding anniversary last October!

Harry was born in Dayton, Iowa and grew up in Stratford. He was the 2nd oldest son of Maybell and Karl Frost, both Swedish immigrants. Growing up Harry enjoyed being out doors fishing and hunting. He is most proud of his service in the Army and is time over seas in WWII. Harry was inducted into the Army in 1944 and while in service, was trained to be a mechanic. He was stationed in Germany, and often moved to different camps. It was in Germany, that he met his wife Lena. Magdalena "Lena" (Breitner) Frost was born in Ingolstadt, Bavaria Germany. She was the oldest child of Centa and Joseph Breitner. Lena's father died when she was young, and her family didn't have much money. Lena went to school in a very strict Catholic school and when she became a teenager, she was assigned a home where she would go to everyday to cook, clean, and take care of the children. Growing up in Germany during WWII was a scary time. Food was scarce, and most of their meals consisted of black bread and broth. Bombers would come day and night, and Lena and her family would sometimes have to stay in shelters for hours and even days. Lena was married at 18, her husband was killed, and she was left with her son Heinz. A chance meeting with an American Soldier changed Lena's story! Harry and Lena were married in 1947 and moved to the states in 1953 and made Stratford, Iowa their home. Harry worked in construction, and Lena raised their children and worked as a cook for the Stratford School.

When asked what they like about living at Windsor they both agreed, "We like playing BINGO!"

Change the First Letter

Make a word into a new word by changing the first letter.

1. Change a postal item _____ to an Irish dog _____.
2. Change a type of grain _____ to what you can do to onions _____.
3. Change a residence _____ to a small rodent _____.
4. Change a shoreline _____ to impart knowledge _____.
5. Change merriment _____ to a hospital delivery _____.
6. Change a Lego unit _____ to a timepiece _____.
7. Change garbage _____ to a market worry _____.
8. Change an imperfection _____ to a safe _____.
9. Change a noise _____ to a dog _____.
10. Change a noontime meal _____ to a cluster _____.
11. Change strength _____ to late evening _____.
12. Change a project step _____ to an act of pursuit _____.

STAFF SPOTLIGHT:
CIERRA LYNN JOHANNES



This month's staff spotlight is Cierra Lynn Johannes. Cierra began working for Windsor last October as a resident assistant. She was born in Ames, IA, lived in Colo until a few years ago when her family moved to Zearing. Cierra lives with her mother and two sisters, she also has two older brothers and an older sister. Cierra is currently a Junior at Colo-NESCO High School. When she isn't working, she enjoys being outdoors kayaking and fishing. She also loves photography and has a talent for art. Cierra enjoys spending time with her family and her friends and is looking forward to her brother's upcoming wedding! After graduation, Cierra has plans to attend college and go into teen and adolescent psychiatry. When asked what her favorite part of her job is she states, "I love the environment and all of my residents and co-workers! My favorite part of the job is all the love and support everyone offers! I love coming in to a bunch of smiling faces!"

WINDSOR NEWS

Windsor Manor will be hosting an Easter Egg Hunt with the Kiwanis on March 24th at Kiwanis Park 701 11th St. Nevada, IA
Join us at 1:30pm for a free meal of hot dogs and chips, followed by the Easter Egg Hunt @ 2pm.



Happy March everyone! I can't believe how fast February went, and I am so happy to see some warmer weather and longer days! Don't forget to set your clock forward on March 11th! We may lose a hour of sleep, but we gain a hour of day light! My family and I will be going to Mexico on Spring break again this year, and I am excited to spend some quality time with them! I hope you have a safe and healthy month!

Alison Kapustka, ED

PHOTO OF THE MONTH



**ALMA
LOOKING
FESTIVE THIS
VALENTINE'S
DAY!**

LOOK AT ALL THOSE SMILES!



**VISIT 'WINDSOR
MANOR NEVADA'
ON FACEBOOK TO
SEE MORE GREAT
PICTURES!**