

APRIL 2018

Windsor Manor

Assisted Living Community * 512 Finn Drive Algona, Iowa 50511 * 515-395-1512

Resident Spotlight

Evey Wagner



**Celebrating April
Birthday's**

Harold Peter 4/2

Jeannette McEnroe 4/12

Shirley Kleingartner 4/14

Ruby Thomas 4/22

Special Events for April

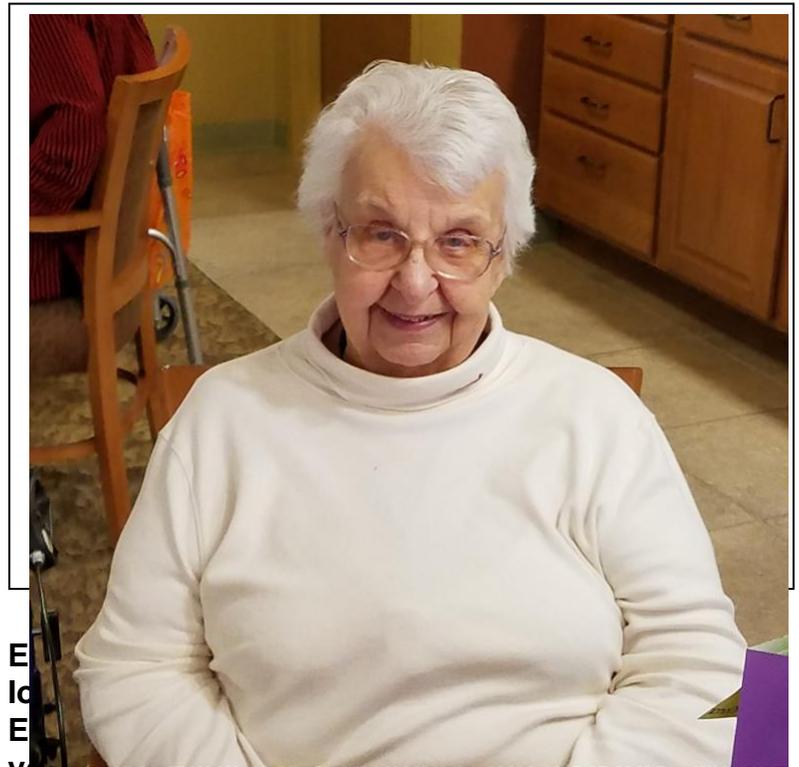
April 10 Barebone Trio 2:00 pm

April 11 Plus One 2:30 pm

April 16 Down Memory Lane

April 17 Music By Jeff 10:00 am

April 20 Cowboy Jim 1:30 pm



Evey is the youngest. Evey has 6 brothers and 3 sisters. When Evey was 3 years old, the family moved to a farm West of Algona. At the age of 10 the family moved again to the East of Algona. On Feb 10th, 1947 Evey married Dwight (Spud) Wagner. They were married 58 years. They made their home in Corwith until 1951 when they moved to Algona. They had 5 children, Terri & Hazel, David & Joyce, Tom & Marilyn, and Linda & Ed. Evey has 17 grandchildren and 19 great grandchildren. After graduation Evey worked at the Telephone Office for many years, then worked 22 ½ years for Good Samaritan. Evey has always enjoyed fishing, camping, card clubs, crochet, gardening, and baking. She is famous for her cinnamon rolls. Evey moved to Windsor Manor in April 2nd, 2015. She loves that she is able to come and go as she pleases. She said everyone is so friendly, and she loves how the place is decorated.



**Marguerite with Miley
on Dog Day**

A Note from Terri Tweedy
Executive Director

Be sure to like us on Facebook if you haven't already done so and keep a look out on our Facebook Page for "April's Showers of Kindness Acts."

Windsor Manor in Algona



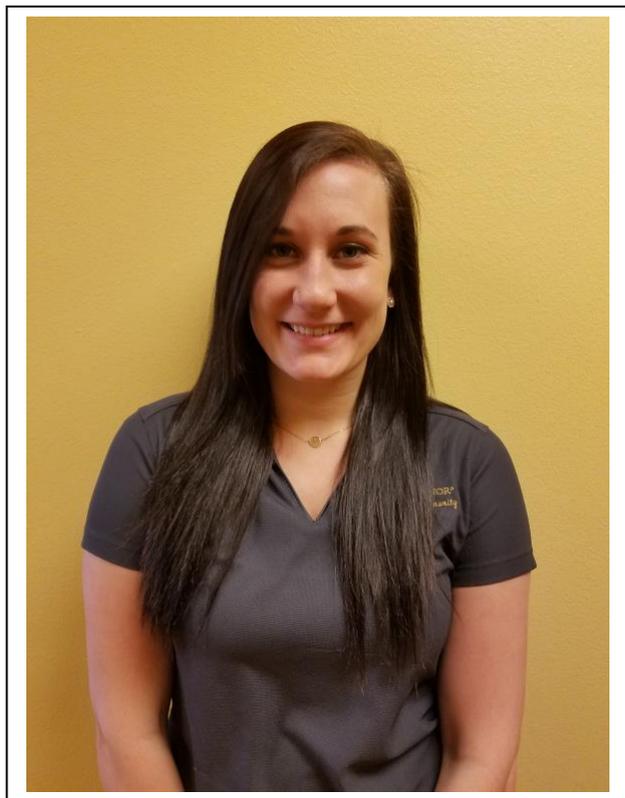
**Decorating Our
Walkers for Spring**



**Harley and Mary
"Cuttin' a Rug"**

Employee Spotlight

MaCayla Iwen



PB&J Day

Can you even imagine a world without peanut butter and jelly? April 2 is Peanut Butter and Jelly Day in honor of this ubiquitous sandwich staple. Before the average American finishes high school, they will have consumed 2,000 PB&Js. When did this sandwich achieve celebrity status? The first record of peanut butter and jelly on bread came in 1901, when Julia David Chandler mentioned the recipe in a book detailing the preparation of finger sandwiches for small parties. She wrote, "The combination is delicious, and, so far as I know, original." Then, in 1922, Joseph Rosefield transformed the peanut butter industry by devising a method to keep peanut butter from separating. He called his new peanut butter *Skippy*. At the same time, American manufacturing evolved to mass produce peanut butter and lower the cost, making it affordable to all. When sliced bread was invented in 1928, sandwiches became easier to make and, thanks to lobbying efforts by the peanut butter industry, the PB&J sandwich became standard fare in lunchboxes around the country. If peanut butter and jelly isn't your favorite sandwich, then just wait until April 12, Grilled Cheese Day.

MaCayla has worked at Windsor Manor for almost one year. She loves working in the health care field, which has inspired her to enroll in the nursing program at Iowa Lakes Community College. MaCayla grew up in Algona with her older sister. Her parents are Scott Iwen and Wendy Mathison. She has many interests, which they include fishing, photography, volleyball, running, and bowling. I have many goals I want to achieve. I am looking forward to being a first-time homeowner. I would like to have children someday, but for right now, I love my job and would love to see more of the world.

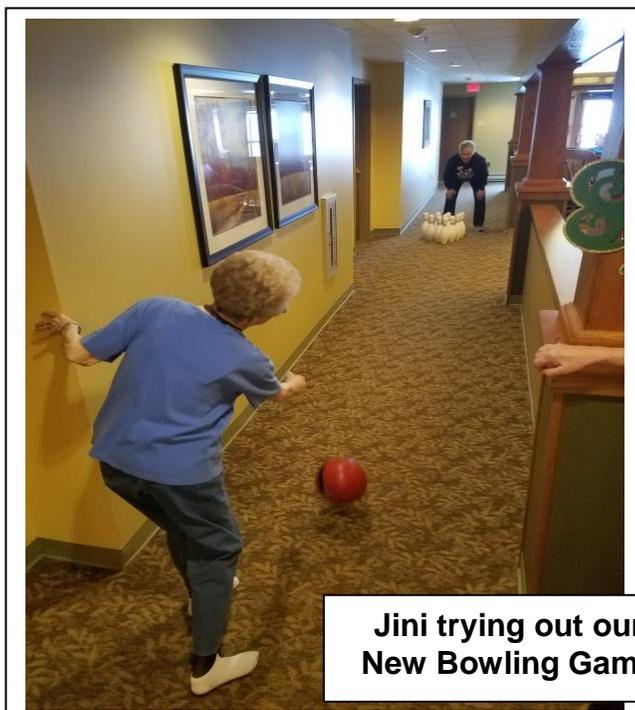




Plus One Gals All Decked out for St. Pat's



Our Beautiful Burlap Crosses



Jini trying out our New Bowling Game

Note from Lynzie Nilles, RN-BSN

Foot Care for Seniors

Finding comfortable shoes that fit is the best thing you can do for your feet. It's especially important to avoid tight or high-heeled shoes that put undue pressure on the foot. The constant rubbing and pinching from this "fashionable" footwear are a major cause of corns, calluses, and bunions. (Not surprisingly, these conditions occur four times as often in women as in men.) Keep in mind that feet can become wider in your later years, so you should always have them measured before buying new shoes. Another way to protect your feet is to keep your blood flowing freely. If you usually spend much of the day in a chair, you can improve your circulation by stretching, walking, and other exercises. Avoid wearing tight socks or sitting too long with your legs crossed. And here's yet another reason to avoid tobacco: Smoking narrows the arteries and can hamper blood flow. You can also avoid problems such as foot odor by alternating what shoes you wear each day, and by washing your feet every day and drying them carefully. (Drying between your toes and elsewhere will also help you ward off irritating problems like athlete's foot.)

*April Showers
Bring May Flowers*



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