

Mother May I?



Sunday, May 13 is Mother's Day in the United States, Australia, and Canada. In Mexico, *Día de las Madres* is Thursday, May 10. In France, *La Fête des Mères* is Sunday, May 27. After Christmas and Easter, Mother's Day is the third-most celebrated

holiday in the world, but the way mothers are honored differs from place to place.

In the United States, the most typical gift given to mom is a Mother's Day card and flowers. It may come as no surprise that the vast majority of Mother's Day cards—80% in fact—are not bought by men but by women. A mother's job is never done, it seems, not even on Mother's Day.

Mother's Day wasn't always celebrated by buying cards, flowers, chocolates, and jewelry. It was Anna Jarvis who fought to establish the national holiday. Jarvis was inspired largely by her own mother, who had organized "Mother's Day work clubs," where women would tend to soldiers wounded during the Civil War and tackle problems that led to infant mortality. Indeed, Jarvis proposed Mother's Day as a day to honor women like her mother, who had played greater political roles for the benefit of society. She was disgusted when her holiday turned into a commercial bonanza for those hawking flowers and candy. Jarvis spent her life fighting what Mother's Day had become.

In most countries these days, Mother's Day is celebrated by showering gifts and attention on mom. In Mexico, it is tradition on *Día de las Madres* to serenade mom in the morning before church and then prepare dinner for her. France's *La Fête des Mères* originated as a way for the French government to honor the mothers of large families with a gold medal. It was a means to encourage French women to have more children and repopulate the country after World War I. By the 1950s, consumer appeal and a rising birth rate transformed the holiday into one more commercially aligned with the United States. And why not take one day out of the year to recognize



Man's Best Friends

May 6–12 is Pet Week, a week to honor our nonhuman companions. Pets have been shown to make us more empathetic and even interact more with others.

Pets also offer many health benefits, too, such as lower stress, sharper executive function, even a reduction in physical pain. Moreover, people who own pets get more exercise, both physically and mentally.

In many ways, our pets do much more than just act as companions. Three-year old Alida Knobloch of Georgia is literally attached to her pet goldendoodle, Mr. Gibbs. That's because Mr. Gibbs carries her heavy oxygen tank. Alida suffers from a rare form of lung disease that makes it difficult for her to breathe without assistance. With Mr. Gibbs by her side and an oxygen tank carried on the dog's back, Alida is able to run and play. Alida's family is so grateful that they call Mr. Gibbs Alida's "four-legged lifeline."

When a wildlife park became overcrowded with animals, Casey Anderson stepped in to save a baby grizzly bear. Little did Anderson know that the bear, named Brutus, would grow to be one of his best friends and even be the best man at his wedding! Anderson's love of grizzlies led him to found the Montana Grizzly Encounter sanctuary. When Brutus isn't roaming the park, he may be found cuddling with Anderson or eating at the dining room table.

An eight-year-old girl from Seattle befriended an entire flock of crows. As a four-year-old, she often spilled food in her yard, attracting the birds. Over the years she began to intentionally feed them. The crows, one of nature's cleverest animals, were so grateful that they began to bring her gifts in return: buttons, toys, dead fish, rocks, even a plastic heart, which, the girl says, proves "how much they love me." Animals may not be human, but they often bring out the best in us, so during Pet Week make sure you do your part to thank the animal that has given you so much.

WINDSOR MANOR

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Celebrating May

Global Health and Fitness Month

Inventors Month

Gifts from the Garden Month

International Firefighters Day

May 4

Wildflower Week

May 7–13

Mother's Day

May 13

Museum Day

May 18

Ride a Unicycle Day

May 20

Memorial Day (U.S.)

May 28

Our New Resident Willie Adamson

Willie grew up in Warren County, Iowa on the farm. He enjoyed taking care of horses, cows, pigs, chickens, vegetable garden and berries on the farm. He also had one dog that he adored, but he was afraid of snakes.

Willie was the oldest of five siblings. He graduated from High School, plus he had training to be mechanic. He was working as a mechanic at an auto shop. He loves to repair farm equipment, cars and many other things.

Willie loves to play pitch, bingo, word puzzles and jigsaw puzzles, but his most favorite thing to do is listen to his brother playing electric guitar. He loves country music, vanilla ice cream with strawberries, hot cocoa and socializing with friends.

Please, stop by to meet our lovely resident Willie so he can make you laugh by telling you a joke or two. He is a great person to hang around with.

Thank you, Willie, for choosing Windsor Manor!

New Employee

Spotlight

Caitlyn Robins joined Windsor Manor recently and she absolutely loves working here.

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Caitlyn grew up in Indianola, IA. She has two sisters Callie and Kyra. Caitlyn has two dogs. Her family is a host home provider.

Caitlyn loves to hangout with family and friends in her spare time. Her hobby is to work out. Her favorite foods are anything Italian.

For her future profession she would like to be a Dental Hygienist.

Caitlyn loves the welcoming atmosphere of Windsor Manor and we are so blessed to have Caitlyn in our community. She is an amazing, beautiful care giver and a great person to work with. Thank you, Caitlyn, for everything you do for our lovely residents.



Everything Old Is New Again

Mending clothes is a lost art. Rather than patch holes or sew popped seams, Americans prefer to buy entirely new garments. The

average American throws out 81 pounds of clothes each year, leading to 13 million tons of textiles sitting in our landfills. I Need a Patch for That Day, on May 21, is a

Events for May

Volunteers and family members are welcome to come and spend an hour or two with our residents by helping with activities that you may choose:

- Mondays** 2:30pm-3:30pm Craft Day
- Tuesdays** 1:30pm-4:00pm Nail Day
- Wednesdays** 10am-10:30am Devotions with Pastor Ben
- Thursdays** 2:30pm-4:00pm Art Club
- Fridays** 1:00pm-2:00pm Prize Bingo
- Sundays** 10:30am-11:30am Church
- Daily Devotions** 10:00am-10:30am w/Mila
- Exercise Class** 10:30am-11:15am w/Mila

- *May 4th at 2:30pm Storytelling by Jim Garnett
- *May 11th at 10am Jeff & Nancy's Music
- *May 13th Please, stop by on **Mother's Day** to see your mom, she is always excited to see you!
- *May 16th at 6pm Choir Singing/Baptist Church
- *May 18th at 10am Briggs Girls Music
- *May 18th 1-3pm **Family Event**
- ***Let's Go Fishing to Summerset Lake**"
- May 24th at 12pm Birthday Cake for Phil Schooler

Continued: Everything Old Is New Again

Recycled clothing is suddenly trendy. Outdoor clothing manufacturer *Patagonia* has been a leader in the sustainable clothing movement, making fleece out of plastic bottles and asking customers to buy fewer of their clothes. When garments get worn, they provide mending services in their repair shop, even reselling used clothing via their website. The Seattle company *Evnu* has taken recycled clothing a step further. They take old garments, break down the fibers to the molecular level, and spin brand new fibers to make new clothes. Who needs a patch with technology like this?



In April we had a Free Sale in the Gardens for our very special residents.



May Baskets are ready for our residents to enjoy!

