

Humans Smart, Phones Smarter



On June 29, 2007, the very first iPhone was released to the world, a debut that changed both the Apple corporation and the world. For the first time, humans held a smartphone in their hands, a device that did not just make phone calls, but browsed the

Internet, sent and received email, played music, movies, and games, took pictures, had a GPS... all in a little pocket-sized box with a really cool touchscreen. It was like holding the future in the palm of your hands.

About a year after the iPhone's debut came another important innovation that made the smartphone even smarter: the so-called App Store. Applications, or apps, now allowed smartphones to become anything and everything users wanted them to be. These apps are mini-programs. Some apps are as simple as games. Others created an entirely new economy: cars can be summoned with Uber and Lyft, money transferred with Zelle, and pictures shared with Snapchat and Instagram.

Nowadays the iPhone isn't the only smartphone on the block. Following Apple's success, plenty of other tech companies quickly built their own smartphones. It seems that every man, woman, and child carries one, and in this manner smartphones have revolutionized society itself. We have access to more information now than we have had in the entirety of human history, and we can share this information in the blink of an eye. We no longer just share photos of our family vacations but of political coups and social injustice. But current research also tells a story of smartphone addiction. We have become so attached to our smartphones that we can't bear to live without them. People are sleeping with their phones within reach, checking their screens at all hours. Without downtime away from our phones, our nervous systems are in states of overload, making us both wired and tired all the time. No wonder young people today suffer anxiety when they are apart from their phones. So, have smartphones outsmarted us?

Events and Outings in June

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 with Pastor Greg Chenoweth
- Daily Devotions** 10:00am-10:30am
- Exercise Class** 10:30am-11:15am w/Mila

- June 1st Piano Music w/Ginny Garnett
- June 4th Outing "Straw Hat Farms"
- June 7th at 9:30am Walmart Shopping
- June 8th at 2:30pm Country Music "Side by Side"
- June 14th at 9am Outing "Historical Museum"
- June 15th at 2:30pm Bill Connet's Music
- June 18th at 8:30am Outing "Fishing to Lake Ahquabi"
- June 20th at 1pm Monthly Resident Council
- June 21st at 4:30pm Family Event- Picnic**
- June 22nd at 9:30am Walmart Shopping
- June 25th at 10am Sing A Longs w/Cheryl Vice
- June 26th **HAPPY BIRTHDAY TO DORIS TAYLOR!!!** Join us for Cake at noon!



 Like us on
Facebook

WINDSOR MANOR

Windsor Manor Assisted Living • 608 S. 15th Street, Indianola • Phone 515-961-8900 • Fax 515-961-8907



MEET OUR NEW RESIDENT THELMA FREEL

Thelma moved to Windsor Manor recently and we are so excited to have her! She enjoys singing and sharing about her life and faith with residents and staff.

Thelma is from Runnels, Iowa. She is blessed with three children, Ted, Shelley and Randy; seven grandchildren and six great-grandchildren.

Thelma used to play basketball and she was really good at it as well as singing in a choir. She loves family gatherings and to keep in touch with family and friends.

The spring is a beautiful season and Thelma likes to spend time outdoors by the water and to hear birds singing.

Thelma, thank you for being YOU. We love YOU!

Thelma, welcome to Windsor Manor, where you will be treated like a friend and family!



Meet our New Resident Darlene Buckley

We're so happy to welcome our lovely resident Darlene. She likes to joke and to keep everyone smiling.

Darlene is from East side of Des Moines. She has two wonderful daughters, Linda, Rhonda and five grandchildren.

Christmas and Easter are her favorite holidays.

Darlene used to work as a stenographer, then as a secretary at Prudential Ins Co. She used to roller skate for sport activities. Her favorite foods are chocolate, sweets, liver, fried chicken, salmon and veggies.

Darlene is very social and used to be in the Red Hat Club.

She loves coffee time, visiting with people, playing bean bag toss, church and Bible study. She also likes to do word search, watch TV, read stories and biographies and going for walks.

Darlene says, the best part of her life was raising two darling daughters. She had fun dressing them up.

What Makes a Dad?

~ Author Unknown

God took the strength of a mountain, The majesty of a tree, The warmth of a summer sun, The calm of a quiet sea, The generous soul of nature, The comforting arm of night, The wisdom of the ages, The power of the eagle's flight, The joy of a morning in spring, The faith of a mustard seed, The patience of eternity, The depth of a family need, Then God combined these qualities, When there was nothing more to add, He knew His masterpiece was complete, And so, He called it . . . Dad.

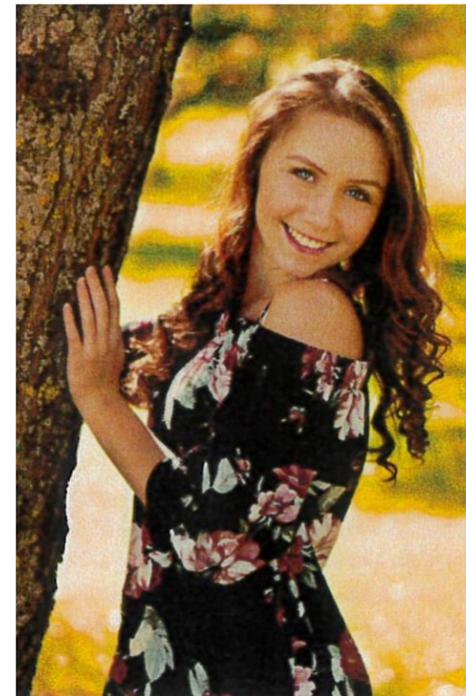
F.A.T.H.E.R.S.

**HAPPY
FATHER'S DAY**

"F" aithful
"A" lways there
"T" rustworthy
"H" onoring
"E" ver-loving
"R" ighteous
"S" upportive

Dad Jokes "Dad, are bugs good to eat?" asked the boy. "Let's not talk about such things at the dinner table, son," his father replied. After dinner the father inquired, "Now, son, what did you want to ask me?" "Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone." ~ Mark Y. *

Meet our New Employee REAGAN SWANSON



Reagan recently joined our team as a resident assistant.

She grew up in Indianola, Iowa. Reagan has one brother-Rayden and one sister- Callie. She also has two dogs, a cat and a tarantula. Her hobby is to draw and camping. She is pretty good at crocheting. Her favorite food is Chinese and steak.

Did you know, Reagan was a homecoming queen?

Reagan hopes to become an RN through DMACC and then later go into Midwifery. We are so blessed to have Reagan on our team at Windsor Manor.

Reagan enjoys working here, because of all the nice people that work at Windsor Manor and all the pleasant residents that reside here. Reagan loves to take care of our residents and helping out people. Thank you, Reagan! You are great! 😊

Meet our New Employee DAVID CHENOWETH



David is from Geneseo, IL. He is here for the summer at his parent's place. His parents moved from Illinois to Iowa in 2016. His father Greg Chenoweth is leading the church service at Windsor Manor on Sundays.

David has three siblings: Dan, Brian and Joann.

He is currently studying at the University of Northern Iowa to go to medical school to become an Endocrinologist. David likes to climb rocks and his favorite food is Ice cream. Can you believe, he ran a marathon on a dare?

David likes to workout and study. Why did he choose to work for Windsor Manor? Because he really likes how fun and friendly our community is.

Thank you, David for being such a good person and for learning fast and for loving our residents.