

JULY 2018

Windsor Manor

Assisted Living Community 512 N Finn Dr Algona, IA 50511 Phone 515-395-1512 Fax 515-395-1513

Resident Spotlight *Elizabeth Chapman*



July Birthdays

10th Doug Blanz

10th Theresa Thilges

18th Marguerite Dale

18th Laura Hanson

27th Michele May

31st Jessica Wagner

July Events

2nd Library Lady 1 pm

3rd Dan's Band 10 am

6th Cowboy Jim 1:30 pm

11th Dawn Lynn 2 pm

17th Larry Heschke 2 pm

23rd BG 3rd Grade Readers

9:30-10 am

23rd Down Memory Lane 2 pm

25th Music by Jeff 2 pm

30th Eddie Wall Art Show 2 pm

Liz was born December 17th, 1924 in America. Her parents lived in Germany but moved came to America 2 years before she was born. She is the youngest of six brothers and the only girl. Her family lived on a farm that her parents purchased prior to coming here.

Liz's entire family spoke German and had to learn English. Liz was able to speak both languages but says "The old grey mare she ain't what she used to be." Liz met her husband Jim on a blind date and it was love at first site. They were married 60 years during which time he was in the Marine corps, had a set of twins (Tom & Christine) and well as another boy (Charles) and girl (Anna).

Liz is very proud of her family and brags about her 15 grandchildren and 8 great grandchildren who live in Michigan, Emmetsburg, Colorado and Missouri. She is a proud member of the St. Paul Lutheran Church of Emmetsburg. Liz loves to dance and listen to music. You can often see her dancing down the hallways and bringing smiles to many faces with her upbeat attitude.

She also enjoys shopping, baking, playing cards, traveling, golfing, talking and bird watching. Liz moved to Windsor Manor in October 2016 and says her favorite thing here is "the people feel like family."

Employee Spotlight Ken Norman

Ken was born in Rockford Illinois 80 miles west of Chicago on February 5th, 1964 where he is the oldest of four. Ken has been married to Mirasol for 10 years. They have a daughter Mikayla who is 9 years old. His wife and daughter live in the Philippines where they own a small bakery that keeps his wife very busy.

Ken was in the US Army for four years where he completed Airborne School, Ranger School and Culinary School. Ken's hobbies include cooking, singing, playing guitar. He also likes to go camping, fishing and being outdoors. He likes many different movies and tv shows as well as History.

Ken's favorite color is green and favorite books are any books written by Louis Lamour. His hero is his Grandfather because he taught Ken to never give up. The reason Ken chose to work at Windsor Manor is because he likes to help others and ensure that everyone gets a good meal. The job challenges him on his cooking skills.

Ken's favorite part of working at Windsor Manor is that he gets to share stories with the residents.

A Note From Lynzie Nilles RN-BSN

Proper Summer Footwear can improve your posture. Shoes should fit size and shape of the foot. Don't buy shoes that are too tight and think they will stretch. Losing weight helps relieve foot pain. Feet can't get smaller, but they can get bigger. Over age 40, some people gain a half of shoe size for every 10 years. Feet flatten out because the supporting tendons and ligaments lose their elasticity. Choose shoes that shape your foot. Don't wear shoes higher than 2 ¼ inches tall. For summer shoes make sure they are breathable, comfortable, and function for what your wearing them for.

Making Spring Bird's Nests out of Rice Krispies



July Birthdays

In astrology, those born between July 1–21 are Crabs of Cancer. Guided by their hearts, Crabs are deeply emotional and nurturing. They create deep bonds and comfortable homes and are always willing to welcome people into their circle. Those born between July 22–31 are Lions of Leo. Leos are natural-born leaders: confident, charismatic, creative, and warmhearted. Leos also use their humor and loyalty to bring people together to work for a common cause.

Carl Lewis (Olympian) – July 1, 1961
 Ann Landers (advice columnist) – July 4, 1918
 Ed Ames (singer) – July 9, 1927
 E. B. White (author) – July 11, 1899
 Woody Guthrie (folk singer) – July 14, 1912
 Ginger Rogers (actress) – July 16, 1911
 John Glenn (astronaut) – July 18, 1921
 Ernest Hemingway (writer) – July 21, 1899
 Don Drysdale (ballplayer) – July 23, 1936
 Mick Jagger (singer) – July 26, 1943
 Beatrix Potter (author) – July 28, 1866
 J. K. Rowling (author) – July 31, 1965

Terri relaxing in the pool after all the Fun in the Sun



A Note from Terri Tweedy Executive Director

The Longest Day Walk for Alzheimer's

We had a very successful “Algona Walk the Longest Day” to raise funds For Alzheimer’s research and caregiver support. We had 72 registered walkers, not counting several residents that participated. We raised over \$ 5,000 to donate to the Alzheimer’s Association and Kossuth County Dementia Care. We would like to thank everyone for your donations.

Let’s make this an annual event. So, we will see you on the next “Longest Day “.

The Longest Day Walk for Alzheimer's



Fun in The Sun
5 Year Anniversary Party



Laura was the Pie Eating Champ



Bare Bones Trio Serenades Everyone



Mary, Marguerite & Jake enjoying the Outdoors

Terri & Lynzie Hula Dancing their way through the day!

Verla doing the Unicorn Dance

