

EMPLOYEE SPOTLIGHT KARINA ILNITSKY

KARINA is our great cook and baker.

She has six siblings: Jason, Ilona, Julie, Vanessa, Enessa and Petr. She grew up in Alaska. Karina plays guitar, ukelele, xylophone and sings. She loves to make latte art and can make great coffee.

Karina likes exploring places, towns, nature and being outdoors. Also calligraphy and to spend time with family and church. Her favorite foods are gummy bears and pickles. Karina loves to cuddle with her poodle named Lady. Her future plans are to go where Lord leads her.

Karina loves putting her heart into her work and watching the residents enjoy it.

Thank you, Karina, for all the delicious meals that you put out on our tables!

Events and Outings in July

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 Nails Care
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

July 3 - **Outing** to State Historical Museum in Des Moines at 9:00am

July 10 - Bill Tillman's Music at 10am

July 6 - Walmart Shopping at 9:30am

July 13 - Zoo Show at 2:30pm

July 14 - Birthday Cake for July's birthdays at noon hour

***Happy Birthday Delmer!**

July 18 - Resident Council at 1:00pm

July 18 - **Outing** to Summerset Winery at 2:30pm

July 20 - Walmart Shopping at 9:30am

July 20 - Suzi Q Show at 2:30pm

July 23 - Movie "Walk the Line" Johnny Cash at 2:30pm

July 25 - Chocolates and Tea at Devotions at 10am

July 26 - Phil & Caitlyn's Music at 2:30pm

July 27 - Outing to A&W at 2:00pm

***Happy Birthday Maxine Lee!**

July 30 - Massage Therapy at 8:30am



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WIDNSOR MANOR

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Celebrating July

Parks and Recreation Month

Women's Motorcycle Month

Ice Cream Month

Canada Day

July 1

Independence Day (U.S.)

July 4

Strawberry Sundae Day

July 7

Ventriloquism Week

July 18-21

Tell an Old Joke Day

July 24

International Day of Friendship

July 30

MEET OUR NEW RESIDENTS LUKE AND HELEN VANOOYEN

Robotics and artificial intelligence (AI) are now two of the most exciting fields in science. Some say that the marriage of AI and robotics will usher in an entirely new way of life for us on Earth. Others worry that this change is going to be too dramatic. The great debate over the future of robotics will continue at the World Conference on Robotics and Artificial Intelligence in Barcelona, Spain, on July 26-27.

While some robots look like mechanical people with

MEET OUR NEW RESIDENTS LUKE AND HELEN VANOOYEN

Luke and Helen grew up in Pella, IA. They have lived in Osceola, IA and Labonan, MO. We are so happy to have them here at Windsor Manor and are excited to help them reach their goals!

Luke loves fishing and mushroom hunting. Being out in the timber is his passion. He used to make furniture from wood and repair automobiles. He played baseball and football. Luke also enjoys reading books, westerns, adventures and about animals. Helen loves to read magazines, walking, painting, writing letters, playing bingo and pinnacle. Helen enjoys listening to western music, watching Dr.Oz and Jeopardy. Helen used to play the organ and the piano.

What a wonderful couple they are. We can't wait to spend more time with you guys playing different games and socializing.

Give a Little, Get a Lot

Most people live with a certain amount of clutter in their lives. July 15, Give Something Away Day, is the perfect opportunity to repurpose some of your clutter by giving it away to those in need. Philosophers and holy people have long contended that giving is beneficial not just to the receiver of gifts but also to the giver. Scientists now have proof. Scans of the brain show that acting charitably toward others stimulates our brain's reward system. This shows that humans are biologically hard-wired to give to others rather than to act selfishly, perhaps due to our highly social natures. After all, our large society requires cooperation and mutual aid. Better yet, other studies show that when helping others, the helpers heal both emotionally and physically. Somehow, giving not only makes us feel good but actually makes our lives healthier. St. Francis of Assisi was right when he said, "For it is in giving that we receive."

Fried, but Not French



July 13 is French Fries Day, but are these delicious fried potatoes actually French? Potatoes did not originate in Europe, but in South America. Spanish explorers brought them back to Europe, where they became beloved for their versatility, especially in France. Fried potatoes became a common street food in Paris—sold not as long fries but in chunks. It is said that Thomas Jefferson grew so fond of the food while acting as ambassador to France that he introduced fries to America via his kitchen in Monticello. It is in Belgium, however, that the history of *frites* began a century before France's fried potatoes. Frites (pronounced *FREETTS*) are so dear a food to Belgium that in 2014 the country petitioned UNESCO to make the frite the official symbol of its cultural heritage. So when did Belgian frites become French fries? The story goes that American soldiers marching through French-speaking Belgium during World War I discovered the fried potatoes. In the Americans' confusion, they dubbed the newfound food *French fries*.

EMPLOYEE SPOTLIGHT

Vanessa Initsky is our angel, she works night shift, while residents rest.

Vanessa has four sisters and two brothers. She grew up in a small town in Alaska called Wasilla. Vanessa plays many instruments: mandolin, cello, ukelele and pennywhistle. She writes songs and loves to sing with youth at church. Her hobby is painting and drawing. Vanessa likes anything outdoors: hiking, sports, swimming. Vanessa's favorite foods are peanut butter and watermelon. She sees herself as a missionary and an artist/book illustrator. What we don't know about Vanessa? She is running a 5K this fall and she loves to spend time with Jesus.

Vanessa loves being around the residents and hearing their stories. They can teach you a lot if you listen to them. All the residents are precious and beautiful and she absolutely loves them all. It never feels like a job to help residents 😊

THE FLAG

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Red for the blood shed in the name of Freedom,
for which we fought,
united
Blue for the oceans of time we have crossed,
remaining the land of the free
White for the peace we wish to share,
all men created equal
Stars to remember those who fought throughout the night,
bravely for our land
Stripes to remind us of the lashings taken by the Prisoners of War
With a seal, in God we trust
We each are one of many, in which we stand united in Brotherhood
A symbol of Pride
A salute to those who died in the fight
A blanket to cover us in times of need
Waving high to show we are still here, undefeated
With honor you are presented to the world



Can't Buck the Truth

Rugged men wearing chaps and cowboy hats with six-shooters on their hips, sitting high in the saddle, driving cattle across wild landscapes—it is an image as American as apple pie but also one perpetuated by Hollywood. Enjoy these interesting cowboy facts for the Day of the Cowboy on July 28.

Cowboys actually did not originate in America at all, but in Mexico. Two hundred years before the first American set foot out west, Mexican *vaqueros* were honing their roping, riding, and herding talents and becoming expert ranchers. When Americans ventured westward, they modeled their habits and dress on the *vaqueros* found in modern-day Texas, New Mexico, and Arizona. The Wild West also wasn't as wild as the movies lead us to believe. Bank robberies were uncommon. Settlers did not circle their wagons and were not under constant threat of attack from Native Americans. And half of all cowboys were either Mexican *vaqueros* or former slaves. In fact, many believe that the character of the Lone Ranger was based on Bass Reeves, a former slave from Arkansas turned U.S. marshal. On the Day of the Cowboy, take in a Hollywood western, but also celebrate the real Wild West.

To Kiss or Not to Kiss?



Is there any act more romantic than a kiss? World Kiss Day may fall on July 6, but not everyone around the world believes that a kiss is an expression of love or friendship. Americans reserve kisses for special loved ones, but in Europe it is common for friends to greet each other with kisses on the cheek. Researchers have also found kissing to be common in both the Middle East and Asia. However, in Central America, kissing has no place in romance. Similarly, kissing is not common in sub-Saharan Africa, and in some parts of Brazil kissing is considered just plain gross. It seems that kissing is not a universally accepted human practice, so be careful where and how you celebrate World Kiss Day.