

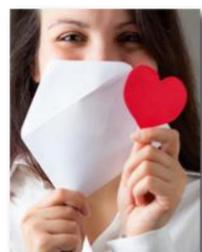
Windsor Manor

Windsor Manor Assisted Living 608 S 15th Street, Indianola, IA 50125

Phone # 515 961-8900

Messages of Love

How does one write the perfect love note? Let me count the ways on September 26, Love Note Day. Whether you pen a love note to make an ordinary day extraordinary or jot some loving words down in a greeting card, penning a heartfelt love note takes some practice.



The sonnet was the preferable form for a love note for hundreds of years. It was invented by the Italian Giacomo de Lentini in the 13th century. The word *sonnet* means "little song," and it is a 14-line poem with a variable

rhyming scheme that always ends with a turn of thought or sentiment. As you can see, a sonnet is a highly technical piece of writing, perhaps better left to poets like Dante or William Shakespeare. However, if you truly wish to woo your love, then a sonnet is the traditional choice.

Modern times, however, may require modern methods. A greeting card, a poem, or a note on a napkin must all be sincere. It is important to speak from your heart. And don't just write "I love you" or "You're beautiful." These generic phrases, while true, are uninteresting. It is of utmost importance to be particular. Mention details and things you love: the smell of hair, the way she likes her coffee, his obsession with crossword puzzles. Show that you've noticed things that no one else but a true love could have possibly noticed. That is love.

Why is it important to a relationship to write love notes? Writing down your thoughts and feelings makes them permanent. Also, it is often easier to describe your heart in writing when you are alone and thoughtful than to express your truest thoughts and feelings on the spot in front of another person. Perhaps you'd like to start by writing a letter and not sharing it? The simple act of writing about your love for your beloved is a way to rejuvenate your feelings for them.



Best Apple Pie Recipe

[1 review](#)

1hr 40mins · 243 cals per serving · 6 servs

[Read full directions at Emeals.com](#)

Ingredients (13)

Nutritional facts (Per serving)

6 servings	
125 grams	soft flour
add pinch	salt
30 grams	icing sugar
62 grams	butter (cold)
1	egg
5 grams	water (Or 2tbsp)
3	granny smith apples
¼	lemon
1	egg
50 grams	white sugar



Meet Our New Residents Dale & June Wood

Celebrating September

Sewing Month

World Alzheimer's Month

Classical Music Month

Labor Day: U.S. *September 3*

Grandparents Day *September 9*

National Assisted Living Week *September 9-15*

Dance Concert at Windsor Manor *September 17 at 10 am*



Dale and June lived East of Spring Hill, Iowa on a farm. Dale was a farmer all his life and June was working at JCPenney as a sales clerk.

They have two children, son John and his wife Barb; and a daughter Lea. They also have two grandchildren and three great-great grandchildren. They are both anxiously awaiting the arrival of their fourth great-great grandchild.

On Saturday nights they would play card games with their friends. They enjoyed horse trail rides, horse shows, and a rodeo in Sidney, with family. Dale loved to go coon hunting and listening to country music.

Dale and June, we welcome you! We are so glad you picked Windsor Manor to call your home.

If you haven't met this beautiful couple, please come and introduce yourself. Have a great time!

Into the Great Beyond

On September 5, 1977, NASA launched the Voyager 1 satellite into space. After 40 years of space travel, Voyager 1 has logged over 13 billion miles and is the first human-made object to leave our solar system.

Voyager 1's initial mission was to explore some of the most distant planets of our galaxy, Jupiter and Saturn. The pictures it sent back of Jupiter and its moons revealed startling new information. Not only did it find two new moons orbiting Jupiter but it also

Meet Our New resident Dick Shaw.

Dick has lived in Indianola for the last 30 years; however, he grew up in Nebraska.

Dick worked at an automotive parts house; rebuilding engines, etc.

Dick spent a lot of time working and taking care of his family. When they took vacation, they loved to go out camping & fishing.

In high school, Dick used to play the trombone. He loves music.

Dick is very friendly, if you haven't met him yet, please, find some time to visit with him. He is very nice and would love to make some new friends at Windsor Manor.

Thank you, Dick, for choosing Windsor Manor to be your new home. We love to serve our residents the best way possible. Be blessed!

Events and Outings in September

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 Wine Tasting
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

Sept 2 Happy Birthday to Shirley!

Sept 3 at 2:30pm Homemade Ice Cream with Dick & Bob McPherson

Sept 4 at 1:00pm Resident Council

Sept 6 at 2:30pm Outing to Annette's Center

Sept 7 at 2:30pm Naomi's Book Presentation

Sept 10 at 9:30am Donuts and New T-Shirts

1pm Abby/Suncrest & Outside Scoop Ice Cream

Sept 11 at 2:30pm Drumming Circle Event

Sept 12 at 11:30am Pizza Party for Residents, Staff & their children

Sept 13 at 9:00am Horseshoe Game

Sept 14 at 1:00pm Picture Taken-Everyone!

Sept 15 Happy Birthday to Alice!

Sept 15 Happy Birthday to Helen!

Sept 15 Happy Birthday to Fern!

Sept 17 Happy Birthday to Naomi!

Sept 17 at 10am Dance Concert w/Karry

Sept 17 at 2:30pm Ladies Outing

Sept 19 Happy Birthday to Kent!

Sept 19 Happy Birthday to Luke!

Sept 20 at 2:30pm Men's Outing

Sept 21 at 2:30pm Dave & Ellie's Music

Sept 24 at 8:30am Massage Therapy

Sept 24 at 10am Naomi's Music

Sept 24 at 1:00pm Staff Meeting

Sept 27 at 10am Westview Outing

Sept 9-15th Assisted Living Week
Visitors and Families are Welcome!

Meet Our New Nurse Melissa Baker

MELISSA grew up in Winterset, IA. She has an amazing boyfriend Austin and a spunky daughter, her name is Alex, she is five years old.

Melissa played college softball in Arizona. Now she enjoys weight lifting, time outside and quilting. Her and her mom go fabric shopping and sew together often.

Her favorite foods are fresh fruit and nachos.

Melissa lived in Missouri, Kansas and New York while in the Army; Iowa is her favorite though.

She has two pets. A labradoodle, Max and German Short hair, Ira.

Melissa's future plans are to grow her family and to remain in Winterset.

We are so happy to welcome Melissa to Windsor Manor as our Director of Nursing, to take good care of our lovely residents.

Melissa loves building new relationships and is so excited to build more with all our lovely residents and staff and thanks everyone for being so welcoming.

Employee Spotlight Elizabeth Mathany

Elizabeth is working as a cook at Windsor Manor. She has four siblings; Cody, Amanda, Emili and Hannah.

Elizabeth lived in Indianola until she was nine and then moved to Melcher, IA. She loves to spend time with her family and friends, drawing, painting and playing video games with her siblings. Her favorite foods are lasagna and anything chicken related. Her favorite holiday is Halloween and everything spooky.

Elizabeth has four cats; GusGus, Ivory Bartholomew Eugene, Lumiere, Pistachio and one dog-Jasmine.

Elizabeth's favorite book is Hush Hush and Rock Music.

Elizabeth would like to go to school to become a forensic scientist/pathologist in the future.

Why did Elizabeth choose to work for Windsor Manor? She loves people, the energy everybody has and the nice homey feeling.

Thank you, Elizabeth, for cooking such delicious food for our residents and for being part of our Windsor Manor Family! Keep Smiling 😊

