

OCTOBER 2018

# Windsor Manor

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



## Resident Spotlight Ramona Heyer



### October Birthdays

Heather Casey 4<sup>th</sup>  
Melanie Nelson 6<sup>th</sup>  
Terri Tweedy 15<sup>th</sup>  
Mary Godfredson 15<sup>th</sup>  
Jake Becker 19<sup>th</sup>  
Verla Wegener 27<sup>th</sup>

### October Events

2<sup>nd</sup> Larry Heschke 2pm  
15<sup>th</sup> Music by Jeff 10am  
15<sup>th</sup> Down Memory Lane 2pm  
16<sup>th</sup> Trinity Lutheran 1:30pm  
16<sup>th</sup> Alzheimer's Mtg. 5pm  
16<sup>th</sup> Connie & John 2pm  
23<sup>rd</sup> Plus One Gals 2:30pm

Ramona was born May 16<sup>th</sup>, 1932 in Buffalo Center where she grew up. She graduated from High School and graduated from Buffalo Center and later went to Cosmetology School in Mason City. Ramona married Harvey Heyer who also grew up in Buffalo Center. They moved Titonka where they Owned and Operated Heyer Livestock and Trucking.

Ramona was a Stay at home Mom and did hair on the side. From this union they were Blessed with 6 children Steven, Craig, Ronda, Connie, Michael and Linda. Their children later added to their family to which they have 16 grandchildren and 33 great grandchildren. Ramona is 86 years old and has been married 51 years.

Ramona enjoyed going to their cabin on Spirit Lake where she would do some fishing. She also likes puzzles, square dancing, vegetable gardening and bingo. She's enjoyed putting several puzzles together with her new friends at Windsor Manor.

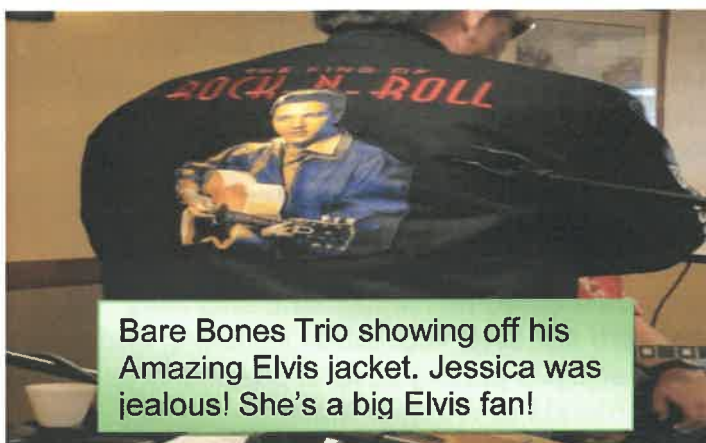
Employee Spotlight  
Heather Casey



Heather was born October 4<sup>th</sup>, 1973 in Estherville. She is the youngest and has two sisters. Heather grew up in Dunnell, Ormsby and Lakota. Heather has 3 children Carter 15, Allison 13, and Sydney 13.

Her family loves spending time outside, playing games, enjoying music and traveling. She also likes crocheting, being barefoot, golfing and watching her kids play sports. Heather's favorite color is green. Her favorite tv show are NCIS and NCIS-LA.

She graduated from Iowa Lakes Community College for Office Specialist & Early Childhood Education. She also has her CNA. Heather enjoys Windsor Manor because the hours are flexible around her life schedule and children's schedule. She enjoys interacting with all the residents.



Bare Bones Trio showing off his Amazing Elvis jacket. Jessica was jealous! She's a big Elvis fan!

A Note from Terri Tweedy  
Executive Director

*Happy 2 Year Anniversary!*

It's hard to believe that I've been at Windsor Manor for 2 years now! In some aspects it seems like forever, but at the same time each day has flown by. I feel that each one of you are a part of my family and it has been a pleasure to get to know you. I appreciate your patience during the changes that needed to be made to get the best management team in place.

I look forward to serving you for many years to come. We will be doing satisfaction surveys quarterly. We need your honest input so that we can continue to provide "Excellence in Senior Living Every Day".



Peeling and cutting apples that were donated.



Quilt Lady showing her quilts for Assisted Living Week.



IOWA VS IOWA STATE GAME

Marjorie and Jessica had a lot of fun being Rivals for the big CY-HAWK Game! Of Course, Marjorie was sure to rub the big WIN in to Jessica the next day!



Shirley & Diggs



Animals for Days

Ron Parsons' brought some of his animals to come visit for Assisted Living week. Rascal the horse was loving all the attention he received!





Lorraine & Harley



Plum Creek Winery Taste Testing for Assisted Living Week



Union Slough helped us make pine cone bird feeders for Assisted Living Week

*A Note from  
Lynzie Nillis RN-BSN*

*Eye Health Don't take your eyes for granted!*

- 1) Good eye health starts with what you have on your plate. Omega 3 fatty acids, lutein, zinc, vitamin C&E might help with Macular Degeneration & Cataracts.
- 2) Wear sunglasses to protect from UV Rays.
- 3) Quit Smoking it can damage the optic nerve.
- 4) Use Safety wear when cleaning or during sports.
- 5) Look away from the Computer screen. It can cause blurry vision, eye strain, focusing at a distance, headaches, dry eyes, back and shoulder pain.
- 6) Visit you Eye Doctor regularly so they can detect changes like glaucoma, find diseases and watch over all eye health.



National Cheeseburger Day. Residents built their own Burgers

Making Fall Wreaths