

July 2021

Windsor Manor

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July Birthdays July Special Events

Wanda Snider 8th

Theresa Thilges 10th

Joe Dorweiler 11th

Jacquelyn McCarthy 12th

Susie Thompson 20th

Tracy Reed 21st

Duane Habeger 22nd

Diane Burbach 30th

Jessica Wagner 31st

July Special Events

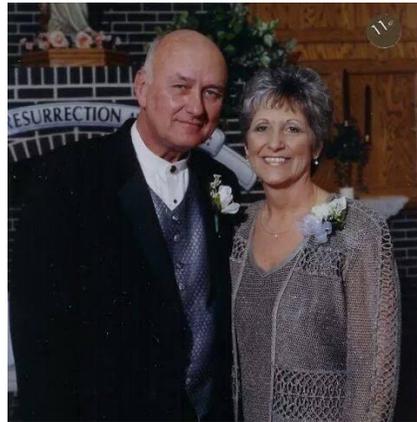
July 4th Independence Day

July 5th Dan Peterson
Devotions

July 19th Birthday Party

July 24th 2:00 PM Summer
Celebration

Resident Spotlight Doug & Linda Holmes



Doug and Linda met in high school when he was a senior and she a sophomore. They married in 1962 in Vermillion S.D. and he went on to ISU to become a Veterinarian, graduating in 1972. They first lived in Hampton then Waverly and then in Algona where they settled and raised their family in 1972. They raised two sons & a daughter. They ran their business together until he retired some 38 years later. They also share 8 grandchildren. Their children and grandchildren are their entire world. They moved into Windsor Manor on May 29th and are enjoying both new friends and lifelong friends as well. We are happy to have them and absolutely love getting to know them!



A message from Terri Tweedy
Executive Director

We have a very special announcement this month. Windsor Manor Algona will be hosting a summer celebration for our Algona Residents and would like to invite all of their friends and family members for an afternoon of fun and activities. On July 24th from 1:00 to 4:00 PM, we will be having a Carnival Themed Celebration with exciting games and musical entertainment for everyone. On our outdoor patio we will have a dunk tank, pie throwing contest, Covid Pinata, Snowcones, Popcorn, more carnival games, sub sandwiches and prizes! There will be something for everyone from 1 to 99 years old to enjoy! We are all very excited to see everyone there and celebrate!



Employee Spotlight Alyse Barlow



Alyse was born on April 22nd 2002 in Fargo ND and grew up in Minot North Dakota. She and her husband Austin moved to Algona on June 5th to be closer to his family. She joined our Windsor Manor family on June as a Resident Assistant. She has always enjoyed working in this field and loves caring for our residents every day. She enjoys her co-workers and our Team Spirit. She loves how every resident is unique and every day is different. She has fit in to our home very quickly with her positive attitude, wonderful smile and the caring and kindness she gives to our residents.

In the future she would like to be a veterinarian technician and in her spare time she enjoys spending time with her two dogs. She has a Black Lab Pyrenees named Napa and a Golden Lab named Buddy who she enjoys taking to the dog park. She also enjoys watching her favorite show on TV and spending time with Austin. If you want to say thank you to her for something, just make her a batch of her favorite treat Scotcharoos! We are very happy she has joined us and the residents are enjoying getting to know her too! Thank you for everything you do Alyse!

A note from Shanda Mallory RN-BSN

How Healthy Are Your Eyes?

July is National Healthy Vision Month and there is no better time to learn more about how to keep yours healthy. As you age you become more likely to be diagnosed with some type of eye disease, such as macular degeneration, glaucoma, or cataracts. Here is a list of things that can be done to promote healthy vision:

1. Get regular comprehensive dilated eye exams.
2. Eat right to protect your sight: eat plenty of dark leafy greens such as spinach, kale, or collard greens, and fish high in omega-3 such as salmon, albacore tuna, trout, and halibut.
3. Maintain a healthy weight as obesity leads to complications with the eyes.
4. Wear sunglasses that block 99-100% of UVA and UVB radiation.
5. If you have diabetes, ensure that you have good diabetic control. Uncontrolled diabetes can lead to diabetic retinopathy.

If you have any questions or need help setting up an eye exam, please feel free to reach out!

