

Windsor Manor

Assisted Living 512 N. Finn Dr Algona, IA 515-395-1512 Fax 515-395-1513



May Birthdays

Teddy Wagner 3rd

Lexie Smidt 3rd

Gene Arndorfer 5th

Jo Weatherly 9th

Lyle Bensen 9th

Ramona Heyer 16th

Jill Zirbel 21st

Kay Talbot 22nd

Morgen Rindone 24th

Marjorie Person 25th

Henry Friedrich 26th

May Events

Mother's Day 9th

National Nurses Day 12th

May Birthday Party 21st

Memorial Day 31st

Resident Spotlight John Thompson



John was born on February 1st, 1937 and grew up in the Burt area. He graduated from the Burt High School in 1955 and five years later he married Beverly Larson on June 26th, 1960 at the Burt United Methodist Church. They lived on a farm East of Burt and together raised 4 children. 3 sons and 1 daughter. John, Michael, Ann and David. They also shared 7 grandsons. During his life John or as some also like to call him Jack had many different jobs and owned businesses as well. He worked as a Farmer and Science and Special Ed Teacher. He also owned several carwashes and JT Electronics in Algona and the Dairy Queen. John was also a Ham Radio Operator and did Morris Code. He also loved astronomy and traveled to several countries. He loves talking about his time in Russian and his friends and the music there. He loves Chinese, Tacos, Ice Cream pretty much anything sweet he is going to enjoy! He likes listening to old Western music, Classical and Orchestra music. He joined the Windsor Manor Family on March 21st, 2021. He already has one very close friend here and is making friends with everyone else very quickly. He loves being active and joins in we offer. He loves to visit and always has a smile. We are so happy he is here and love getting to know him. He really enjoys when his pal Milo comes to visit. We are excited to continue to get to know more about John.

Employee Spotlight
Katelyn Zipse



Katelyn was born June 10th, 1999 in Ft. Dodge IA grew up in the Humboldt, Algona area. She graduated from Algona High school. She furthered her career at La James International College on February 16th, 2021 while working at Windsor Manor. She joined our team on October 4th, 2020. She enjoys the people she works with and loves spending time with the residents. She has always loved helping others. When not busy working Katelyn loves spending time with her dogs and doing hair. She also enjoys Mexican food, and her favorite restaurant is the Boulder Tap House. We love having Katelyn as part of our staff and appreciate everything she does, and the residents do too!

A message from Terri Tweedy
Executive Director

A Mother's Day Prayer

*Dear God,
Thank you for your endless provisions of grace and mercy. We come to you today to lift up every woman who answers to the name of "mom." We ask that you supply each one with the strength they need for those difficult days. Give them wisdom to know when to encourage and when to correct their children. Supply them with an extra dose of patience. Remind them that children are a heritage and a reward from You ([Psalm 127:3 CSB](#)), and shower them with special moments they can cherish. Lord, we also ask that you draw them close to you daily. Remind them of their worth in Your eyes - that they, too, are cherished children of a loving Father. We pray for contentment in this very special calling. May every mom realize that this is a mission from You, one that brings truly great rewards in the end.*

Amen





A note from Shanda Mallory
RN-BSN

High Blood Pressure Awareness Month
With May being High Blood Pressure Awareness Month there is no better time to discuss what constitutes high blood pressure, facts about high blood pressure, and ways to manage and lower your own blood pressure.

A normal blood pressure reading is 120/80 or lower. Most healthcare providers agree that a diagnosis of high blood pressure is warranted when someone has consistent blood pressures over 140/90. It's important to remember that your blood pressure fluctuates throughout the day depending on your level of activity. High blood pressure usually develops over time. It can happen because of unhealthy lifestyle choices, such as not getting enough regular physical activity. Certain health conditions, such as diabetes and having obesity, can also increase the risk for developing high blood pressure.

High blood pressure can damage your health in many ways. It can seriously hurt important organs like your heart, brain, kidneys, and eyes. The good news is that, in most cases, you can manage your blood pressure to lower your risk for serious health problems.

Many people with high blood pressure can lower their blood pressure into a healthy range or keep their numbers in a healthy range by making lifestyle changes, such as:

- Getting at least 150 minutes of physical activity each week (about 30 minutes a day, 5 days a week)
- Not smoking
- Eating a healthy diet, including limiting sodium (salt) and alcohol
- Keeping a healthy weight
- Managing stress

In addition to making positive lifestyle changes, some people with high blood pressure need to take medicine to manage their blood pressure. By taking action to lower your blood pressure, you can help protect yourself against heart disease and stroke, also sometimes called cardiovascular disease (CVD).

